



*Five Leaves. Two Small Fish. Enough for a Multitude.*

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## Chase Fields: Natural Renewal

My sister, who's moving back to California after a decade long absence in Pennsylvania, is looking forward to leaving behind Snowpocalypses and the resulting thaws that annually flood her basement. But she's also a little melancholy about exchanging more noticeable seasons for our year-round southern California paradise. (Summer in February doesn't count as a season? How about May Gray and June Gloom?). Coming from Washington, DC myself, I understand her apprehension. The riotous colors of fall leaves and the first crocuses struggling to poke their heads above spring mud remind us of the transformative cycles of nature.

St. Andrew's Chase Fields knows very well the importance of community in living through the transformational seasons of life. In fact, she says her church family is her "reason for living"; Chase says her work with St. Andrew's is "soul fulfilling". As you'll soon see, it might be easier to list the aspects of St. Andrew's life in which Chase is not involved. With Debbie Hickson, Chase is co-chair of the Welcome Committee, managing the greeter and bread runner schedules and co-hosting newcomer and choir breakfasts. Chase is an active member of the finance committee, Art and Soul group, and St. Andrew's community garden. She coordinates meal deliveries for the Pastoral Care committee, does laundry for the Interfaith Shelter, works as a money counter of our weekly donations, and volunteers in the office during the week. Chase also collects food at Gelson's and the San Diego Food Bank for our St. Andrew's Food Pantry and works with clients on distribution days. Over the years, Chase has also actively participated in



children's, youth and acolyte ministries with her boys. Oh, and she runs killer workout classes at the Y that are not for the faint of heart, although you, like me, may feel like fainting after you attend one.

Chase describes herself as "spiritual, but not religious". After growing up in the Roman Catholic faith and attending Catholic parochial school, Chase took a break from church until her sons, Fletcher and Spencer, were in elementary school. In 1996, feeling the need to introduce spirituality to her boys, she talked to Father Wes about dropping them off for Sunday school. Father Wes said she was welcome to do so, but that they probably would not continue if she didn't join

in the community. Chase stayed for church, and the rest is St. Andrew's history. Chase began her volunteer work with St. Andrew's by assembling the Epistle. She loves being in the church office, because "everyone gets along and they are so compassionate", and the work is "all for good. We're not trying to sell or produce anything."

As coordinator of the Food Pantry, Annie Heyligers, says, Chase is "strong, kind, caring, and always there to help in any way she can." Debbie Hickson, Chase's co-leader on the Welcome Committee, is always inspired by the way Chase approaches all her projects "with an apparent joy and ease that makes working with her a delight. She works quietly without need of acknowledgement; she is humble, thoughtful, and generous of heart. She is the friend who will always be there when you are in need - strong and compassionate." I can personally attest to all of Debbie's insights, especially the last. I remember

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## Letter from the Rector: Finding God in Nature

I like to think of myself as a water person. Being in or near the water feeds my soul. On the other hand, every time I go for a hike in the woods, the rest of the world seems to fade away, my shoulders drop down from their usual, more tense position, and as I breathe in the fresh air, I am aware of the Divine presence in God's beautiful creation. So I guess the reality is that spending time outside is one of the ways I connect with God.

Since we all know someone that chooses time in nature over joining us in worship, we decided to honor that. This month we celebrate Earth Day, spring has sprung, and the theme of this issue is "Finding God in Nature", so what better time to hold a "Mass on the Grass"?

Worshiping outside will provide the opportunity for a couple of things to happen. First and most obvious is that we will be outside soaking up the sun, the fresh air and the blue sky—enjoying God's creation! Besides that, the informal atmosphere

creates the space for us to try out some music we might not typically incorporate inside the church.

Additionally, however, is something we have been discovering with other events, which is that people in our neighborhood, who are curious about St. Andrew's, seem to be less intimidated by joining us at an outdoor activity. My hope is that you will invite your friends, bring the family member who feels more connected to God in nature, pack your lawn chairs, and remember, church is not a building, **we** are church: "For where two or three are gathered in my name, I am there among them" (Matthew 18:20).

In Christ's joy,

## Sacred Landscapes



Spring, perhaps more than any other season, bursts with the beauty of God's creation, filling our hearts, minds and souls with the promise of rebirth and all things new; new ways to see and be in the world, new ways to answer God's call, and new paths to follow that will lead us to our Creator. It is so fitting then, that at this time we begin to plan and look forward to the annual Women's Retreat, which feeds our hearts, minds and souls in the most nourishing of ways – renewing us and bringing us closer to each other and to God.

This year, our retreat will explore Sacred Landscapes – Finding our Pathway to God. We are all touched by the power of different landscapes in which we feel God's presence. You may be drawn to the constancy of the mighty ocean, the vastness of the desert, the strength of the mountains, or the wonder of the night sky – all are metaphors, at different times, for our life journey as we seek our unique path and the presence of the living God.

Our retreat, led by the Rev. Amanda May for the past 20 years, is a time when women of all ages and interests come together to experience spiritual renewal and a sense of peace, and grow closer to this warm and welcoming sanctuary of women. Our hope is that you will make the time to join us from Friday evening, May 20 till Sunday, May 22 at noon, at the lovely retreat center in the hills of Temecula, just an hour away, but worlds apart from our daily lives. The weekend offers us time for learning, worshiping in new ways, small group sharing, rest, exercise, creative expression and even a little yoga!

The cost of the weekend, including lodging and all meals is \$310.00 per person (double occupancy) and \$410.00 (single occupancy). Watch for the signup sheet on the bulletin board in the parish hall. If you have questions or concerns, please contact me at [deborahhickson@gmail.com](mailto:deborahhickson@gmail.com) or 760-436-8306.

~ Debbie Hickson

## Chase Fields *continued from the front page*

showing up for a VBS shift after I'd experienced a difficult family situation and still felt a bit raw. Chase was in the office and greeted me with a smile and hug. After a brief chat, she volunteered to take over for me and sent me home with the admonition to take care of myself and my family. This is the compassion Chase embodies and the community she fosters.

When she's not assisting St. Andrew's or sweating it out at the Y, Chase "likes nothing better than to be outside on a clear sunny day", calling it "therapy for my spirit." She says that something about "the broadness of nature reminds me that there is something bigger than me" at work in the world. Growing up in Miami, spending time in Hawai'i, and now living in Encinitas, Chase thinks "a good day at the beach is like heaven"; it reminds her that she's "a small part of a big thing", doing work to benefit St. Andrew's and, by extension, our surrounding neighborhood. She recognizes that we are all connected, one with another, and with "this fragile earth, our island home".

Chase's reflections on nature's restorative quality help me remember God's great abundance and how we are but a part of this dynamic and everlasting creation. I am humbled by God's unconditional love that makes each of us so important in the work of the world, while at the same time making us dependent on our community. Chase's life stands as confirmation that we are, each of us, gifts from God to the universe, made to take care of the earth and each other.

~ Gigi Miller



**Chase Fields with son, Fletcher at Machu Picchu**

## Getting Out the Door

Sometimes getting outdoors is literally about opening your door: leaving your house and usual routine to embark on a new adventure. The adventure can be as simple as visiting a stranger who does not have the opportunity to get out on his or her own. We often think of adventures as these big undertakings, like hiking the Pacific Crest Trail or learning to surf, but actually, every time we do something that pushes us out of our comfort zone we are opening up our selves to opportunities to grow emotionally and spiritually.

St. Andrew's visiting ministry may be one of these opportunities for you. For this adventure, you don't need hiking gear or a huge time commitment. All you need is some empathy and a willingness to listen to someone who has limited access to getting out of their home. What you will get back from this adventure is getting to know someone who you may have not had the chance to connect with. You will also learn to be a better listener, which helps in every relationship. Finally, you will grow spiritually, as you make a difference in someone else's life. If you are interested in this opportunity, contact Michael Reichie: [mreichie@sbcglobal.net](mailto:mreichie@sbcglobal.net). Also save the date for the kick-off training on Saturday, April 23, from 9:30-11 in the Parish Hall.

~ Clarita May

“

Never lose an opportunity to see anything that is beautiful. It is God's handwriting - a wayside sacrament. Welcome it in every fair face, every fair sky, every fair flower.

- Ralph Waldo Emerson

”

## God's Other Book

If you know much about me, you know that I am, first and foremost, a bookworm (or, if you prefer, nerd or geek). I love to read, and would rather spend my free time with a great book than doing just about anything else. Some of my most insightful moments have been in the company of great thinkers and Christians, mainly through their writings. Of course, the Bible and Bible study are a constant source of inspiration and comfort to me. But this time of year, I'm especially reminded about the other book that God has provided for us – His wondrous creation. There are lessons I've learned there that far surpass any I've read in the theologians.

I have several rosebushes in my yard, so I spend much of the year deadheading my roses.



A beautiful flower that budded and bloomed has withered and died, and I need to clip it off so the tree can continue to flower more abundantly. This often prods me to consider what in my life needs to be deadheaded, as well. What are some spiritual activities or practices I've been doing for quite some time, which were once beautiful and inspiring, but perhaps now need to be eliminated to make room for something else? Perhaps some of my practices are withered, and it's time for a deadheading, or even a full-on pruning. Thinking about the vitality of my spiritual life in these terms has allowed me to be gentle with myself – after all, that rose was a thing of beauty for a time – and yet still move on to something new.

Recently, I had an unexpected lesson. In mid-February, I went to prepare the vegetable garden area for the spring planting. Much to my surprise, the tomato plant we had put in last March had revived itself, and there were several medium size tomatoes growing on it. Tomatoes, in February, from a plant that I had assumed was way past its productive period. However expert we may be on gardening, seasons, and plant life, nature will still surprise us. In that same way, God brings resurrection and life to things that we might have written off as dead. Perhaps I should be more careful when I make those assessments beyond my garden, as well.

Not all of my nature experiences are joyous or comforting, either. I love my roses, but aphids

find them yummy. They get mold and fungus. Snails have infested my front yard in impressive numbers. Sometimes, we have to put in a lot of work to arrive at the desired result. But there is much to learn from the less appealing side of nature, as well. I am sure that snails and aphids are God's creatures, even if my life would be easier and more enjoyable if I didn't have to deal with them. I need to learn to regard people who I find difficult, if not downright unpleasant, in the same light – a creation of God that I should strive to respect. I should also remember that I am probably an aphid or snail to people who find me difficult. (In a spirit of transparency, I'm not meeting with great success in my attitude toward the aphids and snails.)

The writers of Scripture understood how nature tells us about God, and explicitly point us to creation as a way to learn about God. The Psalmist states at the beginning of Psalm 19:

The heavens are telling the glory of God;  
and the firmament proclaims his handiwork.  
Day to day pours forth speech,  
and night to night declares knowledge.

Psalm 104 tells us that God made the leviathan for the purpose of frolicking in the sea. What a beautiful characteristic of God the psalm reveals – a God who creates simply for the sheer joy of watching his creation frolicking! God is pleased by our moments of joyous play as well as our moments of earnest prayer. Even Martin Luther, the great Protestant reformer who insisted on *Sola scriptura* ("scripture alone") noted: "God writes the Gospel, not in the Bible alone, but also on trees, and in the flowers and stars."

As we extend our celebration of Easter into the Great Fifty Days until Pentecost, let's be aware of how God might be speaking to us from his other book. As we celebrate our rebirth through Christ's resurrection, let's notice how the plants, trees and animals are undergoing their own rebirth as well.

*Some people, in order to discover God, read books. But there is a great book: the very appearance of created things. Look above you! Look below you! Read it. God, whom you want to discover, never wrote that book with ink. Instead, He set before your eyes the things He had made. Can you ask for a louder voice than that? ~ Saint Augustine*

Catherine Campbell

## Senior Warden's Corner: Welcoming the Outside In

My 13 year old, Stephen, and I sit in the one of the back pews on the left-hand side as you face the altar. Somehow it's always just been that way. Located strategically close to the door, we could exit quietly when toddler Stephen got too restless. Later, it was easy for grade school Stephen to find me when he bounded into church after Sunday school. These days, when it's hard getting teen Stephen out of bed, we can arrive a bit late and slip nonchalantly into a rear pew. There is comfort in seeing St. Andrew's from the same spot each Sunday. We have gotten to know our pew "neighbors" over the years and greet them warmly. Recently, we have noticed that our pew "neighborhood" is evolving. New people seem to join us almost every week, and that is great!



Seeing all these newcomers has made me think about how we welcome people at St. Andrew's. They could be visiting from out of town, curious about church or shopping for a new church home. Our welcome ministry does a fantastic job of connecting with newcomers at our entrance and delighting them with fresh baked bread delivered to their home shortly thereafter. I love how those activities touch people and relate to

our Mission: "Revealing God's love by nourishing the community through worship, acceptance and service." However, connecting with each other to build a spiritually vital community is something that we can all participate in, receiving God's gifts of love and support in the process.

Wouldn't it be wonderful if every newcomer palpably feels nourished and accepted the moment they walk into our sanctuary home? What incremental step can each of us take to warmly welcome those new to our community? Prayerfully consider what you can do. Maybe it's simply introducing yourself to someone you have not seen before. Consider inviting a newcomer to coffee hour and learning about their interests. Some people may want to jump right in to St. Andrew's life while others may want to hold back. That's OK. We can meet people where they are as we are share the joy of God's love at St. Andrew's.

Next Sunday, let's "Welcome the Outside In" as we connect and re-connect with all those who make up our wonderful parish family.

~ Betsy Vaughn, Senior Warden

## Of God and Gardens

Gardens have always been a place to dig into our relationship with God. One need only read as far as the second chapter in Genesis to meet God in a garden. St. Andrew's community garden grew out of a recognition that fresh produce for our food pantry guests could be in short supply. Funding for the garden was given as a memorial. The garden beds came to life as part of an Eagle Scout project. Dirt was shoveled and planting began. A mascot, a pink flamingo who goes by the name of Feathers, was put into place. And we were off and growing. Being able to provide some fresh produce for our brothers and sisters who come to the Food Pantry mirrors in a small way how God cares for us.

You might find that working in the garden is an opportunity for prayer. A time out, if you will, from all the many things that crowd our days and our minds. It can be a time to contemplate God's amazing generosity. The peace that you can find working in the garden can be a present that you give yourself.

All are welcome to be a part of the garden crew. If you are interested in finding out more about the garden team, please contact Bob Moran at [bobpatmoran@cox.net](mailto:bobpatmoran@cox.net). Consider yourself invited to come and garden! How often do you have an opportunity to pray, help others and play in the dirt? Does it get any better?

~ Pat Moran

## Vestry Spotlight: Pat Moran

Each month, we will spotlight one of our vestry members. This month, get to know a little about the person behind the smiling face of Pat Moran, vestry liaison to the worship and liturgy committee.

### First, the basics: family names, ages of kids, pets?

Husband: Bob. We will be married 45 years this summer.

Two grown married children. Daughter - Laura Rivard and husband: Brent; children: Cooper, Annabelle and Chase. They also attend St. Andrews. Son - Mark Moran and wife: Cheryl; children: Jack, Dylan and Benjamin. They live in the Bay Area.



We have two cats, Scarf and Toboggan. They run the house and are exceedingly spoiled.

### What path brought you to St. Andrew's?

Our daughter and family attend St. Andrew's. We had belonged to other Episcopal Churches in the past and decided to see if it was a good fit. It was, indeed, a great fit.

### How do you see your role in our parish community? What most excites you about St. Andrew's & the contribution you can make?

I love liturgy and have some background in that area. Any time spent working on liturgy and worship is time very well spent.

The people that make up our community are a blessing.

### What are you known for professionally or personally? What do you have a knack for?

I hope that I am known as a friendly, caring person. I have done some writing in the past as well as organizing political campaigns for open space preservation. I served as a park commissioner, president of an open space foundation and a Master Catechist. I have had the privilege of serving as a lay hospital chaplain. I also worked as the liturgist for a Roman Catholic parish in the Bay Area.

You find that when you move frequently, you re-invent yourself to fit the opportunities that you find in your new home town

### Where can we find you when you're not working? What's your favorite way to spend a weekend or a Sunday afternoon?

Reading. Exploring a museum. Taking a road trip.

### Where did you grow up and why aren't you there now?

I grew up in St. Louis. We have moved a number of times for work. The most exotic place we have lived is Saudi Arabia. Houston had the worst weather...but really great people. We moved to Encinitas when we retired to be near family.

### Any other volunteer activities you're engaged in?

I love singing in the choir.

### What would be impossible for you to give up?

My family. The cats also figure high in the mix.

## Caretakers of God's Abundance

The word stewardship is from the old English word "sty-ward" and refers to the person appointed by the lord of the manor to be the custodian of the manor's valuable asset — the pig sty. Though the pig sty did not belong to the sty-ward, the treasured responsibility of the pig sty was carried out with care and love for this critical resource of the manor community. This was a job of prestige and importance.

The responsibilities of stewards over time have remained broad. The resources in question are not insignificant but rather both critical and treasured; they are managed for the good of the community; and nowhere are these resources defined as purely monetary. They are resources managed by someone other than the owner and requiring the steward's time, talents and treasures. Sound familiar?

As Christians, we live in community whenever two or more of us are gathered together in the name of Jesus Christ. There is responsibility in our community to be good stewards of all of our resources — resources which we tend to think belong to us. We are transients in this world and as the saying goes, "you can't take it with you." If we could take it with us, we would go empty handed because all that we have, no matter how small or large, comes from and belongs to God. We are on this earth simply as the caretakers of God's abundance.

Being good stewards means more than pledging to the annual fall campaign, contributing

to the latest parish fundraiser or making a will with a bequest to our church. It is about more than spending several hours a week at church studying or working. It is about more than sharing our personal talents to further God's work in our communities. It is about our relationship with God and with each other. It is about using everything we have — our work, our wisdom, our wealth — in a Christ like way. All day, each day, in every way.

Much reflection has taken place in our world, a world that has changed dramatically in the first years of the 21st century. As we travel our short journey on earth, may we all reflect on the meaning of "stewardship" and the relationships we choose to nourish and build with all that we have — our gifts from God. May we leave legacies that our children and grandchildren will remember as meaningful and significant to their lives as Christians as well as to the lives of their children and grandchildren.

~ Frances Caldwell

*Frances Caldwell, Director of Stewardship and Development at St. James's Episcopal Church in Richmond, Virginia, is chair of the Stewardship Committee for the Consortium of Endowed Episcopal Parishes, a member of the Consortium's Annual Conference Committee, and a member of the Stewardship Committee of the Diocese of Virginia.*

### Young Adult Text Group

If you are between the ages of 21-35 and would like to be included in our impromptu gatherings for food, fellowship and fun, text Mother Brenda (206.714.0119) and she'll let you know what we're planning next!



The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God.

Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. I firmly believe that nature brings solace in all troubles.

- Anne Frank





**Make your mark  
outdoors!**

**Buy a brick in  
the labyrinth!**

Commemorate someone special, or just celebrate your family's time at St. Andrew's. Each brick, with your choice of inscription, is \$75. Donations are tax deductible. Just fill out the form below!

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Requested inscription:** (Up to 45 characters, including spaces and punctuation, with a maximum of 4 lines). Please print clearly or type below. (use the back for additional bricks.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please make your check out to St. Andrew's Episcopal Church and remit it with this form to St. Andrew's Episcopal Church, 890 Balour Drive, Encinitas, CA 92024.

Questions? Contact us at 760-753-3017 or [gillian@standrewsepiscopal.org](mailto:gillian@standrewsepiscopal.org).

# Amazing Days



Gardening at St. Andrew's Preschool

“

I thank You God for most this  
 amazing  
 day: for the leaping greenly spirits  
 of trees  
 and a blue true dream of sky; and  
 for everything  
 which is natural which is infinite  
 which is yes ”

e.e. cummings



Palm Sunday Procession



Picking fruit for the food pantry



Art & Soul Hike

To see all of this issue in color, view it on the Newsletters page on our website under "Get the Latest".

## The Episcopal Church of Saint Andrew the Apostle

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*Five Loaves. Two Small Fish. Enough for a Multitude.*

## The Beauty of Nature

God has revealed himself through nature since the beginning of time. He was the one who created the universe. I see God in nature every day. I see him when I wake up in the morning and the sun is shining through my window, I see God when I see flowers on the ground. Everything that is put on Earth originated from God. His beauty is seen throughout the stars in the night sky, the waves calmly crashing on the beach and the wind softly howling against my ears. Seeing God in nature makes me happy. I know that he is forever there and by my side.

~ Ally Miner



**Ally Miner (center) with friends on the 2014  
Mission Trip to Cortez, Colorado**