



The Beacon

St. Thomas Episcopal Church

Give thanks and praise to God and share God's love.

August 2023

Volume 24 Issue 9

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- Cindy Jensen, Sr. Warden
- Jon Davies, Jr. Warden
- Lucy Barnett
- Chris King
- Mike Richardson
- Holly Spruance
- Joe Tulacz
- Linda Whitehead
- Beverly Jackson, Clerk

Rector – Rev. Ann Gaillard

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From the Rector's Desk

While I was on sabbatical, not only did I keep the parishioners of St. Thomas in my prayers, but I also had you in my mind when I was doing gift shopping!

Holy Cross Monastery, where I spent three weeks of my sabbatical, has a particularly good gift and book shop. "A gift shop in a monastery?" you might ask. But yes. Some monasteries, like Holy Cross, have as part of their mission hosting guests who want to visit the monastery, worship and eat with the brothers, and enjoy the beautiful grounds. Although it's a quiet, peaceful place, it's also a perfect place to use as a base for hiking, sight-seeing, and taking the train into New York City for the day. So since the monastery usually has quite a few guests visiting each week, it makes sense to have a gift shop. (Not to mention that the proceeds from the gift shop help to support the monastery.)

While I was at Holy Cross I bought three items for St. Thomas. Although I had specific St. Thomas ministries in mind, the gifts are for the entire parish. The first is a plaque for our usher/greeter ministry. It features a quotation from St. Benedict: "All are to be welcomed as Christ." Holy Cross is an Anglican Benedictine monastery, and St. Benedict's statement is part of the monastery's "rule" and reflects their commitment to their hospitality ministry. Perhaps we will hang the plaque in the narthex so that all of us, not just the ushers/greeters, are reminded of how we are to treat everyone who walks through our doors.

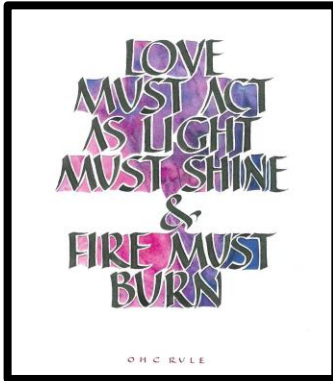


The second gift is a plaque with a quotation from St. Augustine: "Singing is praying twice." The brothers at Holy Cross spend a great deal of time practicing their chants, hymns, and service music; their voices are so beautiful that sometimes I feel they are echoing the heavenly choirs. I gave the plaque for Keri and the choir to decide where to place it, but more importantly, the plaque tells all of us that singing our hymns, service music, and so forth is a soul-offering of prayer.

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I presented my last gift to the Outreach committee, but again it's really for all of us. It is a calligraphy print (done by a Holy Cross monk) that states Holy Cross's overall "Rule" or mission statement: "Love must act as fire must shine and light must burn." Love in action is what outreach is all about and is indeed how we at St. Thomas express our Christian love towards others, within the parish and beyond.



I know these gifts will be placed where all can see them, and I hope they will serve as reminders (if we need them) of who we are as parishioners when we worship with singing, extend hospitality, and put our love into action.

Peace and many blessings,

Ann +

Endowment News

Now - An Easy Way To Give

Have you ever thought about creating a lasting personal legacy by donating to The St. Thomas Endowment Fund?



Maybe you'd like to support our Young Musicians Program or some other ministry.

Maybe you've considered giving a few dollars every month - but writing out a check is such a nuisance. Now there's an easier way to give!

One of our members gives automatically each month through his/her credit union. This keeps the monthly gift modest so it's not a burden. It's thanks to gifts like this that we were able to create our Young Musicians Program.

Remember:

- No gift is too small
- Every gift counts and is appreciated
- Every gift is tax deductible to the full extent of the law

If you'd like to think more about this, please let me know. I'll work with you to set this up with your bank or credit union.

Please give this some thought and catch me at church or call me at 541/343-6975.

Duncan Murray, Chair

Grace Notes



The St. Thomas Memorial Garden is a sacred space. Not only is it a place where dear former parishioners are inurned, but it is also a place for quiet reflection and prayer. As with all our campus facilities, the Memorial Garden requires loving attention. Throughout the year John and Holly Spruance regularly sweep, weed, trim, and make sure the Garden is always tidy. During July, other volunteers offered their time. Ed Johnson did some pruning and will be refurbishing the beautiful hand-crafted wooden cross (he has a great deal of experience refinishing antiques). In the past we had to hire a professional to power wash the pavers each summer, but this year we got permission from the company to do it ourselves

(though they will continue to seal the pavers every three years and to put up the plaques on the niches). Andy Laird did the power-washing, while Linda and Tom Whitehead and Larry Wilson assisted in this effort. Grace personified.



Outreach

Our faith community is guided and encouraged in our outreach efforts by a dynamic Outreach Committee, but it is the commitment of the entire parish that makes the *outreach* happen. The success of *Peanut Butter Sunday* is an example of our commitment to community assistance. The congregation contributed 35 jars totaling 57 pounds of peanut butter, and Deacon Mike delivered our donation to St. John the Divine for their pantry program.



An opportunity for hands on service will occur on Friday, August 18 at 11:00 am at Willamette Christian Center, located at 18th and Hawkins Lane. Participants will unpack and sort new shoes for the Project Hope back-to-school giveaway and be available to perform other tasks, as needed. The Outreach Committee is hoping to provide a team of 10-20 St. Thomas volunteers for what promises to be a fun event.

On Friday, September 22 members of the Outreach team will gather at 5:30 pm in the Parish Hall to set up for the book launch fundraiser. Team members are asked to contribute “nibbles” to go with the wine and sparkling water that Tricia Crisafulli and Joe Tulacz have offered to donate. Proceeds from the sale that night of the second book in Tricia’s Ohnita Harbor mystery series will go to Outreach. Last year’s book launch event was a rousing success, and this repeat promises to be just as fun and entertaining.

In Memoriam

In June the family of Ferne Hoffman informed us of her passing. Ferne and her husband Dave were the founding members of St. Thomas. You can see them seated at the center of the framed photograph hanging in the hallway



of the Parish Hall. The picture of parishioners at that time was taken to commemorate the fiftieth anniversary of our parish.

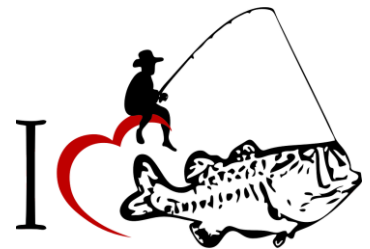
If one were to visit St. Thomas and be greeted by Ferne with her radiant smile and gracious demeanor, that visitor would surely find a welcoming church. Her devotion to this faith community was exemplified in countless ways, but most notably as the longtime director of the altar guild. Ferne’s professional role was as the director of hospital volunteers at Sacred Heart/Peace Health Hospital, a role she held for many years until her retirement.

After Dave’s passing Ferne moved to Sheldon Oaks Retirement Center and then to a retirement community in southern California to be near family. While residing in her retirement community she continued as an active leader among the residents, assisting with health care services and the library and always engaging with the other residents with her ever present grace.

Ferne will join Dave as they will be inurned together at the center of the cross in the Memorial Garden, a fitting final resting place for our St. Thomas founders.

Gone Fishing

No not that kind of fishing. This is a more nefarious sort of fishing or *phishing*.



Our ever-attentive parish administrator, JB, noted a sophisticated attempt to get personal data from St. Thomas. After contacting the parishioner and determining the erroneous intrusion, JB sent out an email to parish members alerting us all of the intrusion and to be especially vigilant. JB’s investigation led him to the conclusion that someone is trying to get personal information from churches through the churches’ general email address, hoping that an unaware parish administrator would comply with the request.

JB recommends the following:

- Be cautious if you receive an email you are not expecting.
- Do not open an unfamiliar email address.
- If the email is requesting something from you, confirm the sender with a phone call.

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- Report to the church office any email falsely referencing a parishioner, as was the case with this initial attempt for information.

Rest assured, our computer files of parish member information is secure, and our email contacts are beneficial to communicating important parish information as well as this monthly newsletter.

GrassRoots Garden Happenings



Happy summer everyone! The days are long, the sun has been shining a lot, and things are bustling in the Garden. This season, aside from growing fruit and vegetable crops for those in need in the community, we are also beginning a long-term (and very exciting) project of revegetating and restoring Camas Swale in the middle of the Garden.

Camas Swale is a natural land formation that draws excess water in winter months through Eugene and is dry during the summer months. GrassRoots has the only above ground occurrence of this swale in the city of Eugene. The rest of Camas Swale is in culverts throughout the city. When you drive south towards Cottage Grove, you will see a road sign denoting that you are driving over Camas Swale.



As we begin this renovation, restoration, and revegetation process, we'll share one by one the plants added or restored to the swale. This month, we devote our focus to a special plant we have recently introduced: Wapato!

Wapato, also called 'Duck potato' or 'arrowroot', is an aquatic plant that grows in wetlands, marshes, lake borders, streams and ponds. It has arrow-shaped leaves and chestnut-sized, edible tubers that historically were an important part of many Indigenous people's diets and trade in the Northwest. The tuber is starchy, and bitter when eaten raw but can be cooked like potatoes or dried for storage to be later used in flours, cakes, soups, gravy and sauces. It is also an important food source for wildlife, including ducks, geese, muskrats and porcupines. Since Wapato is able to accumulate metals and other pollutants, it should not be eaten if growing in polluted areas (near mine tailings, next to roads, etc).



Wapato used to grow abundantly in the Pacific Northwest (Lewis and Clark described the abundance in their journals), and we are very excited to introduce it to our portion of Camas Swale! Gabriel Kastle, a Wapato enthusiast and regular participant at GrassRoots brought us some tubers and planted them in one end of the swale. So far, they are thriving down amongst the base of the cattails, and we are excited to see how they do long-term.

Due to the pollutant accumulation potential, we will need to probably do some testing before we eat the Wapato here at GrassRoots, but we will see. In any case, we are excited to bring this traditional indigenous food plant to the Garden and put another piece of the Camas Swale ecosystem into play!

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There's much more to learn about Wapato. We look forward to sharing this information with you as well as specifics on other plant revegetation as we progress along with our renovations and redevelopments of our Camas Swale.

Summer Hours: Tuesday, Wednesday, Thursday, and Saturday from 9:00am to 4:00pm. GrassRoots Garden is located at 1465 Coburg Rd., across from Safeway, behind St. Thomas Episcopal Church. For more information, contact Merry Bradley 458-221-0652, merrybradley@yahoo.com.

St. Thomas Ladies Book Group



If you are looking for a good summer read, here is what the Ladies Book Group is reading for August – Rough Draft by Katy Tur. You can read along or better yet, consider joining this lively group for an in-person discussion or online participation. The August meeting is scheduled for Thursday the 24th at 1:30 pm in the parish library. Grab some refreshments and your well-read copy of the book and enjoy engaging in the conversation.



August Birthdays

- 14 Len Calvert
- 16 Judy Wilson
- 19 Dan Paulson
- 23 Katrina Jensen

Reflections



Birds, bees, and butterflies – these creatures are indicators of the health of our planet, but while we enjoy the bird song, buzz, and colorful flitting among the foliage, do we take time to appreciate their value? Do we consider the practices we must employ to ensure their existence.

As a city girl, it was our move to Oregon that allowed me to become truly immersed in the outdoors. As a child I enjoyed parks and camping trips, but Oregon awakened a sense of communion with nature that I found restorative, and more so with each passing year. We now mark 50 years as Oregonians and 27 years living in a forest habitat. This environment has made me ever more mindful of the bees, butterflies, and birds.

Over the years I plant more perennials and native plants to attract the bees and butterflies – the pollinators – and to provide sustenance for the birds. We avoid the systemic applications, and instead pull and pull and pull weeds. Our hay field now only produces half the number of bales as it did 25 years ago because we allow the elk and deer to graze, thus thinning the annual yield. But the hay from our field is harvested for our neighbor who raises rescue horses, and then provides us with manure to fertilize our garden beds, thus bringing those nutrients full circle.

Nevertheless, hard as we try, nature presents its challenges. The bumble bees chase the honeybees away from the beds of abundant lavender. And occasionally birds choose the hanging baskets instead of the birdhouses to establish their nests, as happened with two nests this summer. Despite

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efforts to keep the baskets in the greenhouse until after nesting season, two late arrivals found comfort in the thick foliage. This required bringing out a step stool each day and carefully watering the baskets around the nests. Then when it appeared the baby birds had flown the nest and the mother bird was no longer flapping frantically as I approached to irrigate, I watered the baskets as I did the others. Calamity ensued! Try recovering baby birds and placing them back in the nest before the dog can get to them. Some chicks were recovered, some scampered away and sadly some succumbed to the elements. I could only offer a prayer for the survival of the fledgling Juncos who sheltered in the thick St. John's ground cover with their anxious mother. And the sound of their determined chirps are notes of hope as I trust they will take flight and prevail.

Schedule for August

Thurs. August 3 – Finance Committee, 10:00 am

Sat. August 12 – Vestry Retreat, 10:00 am

Tues. August 15 – Facility Oversight, 10:30 am

Friday, August 18 – Project Hope Outreach Activity, Willamette Christian Ctr., 11:00 am

Sunday Morning Worship:

10:00 am In-person Worship and Eucharist
Or access the live streamed service at
<https://www.facebook.com/st.thomas.eugene/>.

See the attached calendar for a complete schedule of activities, meetings, and events.



Due to the travel schedule of the editor, the next month's *Beacon* will be a September/October edition. Please have any articles and information for September and October to the editor (lajotkdk@aol.com) by August 25. Any missed October information will be communicated by email from the church office.

A Celtic Prayer

Rev. Ann has promised to share moments, memories and teachings from her Celtic sabbatical to be offered over time. The following is a Celtic prayer by George MacLeod, a Scottish Presbyterian minister who was also thought of as a "Celtic prophet in 20th century Scotland." He is best known for the rebuilding of the abbey on the island of Iona. He saw it as a rebuilding of the spirituality of St. Columba and the Celtic Christian vision that had taken root in Scotland in the sixth century.

Almighty God,
the morning is yours, rising into fullness.
The summer is yours, dipping into autumn.
Eternity is yours, dipping into time.
The vibrant grasses, the scent of flowers,
the lichen on the rocks, the tang of seaweed,
All are yours.
Gladly we live in this garden of your creating.
...[yet] in the garden also
always the thorn....
In the garden that is each of us, always the thorn.



Rev. Ann captured this special image reflected on the narthex wall.