

# St. Anne's Connections

The Newsletter of  
St. Anne's Episcopal Church,  
Washougal, WA



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

<https://www.stanneswa.com/> | [office@stanneswa.com](mailto:office@stanneswa.com)  
<https://www.facebook.com/StAnnesWashougal>

---

## *A Note from Rev. Annie*



There are various legends about a Christian clergy man named Valentine or Valentinus (meaning worthy, strong, powerful) who was martyred on February 14 in the 3rd century. Of the various legends, the most likely is that he was a priest or a bishop who ministered to persecuted Christians, refused to convert to paganism, and was martyred. Another legend states that before his execution, Valentine, who had restored the sight of a young girl, wrote a note to her signed "from your Valentine".

Formal messages, or "valentines," appeared in the 1500s, and by the late 1700s commercially printed cards were being used. Valentines commonly depict Cupid, the

Roman god of love, along with hearts, the traditional seat of emotion. Because it was thought that the bird mating season begins in mid-February, birds also became a symbol of the day to celebrate love.

Whether we celebrate Valentine's Day with cards, candy or flowers, or not at all, the celebration reminds us of love beyond romantic love. As followers of Jesus, we are invited to love God with our whole being and to love others as we want to be loved. This is self-sacrificing love or *agape* love, a love where we put the value of another person as equal to and above our own value. It's a dedication to care for others as Jesus taught and demonstrated.

Cards, flowers and candy are easy to offer, this type of self-sacrificing love is challenging and often difficult. Jesus never said it would be easy. Loving this way is taking the Holy Spirit into our hearts and minds to influence and guide all our actions. As we gather for worship and receive Holy Communion, we are asking for the strength needed to be the lovers we are designed to be, loving God, ourselves and others as best we can, with God's help.

Happy Valentine's Day,

Annie+

For those who missed a sermon or want to revisit it, Rev. Annie's sermons are now posted on our web site here: <https://stanneswa.com/sermons/>.

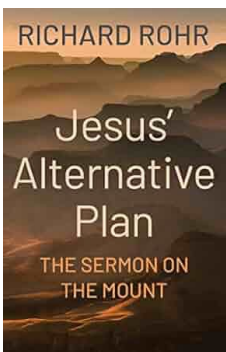
Rev. Annie and Rev. Sheryl will be attending the diocesan clergy retreat from Sunday, February 2 through most of the week. Book discussion and Eucharist on Wednesday the 5<sup>th</sup> is cancelled.

~ ~ ~ ~ ~

## COMING UP:

### Annual Meeting Sunday, February 9<sup>th</sup> after church in the Parish Hall.

Want to hear about all that's going on at St. Anne's? Then come to the Annual Meeting on Sunday **February 9** in the parish hall after our 10AM worship service. We will present reports from all areas of ministry, learn about the 2025 budget and financial status and goals, and celebrate our successes as a community of faith. Hope you can be there! (Date changed from Feb. 2.)



## Book Discussion Group!

**NOTE: NO MEETING ON FEB. 5<sup>TH</sup>.**

Join us for lively discussion as we read together *Jesus' Alternative Plan: The Sermon on the Mount* by Richard Rohr (2022). The book is available from amazon or your favorite bookstore. We meet at **10:30am (new time!) on Wednesdays** and will continue until Lent (or continue a bit into Lent, if the group wishes).

From the author's website: When Jesus talked about the Reign of God, he was talking about an utterly different way of relating to one another. He lays out a blueprint for this alternative lifestyle in his best-known teaching, the Sermon on the Mount. From the Beatitudes onward, the Sermon on the Mount overturns conventional wisdom and traditional power structures, offering an alternative plan for an authentic life. In this revised and newly titled book, *Jesus' Alternative Plan*, Richard Rohr explores the implications of Jesus' vision, and goes through the teachings, explaining the historical and cultural context of each verse and offering guidance for what it means for humanity today. The result is a clear, yet challenging look at the alternative plan laid out by Jesus.

## Grethe Barber's Celebration of Life

**April 12<sup>th</sup> at 1pm**, at Church of the Good Shepherd, 805 SE Ellsworth Rd, Vancouver, WA 98664. Please mark your calendars.

## Coming Up at St. Luke's/San Lucas (We are invited!)

All events at St. Luke's: 426 E Fourth Plain Blvd., Vancouver. Questions? Contact Lynette Poulton at [lynettwpoulton9045@gmail.com](mailto:lynettwpoulton9045@gmail.com).

**Jazz Vespers:** St. Luke's is hosting another year of Jazz Vespers. The first session will be **February 7 at 6 pm**, featuring the Mike Horsfell trio plus a guest musician. This hour-long service includes readings, reflections, and lots of music. There is no entry cost, although a free will offering is collected. All are welcome..

**Queer in Christ:** this joint activity of the Episcopal Churches in Clark County provides a safe space for members of the LGBTQIA+ community to meet and explore their relationship with the Divine. The next session will take place on **Sunday, February 9, at 7 pm**, in the Parish Hall at St. Luke's.

**Contemplative Service with Taize:** this service, based on Night Prayer from the Zealand Prayer Book, combines poetic readings with Taize music to provide a quiet, meditative space for prayer and healing. The service includes space for individual prayer and laying on of hands, if desired. It takes place on Friday, **February 21, at 6:30 pm**, at St. Luke's Episcopal Church.

**Grief Support Group:** as we enter the New Year, we recognize that many are carrying a significant burden of grief and loss. The grief support group meeting at St. Luke's, welcomes individuals from all the Episcopal parishes and from the community, who are in need of this service. The next meeting will be on **Thursday, February 27**. We begin at noon with a bring-your-own sack lunch and conversation, with the formal program running from 12:30 to 2 pm. This month, we will be looking at what we can learn from the way other countries and cultures approach loss.

~ ~ ~ ~ ~

## *Updates & Communications*

### ❖ **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**" poster in the parish hall. A \$50 donation would be greatly appreciated! Please indicate on the check or pledge envelope "flowers." Flowers may be donated for any reason - in memory, for a birthday, or just because. Thank you!

### ❖ **Prayer Shawl Ministry**

Do you knit or crochet, or want to learn how? 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 email [prayershawls@stanneswa.com](mailto:prayershawls@stanneswa.com). We can provide simple patterns for knit or crochet.

### ❖ **Interested in joining the AV crew?**

We can always use more people to help with the Sunday morning camera to live-stream to our Facebook page, and to do the slides for the screen up front. Training will happen! If you are interested, please contact Chip Lees.

### ❖ **Notes from the Kitchen**

Our coffee hours after church continue into February with the 9th being the important date for our Annual Meeting and a larger than usual group expected to gather downstairs. We'll be making extra coffee (thank you, Roger and Millie!) and hoping more of you can step up to bring goodies to share. If you know ahead of



time what you would like to contribute, there is a sign-up sheet on the board in the parish hall to volunteer to bring food on the 9th or perhaps on one of the last two Sundays. We have the first Sunday pretty well covered right now. Valentine's Day is the 14th which falls on a weekday so we can celebrate both the Sunday before and the one after!

## *St. Anne's Serves Our Community!*

- ❖ **Resource Hour:** Resource Hour meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month, from 3-4pm in the Parish Hall, and we invite various agencies to attend and present what they can do to help those with various needs. Contact our Deacon, Rev. Sheryl, with any questions.

- ❖ **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 next day to serve is **March 14<sup>th</sup>**.



- ❖ **Meals on Wheels:** Again, due to the renovations at the Community Center, St. Anne's is also hosting Meals on Wheels. All in need are welcome to come and pick up groceries for free! Mondays from: 12-1pm.



~ ~ ~ ~ ~

## *Ways to Pray and Worship*

### Prayer Requests and Prayer List



If you would like prayers for yourself or a loved one, please add their 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. Annie or Rev. Sheryl, in person or by phone call, text, or email. You can also send an email to [prayerministry@stanneswa.com](mailto:prayerministry@stanneswa.com). We list people by first names only for privacy.

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.

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. A unique service focused on healing for yourself or to pray for a loved one.



~ ~ ~ ~ ~

## *Easy Ways to Participate in our Ministries*

- ❖ **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.
- ❖ **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.

~ ~ ~ ~ ~

## *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 **Sunday, February 23**, after church.

### *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. Sheryl Haase: [prayerministry@stanneswa.com](mailto:prayerministry@stanneswa.com)
- ❖ **Altar Guild** - Tusie Hodgins or Kim Noll
- ❖ **Audio/Visual** - Chip Lees
- ❖ **Bike Club** - Wayne Hodgins
- ❖ **Buildings & Grounds:** [buildingsgrounds@stanneswa.com](mailto:buildingsgrounds@stanneswa.com)
- ❖ **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 Hodgins
- ❖ **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 WIDER CHURCH



### The Episcopal Diocese of Olympia

The Episcopal Church in Western Washington

<https://ecww.org>

You can sign up for 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/>.

**Rest, Recreate, Reconnect: Clergy Conference 2025**, February 3 - February 5. Details and registration [here](#).

**Holy Quiet: Contemplative Retreat for Young Adults**, February 14-16. Details and registration [here](#).  
\$125 Registration, \$50 Day-Tripper Registration

Now in its fourth year, Holy Quiet is a casual retreat designed for adults in their 20s and 30s who are seeking to experience an array of contemplative practices from a Taizé service to sustained silence to

centering prayer. But it's also a chance to be in community with other young adult seekers and to hike, be creative, to unplug and catch up on sleep.

**All Fresh Springs Retreat with Paul Rietmann** details and registration [here](#).

*March 3-6, \$375 Registration*

All My Fresh Springs are in You, Lenten Contemplative Retreat at St Andrew's House, Monday, March 3, 4:00 pm to Thursday, March 6, 1:00 pm, 2025. Cost for retreat program, lodging and meals is \$375. A nonrefundable deposit of \$100 is required to reserve your space, with the balance due upon arrival.

You are invited to come enjoy a time of rest, retreat and spiritual renewal as you begin your Lenten journey. The title of this mostly silent contemplative retreat is taken from Psalm 87:7. We will explore themes of desert, journey, thirst, water and spiritual refreshment found in the Bible and other spiritual writings. Since Ash Wednesday (March 5) falls during our retreat, we will offer the Ash Wednesday Liturgy with Holy Eucharist and the Imposition of Ashes.

~ ~ ~ ~ ~



The website for the national church: <https://www.episcopalchurch.org/>

“Traveling the Way of Love” Season 2 offers video stories of the ways people across The Episcopal Church participate in the seven Way of Love practices. Produced by the Office of Communication in partnership with Evangelism colleagues, it includes study guides to help congregations or small groups engage the stories and strengthen one another’s discipleship:

<https://www.episcopalchurch.org/video/traveling-the-way-of-love-s2/>

Statement from Episcopal Church Presiding Bishop Sean Rowe on the death of President Jimmy Carter: <https://www.episcopalchurch.org/publicaffairs/statement-from-episcopal-church-presiding-bishop-sean-rowe-on-the-death-of-president-jimmy-carter/>

~ ~ ~ ~ ~

# 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](mailto: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](mailto:deacon@stanneswa.com).

