In Our Prayers
With special concern: Hugh Sawyer (Betsy Alexander’s son in law), Dede Jamison, The Sammut family, The Jennings family, Carol and Steve Brown, Robert Yessey Jr., Wes Deeds, and Susan Miller.

Recently Deceased: Archbishop Alexander Blunt (brother of Mary Jennings), Dennis Sammut.


For emergencies, please call Mother Beth at (970) 948-7962.
Next Week’s Ministers!
March 15, 2020

8 AM HOLY EUCHARIST
Celebrant/Preacher: Julia McKeon
Music Director: Lauren Wittine
Altar Guild: Norma Cance
Greeter: Jim Raitt
Usher: Jim Raitt
Acolyte: JJ Palazzolo
Lector (Lesson): Mary Paine
Lector (Epistle): Lauren Wittine
Intercessor: Mary Hufty
LEM: Betsy Alexander

10 AM HOLY EUCHARIST
Celebrant/Preacher: Julia McKeon
Music Director: Lauren Wittine
Altar Guild: Mary Soubirous
Greeter: Jack Lucas
Usher: Trask Leonard
Usher: Diane Leonard
Acolyte: Annie Pflaum
Lector (Lesson): Vinie Miller
Lector (Epistle): Anne Bertenthal
Intercessor: Kiran Kamboj
LEM: Louise Delafield
LEM: Annie Pflaum
Coffee Hour Host: NEED VOLUNTEER

A Note about Today’s Officiant and Celebrant:
The Rev. Julia McKeon

Julia comes from “over the hill” from the Coastside where she regularly serves at Holy Family Episcopal Church in Half Moon Bay and at Good Shepherd in Belmont. She also serves as an on-call hospital chaplain at Stanford Medical Center and as a Spiritual Director for individuals. Julia and her husband live on a small horse farm in Moss Beach for standardbreds and enjoy hikes up Montara Mountain to catch the sunset (even in the fog!) She is planning a trip to Ireland this summer and very interested in suggestions of “off the beaten track” places to visit.

A Call for Peep Dioramas!

Aside from the good news that Christ is resurrected, many people look forward to the arrival of Peeps every Easter. Peeps are a sugary, marshmallow treat made into little chicks and more recently bunnies. We have no idea who started it, but many people create dioramas using Peeps! Christ Church will have its own Peep diorama contest. Please bring your entry on Palm Sunday, April 5, and the winners will be announced on Easter. Special consideration will be given to subject matter, creativity, detail, and originality.

Celebration of Life Service
For Dennis Sammut
March 14th, 4pm at Skyline College

The Summut Family has invited anyone from Christ Church to join them in celebrating the life of Dennis Sammut. The service will take place on March 14th, 4pm at Skyline College, Bldg 12 in the Farallon Room.

Quote for the Week

Lent stimulate us to let the Word of God penetrate our life and in this way to know the fundamental truth: who we are, where we have come from, where we must go, what path we must take in life . . .

—Pope Benedict XVI

Book Discussion Group
Two times to choose from!

Both groups will discuss Chapter 28 this week. Each chapter is self-contained and can be read without reading the other chapters. They begin with scripture then about 5 pages of commentary. This makes it easy to jump in any week!

#1—One group will meet between Sunday services at around 9 a.m. in the library.

$2—Group 2 will meet on Wednesday evening at 6 p.m. in the library with a light meal of soup.
Dear Ones:

Lent began on Ash Wednesday. This year, the music and atmosphere that Lauren and the choir provided at the 7:30 p.m. service was simply sublime. It was food for the soul. There is something particularly holy and sacred about being in church after dark and contemplating our mortality, humanness, our weakness and fragility. We are told that we are dust and to dust we shall return. Then, our foreheads are marked with ashes. It is a solemn service, but the good news is that God is with us in the ashes and can do great things with us and through us. One of my favorite poems about this comes from Jan Richardson’s *Circle of Grace: A Book of Blessings for the Seasons*.

*Blessing the Dust*

All those days you felt like dust, like dirt, as if all you had to do was turn your face toward the wind and be scattered to the four corners or swept away by the smallest breath as insubstantial—did you not know what the Holy One can do with dust? This is the day we freely say we are scorched. This is the hour we are marked by what has made it through the burning. This is the moment we ask for the blessing that lives within the ancient ashes, that makes its home inside the soil of this sacred earth.

So let us be marked not for sorrow. And let us be marked not for shame. Let us be marked not for false humility or for thinking we are less than we are but for claiming what God can do within the dust, within the dirt, within the stuff of which the world is made and the stars that blaze in our bones and the galaxies that spiral inside the smudge we bear.

This image of dust is a great way to start Lent. I find it humbling to consider that we are nothing but dust while at the same time inspiring to consider that we blaze with the stuff of stars and are filled with the breath of God. It is a great starting point because it points back in to our origins and to the future and hope of what could be. Then, for the rest of Lent, the focus is taking stock of all those obstacles that stand in our way individually and as a community that keep us from shining as bright as the stars and being who God would have us be. Lent is like a spiritual Spring cleaning, or better yet, Lent is Purell for the soul. It is a time to let go of things that are not serving us well, and take up something that might enrich our souls and our spiritual journey with God.

Blessings, Beth

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**SIGN UP FOR BISHOP’S RANCH!  June 5-7**

Time to sign up for the wonderful and fabulous parish retreat at Bishop’s Ranch in beautiful Healdsburg. If you have never been, come this year. It is going to be AWE-SOME! Go to our website ccpvw.org to register.
A Note About Staying Healthy

My colleagues and I have been discussing how to responsibly and calmly handle worship with regard to the COVID-19 (coronavirus) outbreak and the ways we can continue the fullness of our common life safely. During this fragile time, please take precautions to care for yourself and others. Below are some guidelines and practices gathered from the World Health Organization, the Diocese of California, and from one of the Bishops in LA who shared some precautions that she observed people taking at church, home and at work while on her recent trip to one of the outbreak epicenters:

1. Wash your hands frequently with soap and water for at least 20 seconds. All the time. All day long. Many of you may know that before I celebrate Holy Eucharist, I always find a sink and wash my hands with soap and water, and now I am using hand sanitizer as well at the credence table. Hand sanitizer is available for every one on the table in the narthex as you enter the church.

2. Please feel free to smile and nod at others during the passing of the peace (you can hold your hands in a prayer posture to indicate you don't want to hug or shake hands) or to skip shaking hands at the door.

3. Please refrain from intinction — the practice of dipping the bread/wafer in the chalice. Intinction is not a safer practice than sipping from the chalice (there is a risk that the bacteria on our hands may come in contact with the wine or edge of cup). If you are concerned about communion, receive the bread and acknowledge the cup with a bow or fold your hands over your chest when the wine is offered. This is a good moment to remember a core principle of our Eucharistic theology: That the sacrament is complete when administered in just one kind (in this case, the consecrated bread).

4. At all times, avoid touching your eyes, nose, and mouth—the places germs enter the body.

5. When you cough, cough into your bent elbow, not into your hand. If you have to blow your nose, dispose of the tissue as soon as possible in a waste container with a lid that closes (like in the breezeway bathrooms) and either wash your hands immediately or use an alcohol-based liquid to sanitize your hands.

6. Keep your distance. We don't have to be in each other's faces to talk. This is particularly important if someone is coughing or sneezing.

7. Try to avoid small spaces with lots of people like public transportation.

8. If you're sick, stay home! Encourage others to stay home if they're sick. Don't hesitate to go to the doctor and to urge others to do so. I am happy to bring communion home to you.

9. Finally, our own Dr. Jim Raitt recommends keeping your anxiety in check. He says that worrying compromises the immune system, and it is actually possible to worry yourself sick. So use common sense, don't be anxious, get plenty of rest, and eat as healthily as you can. Up-to-date information is a good antidote for anxiety. Visit the website of the World Health Organization for frequent updates.

Keep the faith and stay healthy!

Beth

Stewardship Update

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<thead>
<tr>
<th>2020 Goals</th>
<th>2020 Progress to date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budget $425,000</td>
<td>Dollars raised: $333,630</td>
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<tr>
<td>Pledges: 80</td>
<td>Pledges: 69</td>
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Stewardship funds are the lifeblood of our parish accounting for 100% the funds needed to run our parish. We are so appreciative of the generous support that 69 of you have provided so far. We still need of another $90,000 in order for our parish to have a balanced budget! If you can consider a new gift or an increase in your 2020 pledge/gift before March 31st, 50% of your donation will be matched with a gift to restore the Carillon (the Bell Tower). The restoration of the Carillon will have an enduring impact on Christ Church and the Portola Valley. It’s an exciting opportunity, but we can’t do it without a strong Stewardship Campaign. Please consider a pledge to our 2020 Stewardship Campaign today and help restore our Bell tower to its full glory.