

# 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*

October 5<sup>th</sup> is the feast day of St. Francis of Assisi. Raised in wealth, Francis chose to leave his expected life to live according to Jesus' words in Matthew 19:21 by denying himself and giving to the poor. St. Francis is known for his deep love and compassion for all creatures, referring to animals and nature as his "brothers and sisters."

**We will celebrate St. Francis with a pet blessing on Sunday October 5.** Please bring your pets to worship that day at 10am. Your loved animals including all furry, feathered and scaled, real or stuffies are welcome.

Here are a few pieces of wisdom accredited to St. Francis:

- "Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible."
- "Remember that when you leave this earth, you can take with you nothing that you have received, only what you have given."
- "The deeds you do may be the only sermon some persons will hear today."
- "Do few things but do them well, simple joys are holy."

## Stewardship for 2026

During October we focus on the financial needs of St. Anne's. We are self-funded, and your pledge of financial support allows St. Anne's to be as described in our mission statement as a place "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.”

Out of gratitude please help St. Anne’s continue as a place to live out Jesus’ message to love and serve with compassion and kindness. Your presence, time, skills, and money help us continue to be this voice in our corner of the world.

Our theme this year is “Come and Grow with Us.” Grow in faith, love and hope as we deepen our discipleship and more closely and effectively follow Jesus.

## **Wisdom from Fr. Joseph Yoo - “Patriotism vs Nationalism”**

Episcopal priest Joseph Yoo, from Mosaic Episcopal Church in the suburbs of Houston, Texas shared his thought on what separates patriotism from nationalism in a video posted on his social media channel. The following is text from [upworthy.com](https://www.upworthy.com). Fr. Yoo’s comments are in quotes.

Patriotism can feel like a loaded term sometimes, as the meaning can range in people's minds from a basic love of country to a fierce loyalty one is willing to die for. What constitutes ‘country’ can also impact how we perceive of patriotism, as there's a difference between the land, the people, the ideals, and the current government. And then there's nationalism, which may sound like the same thing but isn't. So, what's the difference? Episcopal priest Joseph Yoo shared his thoughts on what separates patriotism from nationalism, and people are appreciating having the key differences laid out so clearly.

"Patriotism is love, it's gratitude. It's saying, 'I care about my country enough to tell the truth about it, to celebrate what's good and work to fix what's broken. Nationalism, that's idolatry. It says my nation is the nation above critique, above others, God's favorite. And once you slap God's seal of approval on your own flag, congratulations, you've just made your country a ‘golden calf’. (In Exodus 32, the golden calf symbolizes idolatry and turning away from God)

Patriotism says, I love my family enough to admit when we’ve messed up, and I will help us grow. Nationalism says, my family is perfect, everyone else is trash, and if you disagree you are out. One is honest love; The other is toxic possession. One builds; one bullies. Jesus never called us to worship a flag, only to love our neighbor.”

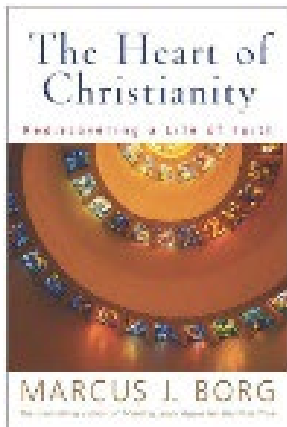
Of course, Yoo is not the sole authority on what these words mean, but his thoughts are aligned with what the neutral arbiters of definitions say they mean.

Dictionary.com has an entire page discussing the terms, defining patriotism as "devoted love, support, and defense of one’s country; national loyalty," and nationalism as "the policy or doctrine of asserting the interests of one’s own nation viewed as separate from the interests of other nations or the common interests of all nations," ultimately leading to how the two words are used:

"Patriotism generally has a positive connotation. It's used for various positive sentiments, attitudes, and actions involving loving one's country and serving the great good of all its people.

Nationalism generally has a negative connotation. It's used for political ideologies and movements that a more extreme and exclusionary love of one's country—at the expense of foreigners, immigrants, and even people in a country who aren't believed to belong in some way, often racial and religious grounds."

## EVENTS & UPDATES



**Book Club:** Meets **Wednesdays 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!

**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-ay8hz-yj435-spgeb-kssgs-fe2z9-jde5h-9kew6-ppfhe-9y7y4-sjasz-llck2>. ~ Meg Sundseth

**Taize:** The Contemplative Service with Taize Music is scheduled for **Friday, October 10 at 6:30 pm** at St. Luke/San Lucas Episcopal Church. All are welcome!



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

<https://tinyurl.com/OregonZoomUltreya>. 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](mailto: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>.

**Upcoming Cursillo – April 30-May 3, 2026.** Contact Rev. Annie or Rev. Sheryl with any questions.



**Oregon/SW Washington**  
**2026 Cursillo Weekend for**  
**All Adults**

Thursday eve, April 30 –  
Sunday, May 3, 2026

Held at the Oregon Christian Convention Center, Turner

Cursillo is a weekend of living in a Gospel-centered community, and richly experiencing God's love for us. It is full of **laughter**, singing, lively interaction, deep conversation, and good food.

Interested in attending, sponsoring, or being part of team?

Go to [www.oregon-cursillo.org](http://www.oregon-cursillo.org), email  
oregoncursillo@gmail.com, or call Charlotte Riester at  
503-949-6390

**Clausura** at 2pm Sunday, May 3, 2026

**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 Summary for the month of August:**

**Total income for August: \$20,374.39. Total income YTD: \$148,461.32**

**Total expenses for August: \$30,640.45. Total expenses YTD: \$150,407.97**

**Altar Flowers:** A lovely way to honor someone 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!



**Coffee Hours News:** Be sure to come downstairs after church for our coffee hours! Thank you so much to those who brought goodies this month to share with hungry church goers and a big thank you to everyone who volunteered to load the dishwasher when we were done eating. Now, with a new month here, it is time to start thinking about bringing in munchies for four Sundays. You can sign up on the clipboard or just bring a surprise. FYI: We do have some folks who have gluten free or diabetic needs. Thank you! ~Maryanne Lovell

## *How We Serve*

- ❖ **Pill Bottle Collection:** We are collecting your used prescription bottles! This is part of [Matthew 25: Ministries](#) and they send the pill bottles along with shipments of medical supplies to developing countries. They are used to deliver smaller amounts of medications (which are delivered in bulk) to patients. There is a bin for your cleaned pill bottles in the Parish Hall. Chip Lees will handle the mailing of them to Matthew 25: Ministries. If you can contribute to the mailing costs as well, please talk to Chip.



Guidelines: Matthew 25: Ministries accepts donations of clean, empty, recapped, label and residue-free plastic pill bottles for inclusion in shipments of medical supplies. Our pill bottle program fulfills the dual needs of improving medical care in developing countries and caring for our environment.

- ❖ **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 date this year is Nov. 14. Contact Fran Whitmeyer or Rev. Annie 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](mailto:safestay@stsnneswa.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](mailto:prayershawls@stanneswa.com) for additional information.

## 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.

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, Liz, Felix, Mica, Sandy, Charlotte, the Ball family, the Allen family, Aaron, the Baker family, Laura, Nick, Lynda, Tom, Brianna, Nellie, Deb, Tabby, and Michelle*

For our Safe Stay guests:

*Steve, John, Kevin & Gaia, David, Jauncie, Jay, and Shelly, Danny, and for those who reach out to help them.*

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 offer a **plainsong chant** of the noon service from the St. Helena Breviary (an Episcopal order). 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!*

**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. If viewing online, you can click on the Donate button. Online or viewing in print, you can scan our QR code.



- ❖ **Laundry Love** - 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. Minutes are posted ***after they are approved*** at the next meeting. The next Bishop's Committee meeting is **Sunday, October 26**, after the service.

## *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 Hodgin or Kim Noll
- ❖ **Audio/Visual** - Chip Lees
- ❖ **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)

- ❖ 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](mailto:safestay@stanneswa.com)
- ❖ Ushers and outdoor set-up - Chip Lees



Image courtesy of StockCake.com

## 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/>.

#### Following the Way of Jesus: The 115th Convention of the Episcopal Diocese of Olympia.

**October 25, online.** Our 2026 Narrative Budget is now available to review - complete with breakdowns of the Office of the Bishop's ministry areas, letters from Bishop LaBelle and the finance committee, and stories of the incredible work occurring across our Diocese. Access it at: <https://ecww.org/c-1-2026-narrative-budget/>.

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!

**Weekly Online Welcoming & Centering & Prayer** - Fridays, starting September 19, 12:00 pm. Registration: \$20/month. Weekly Online Interspiritual Group Contemplative Practices beginning Friday, September 19, via Zoom. **Welcoming Prayer meets Fridays from 12:00pm PT to 12:30pm PT. Centering Prayer meets Fridays from 12:30pm PT to approximately 1:00pm PT.** Fee: \$20/month for either or both sessions. Register to receive the Zoom link.

Though contemplative practices are often thought of as solitary endeavors, community is a very important component in supporting our individual intentions. Whether you're an experienced contemplative or just starting to engage, you're welcome to join in! **Welcoming Prayer** is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting in the ordinary activities of our day – "consent-on-the-go." **Centering Prayer** is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.

**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:

- 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>

Trinity Cathedral in Portland has launched their **Center for Sacred Learning**, with many offerings this fall. Please check it out at <https://www.trinity-episcopal.org/sacred-learning>. There are

opportunities for community prayer, learning about icons, learning about how the Episcopal church is governed, and more.

### 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=NTZjMzZlMWItOTQxOS00N2Q4LWFmM2QtYWVmMDAwYzUzNDM2> **Questions?** Contact Pat Zimmer, [przimmer@comcast.net](mailto: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/join/register/tZlkceGqqTsjHNWNhTF\\_gnMriZyr5W7QzRHHV](https://us06web.zoom.us/join/register/tZlkceGqqTsjHNWNhTF_gnMriZyr5W7QzRHHV)

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