



# "The Ark"

St. John's Episcopal Church  
Fallbrook, California  
June 2009



Dear People of St. John's,

One little tradition that I ask you to consider this Pentecost is ....the wearing of something **RED.**

Now I hardly ever wear something red. The only red shirt I have is the one we got when we marched a couple of months ago in the Fallbrook Crop Walk. Guess what...that is what I would wear if I didn't have a very nice Red set of Vestments given to us by former long term Rector, Father David Fenton. Red is the sign of the Holy Spirit don't ask me why...

The Dove is mentioned in the Bible as the symbol of the Holy Spirit and I have yet to see a red Dove but sometimes traditions have no real and true explanation. What are the others symbols of the Holy Spirit? Well in the lesson for today from Acts 2:1-11 might help.

"When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each as the Spirit enabled them."

Bet the tongues of fire were red and hot. This wind that came down on that Day of Pentecost was the most significant wind that had ever blown. You are aware that the word for wind in both the Greek and the Hebrew is also the word for the "Spirit." I believe that we will understand the work of the Holy Spirit better if we think for a few moments about the nature of wind. I promise to go into that during my sermon that Sunday. Hold on to your hats...the Spirit is a coming.....

Love and Prayers,

Your friend in the Spirit,

Fr. Wind ops Father Wayne+  
The Rev. Canon Wayne F. Sanders +

# FALLBROOK FOOD PANTRY

What effect has the recession had on Fallbrook's major agency for feeding the poor—the Fallbrook Food Pantry? To find out, I sat down with Executive Director Don Luallin and Chair of the Board Frank Russell on a Wednesday morning recently in Don's tiny office just off the reception room full of rambunctious kids and tired mothers. They gave me an earful, and some staggering numbers.

"The large majority of our clients are working people who just don't make enough to feed their families," explained Don, blowing my preconceptions. Only about 60% are Hispanic. "And we've had an upswing in the number of seniors--folks who would have to choose between medicine and food."

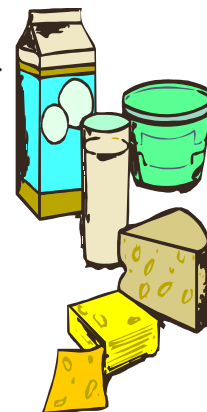


Frank gave the count: "It used to be that about 25% of our clients were seniors, but now it's up to 33%."



"And now we're getting a lot of people who had *good* jobs—they pull up in a nice model car, but they're trying to keep up the payments on their house, their credit cards are maxed out, and they don't have enough money left over for groceries." And there are some homeless, but surprisingly few, since most such desperate folks tend to congregate where they can get free hot meals and showers.

All clients must prove their need with pay stubs, rent receipts, etc., and children must have proof of immunization shots (which also serves to verify the number of kids in a family). "But also we operate somewhat on trust," remarked Don. "If somebody is hungry we feed them." Emergency needs are met immediately, postponing the red tape. Don stresses that the Food Pantry gives *supplemental* food, enough for two or three days, but not a complete diet for a family.



After this verification, a client family can come in for food once a week. In the back room, some of the 50-60 volunteers fill bags, working from the well-organized shelves and a balanced list of food categories for each bag. The amount of groceries the Food Pantry gives out is staggering. Just as an example, the Postal Food Drive last May resulted in five tons of groceries, but this lasted the Food Pantry only two or three days. They give food to 654

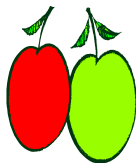
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**When you get to your "wit's" end you'll find God lives there.**

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families a week, and this adds up to more than 2000 hungry mouths and over 100,000 a year.

Where does the food come from? Donations from individuals, growers, businesses, civic organizations. Outdated items from Major Market and Fresh 'n' Easy. A truckload of government consignment food once a month for seniors. "I spend \$600 to \$800 a week on milk," says Don. Funds raised from the Crop Walk, the Thanksgiving Hunger Walk, and now an annual concert. And contributions from churches who remember Our Founder's instructions about feeding his lambs.



"We've been doing this so long that we think we've learned how to do it well," concluded Frank, as I rose to leave. I heartily agreed. So let's get with it, St. John's, and remember to bring this very effective agency produce from those groves and gardens and an extra bag of groceries once a month.

Patty Campbell

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### "THE RULES FOR BEING HUMAN"

When you were born, you didn't come with an owner's manual, these guidelines make life work better.

1. **You will receive a body.**  
You may like it or hate it, but it's the only thing you are sure to keep for the rest of your life.
2. **You will learn lessons.**  
You are enrolled in a full-time informal school called life on planet earth. Every person or incident is the Universal Teacher.
3. **There are no mistakes, only lessons**  
Growth is a process of experimentation. "Failures are as much a part of the process as "success."
4. **A lesson is repeated until learned.**  
It is presented to you in various forms until you learn it, then you can go on to the next lesson.
5. **Others are only mirrors of you.**  
You cannot love or hate something about another unless it reflects some thing you love or hate in yourself.
6. **Your answers lie inside you.**  
Children need guidance from others; as we mature, we trust our hearts where the Law's of Spirit are written. You know more than you have heard or read or been told. All you need to do is to look, listen, and trust in God.
7. **Your life is up to you.**  
Life provides the canvas; you do the painting. Take charge of your life or someone else will.
8. **You will forget all this.**
9. **You can remember any time you wish**

# ST. JOHN'S EPISCOPAL THRIFT SHOP NEWS

It's been a long road and now we're back . Not only are we back at the Church but also in our St. John's Episcopal Thrift Shop. Those of us who were volunteers are thrilled to return and be busy again in this rewarding ministry.

We've scheduled a Volunteer Appreciation Luncheon for all of our wonderful volunteers at the thrift shop on **June 17<sup>th</sup> in Duddington Hall** at St. John's church from **11am to 1:00 pm**. An event that is usually planned once a year and one that you don't want to miss.

We are very busy encouraging people to become volunteers. We can always use more help. Our shifts are:

Monday through Friday

10:00 am to 1:00 pm and 1:00 pm to 4:00 pm

Saturdays 10:00 am to 2:00 pm.

**Kathy Campbell**, our sweetheart of a Manager, will be happy to help get you on board. We desperately need your help. If you can't help out, perhaps you have a willing neighbor or friend. Feel free to call **(760) 723-9520**.

Also, it's spring cleaning time!! So, please bring your treasures in any-time during the shop hours. I would like to mention here that if it is something you would buy, we can use it. If not, please don't use us for as a disposal place as it is an added expense for us to rid ourselves of items that we can't sell.

We really appreciate our new volunteers! Many thanks to **Stan Nagle** and **Janet Watson** who both have agreed to fill in on that difficult Friday afternoon slot. Also, we are so lucky to have my friend, **Denise Tate**, who speaks Spanish rather fluently, a talent which endears her to many of our clients.

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## Humor for the hard times!

These days we appreciate a good day whenever possible. It can mean successfully dodging potholes, or how about just avoiding those lame, incessant male enhancement commercials?

"With daily news of stratospheric job losses, foreclosures, and lost benefits, this may sound unrealistic. But laughter may be the order of the day. Doctors would be advised to prescribe it. Seriously!

"The face—as many believe—that there is so little to laugh about is all the more reason to laugh and laugh often. So laugh and have, if not a good day, then at least a better day. Ultimately, however, a good day should be having faith in God and knowing what to do about it.

Fr. James P. Walker, *The Catholic Express* Youngstown, OH



**WHO IS IN THE OFFICE?****PHONE (760) 728-2908**

9am thru 1 pm

Monday—Victory Baker

Tuesday— Margaret and/or Tim O'Leary

Wednesday—Anita Province—12 to 4pm

FR. SANDERS is in the office on  
Wednesdays also.

Thursday—Kathy Witkof

Friday—Charlotte McCutchen

Substitutes on call

Janet Watson

Patty Campbell

**CAMP STEVENS HERE WE COME!!**

**Our Senior Warden, Kathy Wood and Fr. Sanders (I think spouses are involved too) will be going to Camp Stevens on June 27th. They plan on being there by 9am, doing some weeding, etc. then having lunch (provided) and coming back home.**

**It would be absolutely wonderful if some of you marvelous parishioners would volunteer to come along.**

**The chapel was built by a donation from our own Kathy Wood's mother. So we, the parish, have a part in it too!!**

**Speak to Fr. Sanders that you would just love to join in the fun. Costs nothing, just some time.**

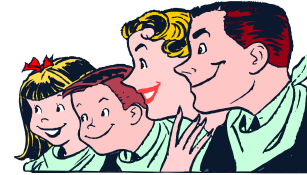
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We are fortunate to have **Ruth Mowat** return, one of our former board members and always dependable and hard working. I would be very negligent if I did not mention my daughter, **Amy Buchard** who has been a tremendous support and help.. **Norma Pearson** and former board member is another returnee who has assured us that she will be available on an "as needed basis".....and boy has she been needed! So, thanks to ALL the volunteers and those who have donated their treasures. The Thrift Shop is a great place to work and it is a wonderful Outreach Ministry for St. John's Episcopal Church. We work hard to give back to the community of Fallbrook and it's a fun way to do it.

Your sister in Christ,

**Frankie Schwendeman**, Co-Chair of the Thrift Shop Board**DO VEGETARIANS EAT ANIMAL CRACKERS?**

# ABOUT ST. JOHN'S FAMILY



As we drove into our parking lot the Saturday before Mother's Day it was so good to see many cars and go in the gates to find a lot of activity with **Peggy Johnson** and her flower crew at work, and **Pam Stephens** and **Kathy Witkoff** doing Altar Guild explanations to another group.

Slowly we are coming together and one day all of the problems will be worked out. Since **Jane Millsap** is off on another adventure she has an early deadline for the June ARK newsletter so there will be things we can not get in on time. One of those will be the Thrift Shop Appreciation luncheon for volunteers which will be held at our church. **Stan Nagle**, one of our newer members, has been doing a bit of service and he has been outstanding. So we encourage any of you to join in this important project for our church. There are many Outreach projects that the Thrift Shop donate to help the community. We have had people who come in and say it is their favorite. **Helen Summer, Frankie Schwenderman, or Kathy Campbell**, Manager will give you information and welcome you.

We were so impressed by the floral decorating talents of **Dr. Charlotte McCutchen** and **Nancy Wilshire**. Nancy is off in New Jersey for a brief school reunion and so safe travel to her and all others. **Dr. Steve** and **Gail Jones** are back from their Caribbean trip looking tanned and healthy.

**Richard** and **Jean Jurkiewicz** were able to be with us once again from their home in Hemet and we enjoyed having some time to talk and hope that their health problems can be resolved soon. **Patty Campbell** has them on the Prayer List which she so faithfully maintains and mails out to those people that do not have e-mail.

We have been so pleased to see **Priscilla Mowry** back with us again and also to have **Lois Nikodym** with us. **Lois** and **Dan** were former neighbors of ours and we have a long history with our church.

Once again we are so pleased for the new faces, including **Melinda Hope** in our congregation and we will have name tags soon. In the meantime use our temporary paper tags so we all can get to know you and we members also need to remember to put our tags on.

A very special surprise was seeing **Marty Fenton Frear** walk in our door on Mother's Day. Marty or Martha to be more formal is the daughter of our Rector Emeritus **David Fenton** and wife **Jean**. She is a marvelous and talented musician, playing trumpet now at times with the San Diego Symphony and at Father Fenton's retirement dinner party. Marty, her husband **Rob** and some of their friends had a superb musical program for us. I had to go home to call Jean to tell her how good it was to have Marty with us on Mother's Day.

Blessings, Janet Watson

## PARISH LIFE/COMMUNITY OUTREACH MINISTRIES

Our Volunteers managed a two-fold celebration of Mothers' Day, beautifully –Literally with FLOWERS GALORE! Donations of roses from the gardens of **Charlotte McCutchen, Nancy Wilshire, Anita Province, Susan Ortler** and purple stasis from **Janet Watson** along with **Ruth Mowats** flowers, transformed an outsize basket into a truly breathtaking showpiece. This was a Mother's Day tribute to those at Fallbrook Nursing Home, Potter Street.



These great workers then tackled the job of enhancing several dozen carnations with ribbons—and these were a Mother's Day tribute to those attending, church, were delivered during our worship, after they had been blessed by **Father Sanders**, by **Ana Goard** and **Sydney Nocon**.

### A GRACIOUS "THANK YOU" TO OUR PARISH

Having been previously invited to attend a "VOLUNTEERS' APPRECIATION TEA" at the Fallbrook Nursing Home Facility, the workers (on the flower basket) delivered our tribute and then attended the Tea. It was delightful. Midst tasteful décor and tables with lovely linens, china and outstanding delicacies, everything was beautifully served. All of this was accompanied by gracious words from both the Administrator, **Melodie Henderson**, and Activities Director, **Theresa Yoder** who later led a sing-a-long accompanied by her own piano playing.

It was indeed a special occasion, as we were also privileged to meet the residents to whom we have extended (and continue to extend) greetings from St. John's Episcopal Church to the appreciation of both Staff and Residents,

Parish Life/Outreach Ministries

**Peggy Johnson**



St. John's celebrates with you on your birth.

Look with favor we pray, on your servants

|                 |      |               |      |
|-----------------|------|---------------|------|
| Kathy Wood      | 3rd  | Dale New      | 18th |
| Larry Pearson   | 10th | Nelson Hawley | 24th |
| George Chilberg | 11th | Devon Nocon   | 27th |

as they begin another year. Grant that they may grow in wisdom and grace and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. AMEN

## Anniversaries

May the love that began these relationships continue to be nurtured by Almighty God.

|                     |      |                          |      |
|---------------------|------|--------------------------|------|
| Dale & Marion New   | 6th  | Arthur and Rebecca Brown | 25th |
| John & Pam Stephens | 29th |                          |      |

### JUNE and JULY 2009

### LITURGICAL SCHEDULE YEAR B

The June and July schedule for Volunteers is enclosed here, please, if you cannot be at your scheduled time, call a substitute, or the leader of your group. Thank you for your willingness to serve our church.

## *Christians in the Wilderness and Christians engaged in the World*

*Margaret Singleton O'Leary*

Tim and I took a Holland America cruise for a month in the South Pacific in March. A luxury hotel accommodation with our own cabin steward; four star meals available almost every hour of the day. We spent days in New Zealand and, Australia; the Great Barrier Reef, Indonesia and Singapore. We relaxed and had extraordinary adventures in a luxury setting, lectures on history; lectures on art. Big decision: Shall I go hear the string quartet, or drift down to the piano bar? No dishes to wash; no bills to pay.

Removed from our everyday world, I found myself contemplating two different strains of the Christian tradition. What got me started thinking was the cognitive dissonance after a large meal, relaxing in our stateroom and turning on CNN and peeking, as if from a great distance, at the cascading troubles of the world.

In Christianity, there are two strong currents: There is the mystic tradition of contemplation and withdrawal: to a monastery, or a cave as some of the early saints chose. Of course,, there was no relationship between our stateroom and the asceticism of a cave or monastery, but both entailed a separation from much of the "real world".

While in Duddington Hall waiting for Father Wayne to discuss his adventures at the ecumenical conference, I looked up the word "wilderness" in the Oxford Companion to the Bible ( we have a pretty good library there and it is available to check out books). The Hebrew word is *mid-bar* or place of herding. Wilderness is a foil in the Old and New Testament. Both a place of hunger, thirst and deprivation; but also a place to go for spiritual renewal and seeking. In the Old Testament many prophets go there to meet God. Hagar: Genesis 16:2;21.19; Moses in Exodus 3:1-4 and Elijah : Kings 19.

Jesus sought solitude in the desert before his ministry and his ordeal. ( Mathew 4.1; Mark1:35, Luke 5:16; John 11:54.

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I am convinced that the strongest tradition of Christianity is the activist one : of being involved in the world and trying to make it a better place by love, and faith and good works. Jesus engaged. For him the time away was a time to gather strength to make a difference in the world. We might see the analogy of our three years in the wilderness at the Community Center.

We have been reading Acts after Easter, and I am impressed at the energy and engagement of the early church and the apostles and Paul. As Bishop Mathes said in his Easter sermon, " There is a lot of work to do." For me the escape of a lovely vacation adventure on another side of the world provided renewal. But the real job is back here as I look for a job and as Tim and I join the other members of our community to build our church within and with our new found strength engage with our community and invite others to join and make a difference.



### ***Jewelry by Amy B.***

I just want to say Thank You to the people who have purchased my jewelry, and Thanks' to my husband Eric and daughters Aspen and Cassidy for all of their help. I just restarted my jewelry business back up, and have been bringing out some of my item's during coffee hour after church. I also give a special deal to my church family. I mostly specialize in Freshwater Pearls and Gems, but can get and create almost anything. I make Necklaces, earrings, and bracelets. I do custom orders too. Please come visit my web site or schedule a jewelry party and receive FREE jewelry. Nothing beats FREE. So thank you again and God bless.

[www.icraft.ca/jewelrybyamyb](http://www.icraft.ca/jewelrybyamyb)

Amy Burchard (760)728-3991

**Q. Why didn't they play cards on the Ark ?**

**A. Because Noah was standing on the deck. (Groan...)**

# THE EPISCOPAL CHURCH WELCOMES YOU

St. John's Episcopal Church  
 434 Iowa Street Fallbrook, 92028  
 Phone (760) 760-728-2908  
 Web Site—stjohnsepiscopalfallbrook.com  
 The Rev. Canon Wayne F. Sanders  
 Priest in Charge  
 Altar Guild—Pam Stephens, Kathy Wttkoff  
 Choir—Kathy Wood, & Kathy Sanders  
 Christian Education—Steve Wood  
 Clerk—Patty Campbell  
 Cursillo—Kathy Wood  
 Daughters of the King—Kathy Wood  
 Directory—Anita Province/Jane Millsap  
 Healing—Patty Campbell, Jane Millsap,  
 Frankie Schwenderman  
 Hospitality—Susan Ortler  
 Internal Communications—Gail Jones  
 Liturgy & Music—Keith Goard,  
 Kathy Wood & Kathy Sanders  
 Newsletter—Jane Millsap, Janet Watson,  
 Patty Campbell & Tim O'Leary  
 Outreach—Bob Watson—Peggy Johnson  
 Parish Life—Peggy Johnson, Bob Watson  
 Pastoral Care—Bob & Janet Watson  
 Phone Tree—Gail Jones  
 Planning—Arthur Brown & Dale New  
 Prayer List—Patty Campbell  
 Prayers & Squares—Mary Mazy  
 Sunday School—Steve Wood  
 Thrift Shop—Frankie Schwenderman  
 Treasurer—Carol Pearson  
 Website—Rick Barclay  
 Youth—Keith Goard

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**VISION STATEMENT**

We are committed to welcoming, teaching, and inspiring others with the Good News of Christ. . We strive to restore people to unity with God and each other in Jesus Christ, by equipping God's people for ministry and caring for God's world.

**MISSION STATEMENT**

St. John's mission is to serve Christ in others by gathering all with open arms into the Kingdom of God and celebrating Christ's transforming power in our midst. We seek to reach out in justice and compassion, both to the world and to each other.