

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
<https://www.facebook.com/StAnnesWashougal>

A Note from Rev. Annie



Lent is the Church season of slowing down to remember Jesus' suffering and to evaluate our lives as followers of Jesus Christ. We are invited to spend time in self-examination to become aware of opportunities to be repentant. Lent offers us five weeks to intentionally spend time in prayer and to deepen our spiritual practices.

Lent lasts for 40 days not counting Sundays. The number 40 in the Bible often refers to a period of trial, purification, and intense time of spiritual reflection for transformation. The 40-day flood, 40 days of time alone for Moses to receive God's laws, 40 years of wandering in the desert for the Israelites, and 40 days of Jesus time in prayer and temptation preparing for his ministry are examples of this long time of

preparation or waiting.

Traditionally Lent is considered a time of prayer, fasting, alms giving and working for justice. Of the many ways to increase our prayer lives is the practice of "Praying the Hours". This is an ancient way to connect to God throughout our day. There are officially seven prayer times in following this prayer commitment. The middle of the night prayers are usually done within religious communities of monks and nuns. For us, finding a way to integrate one or two times each day seems like something we can do.

Our tradition includes prayers for time throughout the day found in the Book of Common Prayer. A few internet sources are: www.bcponline.org www.liturgy.co.nz www.missionmstclare.com
www.prayer.forwardmovement.org

I like using a variety of apps: daily prayer; d365; pray as you go; lectio365. Search for 'daily devotions' for a variety of apps.

Fasting is a common practice during Lent. For some it is eating less or abstaining from certain foods as a reminder to pray in thanksgiving for all we have. Some fast or stop behavior that distracts us from our work of loving God, ourselves, and our neighbors. Some increase the amount of money they give to those in need, and some increase their time volunteering to serve the poor.

Whatever God calls you to do this Lent I hope it brings you closer to our Creator, our Redeemer and our Sustainer.

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/>.

COMING UP

Pancake Dinner and Mardi Gras Celebration

Tuesday March 4 from 5:30 to 6:30 PM

Church dining hall



Shrove Tuesday is on March 4! This word is based on the Latin word for asking for forgiveness and being absolved of sin before Lent begins. It's also based on the tradition of eating up all the rich foods like dairy products and sugar before giving those up as a Lenten practice.

We are going to celebrate this tradition by eating breakfast for dinner including pancakes, sausage and bacon and eggs. Please join us in the parish hall on **Tuesday March 4 at 5:30pm for food and to celebrate Mardi Gras "Fat Tuesday"**.

Ash Wednesday

Wednesday March 5 at noon and 6:30 PM



Ash Wednesday is March 5. This begins our time of spiritual reflection with a solemn observance of our lives through the imposition of ashes on our foreheads. This reminds us that our time is limited and to use our time here wisely loving God and each other.

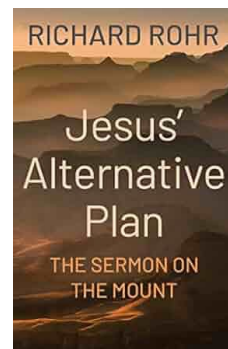
Holy Eucharist and imposition of ashes at noon.

A prayer service for Ash Wednesday and imposition of ashes at 6:30pm.

Both services will be in the church.

Book Discussion Group

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).



Grethe Barber's Celebration of Life

April 12th 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

Contemplative Service with Taize: a quiet service based on Night Prayer from the New Zealand Prayer Book, this service combines simple Taize music, readings and prayer. It will take place on **Friday, March 14, at 6:30pm**, at St. Luke's in Vancouver.

Piano Concert to Benefit the Community Garden: on **Friday, March 21, at 6 pm**. Jordan Nylander, music director at St. Luke's, will perform several classical pieces. The free will offering will support the community garden, which provides fresh produce to our neighbors.

Coming Up at First United Methodist Church

Treble Ensemble & Clark College Chorale, March 13, 7:30pm. 401 E. 33d Street, Vancouver.

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Updates & Communications

ST. ANNE'S TREASURER'S REPORT FOR JAN. 31, 2025		
INCOME		
	Actual	Budgeted
Pledges	\$11,715.11	\$11,123.00
Unpledged Contributions	\$171.11	\$200.00
Other Income	\$400.00	\$2,312.00
Total Income	\$12,286.22	\$13,635.00
EXPENSES		
Total Expenses	\$18,678.16	\$17,727.00
NET	(\$6,391.94)	(\$4,092.00)

❖ 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. We can provide simple patterns for knit or crochet. Our next meeting is **Thursday, March 6**.

❖ 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

Five Sundays in March and five Coffee Hours! Can you bring something to share during this coming month? There is a signup sheet downstairs in the Hall for noting what you want to bring on a particular Sunday or just surprise us!



St. Anne's Serves Our Community!

❖ **Resource Hour:** Resource Hour meets on the 1st and 3rd 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 14th.**

❖ Washougal “**Meals on Wheels**” Food Bank returned to The Washougal Community Center on Tuesday, February 25.

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. We list people by first names only for privacy.

We give thanks for our mutual interdependence in Christ, and pray for healing of body, mind, and soul.

For Parish Members:

Mona, Shirley, Quinn, Teddy, Mary, Chris

For the Homebound, please bless them with your presence and the human connection they need: Odell, Carabelle, Edith, Bill

For Family and Friends: Carla, Bruce, LeeAnn, Fiona, Prabhati, Michael, Gabe, Victor, Lorraine, Dave, John, Jeri, Susan, John, Rhoda, Dan, Liz, Felix, Mica, Sandy, Katie & Lee, Charlotte, Jennifer, the Ball family, the Allen family, Laura, Paige, Ivan and family.

For our Safe Stay Guests and for those who reach out to help them:

Steve, John, Randy, Kevin & Gaia, Patrick

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!*

Donate

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

Thank you to Zach Pearson for being willing to serve on the Bishop's Committee in 2025, and many thanks to Shelley Lee, who is retiring from the Committee, for her service.

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, March 30**, after church.

Contacts:

- ❖ **OFFICE** - office@stanneswa.com
- ❖ **Vicar** - The Rev. Annie Calhoun: 949-300-8434
or revannie@stanneswa.com
- ❖ **Deacon** - The Rev. Sheryl Haase:
deacon@stanneswa.com
- ❖ **Senior Warden:** Paul Anderson:
srwarden@stanneswa.com
- ❖ **Pastoral Care & Prayer Ministry** - The Rev. Annie Calhoun and The Rev. Sheryl Haase:
prayerministry@stanneswa.com
- ❖ **Altar Guild** - Tusie Hodgin or Kim Noll
- ❖ **Audio/Visual** - Chip Lees
- ❖ **Bike Club** - Wayne Hodgin
- ❖ **Buildings & Grounds:** 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
- ❖ **Finance Team** - 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
- ❖ **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/>.

Icon Writing Retreat

April 27-May 2. \$450 Registration

Experience the ancient art of “writing” the Gospel with paint and prayer. Join this week-long, all-inclusive day retreat, led by renowned iconographer, Theresa Harrison. Using JoSonja acrylic paints and 23 carat gold leaf, paint an icon of your choice together in sacred community at Grace Church, Bainbridge Island.

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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 interested 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](#).) Please contact Rev. Sheryl with any questions: deacon@stanneswa.com.