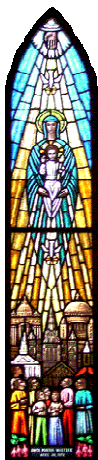


# Incarnation Notes

Nov ♦ Dec ♦ Jan 2010 ♦ volume 137 ♦ issue 1



## The Church of the Incarnation

*A Jubilee Parish of the  
Episcopal Diocese of  
Northern California*

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## NEXT NEWSLETTER DEADLINE

FRIDAY

**Dec 4th  
4:00 PM**

FOR FEB/MAR/APR ISSUE

PLEASE ADHERE TO THE  
NEWSLETTER DEADLINE.  
THANK YOU.

## Letter from the Rector

*Oh my, the congregation in my mind  
Is this assembly singing gratitude, practicing their loving for you.*

*- Jason Mraz*

We were standing on 4th Street waiting for the light to change and watching the colorful parade of Santa Rosa characters. My friend was telling me about how well things were going for him: his job was secure, his finances solid, his health good. But he looked pained as he said this; and then he said, almost apologetically, "But why me? What did I do to deserve this?"

I was tempted to reply with some reassuring platitude; to remind him that he was a perfectly good and worthy person, fully deserving of every good thing that came to him. But then I thought about all the times I had heard the same question within the context of the opposite condition – when "Why me?" was prompted by tragic rather than happy circumstances.

So I gave him the same answer I give them: "You *don't* deserve this." Because if it's true that, for instance, my mother didn't deserve to contract polio, it must also be true that she didn't deserve to be born into the most prosperous country in history. "Deserving," in other words, can become a distraction.

Far better, I think, to simply breathe in the blessing, and breathe out the praise. We are all born into radical contingency. There are no guarantees, there is only grace. And there can be only one response to grace: gratitude.

The Buddhist monk, Thich Nhat Hanh, says that we express gratitude by living each moment in mindfulness – and that by living mindfully, we cannot help but experience more gratitude. In other words, it's a nicely reinforcing circle. I would agree. This is why we begin our worship services with a Hymn of Praise. Praise is the first thing we do because it is the only possible response to the experience of living in the light of God. And as we give thanks to God, our hearts swell with love, thus giving us all the more reasons to give thanks!

*Most gracious God, by whose knowledge the depths are broken up  
and the clouds drop down the dew: We yield thee hearty thanks and  
praise... (Book of Common Prayer, p.840)*

Fr. Matt's blog: <http://thehopefulpriest.blogspot.com/>



## Worship Services

### .....**Sunday**

*Nursery care during all services  
Coffee Hour after each service*

**8:00 a.m.**

*Holy Communion  
Traditional*

**9:15 a.m.**

*Holy Communion  
Contemporary with Music  
Sunday school during service*

**11:15 a.m.**

*Holy Eucharist with Music*

### .....**Weekdays**

**8:00 a.m.**

**(Except Wednesday)**  
*Morning Prayer Service*

### .....**Wednesday**

**12:10 p.m.**

*Holy Eucharist & Healing*



**St. Andrew's  
in-the-Redwoods**

20329 Hwy 116,  
Monte Rio, CA 95462  
(707) 865-0834

### WORSHIP SERVICE

**Sundays at 10 a.m.**  
*Holy Eucharist*

**Tuesdays at 5 p.m.**  
*Open Air Mass*

### FOOD MINISTRY

**Tuesdays at 5:30 p.m.**

## **GREETINGS FROM SMALL GROUPS!**

*By Mitch Garcia*



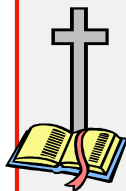
It seems that just a few months ago Fr. Matt asked me to be a part of the Small Group Ministry. As I write this update I realize it has been over 18 months since we began this journey. I say “we” because without the effort of everyone at our church, and the support of those who have stepped forward to lead, facilitate or host a small group there would be nothing to write about. I thank the Lord that this is not the case!

Our Small Groups fall into four distinct categories, they are **Study and Reflection** (Tuesday Book Group, two Bible Study groups, and a Poetry group), **Prayer and Contemplative** (Anam Cara, Morning Prayers, Prayer of the Heart, and in a few months we will be starting a Centering Prayer Group), **Care and Support** (Evening Women’s Group, the Men’s Group, and the Conversations Group), and **Topics and Interests** (Bridge Group, Golf Community, Hiking Group, Writer’s Workshop, Game Night, and the new Movie Group.)

A focus on small groups as an intentional part of our church’s ministry carries with it the expectation that these groups are Christian communities, where people grow in faith, share the good news of Jesus Christ, and serve God with joyful hearts. All our small groups are relational in nature, and that provides many choices for people to connect in a meaningful way to our larger faith community here at our church. Our small groups are places where people can journey together and support one another.

I was reading the Baptismal Covenant the other day and I think, for me, small groups are summed up in one phrase, and that is where we say “I will, with God’s help.” The small groups allow us to fulfill our Baptismal obligation to one another, by being “I will” people for each other in love. Amen.

### ***The Tuesday Bible Study Group.....***



is **reforming** and will start up again in January. On **November 3<sup>rd</sup>** and **December 1<sup>st</sup>** at **7:00 pm**, we will be hosting an open house of sorts for this group. If you are interested in seeing firsthand what goes on in a small group, now is your chance to find out. Come and join us for a time of fellowship and snacks at the home of Cindy and Barry May.

If you are interested, please contact **Mitch Garcia** at (707) 703-4162 or email him at [smallgroups@incarnation-sr.org](mailto:smallgroups@incarnation-sr.org).

## Incarnation Vestry

Rector's Warden:

Patrick Lancaster

Parish Warden:

Glen Kennedy

Clerk:

Mark Landon

Treasurer:

John Nykamp

Term Ending 2009

John Cramer  
Patrick Lancaster  
Mark Landon  
Marylyne Smith

Term Ending 2010

Liza Brickey  
Linelle Lane  
Gene Mendez  
Leslie Zara  
Peggy Zimmerman

Term Ending 2011

Glen Kennedy  
Chris Landin  
Ron Rausch  
Marion Zipperle



## Calendar of Events Special Events

### November 27

Art & Poetry for Advent  
Candlelit Service of Taize Chant & Healing  
Cultural Historian Kayleen Asbo & Robin O'Brien

### December 18

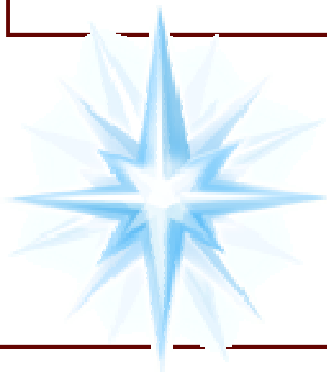
Festival Consort  
Renaissance Christmas Concert

### December 20

Solstice Celebration with Mariam Baker  
*Details soon online! Not to be missed!*

### December 25

Art & Poetry of the Nativity  
Candlelit Service of Taize Chant & Healing  
Cultural Historian Kayleen Asbo & Robin O'Brien



## *Through the Ear to the Heart*

Monday Evenings

November 2nd & 16th

Sing the music of  
**Hildegard von Bingen**  
as Contemplative Practice.  
*See web site for more information.*

Any fool can  
criticize, condemn,  
and complain but  
it takes character  
and self-control to  
be understanding  
and forgiving.

—Dale Carnegie

## *h*oliday Services for 2009

November 26th *Thanksgiving Service* 10:00 am

December 24th *Christmas Services:*



Children's Liturgy 4:00 pm

Presentation of Christmas Carols 7:00 pm

Festive Holy Eucharist 7:30 pm

Presentation of Christmas Carols 10:30 pm

Festive Holy Eucharist 11:00 pm

December 25th *Christmas Day Service* 10:00 am

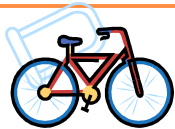
# Outreach

## The Living Room has a new Executive Director

**Kendra McKenna** comes to The Living Room with a variety of non-profit experience such as President/CPO of United Way Maui. Here in Santa Rosa she has been Program Director and Assistant Director for the YWCA's Women's Emergency Shelter. "We are fortunate to have found such a great asset as Kendra," says Caroline Banuelos, Volunteer Coordinator.

The Living Room has seen an increase in the number of women it serves as well and at the same time the resources and services are decreasing. The demographics are changing. There are more seniors and women with illnesses and disabilities. The Living Room operates at capacity. Thus Kendra arrives at a key moment in TLR's history. "In these uncertain times, we will need a strong leader to guide our ability to serve a very complex and fragile population."

There are still many interesting and worthwhile volunteer opportunities in the Drop-In Center and the Mother and Child Program (MAC). Volunteers can greet participants, do in-takes, provide resource materials and just be a good listener. Volunteers serve the meals which are a hot breakfast and a hearty nutritional lunch for all. There are opportunities with the Mothers and Children (MAC) to create a safe and caring environment. There is always a need for substitute chefs. "It's such fun to cook with the bounty of fresh fruits and vegetables that come from our local gardens."



## BICYCLES FOR COMMUNITY BIKES

Have an unused bike in your garage? **Community Bikes**, a non profit on Sebastopol Road, repairs and refurbishes them for donation and/or a nominal fee to people wanting to get around inexpensively, be environmentally correct and tighten up some muscles also.

Diane Cox, at 545-0783, will be pleased to pick up your bike and take it to Community Bikes. *"Don't worry about the tires being flat. I'll not be riding it there!"*

## Food Drive for St. Andrew's Food Program & F.I.S.H.

**P**lease support St. Andrew's Food program and F.I.S.H. by bringing food and non-perishable items to church on **November 1st and 8th**. Cash or check donations are also welcome and very useful as they enable purchase in bulk at a discount of highly needed protein items. St. Andrew's Food Program distributes food from The Redwood Empire Food Bank to struggling families and individuals, and is a vital resource to those in need in the Russian River area. F.I.S.H. is another local agency, which also distributes food to the needy. As more demands are placed on the Food Bank resources, it is important we help with our food donations. So when you are grocery shopping, please tuck a couple of extra items in your grocery cart for those who need it, and deliver the food to Incarnation.



# Outreach

## **NOTHING EXCEEDS LIKE EXCESS AT ST. ANDREW'S MISSION**

**T**he St. Andrews food program gave out 140 bags of food the other day, up 50% from a year ago. I am reminded of something a co-worker once said to me: “nothing exceeds like excess”. Today those successful volunteers are nearly overwhelmed preparing the bags.



Shopping at the Redwood Empire Food Bank begins the day of the food distribution. Rounding up 140 of any one item is not easy. The bread quietly arrives about 10:30 A.M. at the food bank, the shoppers have already been there since 9:00 A.M. doing the gleaning in the huge cardboard bins for soup, tuna and peanut butter while ignoring the cake mix, candy, and pop-tarts. One eye must be kept peeled for the breads' arrival, because within ten minutes it will all be gone. When the fork lift arrives, all hands scramble and grab entire trays of twelve or more loaves. An entire “Home Depot” type cart is filled within minutes with the precious cargo. Cereal is also in high demand, and when a bin arrives, there is a frenzied effort to secure as many boxes as possible. Some shoppers have been known to climb in the bin to expedite the process.

Typically, well over 1300 pounds of food is gathered on five or more carts. Sometimes the shoppers' eyes are bigger than their truck, and they are uncertain as to whether it will all fit, until the last item is shoved under a passenger seat.

Back at St Andrews, empty bags are neatly lined up on folding tables and eager volunteers await the arrival of the truck. Usually a half-dozen volunteers help unload and sort through the loot. At the same time, the volunteer chef arrives who is a master of rearranging leftovers. He assembles the three course meal from a mélange of things donated, found or left around.

Within a couple of hours all is ready for the onslaught of hungry people. The evening dinners have turned into a major social event in Monte Rio. Some have even been themed. Hawaiian Night is legendary.

And then it must all begin again!

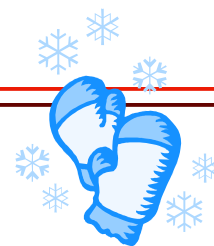
Please call Bob Gebhart at 829-3845 to find out more.

*New volunteers NEEDED & welcome!*



## **Winter Coat and All Things Warm Drive**

### **For St. Andrew's Food Program**



**N**ow is the time to clean out your closets for gently used winter coats, hats, gloves, rain gear, and scarves. Winter clothing items can be placed in the designated box from **Nov. 29<sup>th</sup> through Dec. 27<sup>th</sup>** in Farlander Hall. A warm coat or rain jacket is very much appreciated by the guests of the St. Andrew's Feeding Program, who often are homeless or live in unheated housing. Incarnation has been very generous in contributing to this program in the past few years. We thank you for your donations.

# Parish Events



## Taizé Caritas

[www.numinacenter.org](http://www.numinacenter.org)

The **Numina Center** continues its series of Fourth Friday events, beginning with a lecture and slideshow by cultural historian Kayleen Asbo at 7:30, followed by a contemplative candlelit service in the Sanctuary of Taizé chant cantored by Robin O'Brien and accompanied by cello and piano.

**November 27- Poetry and Art of Advent**

**December 25- Poetry and Art of the Nativity**

\$10 Donation Suggested



## The St. Cecilia Choir's *Christmas Gala!*



December 13th at 7:00 pm

The **St. Cecilia Choir** will be presenting a Christmas Gala ~ an evening of song, enticing refreshments (savory and sweet!), wine, and lots of fun! (Of course, non-alcoholic beverages will be served as well). The musical selections will be both sacred and secular, with jazzy duets, trios, etc., followed by a Christmas Carol sing-along to top off the evening! Come join us for another enjoyable evening of song.

## How do I join the church?

Everyone sixteen years old and over, who regularly attends worship and pledges to the church, is technically a member of the church with the right to vote at our Annual Meeting. But as adults, there can be turning points in our lives when we are called to stand up and make a public commitment to our deepest values – when we want to claim our place in our community and say out loud, “This is my commitment; this is who and what I worship; this is what I live by.”



Once a year, usually in the summer, we make that commitment in a special service called “Confirmation.” This is a sacramental rite that honors the importance of claiming, as adults, our mature commitment to Christ. It is also a ritual that “seals” one’s full membership in the church. All new members of the church are invited to make this deeper commitment.

Many people who join Incarnation have been previously confirmed in other denominations. We recognize these confirmations as valid in the Episcopal Church when they are expressions of an adult commitment to Christ. In those cases, we ritually receive the person into the Episcopal Church – it happens at the same service, and the bishop still prays over you, it’s just called “reception” instead of “confirmation.”

This is the path to confirmation or reception:

### For Adults (over 18):

1. Participation in the Inquirer’s Class (contact the Church Office at 579-2604 for upcoming dates)
2. Participation in Via Media (to be held on Tuesday evenings in January and February 2010, excepting February 16).
3. Participation in a one-day retreat (date TBA, is historically the day before Confirmation itself)

Contact Fr. Matthew Lawrence ([revml@incarnation-sr.org](mailto:revml@incarnation-sr.org)) or Mitch Garcia ([smallgroups@incarnation-sr.org](mailto:smallgroups@incarnation-sr.org)) for details. If you are unable to complete one or more of these requirements, please discuss that with Fr. Matt.

## NATIVITY PAGEANT REHEARSAL WITH LUNCH

on December 19th

Come play a part in the Children’s Nativity Pageant

Look for the sign up sheet in Farlander Hall



## Prayers For Healing



Would you like to receive prayer for healing that addresses a particular burden or illness that is yours? The tradition of offering prayer for healing dates back to Jesus' own practice and to the healing ministry of his immediate followers during the earliest years of the church. You can also come for healing prayer as a proxy for someone else who is ill or burdened.

**Caritas: Contemplative Healing** is the name of a group in our congregation, specially trained, to offer healing prayer and laying on of hands for those who would like to receive healing. Caritas members gather the first Saturday of the month in Classroom 3 to pray with those who want healing. We schedule two persons on that Saturday, one at 10:30 AM and one at 11:15 AM. If you would like to receive healing, please call **The Rev. Francis Geddes** at **579-6726**, to make an appointment or to receive more information.

Healing Prayer and laying on of hands is also offered by a healing team immediately after individuals receive the Eucharist in the Marian Chapel during the three morning worship services on the second Sunday of the month. You do not need an appointment to receive healing in these three morning services. Those of us on the healing team seek to be used as conduits of God's healing gift and instruments of Christ's healing presence, conveying care and love to those who want support, or are ill, or are in pain.

**F**or over 100 years the ladies of the **Guild of the Incarnation** have supported this parish in many ways. We have given scholarships for our children to attend Camp Noel Porter. We have paid for choir robes. We support FISH, we give to the Living Room (both monetarily and with items during our Rummage Sale). We provide receptions after Memorial Services. In our past, we have had wedding receptions to help pay for the mortgage. We are happy to help when asked; but all this help usually involves the need for money to pay for something as well as our time and talents. *We are happy to support our parish, **but we need your help so we can help others.***



Our annual Bazaar is one of only two events we sponsor in order to have a budget. Our budget is, like everyone else's, tight, and getting tighter every year. Times may be changing, but we are still here. Our numbers may be smaller than we once were, but we still appreciate your continued support.

So here is your chance to help some "little old ladies." On Nov. 22<sup>nd</sup> stop by our Bazaar, and shop. You know you can find something from the ladies that you will find nowhere else.



## Advent Party

Join us for this All-Parish Event

*Sunday, November 29th  
from 4:00 to 8:00 pm*

Food, Fun, and lots of Laughs

We will make Advent wreaths, create our own candles, plus christingles  
Join us in the circle of light labyrinth.

Guild of the Incarnation's

## Annual Mini Bazaar

Sunday, Nov. 22<sup>nd</sup> ~ 8:30 til 1:30

*Raffle, Baked Goods, Gifts, Specialty Items*

Proceeds go toward the Guild's Outreach Programs



# Church of the Incarnation

550 Mendocino Avenue  
Santa Rosa, CA 95401

707-579-2604 Phone  
707-579-0228 FAX

[www.incarnation-sr.org](http://www.incarnation-sr.org)

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phone, and e-mail.**



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