

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

The start of school in September reminds me of how much I appreciate a fresh start. My life isn't focused on new school supplies anymore, but I still find myself wanting a new calendar, notebooks and pens at the end of summer!

There is something about being able to start again, a new semester, new year, month, day... every moment we can have a fresh start. When we ask for God's forgiveness our fresh start begins. And then, we can refocus on what we are called to do as followers of Jesus.

St. Anne's mission statement, found on the front page of our website, sums up God's calling to each of us:

"Our mission today is the same as it was yesterday and will be tomorrow: To love God, to love our neighbors as ourselves, to feed the hungry and welcome the stranger, to uphold the dignity of every human being, and to be peacemakers in a time of strife. We are followers of Jesus the Christ."



Photo by https://stockcake.com/i/nurturing-new-life_1599455_1199326

There is a prayer from our Book of Common Prayer that I find helpful to live with this mission in mind. Below is an adaption of "A Prayer of Self-Dedication" found on page 832:

Almighty and eternal God, draw my heart to you, guide my mind, fill my imagination, control my will, so I will be completely yours, entirely dedicated to you; and then use me, I pray, for your glory and for the good of your people; through Jesus Christ. Amen

A fresh start in faith and in commitment to God starts with accepting God's forgiveness and grace. This helps us move beyond our past mistakes and towards the new life Jesus offers. I pray that we can all refocus our lives for a daily relationship with God through our prayers, Scripture, worship, service, and choosing to trust in God's abundant love.

St. Anne's Loses Long-time Member

Jack Frosh, 95, is grieving the loss of his beloved wife, Shirley, who passed away peacefully in her sleep August 15th at the age of 92. The couple were married for 69 years and Jack stated, "Best thing that ever happened to me. Yes, she was a good wife. We got along so well together. I don't remember ever fighting." Jack and Shirley met during high school in Washougal but did not get serious until Jack got out of the Navy. They had two sons together, Kerry and Jack, Jr. Shirley held two memorable positions over the years outside the home and was known as a hard worker. She also was actively involved at St. Anne's.

Jack has great memories of when he retired. He celebrated by traveling with Shirley to many locations all over the world. He misses Shirley very much and welcomes calls and visits.



Over the years, Shirley was well known at St. Anne's, along with Jack. When Shirley's health declined, her name was added to the Prayer List on Sundays and the family appreciated it when members of St. Anne's would stop by to visit her. Meg Sundseth recalls how friendly Shirley was. She wasn't scary to Ellyse, Meg's shy granddaughter, when almost everyone else was. Ellyse wouldn't talk to anyone! One Sunday, Shirley was coming up the stairs and Ellyse popped out and said "Hi." Shirley was shocked and honored but then Jack came up the stairs and the little one ran and hid behind Grandma Meg! Shirley's good pal Carabelle Hubbard couldn't say enough about Shirley. Their friendship went back to high school where Shirley was highly thought of by her peers before graduating in 1950 and got to work at the bank in Washougal. Carabelle remembers Shirley stating that when Jack and she became serious, "This is the one!" Eventually Jack and Shirley brought Carabelle and her husband to St. Anne's. Outside of church, the two couples became serious golfers together. The two girlfriends kept up their long friendship until Shirley died, with Carabelle stopping by when able to do so after church. ~Marianne Lovell

Public Action Opportunity

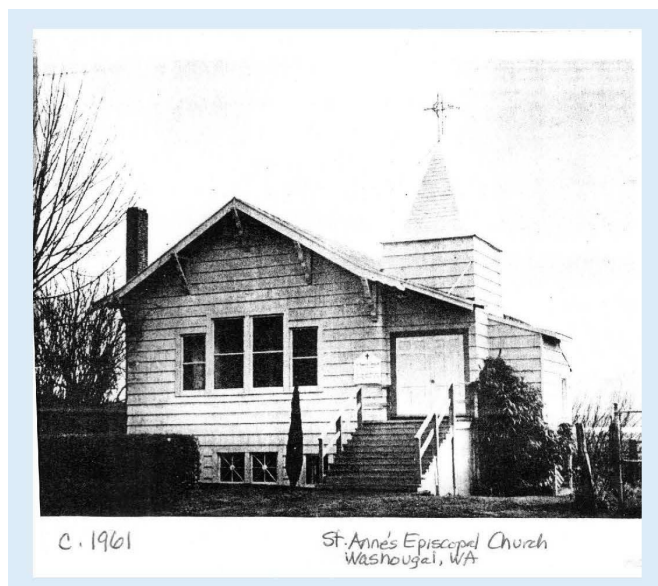
Every Saturday from 10:30 to 11:30 a group gets together to write postcards at the Fisher's Landing New Seasons. Lately they have been written to red states encouraging historically democrat leaning voters to be informed and to vote. All of the messages are scripted with researched dialog. You only need to write addresses and the scripted dialog. For people who are uncomfortable with protesting it is another way to contribute. The group is sponsored by Indivisible. (<https://indivisible.org/>)

Indivisible prefers to have you sign up before going, so they get an idea of how many will attend. You can sign up using the link below. (If you forget to sign up, it is ok to just show up.)

<https://www.indivisiblegreatervancouver.org/events/write-postcards-to-voters-cbmxx-8jdz-ayz8hz-yj435-spgeb-kssgs-fe2z9-jde5h-9kew6-ppfhe-9y7y4-sjasz-llck2>. ~Meg Sundseth

History Project Update

Some of you may remember that I've been working on scanning and organizing St. Anne's historical records. I've completed the bulk of the project. Among the records are scrap books with photos and newspaper clippings, many photo albums, records of building renovations and the organ upgrade, Bishop Committee minutes going back to the 1950s and annual reports going back to 1954! These have all been sorted into clear storage bins properly labeled. Please ask Rev. Annie for access to these bins if you wish to take a look. The records online (not everything was scanned) are available on a google drive and if you wish access to those, please ask me.

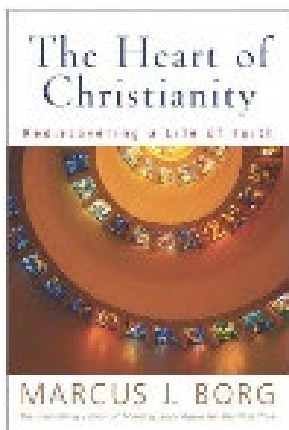


I had considered writing a booklet about the history of this church, but some of that has already been done, and it has been posted on our website at <http://stanneswa.com/about>. It

may be updated at a later time.

I found this gem from 1966, "Philosophy of St. Anne's Mission:" *The people of St. Anne's, dependent upon the wisdom of God, the love of Jesus Christ, and the grace and power of the Holy Spirit, will strive to attain the following objective[s]: an increased, ever-developing knowledge and understanding of the Christian faith; increased participation, witness, and devotion to the Church; a stronger sense of responsibility and ministry to people in our community, the diocese, the nation, and the world; and, closer relationships with other Christian bodies, and acceptance from others, with thanksgiving, of any relationship and insight they may offer to share with us.*

It seems to me that after almost 60 years since this was written, this little church has fulfilled that mission and continues to do so! ~Janet Fischer



EVENTS & UPDATES

Book Club: We're starting up again beginning **Wednesday, September 10, at 10:30** in the downstairs conference room. Our book is: *The Heart of Christianity: Rediscovering A Life of Faith*, by Marcus Borg. Everyone is welcome to join us!

Contemplative Service with Taizé: The next Contemplative service at St. Luke/San Lucas (426 E Fourth Plain Blvd., Vancouver) will take place on **Friday, September 12 at 6:30 pm**. The service includes Taizé music, prayers and quiet

space. All are welcome.



Peace and Justice Fair: The Episcopal Churches in Clark County will have a booth at the annual Peace and Justice Fair, held **Saturday, September 13** at Esther Short Park in Vancouver. The event is from 10 am to 4 pm. One hour slots, as well as opportunities for setup and cleanup, are available on signup genius at the following link:

<https://www.signupgenius.com/go/10C0A4CA9AD2FA1FAC43-57699683-peace#/>

We look forward to seeing you all there!

Queer in Christ returns from its summer break, hosting its first fall meeting on **Sunday, September 14**, at 7 pm at St. Luke/San Lucas Episcopal Church (426 E Fourth Plain Blvd., Vancouver). All members of the LGBTQIA+ community are invited to participate in this activity, supported by the Episcopal Churches in Clark County. For questions, please contact Deacon Lynette at sl2.deacon@gmail.com.

The Grethe Barber Prayer Shawl Ministry: We knit or crochet prayer shawls to give away to those who are grieving, ill, or just need some extra comfort. If you'd like to join us, please email prayershawls@stanneswa.com for additional information.



Oregon and SW Washington Episcopal Cursillo offers a monthly Zoom Utreya online the first Wednesday of each month. For details, including the Zoom link, visit

<https://tinyurl.com/OregonZoomUtreya>. A link can also be found

at the main Oregon and SW Washington Cursillo website: <https://www.oregon-cursillo.org/>. Please contact Kevin Mallon at k.mallon@frontier.com or 503-863-1973 for more information and how you can help. Visit our Facebook group: <https://facebook.com/groups/94289009763>.

Pledges: We run a tight ship here at St. Anne's and it makes a big difference when we receive your pledges weekly or monthly. Please help the Bishop's Committee and our financial team be good stewards of your pledge and donations by maintaining your financial contributions year-round. Please prayerfully consider sharing a portion of your tax return or any unexpected financial gifts with St. Anne's. Our ability to be a loving and progressive place for worship, community and service depends on your support in volunteer time, sharing skills and your commitment to contributing money to cover our costs. Thank you so much!

Treasurer's report through July 31:

- Total income for July was \$34,869.50, and the YTD balance is \$128,086.93. Budgeted income for YTD is \$95,445.
- Total expenses for July were \$17,568.79, and the YTD expenses were \$119,767.52. Budgeted expenses for YTD are \$124,089.
- There were large contributions for building renovations (e.g., the carpet in the sanctuary).

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!

Notes from the Kitchen: We all enjoy getting together downstairs after church. Now that we are all returning from our wonderful vacations, please consider bringing goodies on one or more of the Sundays and don't forget that we need help afterwards to load the dishwasher. Also, please label your dishes you bring so we can get them back to you.



St. Anne's Serves Our Community!

- ❖ **Recovery Café** Recovery Café of Clark County meets in the St. Anne's Parish Hall in Washougal, every Monday from 9am-1pm. <https://www.recoverycafec.org/>.
- ❖ **Refuel Washougal:** Refuel serves a hot meal to anyone who comes to the Washougal Community Center on Fridays from 4-6pm. St. Anne's remaining service dates this year are **Sept. 12 and Nov. 14**. Contact Fran Whitmeyer with any questions.
- ❖ **Safe Stay Car Camping Program.** St. Anne's Safe Stay program honors our commitment to serve our community by providing a place for people living in their cars to park at night. Contact Mary Tipton or safestay@stsnneswa.com.

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, especially: Quinn, Teddy, Ron, Stephen, Marlene, Anne, Kim R.,

For the homebound, especially: Odell, Edith, Bill, and Mary.

For our family and friends, especially: Bruce, LeeAnn, Fiona, Michael, Gabe, Victor, Lorraine, Dave, John, Jeri, Susan, John, Rhoda, Dan, Liz, Felix, Mica, Sandy, Charlotte, the Ball family, the Allen family, Aaron, the Baker family, Laura, Nick, Lynda, Tom, Brianna and Nellie.

For our Safe Stay guests: Steve, John, Randy, Kevin & Gaia, David, Jauncie, and for those who reach out to help them.

For the repose of the soul of Shirley Frosh.

For those who have said no prayers, and for whom no one has prayed.

The Chapel upstairs is open for silent prayer before worship on Sunday mornings at 9:30. Prayer books and Bibles are available for your use.



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.

On **Wednesdays at 11:45am** (before the Eucharist service) in the upstairs chapel we are offering a **plainsong chant** of the noon service from the St. Helena Breviary (Episcopal order, prayer book). It is a lovely, worshipful service that only lasts about 10 minutes. The text and chant is provided by Carol Peterman. Please drop in and give this a try! Don't worry if you think you can't carry a tune; everybody can do this.

Easy Ways to Participate in our Ministries

- ❖ **Sidewalk Pantry** –The need is great. 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** - a Girl Scout in Washougal prepared 300 hygiene kits as a part of her Gold Award. Please take a few from the box downstairs and hand them out to those in need.
- ❖ **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. If viewing online, you can click on the Donate button. Online or viewing in print, you can scan our QR code.

- ❖ **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 **Sunday, September 28th**, after the service.

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 Hodgins or Kim Noll
- ✚ Audio/Visual - Chip Lees
- ✚ 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
- ✚ Laundry Love - Bonnie Jean Ione
- ✚ 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



Image courtesy of StockCake.com

THE WIDER CHURCH



[The Episcopal Diocese of Olympia](https://ecww.org/)
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/>.

Season of Creation Resources and Events.



From September 1, [World Day of Prayer for the Care of Creation](#), to October 4, the Feast of St. Francis of Assisi, Christians all over the globe celebrate the Season of Creation (SoC). This year's theme is **Peace With Creation**.

Congregations are invited to engage with the Season of Creation in their worship, formation, and community action. At the 2022 Diocesan Convention, we voted to adopt the Season of Creation. Thus, we “commend to and encourage all congregations in our Diocese to study and creatively adapt to celebrate and better understand Creation in their locality!” You can read the full resolution [here](#) (#5, page 11). *Is your church doing something special for SoC? Please submit any events [here](#). Resources can be sent to Adrienne at <mailto:aelliott@ecww.org>.*

Diocesan Convention October 25, online. Save the date.

Adult Faith Formation. The Diocese has a new website for adult faith formation offerings and suggestions, including a section on books for book discussion groups! Also included are Bible studies and topical offerings. Check it out: <https://ecww.org/faith-formation/adult/> . Resources for children and youth are here: <https://ecww.org/faith-formation/children/> . Let Rev. Annie know if something piques your interest!

The Wisdom School at St. Mark's Cathedral has released their 2025-2026 offerings. These are available both in person and via Zoom. They include:

- Crossing Thresholds as Sacred Journey, September 17, 2025
- Naming Our Thresholds, October 8, 2025
- The Somatic Enneagram, November 7 & 8, 2025
- Between Two Worlds: Thresholds of Expectant Hope in Advent, December 6, 2025
- Wilderness Spirituality, January 10, 2026
- Silence and Honey Cakes: Lessons from the Desert for Modern Communities, February 21, 2026
- The Amazing Grace of Celtic Spirituality and Its Relevance in Our World Today, March 21, 2026
- Grief as a Threshold Experience, April 22, 2026
- Write Around the Corner, May 2, 2026.

For details please visit <https://saintmarks.org/learn/wisdom-school/>.

Events at Trinity Episcopal Cathedral

147 NW 19th Avenue (at NW Everett)

Portland, Oregon 97209

Check out the Cathedral's events at:

<https://www.trinity-episcopal.org/spiritual-formation-special-events>

Contemplative Chanting

Join us every 2nd & 4th Tuesday for sacred chant. We will chant the Psalms (using both the Biblical and the Nan Merrill translations), Taize, Gregorian, contemporary and Songs of the Presence as a way to connect with the Spirit in prayer.

Free to attend, but advance registration is required. Registration is always open; join anytime!

Register in Advance:

<https://onrealm.org/TrinityEpiscopalpdx/PublicRegistrations/Event?linkString=ODdjMzljMzMtMmE5Mi00ZDg5LWFhNDgtYjBlMTAwMDkyMDAy>

Contemplative Prayer Group ONLINE

Join fellow spiritual seekers every Saturday morning on Zoom for a group contemplative practice – a wonderful way to find support for your own meditation practice. All mindfulness practices & religious traditions are welcome! No experience necessary.

Register at:

<https://onrealm.org/TrinityEpiscopalpdx/PublicRegistrations/Event?linkString=NTZjMzZlMWIOTQxOS00N2Q4LWFmM2QtYWVmMDAwYzUzNDM2> **Questions?** Contact Pat Zimmer, przimmer@comcast.net.

Virtual Labyrinth Walk 8:00 PM | Zoom

Join the Trinity Labyrinth Guild every third Monday for a virtual labyrinth walk! Even when walked with your finger, the labyrinth is a wonderful tool to quiet the mind and find deep peace. Directions and music provided. (Zoom Only). **REGISTER IN ADVANCE:**

https://us06web.zoom.us/meeting/register/tZlkceGqqTsjHNWNhTF_gnMriZvr5W7QzRHV

Downloadable labyrinths are available at: <https://labyrinthsociety.org/activities/printables/>