

THE WEEKLY E-PISTLE

news & updates



November 21, 2021 | This Week at Christ Church

Service at 10 a.m. **INSIDE**

For people over 12, please bring proof of vaccination or medical exemption.

Masks required and please social distance.

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THIS WEEK AT CHRIST CHURCH

Sunday, November 21

10 a.m. Service

Tuesday, November 23

9 a.m. Morning Prayer ([Zoom](#) and FB)

10:30 a.m. Ladybug Chapel

11 a.m. Honeybee Chapel

1:15 p.m. Staff Meeting

Wednesday, November 24

9 a.m. Morning Prayer ([Zoom](#) and FB)

10 a.m. Women's Spirituality

Thursday, November 25

9 a.m. Morning Prayer ([Zoom](#) and FB)

Friday, November 26

9 a.m. Morning Prayer ([Zoom](#) and FB)

TODAY'S SERVICE

Greeter - Mary Hufty

Usher - Tim McAdam

Altar Guild - Betsy Alexander

Lesson - Danny Alegria

Epistle - Vinie Miller

Intercessions - Sarah Halsey

Coffee Hour Host - Jim Szewczak

CELEBRATIONS

Birthdays

Grace Hunter, Mark Holmes, Lily

Anna Szalay, Grace Szalay, Rory

Payne

Anniversaries

Bob & Claiborne Jones

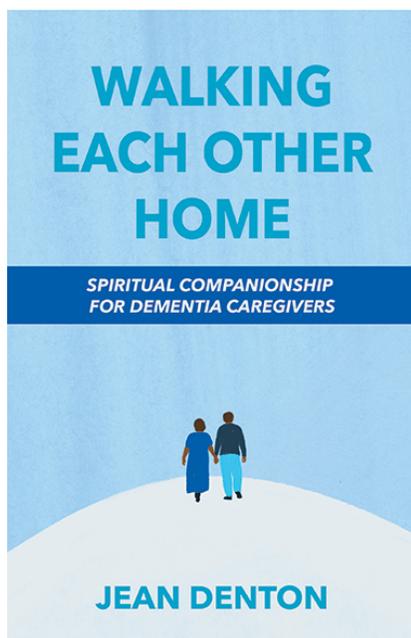
STEWARDSHIP UPDATE

Thanks to the wonderful generosity of so many of you, we were able to reach our goals for the 2021 Stewardship Campaign. We raised \$353,000 from 74 donors and are so thankful for each donation. Stewardship is the lifeblood of our parish and is what enables us to have an enduring impact in our community and beyond.

As your know, our work is never ending and we are now getting ready to kick-off our Stewardship Campaign 2022, We will be reaching out to you with 2022 pledge cards shortly. You are welcome to donate now towards the 2022 campaign or make a pledge to be paid at your convenience by December 31, 2022. Thank you for keeping Christ Church Portola Valley strong.

For those with outstanding pledges from 2021, you will be receiving an invoice from us shortly. Please reach out to wendymcadam@mac.com or admin@ccpvw.org with any questions or concerns.

A NOTE FROM YOUR RECTOR



Dear Christ Church Family and Friends:

My grandmother had Alzheimer's Disease - the most common form of dementia. She had been a trailblazer, being one of the few women in her day to be a CPA. It was difficult to watch this strong, smart woman - one who could manage church budgets in the blink of an eye while serving on her vestry - slowly lose her mental faculties. I still remember the day she moved into the brand new memory care unit in the local Episcopal facility. The facility was more like a five star hotel and I knew it was best for her. Nonetheless, I still cried my eyes out. Dementia changes everything—and not just for the person who receives the diagnosis.

Increasingly, my pastoral care has involved issues of dementia, especially this week. Approximately 5.6 million Americans with dementia has one or more caregivers struggling to make meaning while watching their loved one's personality vanish. I experienced this with my grandmother, and I was not the primary caregiver or even the secondary caregiver. The familial caregiver is sure to be

changed—not only by the myriad tasks and responsibilities, but by the soul-searching questions. Questions of doubt, guilt, intimacy, depression, and acceptance, which are ultimately questions of spirit.

I am sure there are many books out there that address the spiritual needs of those who care-give for loved ones with dementia. However, there were not many at the end of my grandmother's life. This week, I happened across this one from Church Publishing *Walking Each Other Home: Spiritual Companionship for Dementia Caregivers* by Jean Denton. It directly addresses the spiritual needs of the caregiver. Although it seems to speak to a caregiving spouse it is appropriate for people of faith and people without any faith tradition. It encourages dementia caregivers to probe their spiritual questions along with a sympathetic author, one who walked her husband through early-onset Alzheimer's disease.

Just after I stumbled across Denton's book, I was in a clergy meeting with the Bishop and one of my colleagues, The Rev. Ann Cox Bailey, announced that she just completed some special training on caregiving for people with dementia - specifically - *The Dementia Program: A Positive Approach to Care* by Teepa Snow. You can see Snow's videos on YouTube, Facebook and TikTok. Rev. Ann teaches Snow's technique, individually and in groups. Rev. Ann is in our Diocese and available to help if you are caregiving for someone with dementia. She may be contacted at ponderanew@gmail.com. You may also check out her Ponder Anew Facebook page. <https://www.facebook.com/Ponder-Anew-406804356524110>

This week I felt the Holy Spirit really moving to bring these resources to my attention. Thus, I felt compelled to share them with you as dementia touches so many of our lives and the lives of people in our community. If you know of other resources, or need some help please let me know. We are here to help you, support you, nurture you, pray with and pray for you.

Blessings and see you Sunday,
Beth



HRH Nursing Scholars at the Kamuzu University of Health Sciences Inauguration Ceremony (photo courtesy of USAID Malawi).



Change for GAIA Global Health: Throughout November we will be collecting “Change for GAIA.” Your loose change in November can help fund medical supplies and fuel for the mobile medical vans in southern Malawi, Africa. Each van provides care for 3000 people each month. These mobile units are helping eradicate AIDS (deaths down 60%), treat malaria (child malaria deaths down 50%) and right now are vaccinating for COVID. They also provide health care for 500K AIDS orphans. After church, get a mason jar and toss your loose change in it for the month of November. A little goes a long way in Malawi.

And great news, GAIA has been helping to build a medical infrastructure in Malawi for the last 20 years. In September, US AID granted funds for nurse training. In October 50 nurse/midwife “scholars” began their studies at Kamuzu University and at Nkhoma College of Nursing and Midwifery. 40 more begin their studies in November.

Spirit Care for Lonely Institutionalized Seniors: After church on Sunday stop by and make a card to cheer up the day of a “forgotten” senior at the Silver Oaks Memory Care unit in Menlo Park. Contact Penny McCulloch at 415-713-9002 or penny.j.mcculloch@gmail.com to volunteer to sing or shake a tambourine on **Sunday November 21, 1:30PM** plus deliver the cards, just in time for Thanksgiving.

Grocery Drive for Homeless Families: Home & Hope is one of two organizations in San Mateo County that shelters families in need. Right now four families (4 adults, 7 kids) are staying in a local motel which, thankfully, has a kitchen(ish)—microwave, fridge, stovetop. Just ahead of Thanksgiving, we are holding a grocery drive for four families on **Sunday November 21st**. (another congregation is providing the Thanksgiving dinner). We still need a few things. Signup at <https://www.signupgenius.com/go/10C094FA8AE2DA13-groceries4> and bring your items to the Christ Church parish hall by noon on Sunday for delivery that afternoon. Thanks to a generous parishioner, the parents will also receive a \$25 gift card for each child so they can buy Christmas gifts for their kids. Questions, contact Kathy at kennedyiti@aol.com or 650-291-9678.

Dinner for Maple Street Shelter: On **Sunday November 28th** Christ Church will be making dinner for 120 people at Maple Street Shelter in Redwood City. We are in need of cornbread and cookie bakers. Contact Contact Ruth Ann at cwrucke@mindspring.com or call her at (650) 851-8435 to volunteer. The Maple Street Shelter is part of the Life Moves program which provides a warm bed to over 1300 homeless people on the Peninsula every night.

Need Warm Outerwear/Underwear for homeless adults: 120 adults are staying at Maple Street Shelter. For Advent, starting November 28th, Outreach will be collecting warm NEW outer wear (warm socks, hats, scarves, gloves) for homeless adults staying at the Maple Street shelter. New sweaters are also welcome. They also need new men’s underwear, sizes medium or large. Outreach will have a collection box setup for all of Advent (until December 24th)

Linen Drive for Homeless Families: The linen drive ended November 1st but things were still arriving so the last delivery to Life Moves family shelters was on November 19th. Thanks to our incredibly generous parishioners plus our larger community, we have delivered over 600 items: sheet sets, towel sets, kitchen towels, pillows and blankets to Life Moves Family Shelters. Our thanks to

Betsy Alexander, Hayley Baaken, Aimee Blum, Christ Church teens, Tricia Christensen, Debbie Dalzall, Louise Delafield, Linda Drey-Nightengale, Karen Fisher, Julie Fouquet, Laura Galousin, Sarah Halsey, Dr. Herbert Hurwitz, Claiborne Jones, Kathy Kennedy, members of the Ladera Community Church, Kaethe & Stu Langs, Jenny Lebsack, Eda Lim, Diane Leonard, Lenore Levoi, Martha Lumers, Sheena Mawson, Wendy and Sarah McAdam, Penny McCulloch, Linda Millard, Denise Moriarty, Suzy Redfern-West, Jan Ruby, Marcy Sohn, Mary Souborous, Jim Szewczak, Jami Worthington and many more anonymous donors. WOW, just wow! Also, thanks to Tricia Christensen, Kathy Kennedy, Penny McCulloch, Dave Miller, Mary Souborous, and Bob Wrucke who helped box up and deliver it all along with towel set maker Norma Cance and fleece blanket maker Ruth Ann Wrucke.

Toiletries for the Homeless: Remember travel and those cute mini toiletries that hotels give out? We are still collecting them (mini shampoos, conditioner, soap, lotion, sewing kits and more) for the Maple Street Adult Homeless Shelter. Bring them to the church breezeway and drop them off in the green box. Toothbrushes, toothpaste, deodorant, razors and shower shoes are also needed. For those of you living at **The Sequoias** a collection box is there too. Contact James Coker who is managing it.

Zoom SpiritCare Gratitude Breakfast: Saturday December 4th, 9AM. The speaker is Dr. Libby Boatwright, author and chaplain of Stanford Health Care. RSVP events@spiritcareministry.org or call (650) 483-8328. Questions, contact Angela Hey at 650-796-2377 or amhey@heymash.com

Gift Wrappers Needed for Home & Home Benefit: Home & Hope provides temporary housing for otherwise homeless San Mateo county families. As a fund-raiser Home & Hope wraps Christmas gifts at the Stanford Shopping Center from December 14th to December 24th. Can you help? Shift lengths vary from 1-1/2 to 2-1/2 hours. You can signup here. <https://www.signupgenius.com/go/70a0b49a5ac2ba7fc1-13th>

CARILLON SCHOOL



CARILLON
SCHOOL

We are now open for enrollment!

Call to schedule your tour.

(650) 529-1335

Christ Church Portola Valley & Woodside | ccpvw.org

