

# The Sentinel

September 2010



St. Stephen's Episcopal  
THE DOWNTOWN PARISH

1432 S.W. 13th Avenue • Portland, Oregon 97201

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## **ANOTHER NEW YEAR?**

Traditionally the start of a new academic year in September has been reflected in the Church as a new “program” year. We begin to focus our energies and resources on planning for our life as a gathered community of faith in the ways that drive our activities into the future. At St. Stephen’s those changes are reflected in the meals that we serve our neighborhood guests; for example Tuesday lunch returns to our famous Chili and corn bread meal that folks have come to know and enjoy. The “new year” is also reflected in the return of our Choir to their routine of Thursday evening rehearsals, and our Sunday morning 10AM Eucharist is blessed by their gift of music and vocal leadership returning into the midst of our sacred prayer and liturgy. Committees and individuals approach the start of this new program year with renewed energy having been rested and refreshed by our vacations and the overall slower pace of life during the summer months.

The reality though is that God never takes a vacation (or even a “sick day”) from guiding our renewal in Christian responsibility. The poor are still among us and need to be fed. The reality of our need to connect with others in community still drives us to seek the Christ in each other and to express our gratitude for the many gifts we have been given in our central act of thanksgiving (or “Eucharist”). We who are the members of Christ’s body renew our exploration of the call to Christian discipleship by reflecting on the many gifts with which our God has blessed us and how those blessings call us to consider sharing with others who have gathered in Christ’s name to be about the work of spreading the Gospel. Please begin to explore how God might be calling you in the “new year” to share your gifts in ministry with the use of your time, talent and treasure in our faith community family.

My vacation time spent among my biological sisters and brothers in New Jersey allowed me the opportunity to renew my commitment of caring for those whom God placed in my early life to shape my worldview especially around my beliefs in God and God's Church. 85 people joined in my sister's backyard to renew old relationships and forge new ones among the third and fourth generations of the Parker clan. I was also gifted by the ability to return to the Church of the Messiah in Chester, and share with that community as the Presider at God's table in the faith community where I first encountered the freedom and beauty of The Episcopal Church and started on my journey in that faith tradition. Each and every one of us who call St. Stephen's our parish family need be aware of how our lives as disciples of the Christ will influence those who come inside our Red Doors and those who won't. We are called as the next generation to continue the line of our parish family. As a result of our claim to be Christians we ask ourselves how our lives reflect the One whom we call our savior and our friend; and if others can see in us the reflection of the Good News Christ calls us to proclaim.

Blessings and "Happy New Year"!

Dennis j.+

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## SUNDAY SERVICES

### **Holy Eucharist – Rite II at 7:45 AM and 10:00AM**

Coffee hours are held after both services in order to meet one another and to greet newcomers. All birthdays are celebrated with cake and song at coffee hour on third Sundays of the month.

Between the two Sunday services, please join us in the Parish Hall at 9:00 AM for our Adult Inquiry program.

***Journey Koinonia Catholic Community*** meets on Sundays at 6:00 PM in the sanctuary. To contact them go to [www.journey-catholic.org](http://www.journey-catholic.org) or call 503-998-0808.

## September Adult Inquiry: Living the Questions 2.0

Starting Sunday, September 5, we will review selections from Living the Questions 2.0. This is the provocative DVD program designed to help people wrestle with real world questions often avoided by the Church, which came out of the real world needs of pastors. Some of you may remember the lively discussion of LTQ 1.0 in April 2009. Now at St. Stephen's suggestion the Diocese has ordered the latest production, and we are first in line to use it. Look for the class dates and topics in upcoming Bulletins. The premise of the series is that "our being fully Christian is a process and a journey that is forever ongoing, rather than a stand at a fixed set of beliefs. It requires our being able to accept that the truth of God is forever the "Mystery" beyond our understanding and human language."

Please go on this journey of exploration with us at 9:00 AM in the Parish Hall between the services. Jean and Mic Fleming will facilitate.

### Weekday Activities

#### **Tuesday: Chili lunch (September – May): Bag lunch (June – August)**

For information contact: Mary Komachi ([babamk@juno.com](mailto:babamk@juno.com)), Stephen Snyder ([shsnyder@worldnet.att.net](mailto:shsnyder@worldnet.att.net)) or Joyce Lew ([jlwlew@hevanet.com](mailto:jlwlew@hevanet.com)).

#### **Wednesday sandwich preparation**

For information contact: Mary Komachi ([babamk@juno.com](mailto:babamk@juno.com)), and Barbara Hart

#### **Men's Bible Study 12:00 Noon – 1:00 PM on Wednesdays in the Library**

For information contact: George Neavoll ([gneavoll@comcast.net](mailto:gneavoll@comcast.net))

#### **Begin Within: Centering Prayer and Meditation – 3:30 PM on Wednesdays**

at 4405 SE Rex St., Portland. For more information contact: Mike Zula 503-772-2095 ([laslie471@comcast.net](mailto:laslie471@comcast.net))

#### **Saturday breakfast**

For information contact: Sue Rossiter ([rossitersusan@yahoo.com](mailto:rossitersusan@yahoo.com))

Thank offerings made to celebrate Birthdays and Anniversaries are used towards defraying the cost of meals provided to all comers on Tuesdays, Wednesdays and Saturdays.

The Vestry meets the third Sunday of each month immediately after the 10:00 AM service. Please note the new day and time. Meetings are open to everyone.

### PARISH PICNIC

The entire parish is invited to join guests of the St. Stephen's Table for a gala (indoor) picnic on Saturday, September 4, in the Parish Hall. Cold drinks and coffee will be served from 11:30 AM. to noon, and food will be served from noon to 12:30PM. No need to bring anything — this isn't a potluck.

Join us for some great food (including ice cream) and good company.

### September Men's Bible study: **Something about Matthew**

The section headings in the *Serendipity Bible*, whose text we primarily use, tell the story of Christ as told by Matthew:

"The Greatest in the Kingdom of Heaven", "The Rich Young Man", "The Parable of the Workers in the Vineyard", "The Triumphal Entry", "The Parable of the Wedding Banquet".

These and many more topics will be covered in the weeks of September, as the men's Bible study group continues its look at Matthew. The other Gospels will follow as we take a chapter or two (or three or four) weekly of Mark, Luke and John. We intend to proceed with all four Gospels literally as the Spirit leads us.

Meetings begin in the church Library at 12 noon every Wednesday. Prayers for the "special concerns" among us are offered before we adjourn promptly at 1 PM.

We depart each week resolved to see the face of Jesus in everyone we meet.

## **Perky's Early Memories of St. Stephen's**

Some people have asked for a brief account of my life at St. Stephen's. Here it is:

1. I first attended a service at St. Stephen's when I was ten or twelve. This was when each person gave up something for Lent (such as candy) and put the saved money in a box. You took your box to your Church at Easter. One time, my family brought this money to St. Stephen's Episcopal Cathedral on a Sunday after Easter.

2. The second time I attended some services at St. Stephen's was when I was studying to be a Medical Technologist at the University of Oregon Medical School. I discovered that if I got up 15 minutes earlier I could walk to Trinity Episcopal Parish so I decided to do that, since I had attended Trinity as a child. As I remember it, I liked the sermons better and I enjoyed the exercise.

3. The third time I attended St. Stephen's was when Lee and I moved to Portland in 1965 and we were hunting for a church home. St. Stephen's had a 7:45 A.M. service followed by a breakfast. If Lee and I attended that service then I did not have to fix breakfast and we had been to church so we could go do something else for the rest of the day. We began construction of our home during this period. It was a bit tricky after we started our family though there were other children who came to the 11 A.M. service, which is why we started coming to the 11 A.M. service.

4. Another reason we stayed at St. Stephen's was because (at that time) there were a lot of "young couples" who attended the later service. These couples met together about once a month for a "pot luck dinner" party. There are three of those couples who are still attending St. Stephen's – the Emlaws, the Leightons and the Kilbourns. I am not sure if we could get something like that happening again. I know we have one married graduate student at Portland State University who is attending St. Stephen's with her husband and child. Perhaps signs could be posted asking if some Episcopal married graduate students with young children would be interested in meeting other Episcopal married graduate students with young children. The generations may have something in common after all.

Perky Kilbourn

## Seeing the Big Picture

On Sunday, July 11, **The Rev. Anne Emery** and her husband Steve joined us for worship at 7:45 AM and later for the Adult Inquiry tour of the **Pearl Bakery**. Anne is a recent graduate of The Church Divinity School of the Pacific (CDSPP), the official seminary of the Eighth Province of the Episcopal Church. They were visiting family and friends in Portland on their way to Anne's first church calling, to be Curate at St. John's Episcopal Church in Hingham, MA. For her first sermon, she recalled her trip to the bakery when she preached Luke 12: 13-21 the story about the rich farmer. The title of her sermon was "Seeing the Big Picture."



"The Continental United States is about 3300 miles from sea to shining sea. But Steve and I drove about 3800 miles to get here from our home in San Mateo, California. We started by driving north to Oregon to visit Steve's family, and then turned east toward our future home, here in Hingham. There were many signs that we were on a journey beyond what we already knew. I mean real signs, like: *Elk For Sale or: Do Not Pass Snowplows On The Right*. Think about it We saw signs with an epic quality; we crossed the 45<sup>th</sup> Parallel—halfway between the Equator and the North Pole, the Oregon Trail, the Continental Divide. The trip gave us a chance to see the big picture: purple mountains' majesty (a lot of that), and plenty of waves of grain in the form of rice, corn, soybeans and wheat. We encountered a variety of people along the way, and saw farms and barns everywhere we looked. And now on this first morning together we hear about a landowner with barns full of crops—in short, a farmer.

This text is part of a long passage in Luke's Gospel where Jesus addressed our anxiety about life. The punch-line of His story is that there is a time of reckoning at the end of life—and the story asks us to consider the basic question: what is life all about? Jesus said, 'Don't worry. Consider how God cares for the birds and the lilies of the field. Have faith that not one person is forgotten in God's sight.' He was not talking about possessions; Jesus was teaching about relationships. He called his listeners to turn to God, and to care for each other. In that way they would have everything they really needed. Jesus was teaching them about the big picture: how to live into the kingdom of God. The story about the rich farmer, who was isolated by greed, was like a road sign warning them what not to do.

But during the trip I was fortunate to meet two people who really live the message in this text. They are living examples of what life is really all about. Not rich farmers, exactly. But they certainly deal in grain. Call them the wise bakers.

Eric and Mary Lester opened the Pearl Bakery in Portland, Oregon in 1997, a baker's dozen years ago. They sell artisan breads and pastries, and the business is thriving. But when they talk about their business, they don't just talk about themselves but about the community of customers, employees, and suppliers. When Eric buys flour he tests the protein and moisture content to be sure it meets his quality standards—and he also makes sure to buy locally, from sustainable suppliers. One of his suppliers is using a new technique of injecting seed into the field instead of tilling the land between crops, because tilling costs topsoil and causes erosion. Flour from this grower costs more, but Eric wants to support the technology so he buys from him. Mary and Eric also subsidize their employees to use bicycles and public transit to get to work, because as Christians they see that as responsible stewardship. Theirs is a business guided by core principles including respect for relationships within the community.

If these bakers had such an abundance of flour that they couldn't store it in the bakery—what Cahill [Thomas Cahill, *“How the Irish Saved Civilization”*] described as “more food than they need right now”—they wouldn't ponder building a new barn. They would bake it into bread and share it with anyone who was hungry. They see the big picture—that they are connected to God, the earth and the people around them.

God doesn't want us to starve, thirst and be sad. But he doesn't mean for us to feast and celebrate apart from each other. We are created for relationship with God and each other, and to be a part of the abundant blessing of life on earth for as long as we are here. That is grace. God sheds his grace on thee, and me.”



*The Pearl Bakery is now donating the bread for Communion in the Park fresh from their ovens. When you visit the bakery or their booth at the PSU Farmers' Market, where Mary runs the show, please identify yourself as from St. Stephen's and thank them for their support.*

# **Communion Bread Recipe**

## **St. Michael and All Angels Episcopal Church**

Shared by George Ivan Smith

On July 25, George Ivan Smith, a bread sculptor for 30 years and now a member of the St. Michael and All Angels bread ministry, demonstrated his baking skills in the St. Stephen's kitchen and baked the bread used for the 10:00 Eucharist. Along the way he also regaled us with his dragons, birds and seahorses.

### Equipment:

Stand mixer with bread hook and bowl  
Large oven proof mixing bowl in addition to the mixer's, oiled  
Plastic wrap  
Sharp knife  
Non-stick or slightly oiled baking sheet (15 1/2 x 20 inches)  
8 plastic sandwich bags (optional)

### Ingredients:

3 cups stone-ground, whole-wheat flour  
3 cups unbleached all-purpose flour  
2 packets of active dry yeast (2 Tablespoons)  
1 teaspoon salt  
1/3 cup white sugar (less or more to taste)  
1/4 cup vegetable oil  
2 cups water

### Instructions: Set your (convection) oven to 105.

- Combine the ingredients in the mixer's bowl.
- Gradually add 2 cups very warm water (120 – 130 degrees)
- Mix on medium slow for about 1 minute to form the dough
- Slowly add more warm water as needed until the dough is very soft and elastic
- Increase the mixer speed fast enough to throw the dough against the side of the bowl vigorously for 3 minutes
- Turn the dough into the large oiled mixing bowl, then turn greased side up and cover bowl with plastic wrap. Set bowl in the oven until the

dough rises to touch the plastic wrap. Then remove the bowl and dump the dough onto a slightly oiled counter.

- **Turn the oven to 375**
- Without compressing the dough, stretch it in to a long roll, then with the knife divide it in half, and then divide the halves in to quarters and the quarters to eighths.
- Shape each eighth into a ball; place it on the baking sheet and press down firmly enough to make a small loaf like a burger bun. You should be able to get all eight buns on the sheet without them touching each other.
- Once all are on the sheet crease the tops deeply with a +
- Bake about 18 to 20 minutes and remove to a rack to cool.

*Place the bread in individual baggies to take to church and whisper a thank you for the rich aroma in your kitchen!*

David Henderson is the leader of our Worship Team, which in September will discuss considering using real bread at our services. Please let him know of your thoughts and if you would like to be part of the possible new ministry.

## **Online with St. Stephen's**

Here are some ways you can stay connected with St. Stephen's electronically during the week:

- Weblog where Fr. Dennis' sermons can be viewed  
<http://revdennisj.blogspot.com>
- Get the daily lectionary readings and other short messages from St Stephen's **Twitter feed** ([www.twitter.com/ststephensPDX](http://www.twitter.com/ststephensPDX)).
- Get the latest news, links and pictures from St. Stephen's, plan activities, and send messages to your friends at St. Stephen's on the **St. Stephen's Facebook group** (<http://www.facebook.com/group.php?gid=76885117904>).
- See the choir schedule at <http://www.stst.org/choir.html>

What would you like to see on the St Stephen's Website? Let Matt Smith know at [music@stst.org](mailto:music@stst.org).

## ♪ St Stephen's Music News ♪

St Stephen's choir resumes rehearsals after Labor Day, on Thursday, September 9. Rehearsals run from 7:30 to 9 PM. If you are considering joining the choir for the first time, or thinking about coming back, please do! All are welcome and no audition is necessary. Choir is a great way to participate in a group activity with your fellow parishioners and learn some great music. Not to mention jaunts to the McMenamins Market Street Pub for post-rehearsal libations.

For more information, check the Music section of the church Website or contact Matt Smith at [music@stst.org](mailto:music@stst.org) or 503-593-7006."

### Upcoming Concerts at St. Stephen's

*Geminus Guitar Duo*  
Sunday, September 12 at 3 PM

*The Wildwood Consort*  
Sunday, October 17 at 3 PM

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### Birthdays in September

Chidi Egbukishi	September 9	Bob Burrow	September 17
Kelly Laslie	September 15	Sam Stott	September 27

*If we have omitted your name, please send your name and birthday to the church office. Errors should also be reported.*

## St Stephen's is an Amazon and Powell's Book Partner

Purchase books and other products from [www.amazon.com](http://www.amazon.com) and [www.powells.com](http://www.powells.com) and St Stephen's will receive up to 7.5% in commissions when you use the links on the St Stephen's Website ([www.stst.org](http://www.stst.org)).

### St. Stephen's Food Barrel

Please help us fill the Food Barrel. Any and all canned/non perishable food items would be appreciated. They are usually donated to William Temple House for distribution to families in need.

Thank you.



A wonderful way to remember or honor a loved one is to provide flowers for the Altar and/or Chapel on Sunday, which are then taken to homebound or sick parishioners during the week.

The requested donation is \$40 for the High Altar and \$20 for the Chapel Altar. Flower memorial forms are on the Bulletin Board outside the Kitchen (place in offering basin or mail to the Parish Office). Memorials for a given day must be received at least one week in advance.

## ***Parish Leadership***

**The Rev. Dennis j. Parker, Priest-in-Charge**

[revdennisj@comcast.net](mailto:revdennisj@comcast.net)

**The Rev. Ken Arnold, Deacon**

ken@ken-arnold.com

**The Rev. G. Palmer Pardington, III, PhD.**  
(leave of absence)

*BOC Chair*

gpardington@mindspring.com

**The Rev. Dale Carr, Assisting Clergy**

dalecarr@orst.edu

**The Rev. William North, Assisting Clergy**

revbillnorth@comcast.net

**Matt Smith, Director of Music**

msmith215@gmail.com

**Drew Sadowsky, Treasurer**

drew\_sadowsky8@yahoo.com

**Kathleen Barless, Assisting Treasurer**

kbarless@appleisp.net

**Stephen Snyder, Verger**

shsnyder@worldnet.att.net

## ***The Vestry***

*Senior Warden: Mic Fleming* (2011)

*Junior Warden: Lee Kilbourn*  
(2013)

*Class of 2011:*

**Molly Bartlett**

**Darragh Lalich**

*Class of 2012:*

**Merry Emlaw**

**Mike Zula**

*Class of 2013:*

**David Henderson**

**Choi Marquardt**

Please send news and information for ***The Sentinel*** to [EditorStSt@gmail.com](mailto:EditorStSt@gmail.com) by the third week of the month. The deadline for the ***October Sentinel*** will be Saturday, September 18th. It is not necessary to wait until just before the deadline, submissions are gratefully received at any time.

***Parish Calendar:*** events to be added to the Parish Calendar should be sent to the church office by Saturday, September 18th.

The **St. Stephen's photo album** is on display at coffee hour. During the week it is kept in the library. Any contributions, especially from early days, would be welcome. Contact Darragh Lalich in person or by email to the church with "attention: Darragh Lalich for Photo Album" in the subject line.