



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

Volume 8, Issue 2

Published 10 times a year

February 2017

The DeSilva Family – Seeing Things Differently

Mindfulness practice is “trending”, as the cool kids say, but it’s really an idea rooted in ancient contemplative ideas of being aware of moments in our lives. I took a class several years ago, and the teacher explained it by telling a story that’s stuck with me. She and her husband were having their cracked driveway repaired. She knew for over a week that on Thursday, the contractors were pouring new concrete. After a particularly stressful day, she pulled up to her house, anxious to get inside, relax, and put the day behind her. She noticed her husband at the top of the driveway waving energetically and calling to her, which made her feel better. He was welcoming her home! As soon as she pulled into the driveway and her car sank into the wet concrete, she realized he was trying to warn her to park on the street. So much for mindfulness, right? So often, we’re all on auto-pilot. But what happens when something jolts us out of the ordinary? Will we be able to make different choices or just sink into complacency?



About a decade ago, the DeSilva family experienced just such a lightening flash, but to understand its effects, we need to “start at the very beginning”, as the Von Trapps might encourage. Frank was born and raised in Summit, NJ. His family was Catholic, and Frank was an altar boy and attended Catholic school until the third grade, when he started at the local public school. Frank describes Summit as “a close-knit extended family, where everybody took care of each other’s kids.” Frank graduated from Florida Technical Institute with a BS in Environmental Science, then went on to complete his MS

in Environmental Engineering at New Jersey Technical Institute. Frank joined the workforce with ResinTech, a company specializing in water purification products. As the national sales manager, Frank’s position required lots of travel, including stops on the West Coast.

Debbie grew up in Newport Beach, CA. In contrast to Frank’s upbringing, Debbie’s was non-traditional, raised by a single mom with sporadic Presbyterian church attendance. She graduated from high school in Newport Beach, then received her BA from the University of Alabama. After moving back to southern California, Debbie became a certified court reporter and met Frank in 1993 through mutual friends.

Frank and Debbie married in 1995 at St. Peter’s by the Sea Episcopal Church in Narragansett, RI. Frank tried to persuade Debbie to tie the knot in NJ, but Debbie insisted that the church had to have female priests. Since the newlyweds were settling in a “little surfer town in NJ”, Debbie also felt that marrying in RI would be a destination wedding for the West Coast friends and family.

Debbie attained her court reporter certification in NJ, where the DeSilvas lived until the Blizzard of ‘96 slammed the East Coast. With Frank traveling constantly, Debbie was often left to shovel snow, de-ice the car, and other wintery tasks for which her SoCal upbringing didn’t prepare her. Frank and Debbie re-located, with the help of ResinTech, to Jensen Beach, FL, where they welcomed baby Barbara in 1999. The family did some sporadic church shopping but couldn’t agree on the approach.

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*Mark Your
Calendar*

- February 3
Finance meeting, 11am
Vestry retreat begins
- February 5
Boy Scout Sunday
Acolyte Training, 11:15
- February 12
Interfaith Rotational Shelter arrives
- February 14
Aging Gracefully, 10am
- February 18
Parent’s Night Out, 4-7pm
- February 20
Parish Breakfast
- February 23
XYZ’s, 11:30am
- February 26
Interfaith Rotational Shelter departs
Mardi Gras Coffee Hour
- February 28
Shrove Tuesday Pancake Supper

Letter from the Rector: Groundhog Day

Dear Sisters and Brothers in Christ,

Growing up in northeastern Montana, I really looked forward to hearing whether Punxsutawney Phil saw his shadow on February 2 or not. More specifically, I was crossing fingers and toes that he would NOT see his shadow and that we would be on our way to an early spring!

Since I haven't lived in that kind of sub-zero climate for quite awhile, I am now more apt to think of the movie starring Bill Murray and Andie MacDowell when I hear the words "Groundhog Day". The main character goes through the same day over and over, but at some point discovers he can alter the outcome of his day by responding differently. As he figures out what he really wants in life, he uses slight shifts in each iteration, so that he is able to deepen a relationship he has found to be important.

We chose the theme of "Groundhog Day" with that image in our minds; that there are things we do in our parish life that can seem like all we are doing is repeating the same thing over and over. In actuality, however, much of the repetition is done with a great deal of purpose.

It's true that one of the reasons we have The Book of Common Prayer is to reinforce our unity as a denomination. No matter where we are in the

U.S., we know all the other Episcopal churches are praying the same prayers that we are. Even if you visit an Anglican church in another country, and you hear different words or another language (from Spanish to Arabic), you will still experience the same order of service.

But another important reason for our common prayerbook is that the repetition allows us to be freed up to be completely present to the Holy Spirit at work among us. Our tradition is based on the idea that having a pre-set liturgy keeps us from having to worry about what's coming next. In that sense, liturgy provides for us a structure we can count on even when the words vary slightly.

Furthermore, like the movie, if, on an individual or corporate basis, we begin to notice the places within the liturgy that are calling out for more intentionality, we can continue to make the slightest of shifts in personal practice so that, with each weekly iteration, our relationship with God is deepened. Happy Groundhog Day!

Mother Brenda +



Busy Young Adults Wanted

If you are in your 20s and 30s, we know you are busy growing your careers, finding the right place to live, maybe considering marriage or even parenthood. You are busy! So don't feel like you have to make a long-term commitment to our group. This is us enjoying Farkle, a fast-moving dice game, at our New Year's gathering. Come and get to know us at the next Suppers at Six, or text Mother Brenda at 206-714-0119 to find out what else is coming up.

Thank you, St. Andrew's

It's hard to believe I've been working at St. Andrew's for over five years. Thank you to everyone who has made it such a pleasure to serve as your communications coordinator. In the time I've been here, you've helped my role evolve into one that truly helps us get out the good word—to our parish, our neighborhood and beyond. I am confident that my replacement will continue to shine our light. As for me, I am looking forward to a schedule that will allow me to fully enjoy this period in my family's life—because we all know how quickly time flies!

~Cordelia Manis

The DeSilvas *continued from the front page*

In 2003 when Barbara turned three, Frank was transferred to Carlsbad, and the family put down roots. They began to look at churches more intently, as Frank felt church was important in his life growing up, and wanted that for Barbara. Searching through church websites, Frank stumbled upon St. Andrew's and liked what he saw. After visiting St. Andrew's, the DeSilvas knew it was a great fit for them. Barbara was baptized when she was 4; Frank was received and Debbie was confirmed in the Episcopal Church a year later.

Barbara went to Sunday School, then Youth Group, with which she attended four Mission Trips. Frank joined in on three of them, saying they aged him, but were wonderful experiences. Frank, Debbie, and Barbara enjoyed the Youth Group ski trips, beach parties, and pool parties so much that Frank says "We have to get another kid, so we can keep going on all these activities when Barbara goes to college!"

In addition, Frank and Debbie were active in many other ministries at St. Andrew's. Debbie served as a breadrunner, coordinated the Fall Festival Chili Cook-Off, worked in the Food Pantry, and managed the annual Angel Tree with Barbara. Frank is an usher and serves on the Board of Directions for RefugeeNet. Frank also acted as a liaison to San Juan Apostol in Ensenada, visiting to deliver gifts. Frank and Debbie say "the people at San Juan were awesome, and it was a very rewarding ministry".

With Frank and Debbie working, Barbara in first grade, and the family involved in the St. Andrew's family, the DeSilvas were enjoying the joys of everyday life. Then, Debbie got the results of a routine eye exam; she was diagnosed with retinitis pigmentosa, a disease that effects the photoreceptor cells in the retina; it progressively leads to blindness. There's no cure and no prognosis on the disease's progression. Debbie went on St. Andrew's prayer list, and she says St. Andrew's took care of them through all the treatments and clinical trials. Debbie says being diagnosed with progressive blindness caused her to really "see things for the first time".

Since RP is the result of mutated genes and can be inherited, it was crucial that Debbie know her complete family history to understand the disease's possible impact on Barbara. Debbie went on a search for her biological father; she

discovered he was a professor in Illinois and that she had two half-brothers. Her new family welcomed Debbie, throwing a family reunion in her honor.

Debbie and Frank always loved traveling, but the demands of work, family life, and budgets put international treks low on the list of pastimes. Debbie says RP gave her the permission to do things she'd never done; she wanted to see the world and Barbara's reaction to it before she lost her sight. The DeSilvas decided to economize, so they could take an annual trip abroad.

These new traveling adventures had a profound influence on Barbara, who wanted to become fluent in a foreign language and immerse herself in different cultures. She studied French, worked diligently through the Carlsbad school system, and is now spending her senior year of high school in Belgium as a foreign exchange student. Barbara completed the college application process long distance and received an early acceptance into Barnard College in NYC, where she will most likely study anthropology.

When not working hard, serving our St. Andrew's ministries, or globetrotting to some foreign locale, the DeSilvas can be found in the great outdoors. Frank is an avid surfer but also enjoys Korean martial arts and snowboarding, Debbie is a runner and fitness enthusiast. And Barbara is a runner, skier, and swimmer. Barbara went to Camp Stevens every summer from age 8, reveling in nature and meeting new friends. The whole family enjoys stand up paddleboarding and traveled to Tahiti last year for a fun SUP adventure.

Though Debbie's peripheral vision has deteriorated, the DeSilvas' perspective remains focused as they respond to life's shifting landscapes with grace, fortitude, and a commitment to sharing God's love. Debbie, Frank, and Barbara model Paul's reminder that "... we fix our eyes not on what is seen, but what is unseen. For what is seen is temporary, but what is unseen is eternal". Their presence in our St. Andrew's community reminds us that adjusting to new horizons is challenging, especially when darkness is descending. Our God of upheaval and renewal waits to guide us, imploring us to "walk by faith, not by sight".

~Gigi Miller

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Debbie says RP gave her the permission to do things she'd never done.

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Out of Routine, Into Welcome

Because I often spend Saturday having fun, my Sundays are full of chores, grading school papers, and prepping for the new week. My weekend routine means sometimes I am distracted at church. That sometimes leads me to not notice newcomers and welcoming them to St. Andrew's.

I actually rush to church many weekends. I have coffee with my closest friend at 7:30 on Sunday mornings in San Marcos to spend an hour visiting, then rush to get to the Great Conversation. (An always interesting education program, open to all, at 9 a.m. every Sunday.) Then I focus on making sure we find seats on the aisle because that's what my husband and I prefer. You have to admit it's true that we all have "our" seats in church and we know best the people who sit around us. That routine can also cut us off from welcoming newcomers.

We're given a generous amount of time to share the Peace at St. Andrew's and this can be an especially important time to make a newcomer feel welcome. A warm handshake and smile can make a newcomer feel especially welcome. There was one time when I was talking to another parishioner during the peace about a project we were working on, when someone I didn't recognize broke into our conversation to share the Peace with us. That sticks with me because I let a project that was on my mind interfere with greeting someone I didn't know.

Sunday afternoons are busy for me, so sometimes I slip into my mindset of cutting my time at coffee short, and getting home to get

busy. The time after service in the Parish Hall is a great time to make newcomers feel welcome. Our first Sunday at St. Andrew's, at least a dozen people introduced themselves to us, and some - like Debbie Hickson - took the time to answer all our questions. The people we met helped us feel so welcome the first time we were at St. Andrew's.

Sometimes it's awkward to say hello to someone I think is new, only to discover they've been part of the St. Andrew's family for years. Maybe they go to the 8 a.m. service and have come to 10 a.m. this particular Sunday. If you've attended for just a year, saying hello to a newcomer makes you the seasoned veteran at St. Andrew's. But to that person who has been at St. Andrew's for 20 years, if you've been at St. Andrews for just one year, you're the newcomer. So take a chance; say hello to anyone you don't recognize on Sundays. You might meet a St. Andrew's "veteran" and make new friends. Or you might make a newcomer feel welcome. St. Andrew's is a warm and caring congregation of special people. When we welcome all - especially newcomers - we share the warmth and care we feel together.

By the way, there is a more formal way to greet newcomers. Each Sunday two or three greeters welcome all to our church. Joining this group is one more way to make newcomers to St. Andrews feel welcome.

~Ann Zivotsky

Legacy Circle Invites Charter Members *continued from back page*

Andrew's Episcopal Church" or similar language. Bequests can also be for a particular ministry as specified by the donor. An information session regarding the mechanics of adding the Endowment Fund to your will or trust will be held sometime in early spring.

The charter member recognition event will be held this May, and St. Andrew's Legacy Circle charter members are anyone who submits their statement of intent prior to June 30, 2017. Membership in the Legacy Circle can be anonymous. If you are interested in being part

of the Legacy Circle, or to make a planned gift, please contact Pam Whitaker at pamwhitaker@gmail.com or (760) 845-9196.

Planned gifts are important, needed, and will allow our parish to accomplish great things. You can share your faith beyond your lifetime by planning a gift that funds an endowment and supplies a permanent source of income to the ministries you support. Enjoy the satisfaction of knowing that your gifts will bring life-changing ministry to many others in the future.

Senior Warden's Corner: Moving Forward

Sometimes things just don't seem to move forward. I have an occasional recurring dream in which I am stuck somewhere and can't get out. Once one obstacle is conquered, another one appears, until I wake up tired from my busy dreams. It's my own Groundhog Day scenario where life repeats and doesn't move forward. I imagine that others may have experienced something similar.

You might be wondering if we are caught in a Groundhog Day cycle with rebuilding the Friendship House. Our first fire was on October 22. Since then, we have made huge progress securing the area and working with the insurance company. We also have plans to install a new security alarm system and significantly improve the outdoor lighting overnight. We are considering whether a temporary building may be a viable solution short term. Thanks go out to all the people who have made this progress happen including Debbie Hickson, Dan Vaughn, Joe Whitaker and Gillian Campbell.

Our next step is to consider the long term solution. In the October newsletter, I wrote about the "visioning" work that the vestry has done over the last 18 months. That was before the fires. We will now revisit that work in the context of rebuilding. There is a Visioning subcommittee driving the planning and the vestry retreat on February 3-5 will revolve around that topic. It's important that we are thoughtful about what

St. Andrew's needs are today and in the future. It has been four years since we conducted focus groups and created the Parish Profile used in the calling of our new rector. We have changed as a parish and those changes must be reflected in our planning. Likewise, we had created a "master plan" for our future physical plant which needs to be revisited to reflect the new ways that we serve and connect people, and ways that Christian Formation can be done, including online. We are blessed to have a community which informs us well, so we will be reaching out to parishioners after the vestry retreat to hear about your thoughts and dreams for our bright future.



Together we will build an exciting and viable plan for our parish which reflects our mission: **To Reveal God's love by Nourishing the Community through Worship, Acceptance and Service.** It will take significant time effort, but we will move forward!

~Betsy Vaughn

Providing Predictable Lives of Joy with God

Sunday School is the beginning of a life of faith and love of God. It is the foundation of a living a life through Jesus' teachings. The predictable rhythms of our Episcopal church year, the stories in the Bible told again and again, increasing in depth and understanding each year, provide comfort and joy to our youngest members of our congregation. Our children participate in our repeated rituals, learning and understanding the meaning of them. As the weeks and seasons of our church life continue, these lessons provide predictability and stability.

As a lifelong Episcopalian, I have experienced joy in the flow of church life. My young Sunday school days were stepping stones, placed in a familiar pattern. As the Book of Common Prayer

changed, I changed, loving both the old and the new. I continue to experience great comfort in hearing, saying and repeating prayers and Bible verses.

I am passionate about showing children the joy in practicing and church traditions. Starting early in life, they learn to anticipate the seasons of our church year, with familiar rites, prayers, and stories. Something as simple as Jesus' message "Feed my sheep" can resonate for years, becoming a call to action from a strong, familiar foundation of love and joy of living our lives with God by our side.

~Molly Moores

Schedules

Sunday Schedule

8:00 am—Rite I Holy Eucharist
 10:00 am—Rite II Holy Eucharist
 9:00 am—The Great Conversation
 9:50 am—Sunday School & Youth Service
 11:15 am—Coffee Hour

Office Hours

Monday–Thursday
 9:00 am–3:00 pm

Appointments are suggested for office or home visits.

Clergy & Vestry

Rector—The Rev. Brenda Sol, 760-753-3017
 rector@standrewseiscopal.org
 Sr. Warden—Betsy Vaughn, 760-944-1104
 Jr. Warden—Debbie Hickson, 760-436-8306
 Clerk—Glori McStravick, 760-942-9153
 Treasurer—Bob Moran, 760-487-1630

Gene Andriany, 949-292-7445
 Joe Arlauskas, 760-944-8458
 Catherine Campbell, 760-942-8192
 Bill Feeney, 760-479-0859
 Andy Lincoln, 858-546-0521
 Pat Moran, 760-487-1630
 Kate Sapp, 314-757-2958
 Joe Whitaker, 760-438-4618
 Chas Wurster, 858-692-2410

Standing Notices

Pastoral Needs

Michael Reichle may be called at 760-633-4823 in case of illness, accident, personal crisis, or if you just really need to talk. He will connect you with a clergy person if needed.

Baptisms, Marriages & Funerals

Please consult with the rector to schedule all baptisms and marriages, or to make funeral arrangements. ("The death of a member of the church should be reported as soon as possible to the Minister of the Congregation." —Book of Common Prayer, p. 468)

Last Rites

If you would like Last Rites for your loved one, please call Mother Brenda's office number (760-753-3017 x201). If she's not in the office, the message provides her cell phone number.

Prayer Requests

Prayer requests can be made to prayer@standrewseiscopal.org or on our website at standrewseiscopal.org/prayer-requests. Please let us know whether you'd like your first name only to be listed, and whether you want to be included in the Prayers of the People on Sundays. Also, if you plan to add someone else's name, please be sure to seek their permission beforehand.

Ministries Directory

Acolytes

Christie Hamel, 760-635-0436

Adult Christian Formation

Michael Reichle, 760-633-4823
 Catherine Campbell, 760-942-8192
 Joe Whitaker*, 760-438-4618

Altar Guild

Lorraine Gritzen, 760-598-8760
 Jill Svendsen, 760-753-4250

Art & Soul

Sing Baker, 760-804-9234
 Linda Counts, 760-331-8102

Bible Garden

Lois Chaddock, 760-930-1944

Bookkeeper:

Tammy Bozich, 760-753-3017

Buildings and Grounds

Debbie Hickson*, 760-436-8306

Camp Stevens

Bob & Lois Chaddock, 760-930-1944

Children's Ministry

Bill Feeney*, 760-479-0859
 Colleen Gritzen, 760-310-2052

Columbarium Garden

Gillian Campbell, 760-753-3017

Communications & Marketing

Cordee Manis, 760-753-3017
 Catherine Campbell*, 760-942-8192

Community Garden

Bob Moran, 760-487-1630

Confirmation

Mthr. Brenda Sol, 760-753-3017

Controller

Erin Sacco Pineda, 760-753-3017

Fellowship

Leslie Hernandez, 760-942-4460

Finance

Andy Lincoln*, 858-546-0521

Food Pantry

Anne Heyligers, 760-214-7550

Friday Community Lunch

Duane Beamer, 208-661-0127

Friends in Faith

Michael Reichle, 760-633-4823

Health & Wellness

Bill Feeney*, 760-479-0859

Intercessors, Chalice Bearers &

Lectors

Gillian Campbell, 760-753-3017

Lay Eucharistic Visitors

Michael Reichle, 760-633-4823

Meal Delivery

Chase Fields, 760-944-7449

Men's Bible Study

Jim Temples, 858-755-1880
 Bob Gultinan, 760-505-3077

Men's Parish Breakfast Team

Julian Betts, 858-775-3369

MESS

Donja Stephenson, 760-436-6259

Music

Chris Bingham, music@standrewseiscopal.org

Newcomers Ministry

Debbie Hickson*, 760-436-8306
 Chase Fields, 760-944-7449

Newsletter

Cordelia Manis, news@standrewseiscopal.org

Office Support/Parish Administrator

Gillian Campbell, 760-753-3017

Outreach

Joe Arlauskas*, 760-944-8458

Pastoral Care

Michael Reichle, 760-633-4823

Personnel & Administration

Betsy Vaughn*, 760-944-1104

Prayer Chain

prayer@standrewseiscopal.org

Preschool

Nancy Thibeault, 760-753-5636
 Catherine Campbell*

RefugeeNet

Elaine McLevie, 760-944-3046

Stewardship

Chas Wurster*, 858-692-2410

Sunday School

Colleen Gritzen, 760-310-2052

Treasurer

Bob Moran, 760-487-1630

Ushers

Bob Elwell, 858-755-4145
 Ed Deane, 760-942-7478

Women's Spiritual Formation

Debbie Hickson*, 760-436-8306

Worship & Liturgy Committee

Pat Moran*, 760-487-1630

XYZ's Group

Connie McIntire, 760-753-4946

Young Adults

Mthr. Brenda Sol, 206-714-0119

Youth Education

Bill Feeney*, 760-479-0859

Youth Ministry

Marisa Smith, youth@standrewsepsicopal.org

* indicates vestry liason

Reserved for C&M ads

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February 2017

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Permit #115

Change Service Requested

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

Legacy Circle Invites Charter Members

One of the greatest acts of stewardship an individual can make is by establishing an estate plan. A special group of donors are creating a St. Andrew's Legacy Circle to encourage planned gifts to our parish. These donors have all included St. Andrew's as a beneficiary of their will or trust, and intend their planned gifts to support all of the ministries at St. Andrew's. Previously, the bequests came to St. Andrew's as a surprise, after the donor had passed away, and there was no way for St. Andrew's to thank or acknowledge them. The St. Andrew's Legacy Circle will provide a way to thank and recognize the generous people who have remembered St. Andrew's in their will or estate plans, during their lifetime.

An Endowment Fund has also been created to accept bequests and the income from this fund will be used to support the ministries at St. Andrew's in perpetuity. The Episcopal Church Foundation will serve as administrator of the St. Andrew's Endowment Fund. Those who include this Endowment Fund as a beneficiary of their will or trust will become members of the St. Andrew's Legacy Circle. Those individuals who make lifetime gifts to the Endowment Fund will also be included in the St. Andrew's Legacy Circle. Lifetime gifts are donated while the individual is still living, and can include appreciated stock or real estate, life income, and charitable trusts. These living gifts often provide the donor with generous income tax deductions.

Please consider remembering St. Andrew's in your will and trusts. Gifts may include a bequest to the St. Andrew's Endowment Fund through a will, revocable trust, irrevocable trust, or naming the St. Andrew's Endowment Fund as a beneficiary of a life insurance policy, IRA, pension, or other type of gift arrangement. The bequest should be to "The Endowment Fund of St.

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None of us lives for oneself,
and no one dies for oneself.



FOR IF WE LIVE,
WE LIVE FOR THE LORD,
AND IF WE DIE,
WE DIE FOR THE LORD;



so then, whether we live or die,
we are the Lord's.

ROMANS 14: 7-8