



CONNECT, SERVE & CELEBRATE
in God • in Community • in Nature

The Rest of the Story

The Newsletter of St. Anne's
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A Note from Rev. Annie



October has always been a special month for me; in addition to bringing about autumn and all the Fall colors, October holds my birthday and the feast day of my favorite Saint, Francis of Assisi. And, my middle name is Frances, though I only remember hearing my middle name when I was in trouble as a kid. I can still hear “Ann Frances” in my mother’s voice, and it gives me a shiver!

October is also the run up to the November 5th Presidential election. The media is already in full steam, and the candidates and political parties are doing their best to gain our votes. A few people have asked for me to speak about the election and all I will say mirrors a quote from our Presiding Bishop Michael Curry:

“Go and vote. Vote your conscience. Your conscience informed by what it means to love your neighbor. To participate in the process of seeking the common good. To participate in the process of making this a better world. However you vote, go and vote. And do that as a follower of Jesus.”

And as someone very much influenced by Saint Francis, I offer to you this well-known prayer attributed to him as a guide for voting and for all our days:

“Lord, make me an instrument of Thy peace; where there is hatred, let me sow love;
where there is injury, pardon; where there is error, the truth; where there is doubt, the faith; where
there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console;
to be understood, as to understand; to be loved as to love. For it is in giving that we receive;
it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.”

Saint Francis of Assisi grew up wealthy in the small town of Assisi, Italy. Despite the anger it brought his father, Saint Francis took a vow of poverty after receiving multiple visions from God, where in one of which God told him to “repair my church, which is falling in ruins.” Saint Francis soon established the Franciscan Order where he and his followers sought to live out the gospel in a literal way. He is known for his love of nature and animals, his strong commitment to both physical and spiritual poverty, and for receiving the stigmata (marks resembling the wounds on the crucified body of Jesus Christ). See the quotes below for further inspiration from Saint Francis of Assisi’s life:

“Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible.”

“For it is in giving that we receive.”

“Remember that when you leave this earth, you can take with you nothing that you have received—only what you have given.”

“I have been all things unholy. If God can work through me, He can work through anyone.”

“Lord, make me an instrument of thy peace. Where there is hatred, let me sow love...” (The Peace Prayer)

“Preach the Gospel at all times. Use words if necessary.”

"The deeds you do may be the only sermon some persons will hear today."

"The only thing ever achieved in life without effort is failure."

"Do few things but do them well, simple joys are holy."

“A single sunbeam is enough to drive away many shadows.”

~ Annie+

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FALL STEWARDSHIP CAMPAIGN



“Therefore, be imitators of God, as beloved children, and walk in love, as Christ loved us and gave himself up for us, as a fragrant offering and sacrifice to God” *Ephesians 5:1-2*.

We are entering into the season of giving. Giving thanks to God for creation, abundance, our families, friends, and St. Anne’s. The theme for our financial campaign is “Walk in Love”. This calls us to remember the gift of living in community and that when we come together in purpose and mission, filled with God’s love, we can do so many good things.

Your financial support allows for St. Anne’s to bring our faith, outreach programs and all our gifts to those in need of love and a hand up in our corner of the world. Over the next few weeks, you will receive materials to help you prayerfully consider the ways you and your family can help all of us “Walk in Love”.

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Orange Shirt Day – September 30



What is Orange Shirt Day? It is a national day of remembrance of Indigenous Boarding Schools. It began as a day to bring attention to the damage this residential school system did to Indigenous children, lifeways, and cultures.

On September 30th many people across Canada (Turtle Island), and the US wear bright orange t-shirts to honor and raise awareness of the thousands of Indigenous children who were sent

to residential schools. The tradition of Orange Shirt Day was created in recognition of the untold experiences and traumas that children faced after being separated from their families. Orange Shirt Day is now an annual commemoration.

Phyllis Webstad’s Story: “In Her Own Words”

“I went to the Mission for one school year in 1973/1974. I had just turned 6 years old. I lived with my grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson’s store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting – just like I felt to be going to school!

When I got to the Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn’t understand why they wouldn’t give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn’t matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared.

I was 13 years old and in grade 8 when my son Jeremy was born. Because my grandmother and mother both attended residential school for 10 years each, I never knew what a parent was supposed to be like. With the help of my aunt, Agness Jack, I was able to raise my son and have him know me as his mother.

I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years. Even now, when I know nothing could be further than the truth, I still sometimes feel that I don’t matter. Even with all the work I’ve done!

I am honored to be able to tell my story so that others may benefit and understand, and maybe other survivors will feel comfortable enough to share their stories.”

More information can be found at [Cultural Survival.org](http://CulturalSurvival.org), the [Library of Congress](http://LibraryofCongress) with a map of these boarding schools in the U.S., and the [Orange Shirt Society](http://OrangeShirtSociety).

~ Rev. Sheryl Haase

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You're Invited to attend a Cursillo Weekend March 20-23, 2025!

The next Co-Ed (for all adults) Cursillo Weekend is scheduled for Thursday, March 20 through Sunday, March 23, 2025 in Turner, Oregon. If you are interest in attending but don't have someone to sponsor you (someone in your congregation who has been to a Cursillo weekend), send us an email (oregoncursillo@gmail.com) and we will connect you to a sponsor. (To learn more about what a Cursillo weekend is all about, [click here.](#))

For those of you who have been on a weekend retreat, have you thought about sponsoring someone? Have you thought about being on the Team? Are you nervous to step out of your comfort zone? Maybe you have never done this before. Or maybe you have been on a team before and are looking forward to reconnecting with old friends and meeting some new ones!

We have openings for all levels - both new and seasoned team members. Many roles are available: Palanca, Table Leader, Angels, Music team, Spiritual team. We need speakers for Rollos, too - let us know what interests you! If you can't be there the entire weekend, we need day angels and prayer warriors, too!

And remember that one of the nicest things you might ever do for someone is ask, "May I sponsor you to attend a Cursillo Weekend? I think you'd have a great time!" See the [website](#) for a video on sponsoring, materials to give to a candidate, and forms to be completed by various parties. Scholarships are available for sponsors who need them. Please contact Rev. Sheryl with any questions: deacon@stanneswa.com.

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Updates & Communications

October Events

“Saint Francis Day” October 5 - This year we will remember Saint Francis in our Sunday morning Eucharist inside the church. Don't worry about the carpet! This year we ask you to keep your pets at home, though feel free to bring in your stuffed toy pets, and we will send you home with ways to bless your loved furry, feathered and scaly pets.

“Kid's Sunday” October 20 - Sunday October 20 our 10AM worship will be full of joy! Our children will fill in all the roles of our Sunday Eucharist with the help of a few grown-ups. The children will serve as ushers, readers, lead us in prayer, bring up the elements as usual, help at the altar and serve Communion. Please plan on joining us!

Diocesan Convention in Tacoma - Our Diocese' annual convention is two days in Tacoma **October 25 and 26**. Rev's Annie and Sheryl and our two delegates, Meg Sundseth and Carol Peterman will be there attending “best practices” workshops, church meets, voting on resolutions, worshiping and doing our best to represent St. Anne's. We will report back to you on Sunday October 27.

“Day of the Dead” Sunday October 27 - The children will prepare an altar in the tradition of Mexico to festively remember our loved ones who have gone before us. Feel free to bring a small photo or item that reminds you of a loved one to add to their gift to us. We will be able to add to the altar during our worship. This remembrance in church helps to bring God’s love into the week of Halloween.

Looking Ahead:

Sunday November 3 “All Saints’ Day” - We will have a traditional Eucharist and candle lighting opportunity at our 10AM worship to remember those we love who have gone before us to be with God.

Sunday November 24 “Annual Thanksgiving Meal” - As is our tradition we will have the St. Anne’s Thanksgiving Meal after service on Sunday November 24. Please start going through your favorite recipes! We will send around a sign-up sheet for all the fixings. We will also provide the opportunity to make an Advent Wreath during this time together. Advent starts the following Sunday December 1.

❖ Altar Flowers

A lovely way to honor a loved one is to donate Altar flowers in their name. Please use the “Altar Flowers Sign Up” binder at the back of the church to sign up by date. A \$50 donation would be greatly appreciated! Please indicate on the check or pledge envelope “flowers.” Thank you!



❖ **Prayer Shawl Ministry. Do you knit or crochet?** Rev. Grethe has a simple pattern to create a prayer shawl, and Janet Fischer has patterns for crochet. A Prayer Shawl Ministry involves either knitting or crocheting shawls from simple patterns. They are made with prayers and can be blessed at a Sunday morning church service, then given to anyone who is recovering from illness or injury, who is homebound, or who has suffered bereavement. This gives them a tangible reminder that that we care about them and are praying for them. It also has the added benefit of warming cold shoulders! Please talk to Rev. Grethe if you are interested.

❖ Notes from the Kitchen



We Love our Coffee Hours! Part of the joy of coming to church at St. Anne’s is getting to know each other and catching up on everyone’s news after service. We have had some great coffee hours lately with lots of conversation, coffee and, yes, awesome food. We have even gotten to enjoy the delicious left-overs from our Church’s hosting Refuel Washougal which is now on Fridays here at St. Anne’s.

It is time to plan for October coffee hours. So far, weekly volunteer signups are minimal so, if you can bring something on one of the Sundays, that would be great. Also, a special thanks to Roger and Millie who get everything organized before church and an appreciative nod to those who help tidying up afterwards.

❖ **Refuel Washougal:** Due to the renovation of the Washougal Community Center, your Bishop's Committee has given permission for Refuel to use our downstairs dining room and kitchen to prepare and serve Friday meals. All dates are on Fridays from 2-6pm.

St. Anne's remaining 2024 date for serving is November 8. You are invited to help for any length of time. Please contact Fran Whitmeyer as she coordinates this important program.



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Ways to Pray and Worship

Morning Prayer: Offered on Tuesday and Thursday mornings, 8:30-9am on Zoom. The link to Zoom is on our website. Join us in starting your day with prayer and center your day on God. This practice aligns our spirit with God, builds our relationship with God, and connects us with God's will and purpose for us. Prayer offers us strength and comfort. There is joy in building a habit of following Jesus' life pattern of prayer.



Prayer Requests and Prayer List

If you would like prayers for yourself or a loved one, please add the name to our prayer list. There are a few ways to do this: prayer cards are in the pews, a request for prayer is available by clicking on "Pray" on our website, or contact Rev. Grethe or Rev. Annie in person or by phone call, text, or email. You can also send an email to prayerministry@stanneswa.com. We list people by first names only for privacy. If you or your loved one can be removed from the list please let us know.

The Chapel upstairs is open for silent prayer before worship on Sunday mornings at 9:30. Prayer books and Bibles are in the seat pockets for your convenience.

Wednesdays at 11am: Book Discussion - *Freeing Jesus: Rediscovering Jesus as Friend, Teacher, Savior, Lord, Way and Presence*, by Diana Butler Bass (HarperOne 2021). Wednesday from 11am to 12 noon in the downstairs conference area. Dates: For eight weeks, continuing on **October 9, 16, 23, 30; November 13.** (No meeting on the first Wednesday of the month.)

Our service of **Healing Prayer and Eucharist is Wednesdays at noon.** All are welcome to join us in the Chapel. The breezeway gate by the front door of the church will be open to enter on that level for those who find stairs difficult. If you would like to experience a unique service focused on healing for yourself or to pray for a loved one please join us.



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# Always at St. Anne's

- ❖ **Sidewalk Pantry** - Our sidewalk pantry can always use your donations of food for the needy. As soon as food is added it is gone! Please consider picking up a few extra items at the grocery store and bringing them each Sunday. See this list of most needed items [here](#). Used books also welcome.
- ❖ **Manna Bags** - Items to fill Manna Bags are available in the Parish Hall. Put a few items in a baggie and hand them out to those in need. We can always use donations of travel sized toiletries, new socks, tooth brushes, etc.
- ❖ **ReFuel Washougal** - **Next date: Friday, Nov. 8.** Come join us for this rewarding ministry of feeding the hungry in our community. We are located at the Community Center on C Street in Washougal. We prep the meals from 2-4pm and serve food from 4-6pm. We serve both sit-down meals and to-go boxes.
- ❖ **Stewardship** - Give back to God from all the gifts God has given us. We invite you to share your gifts of Time, Talent, and Treasure with St. Anne's and our local community. Please ask how you can share. *Thank you!*  
TIME - Your gift of time is unique, because you are the only one who can give it.  
TALENT - Your gift of talent is a special gift only you can give. In the words of St. Francis of Assisi, "It is in giving that we receive."  
TREASURE - Your financial contribution is important for the ministry of St. Anne's.
- ❖ **Laundry Love Project** - This program helps people in need wash their clothes. This is an ongoing community-wide program that St. Anne's supports. Bring your quarters, dollars, or checks (made out to Camas Friends Church, note in memo line: Laundry Love) and put in the jar at the back of the church. Friends Church gives cards to those needing to wash their clothes which they redeem for quarters at the laundromat. Friends Church then reimburses the laundromat.

[Donate](#)

## St. Anne's Bishop's Committee

Please check the bulletin board in the Parish Hall for the most recently approved meeting minutes and financial report. The next Bishop's Committee meeting is **November 10th** after church at 11:30am.

### Contacts:

- ❖ **OFFICE** - [office@stanneswa.com](mailto:office@stanneswa.com)
- ❖ **Vicar** - The Rev. Annie Calhoun @ 949-300-8434 or [revannie@stanneswa.com](mailto:revannie@stanneswa.com)
- ❖ **Deacon** - The Rev. Sheryl Haase @ [deacon@stanneswa.com](mailto:deacon@stanneswa.com)
- ❖ **Senior Warden:** Paul Anderson @ [srwarden@stanneswa.com](mailto:srwarden@stanneswa.com)
- ❖ **Pastoral Care & Prayer Ministry** - The Rev. Annie Calhoun and The Rev. Grethe Barber @ [prayerministry@stanneswa.com](mailto:prayerministry@stanneswa.com)
- ❖ **Altar Guild** - Tusie Hodgin or Kim Noll



- ❖ **Bike Club** – Wayne Hodgin
- ❖ **Coffee Hour** and food for special events - Roger Rissler and Maryanne Lovell
- ❖ **Communications** - Janet Fischer, Chip Lees, Rev. Annie @ [communications@stanneswa.com](mailto:communications@stanneswa.com)
- ❖ **Finance Team** – [treasurer@stanneswa.com](mailto:treasurer@stanneswa.com)
- ❖ **Flowers** – Jan Freitag
- ❖ **Laundry Love** – Tusie Hodgin
- ❖ **Nursery & Sunday School** – Meg Sundseth
- ❖ **Readers/Lectors** – Mary Tipton
- ❖ **ReFuel Washougal** – Fran Whitmeyer
- ❖ **Safe Stay Ministry** – Mary Tipton, Chair, or the whole group @ [safestay@stanneswa.com](mailto:safestay@stanneswa.com)
- ❖ **Ushers and outdoor set-up** - Chip Lees



**The Episcopal Diocese of Olympia**  
**The Episcopal Church in Western Washington**  
<https://ecww.org>

You can sign up for various diocesan newsletters to be delivered directly to your email. Go to <https://ecww.org/> and scroll to the bottom of the page for the link to newsletters.

Our cathedral, St. Mark’s in Seattle, has a quarterly publication: ***The Rubric***.  
 The issues are available online at <https://saintmarks.org/connect/the-rubric/>.

**114<sup>th</sup> Diocesan Convention – October 25-26.**

Theme: ***Come to me, and I will give you rest. Finding Renewal, Healing, and Delight with Jesus.***  
 Info at <https://ecww.org/about-the-diocese-of-olympia/diocesan-convention/>.

**The Wisdom School at St. Mark’s Cathedral** announces their 2024-2025 season: “A Spirituality of Healing and Hope” beginning in September and accessible via Zoom. Their mission is to offer “a balanced path for spiritual transformation grounded in prayer and practice, drawing on the Christian contemplative tradition while respecting the diversity of experiences born from contemplative practices of other traditions.” Most workshops are free to attend, others have a fee. To access the calendar of events please go to: <https://saintmarks.org/learn/wisdom-school/>.

