



# *The Shepherd's Staff*

*Newsletter of the  
Diocese of the Western States*

*May 2020*

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## **“Pardon me if I gore your ox”**

Last month, amidst the largest pandemic in a century, I stressed the glorious reality of our Blessed Saviour's Resurrection. The response to this pandemic has illustrated [no surprise!] that so many who call themselves Christians no longer believe that “Christ is Risen” much less that, when we die, we win because we will be risen with Christ in His glory. We, especially those of us who were raised in the 1950s when churches were packed to overflowing, and those of us, who remember the first decade of the old Diocese of Christ the King, have trouble understanding how this could have happened. Why are our almost all our churches struggling? Where are replacement clergy and why do so many of our priests “fall below” expectations? What happened to Christian charity? Well, the answer is simple: the world, the flesh, and the devil.

*Show respect to people even when you think they do not deserve it. Respect reflects your character, not theirs.* This taddled meme is a fine example of what Christian Charity ought to be. But, if we look down into our hearts, we know that the Spirit of this World (Mammon), the Flesh (the Original Sin) and the devil (that “old liar”) lead us to disrespect our brothers and sisters and to resent whatever they do, if they conflict in any way with our wishes. The devil wants us to be self-righteous, but *JESUS spake this parable unto certain which trusted in themselves that they were righteous, and despised others: Two men went up into the temple to pray; the one a Pharisee, and the other a publican. The Pharisee stood and prayed thus with himself, God, I thank thee that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all that I possess. And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. I tell you, this man went down to his house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted.* [St. Luke xviii. 9 – Gospel for Trinity XI]

Ouch! When we meditate on that Gospel for Trinity XI, it hurts! My point is that, if we are going to save our souls, flourish as Christ's Church (with or without temporal success) and preach the Gospel to all the world, then we must learn the virtue of humility. Yes, times have changed. Catholic minded churches are rarely overflowing and when we consider, ethnic and “feel good” religion, we must remember that our humility, charity and steadfastness in the Faith once-delivered-to-the-saints will win us the crown of everlasting life.

As the Bishop of the Diocese of the Western States, I am proud (but not surprised) at how the clergy of the Diocese have risen to the occasion during this pandemic and its shelter in place restrictions. Zoom, YouTube and Facebook have never been used for so much good. Churchmen, denied the freedom to go to their places of worship, are now united more spiritually than ever in the Mystical Body of Christ. The Archbishop has said that we are entering phase two of the Province of Christ the King. Yes, things will never be the same – and still the same. We have lessons to learn. Our pride, anger and self-righteousness must be crushed. We must pray for humility and charity. By grace, our churches will have to adapt; but, no problem, **Christ is Risen!**

# A Pastoral Letter from Archbishop Upham

25 April, AD 2020

## On-going Covid-19 Response



Dear Clergy and Faithful Members of the APCK:

The Council of Bishops met last Thursday to discuss and consider our next response to the pandemic caused by Covid-19. It is one thing to suspend worship services in the Province in an effort to keep our parishioners safe, but another thing entirely to begin to allow worship services to be held once more across the Province when different states are experiencing different conditions and situations where the Coronavirus is concerned. Some states have experienced a flattening of the curve, while others are posting increasing numbers of positive cases and deaths, daily. We cannot and will not reopen the Province completely unless we are reasonably sure that the worst is behind us and our people are going to be safe.

Given that reality, it is the Council's decision to:

1. Keep all services suspended through April 30th, as originally planned and stated.
2. Beginning May 1st to have all parishes follow their State guidelines as their states begin to reopen. Several State Governors are implementing steps to reopen their states in phases according to the data they are receiving from state medical personnel regarding the virus. Please follow your state's guidelines. If your state is not reopening, then your services are suspended until your state begins to ease some of the restrictions due to Covid-19.
3. If your state is beginning to reopen, and, clergy, if you feel comfortable in doing so, services may recommence. However, if you do so, please follow your state's guidelines regarding social distancing, number of worshippers, etc. It is also the decision of the Council that the Eucharist should be administered to the faithful in one kind only for the present and in the safest way possible. The Council also encourages the use of on-line methods for broadcasting services to the faithful who may not feel comfortable coming to church. Technology is an aspect of life our churches should continue to use even when this pandemic is over. We also continue to discourage coffee hours and any educational or fellowship gatherings at the church as both state guidelines and reason dictates. As always, if you have any questions or concerns, call your Bishop.

Finally, most of us have never experienced anything like this before. I pray we never have to again, but for the moment, this is the new normal; this is our new reality. We all face the unknown about our economy, our safety, when we can get back into our church buildings for worship, and a number of other things. Rely on one another, yes, and bolster one another's faith by reaching out and calling each other on the phone or communicate by computer, or however you can, but also remember ultimately to trust in Him who was, and is, and is to come; Our Risen Lord and Saviour Jesus Christ. He will continue to see us through this situation. He is ours and we are His. He will never abandon nor forsake us. Go with God!

For the Love of God and the Sake of the Gospel,  
I remain,  
Yours in Christ,

+ The Most Rev. Dr. John E. Upham, Jr.  
Archbishop  
For the Council of Bishops

# Relieving Worry and Frustration During a Pandemic

By Father T. Craig Isaacs, Saint David's, San Rafael

In the excerpt below, Father Isaacs outlines three prescriptions (all grounded in Holy Scripture) for relieving the worries and frustrations the creep up during a current pandemic like the one surrounding us.

Jesus wrote the prescription for anxiety during his Sermon on the Mount. There he said *"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore, do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."* (Matthew 6:25-34)

It is in the last sentences that the answer is found. *"Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."* Or to paraphrase: live in the *What is* not in the *What if*. Tomorrow is not yet real and when it is real it will be today. To worry about tomorrow is to live a not yet real existence and to concentrate on the *What ifs* of life. These produce anxiety. To counteract anxiety, we are provided the wisdom to live solely the *What is* of life. To hold this thinking is health-giving. We may ask ourselves, "Am I living today dealing with *What is*, or am I looking to tomorrow and the *What if*?" Am I thinking, "What if I get sick and die this fall? What if I have no money? What if...?" Think like this and you cannot help but experience anxiety. The better questions are, "Am I sick today? Am I broke today?" If I am sick today I will deal with it. If I am broke today, I will deal with it. *What ifs* lead to being frozen. *What is* leads to healthy and appropriate action.

The second manner of dealing with unhealthy fear is to focus on the positive. Billions of dollars of research has gone into cognitive restructuring, and cognitive behavioral therapies. Very simply put, we can summarize much of it in the words of St. Paul: *"Be anxious for nothing...Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."* (Philippians 4:8) In other words, look at a situation, assess the negatives and the positives, but then focus on the positive.

Whether it is living in the *What is* of life or focusing on the positive, these statements are simple, but the enacting of them is obviously difficult. At least they appear difficult, as so few persons, both Christian and otherwise, seem to embrace them. We all are in need of help from others and God here. That might be why Paul recommends prayer in the midst of the above statement.

A third—and for the moment final—help is recognizing the need for action and purpose in the midst of times of fear and helplessness. To embrace purpose and meaning lifts us out of the helplessness of anxiety and trauma. Proverbs assists us here letting us know that: *"Where there is no vision, the people perish"* (Proverbs 29:18). It is conventional wisdom that when in the midst of depression and worry about oneself, working to help another is good medicine; it is the embracing of purpose.

# Well Done Around the Province

## *What I have been able to gather regarding our remarkable clergy*

*This is not about competition; it is about sharing, mutual support, an idea bank and resource center.  
And as I put this together, I marveled at how our clergy personalize their efforts for their flocks.  
Some of these are short, some are long but all of them represent our shepherds working for their flocks  
And if you think that so-in-so is doing a better job than others, then read "Let me Gore your Ox" again.*

### Alabama

**Huntsville** – Father Mark Brown (*Saint Charles, King and Martyr*), recently received into the Province, stays in touch with his parish via telephone and email under extraordinary circumstances. Father has not yet been able to move to Huntsville and ministers to his flock from 300 miles away. He has given the members of the parish Archbishop Upham's email for Mass and other services he celebrates/conducts and Father's emails to the parish include prayers and devotionals, along with practical suggestions for daily devotions, such as saying family Morning and Evening Prayers.

**Montevallo** – Father Shannon Clark (*Church of the Holy Comforter*) has come up with creative ideas for an older "no-tech" congregation. He relies on good old-fashioned hand letters stuffed with Palm Crosses and uses the telephone. He has personally delivered Prayer Books to folks who did not have one. For his folks with technology, he has shared links like Cradle of Prayer.

**Montgomery** – Canon Michael Church (*Saint Thomas Aquinas*) reports " We at St. Thomas Aquinas have continued: our usual, one or more single panel Daily Meditations harvested from the Net, monitoring or joining with Canters of the Daily Offices provided at [www.cradleofprayer.org](http://www.cradleofprayer.org), and all receive a copy of my weekly homily. Finally, all are encouraged to, electronically, check on each other periodically and call me at any time; to date, a couple in El Paso are the farthest away to have used the phone (very encouraging).

### Arizona

**Cave Creek (North Phoenix)** – Canon Steven Dart (*Christ Church*) reports, "At Christ Anglican Church we are using a parishioner's I-Phone to livestream on Facebook. I never thought I would be a televangelist, but now I have a camera lens staring at me from a tripod and a lamp that makes me squint. We have a handful in the Church helping with the service and ask our parishioners to worship at the same time in different locations. We have had hundreds look at the stream and its later posting, and a max of 40 watching the livestream for the whole service. I am glad we can use this technology to reach those at home and I am hoping they are not going to get use to "going to Church in their jammies". We have used the platform Zoom to hold a regular offering of the Daily Office, Morning Prayer at 8 a.m. and Evening Prayer at 5 p.m. We have between 4 and 9 that tune in. We use Zoom for our Adult Bible Study and have 4-6 that participate. We recently worked with a company to get a digital giving modality for our web site and people can also text to donate. You are welcome to give it a spin by texting [anglicanchurchgive](https://www.anglicanchurchgive.com) to 779777. We are working with the same company to develop a Christ Church App for the smart phone to allow people to engage and interact with offerings from the Parish.

### California

**Berkeley, San Joaquin Valley, Sacramento** – Father Larry Shaddix (*Saint Joseph of Arimathea Collegiate Chapel, Saint Marks (Marin), Saint Paul's Newman, and Holy Trinity*) is a true circuit rider. He puts numbers and emails into groups on his phone and personally calls those a few that are not so tech savvy. He uses texting as well. He sends the *Shepherd Staff* by email to those he has emails for. He reports lots of positive response.

**Glendale, Los Angeles, Santa Barbara** – Bishop Ashman reports that for all three of his parishes (*Our Saviour, L. A., Holy Apostles, and Our Saviour S. B.*) he “zooms” Sunday Shortened Morning Prayer, the Ante Communion and rotating prayers for the sick and all conditions of men. On Wednesday and Friday, he “zooms” Evening Prayer with prayers for the sick and all conditions of men. He is grateful for the assistance of his Vicar Father Britton along with his lay readers Jerry Jewett and Ellsworth Ramclam; and two other priests, Father Philip Ternahan (extra jurisdictional) and Father Tom Kelnhofer (St. Martin of Tours). Bishop Ashman, Father Boyd Britton (the Vicar), and Father Robert Green (the curate) send sermons to the parish. The Bishop is pleased to note that these internet services have brought the parishioners closer together. Moreover, because of the wide radius of the parish (90 miles), the Wednesday and Friday Evening Prayer services will continue after the shelter in place restrictions are lifted – maybe (?) moving Friday Evening Prayer to a Sunday evening Evensong, or just plain adding Sunday Evensong.

**Chico** – Bishop Peter Hansen (*St. Augustine of Canterbury*) reports, “Our sanctuary at St. Augustine's in Chico is such a blessing, because it's a beautiful place to worship. It's familiarity to our people has made it imperative for us to still worship here, Deacon Faith and me alone, but shared at large with our church family, during Lent, Palm Sunday, Holy Week, and Easter Day, during the normal times of worship. This gave our folks the sense of normalcy that made the strangeness of remote participating less daunting and drew the community together. All our services, shared on Zoom, were then posted as YouTube videos which anyone may watch...” Deacon Brian Faith added, “One of our parishioners, Ben Vandersluis, and I have pursued a project we have long discussed. We are preparing to offer daily recordings of Morning and Evening Prayer offices, with psalms and lessons, Monday through Friday. The audio files will be emailed to those who wish to receive them the evening before.”

**Concord** – Father Tom Kelnhofer (*Saint Martin of Tours*) reports, “At Saint Martin's, we are like a family and among other things stay in touch by telephone, email, and snail-mail cards when I am up to it; I usually send Easter cards to everyone but my health has been compromised a bit lately and wasn't able to do it this year; I will send some out for the upcoming Ascension. Myself, being in electrical equipment sales, use some of the same telemarketing techniques and check in periodically with everyone; It is a good thing to hear their shepherd's voice; I haven't gotten into the zoom platform as of yet, some of our people are resistant to zoom and some still don't have an up-to-date computer or have one at all. I have given our people your platform as I see some have attended your services and I have sent snail-mail copies of your services (Easter Sunday the most recent) to a few and sermons as well. I delivered a couple of Easter Sunday dinners to some who were alone (left at their front doors!)...Some of our parishioners have also been helping each other where I can't yet; like I said above, we are like family and help each other out when needed. I know this virus situation has been a big test for everyone, but I think in the end, it will make us all stronger Christians, and personally have been leaving much in the Lord's hands, especially this past month.

**Livermore** – Father Ben Brown (*St. Francis of Assisi*) reports, “In a video conference call, on Palm Sunday at St Francis I blessed the palms and then did the Ante-Communion service, followed by the sermon. We are mailing out the blessed palm crosses to all the parishioners. On the Friday before Holy Week and on Monday through Thursday of Holy Week we held Evening Prayer, also by video conference. Friday's, I did from the church, the rest from home. Good Friday, I did a special Stations of the Cross at 6pm. On Holy Saturday, we held both MP & EP. I did a full Communion service on Easter Sunday with Sharon and one acolyte in attendance, and after the distribution, read the Spiritual Communion for all those who were participating remotely. During each of these four weeks of cancelled in-person services, I made a round of phone calls to each parishioner to see how they are holding up, and to give some words of encouragement and to lend a listening ear. I have also sent informational emails out to the congregation.”

**Napa** – Canon Rusty Dillon (*St. Stephen's*) faithfully emails, texts, and phones depending on parishioner's preference and level of tech skill. From his home, he "zooms" and "Facebooks" Morning Prayer on Monday, Tues, Thursday, Friday ... and Evening Prayer on Wednesday. Virtual attendees 5-10, each time. He also Sunday Mass at 10:30 am. Virtual attendees 10+, with Facebook visitors in addition from far away and far past, maybe 20+. One problem: most of the elderly folks do not do well with the technology

**Oakland** – Father Michael Mautner (*St. Peter's*) reports, "The challenges of our present situation have pushed the St. Peter's Parish community toward the Daily Office, which we had not been saying together regularly for some time. Their non-sacramental character makes Morning and Evening Prayer, in my judgment, the best service to unite us virtually through the available media: Zoom and Facebook Livestream, in our case. We have Morning Prayer Monday through Thursday at 9:00 a.m. and Evening Prayer Mondays through Wednesdays, and Fridays, at 4:30 p.m. Our parish Bible Study is conducted on Zoom, only, at its regular time, Thursday at 7:00 p.m. Sunday worship is also on Zoom, only, at 10:00 a.m., at which time I've been saying a Communion service of the Presanctified Host, with the Spiritual Communion from St. Joseph's Prayer Book commended to be said by the people at home when, if we were in the Church building, we would meet at the altar rail. James Mayer, our Organist and Choirmaster, has been chanting the Canticles at some of the offices, and on Sundays. On Holy Saturday, we missed the Exultet, but enjoyed all 12 Prophecies read by as many readers, instead."

**Palo Alto** – Father Matthew Weber and Deacon Glenn Karcher (*Saint Ann's*) report that they email the office of Evening Prayer on Wednesdays, and the Mass on Sundays (along with a Facebook feed); they also hope to start a Bible Study after Wednesday Evening Prayer in the near future. The Deacon and his wife Carol are making food baskets for parishioners who cannot get out.

**Redding** – Canon Scott Mitchell (*Saint Luke's*) reports, "We have established a YouTube channel for St. Luke's where the link for the Sunday Mass is sent to the parishioners. The Communion is offered on Sunday immediately following the Mass in the parking lot to all who desire it. The response has been greater than I expected. Easter Sunday, one of our elderly visiting members with a great singing voice led 15 of our family in the parking lot singing How Great Thou Art, and Jesus Christ Has Risen Today. The Deacons (Deacon Ben Lawrence and Deacon Paul Shepard) and I are assigned members of the parish we are to telephone and check in with and our elderly receive a visit with prepared meals and an Easter lily this week."

\*\*\*Late Update – More recently, Saint Luke's has created a modest video recording studio and we are going to be producing a program called Anglican Answers that will be available each week by link to our YouTube channel that will help people learn more about the basics of their Anglican liturgy, Sacraments, church history, etc. It will be very basic and each episode will be brief and deal with one topic. We will enable the "comments" section to allow for asking questions.

**San Francisco** – Canon Richard McNeely (*Saint Thomas*) reports, "The music director has set up a play list on YouTube of the music that we would have heard in church for each Sunday (for Easter we had people from 5 states and from one US Territory). The people can play the list from home and is great background for their devotions. We have held Evening Prayer every night on Zoom and "spiritual communion" on Sundays. I have been calling the people that I do not "see" in church to be sure they have what they need. Some of the parishioners have formed teams to bring food and medicine to those who cannot get out. Bible Study has not missed a beat, every Wednesday at 4:00 p.m. Canon McNeely also reports that the St Thomas congregation now has people tuning in as far away as Southern California, Oregon, Washington, Nevada, New York, Virginia and the US Virgin Islands; and that he is working on ways to continue to broadcast services when we are able to come together in the church so as to maintain the St Thomas of the Air congregation.

## Colorado

**Colorado Springs, Pueblo, Westcliffe** – Deacon Michael Ruffino (*Saint Chad's and Saint Patrick's*) reports, "When we got the word from Archbishop to "shelter-in-place" in order to combat this virus. I decided to give out devotions and or a homily daily to those on the email list. I have totally enjoyed it, and have encouraged others to asked questions and I have been given a "platform" to answer questions that they could not get answered otherwise. So, far I have put out almost 30 specific emails. I get a lot of "ask the Deacon" questions, and it is challenging! I have pointed others out here to online services during the week with St. Peter's virtual online daily offices and the services on Sunday (People from St. Chad attend). I also pointed them to Fr. Canda's service (St. James's) on Sundays at 9:30 a.m. (I also attended online along with others from St. Patrick's). I have been meeting again with a group of individuals down in Pueblo, CO and am showing them via (zoom) how to do morning prayer. Been doing this three times a week. It is exciting and fun. They want me to lead them in a 30-day challenge on the BCP Psalter in May. I am going to set up a YouTube account and use it. I am praying that this group will form up and desire to worship, but that is the Holy Ghost bidding, not mine. The group in Pueblo is about 10 individuals. The group in Westcliffe is about 6-8 individuals. The group in Colorado Springs is about 8 individuals."

**Golden (Denver)** – Father Daniel Canda (*Saint James'*) reports, "We are currently meeting online once a week for our Sunday service. I take reserved sacrament to many of the parishioners each Sunday. We intend on maintaining a regular online service once our chapel construction is completed. I do have a couple regular meetings which basically amount to talking on the phone for an hour with them. As a serendipitous aside, I believe my congregation has grown through this difficulty."

## Florida

**Lady Lake** - Father Gregory Koon (*Saint Alban's*) stays in contact with his flock by phone and email, regularly calling each member of the parish and sending a homily with the weekly newsletter. He has been going to give Holy Communion to the parish at their homes upon request.

## Georgia

**West Point** – Father Tom Mills (*Saint Andrews's*) sends out his Zoom recorded Sunday masses and meditation videos. He reports that he has received positive comments.

**Illinois** – Bishop Blair Schultz (*All Saints'*) reports, "I have let the parish know about Archbishop Upham's online services and also Canon Dart's Facebook services. For the Sundays in Lent and the Sundays after Easter I have been sending the Parish a sermon and an outline of the Sunday Daily Office with lessons. For Holy Week and Easter, I sent out a sermon or meditation on everyday but Holy Saturday, and an outline of the Daily Office with lessons every day. From time to time I have also sent articles or paragraphs to the Parish with information I think they need to hear. I have also called all of the Parishioners, with the exception of one who was with her father when I called him. Parishioners have expressed appreciation for staying in touch with them.

## Nebraska

**Omaha** – Father Robert Ponec (*Saint John the Baptist*) sends out his Zoom recorded Sunday masses and provides phone and email support for Saint Bartholomew's in Washington where he is priest-in-charge – long distance.

[\*\*\*\*Late update from Father Ponec, as some states begin to open up]

At St. John's/Omaha, while continuing distance mass via Zoom, we will begin meeting together, still acknowledging social distancing and will begin services in the church this coming Saturday. I will continue to zoom mass recordings, with the assistance of a newly procured wireless microphone in the foreseeable future for the benefit of Woodinville. I was pleased (read: amazed....) that I have had 60+ views of the recordings each of the three times I have provided it and have received encouragement on my attempts.

## **Nevada**

**Las Vegas** – Father Gordon Hines (*Saint George's*) acknowledges Ginny Deering, the parish webmaster and his daughter Courtney for their tech-savvy support; and gives this report, “While our state of Nevada shelter in place remains in effect, we continue to offer video recordings of our Sunday Mass, audio recordings of my Sunday homilies and introduced last Sunday an audio recording of an “Instruction on the Faith” segment. In addition, the e-parish newsletter is being sent out weekly as another means of keeping parishioners connected and spiritually fed. But above all, our prayers for one another and for others in need, along with calling on one another, are the best means of building up the Body Faithful during these trying times. I see God at work in such powerful ways when I speak with parishioners and friends of the parish by phone or email. This is a testament of God’s grace and love for us, as, I feel, He is using these trials as an occasions to deepen our relationship with Him.”

## **North Carolina**

**Raleigh** – Archbishop John Upham (*Saint George's*) reports, “St. George's Pro-Cathedral in began using ZOOM to stream their services on March 18th and continues to do so on Sundays at 10:30 am EDT and Wednesdays at Noon EDT. Wednesdays are a Holy Communion service (Spiritual Communion) and Sundays alternate between Holy Communion and Morning Prayer. Archbishop Upham broadcast a series of Holy Week meditations at Noon each day, going over the Collect, Epistle, and Gospel from Palm Sunday through Holy Saturday. Notes from those meditations will be emailed out in the near future. St. George's is blessed to have Canon Ben Jones and Dean David A. Sweeney assisting the Archbishop with the services and they each take turns leading the services on Sundays so they all don't have to be at the Church at the same time. The Wednesday services are broadcast from Archbishop Upham's Chapel in his home and the Sunday services move between the Chapel and the Church. If anyone would like to tune in to St. George's services, just send an email to the Archbishop at [APCKArchbishopJEU@hotmail.com](mailto:APCKArchbishopJEU@hotmail.com) and ask to be put on the Virtual Mailing List for invitations.

## **Oklahoma**

**Oklahoma City** – Father Mark Williams (*Church of the Holy Cross*) reports that now that it is allowed by Oklahoma Governor Stitt, Oklahoma City Mayor Holt, and APCK Council of Bishops, Holy Cross will begin a Phase I reopening on Sunday, May 3rd at 10:00 AM. However, Father continues, “Sunday Moring will be quite different than before COVID-19. Our traditional service will be adapted to comply with all Phase(s) as required. We will practice Social Distancing. Thus, at least for Phase I, every other pew will be kept empty; fellowship times with refreshments are suspended; Sunday School and Nursery are suspended; and Communion will be administered in-one-kind (Host only), coming forward individually, from the front of the carpeted choir area (in other words, not by kneeling together at the altar rail). Though I am excited to reopen and desire to see the folk of Holy Cross return, no one should feel pressured to attend in person, especially anyone who may be vulnerable (we will continue to record services and publish on our Facebook Page). Therefore, those who serve Holy Cross in Children's Ministry, as Greeters, as Ushers, as Acolytes, or on the Vestry should only return as you feel comfortable (and feel free to wear a face mask). For now, our Phase I adaptations will allow us to conduct and record our services.” Father Williams also notes that he will continue to make full use of the Church Website and Facebook along with email and phone call ministries.

**Tulsa** - Father Torres (*All Saints'*) has battled the expiration of the church website and the struggle to open a new one. Now Father places reflections for each Sunday's Collect of the Day the website and Facebook. Since the failing health and sudden retirement of Archbishop Morrison, Father Torres has been forced to learn technology at an accelerated speed as he cares for his English/Spanish congregation. Work well done!

## Oregon

**Bend** – Under the leadership of the Senior Warden Gerald Klug (following the death/graduation of Fr. John Pennington), Saint Paul's continues and looks forward to working with our clergy to set up a regular schedule of services. Mr. Klug tunes into to online zoom services and shares with the congregation.

**Grants Pass** – Father David LaBarbera (*Saint Jude's*) has kept information flowing to his flock and kept the Church doors on Good Friday - and had one person drop in each hour (unsolicited and uncanny). Father continued to make himself available for private Masses and had one taker. Most rewarding and wonderful for a small parish!

**Portland** – Father Mark Lillegard and Deacon Bruce Wilcox (*Parish of Saint Mark*) celebrate Sunday Masses and many weekday Offices and Masses and stream them to YouTube.

## Washington D. C.

**Georgetown** – Archbishop Upham reports that, during this interregnum, many of the Heritage Church's parishioners, since the parish is not served by an APCK priest, participate in the offerings of Saint George's in Raleigh. Moreover, the parish has cleaned up the downstairs parish hall, redone the stonework in the courtyard and are fixing the steps that were uneven and unsafe. Soon they hope to refurbish the grout in the actual stonework. [FYI, the building dates to Civil War era and was a station in the Underground Railroad. There are rooms (chambers) that have not yet been explored.]

## Washington

**Woodinville** – Father Robert Ponec (*St. Bartholomew's* and *Saint John the Baptist* in Nebraska) reports that he has sent a pastoral letter to St. Bart's updating his plans for returning once monthly to celebrate mass, share sacraments, perhaps bless/dedicate the recently completed columbarium. He further reports that the parishioners are pleased that he will again be able to begin his once-a-month visits, as well as having various other priests visiting monthly, to minister to the parish. The Senior warden, Mr. Gregory will continue with Morning Prayer on alternating Sundays, reading Father Ponec's homilies on the alternating Sundays of the month.

[Editor's Note. Father Ponec regularly celebrates the Eucharist in Omaha every Saturday morning and has found an airline whose schedule allows him (once a month) to catch an afternoon flight to Seattle arriving by Saturday evening so he can be in two churches on one weekend.]

## Wyoming

**Cheyenne** - Father Richard Andrews (*All Saints'*) reports that he sends out a Morning Prayer bulletin he crafted for liturgies where it would be impossible to celebrate a Eucharist at the church, along with some emails and calls. Father also uses a phone ministry to reach his flock.

[\*\*\*\* Late update. Father Andrews reports that he believes that he will be able to reopen All Saints' after May 1<sup>st</sup>, with the precautions of practicing social distancing, avoiding coffee hours (for a while longer) and giving Holy Communion in one kind]

## St. Chad's Anglican Mission

*(Underground but not hidden)*

[On my smartphone, I recently looked up “social distancing” and came across an article by the *Billy Graham Evangelist Association* about Social Distancing. How in 2 Kings 5, Naaman had leprosy and how he had to be excluded from others because of it. And how God healed him. It inspired me to write this version:]

I don't know about you, but I had not heard the term “social distancing” until the outbreak of the coronavirus. Intentionally staying several feet away from the nearest person had never crossed my mind. I spend enough time in airplanes—crammed in among strangers—that it never would have seemed feasible before now. In Biblical days, however, it was very much a practice in relation to leprosy. Those who were afflicted by the disease had a variety of skin and nerve issues, including disfigurement, rashes and rotting flesh. The subsequent numbing of body parts meant that the leper could suffer an injury (or even be chewed on by a rodent), without realizing it was happening. It was an incurable disease. A death sentence! It was feared that leprosy was highly contagious and becoming inflicted led to severe social stigma. In fact, those who fell victim to the disease had to cover their faces and yell “Unclean” as they walked the streets, ensuring that others could stay away. Social distancing. To read how the Hebrews were to deal with those who had leprosy read Leviticus chapter 13.

One of the earliest examples in the Bible is recounted in 2 Kings, chapter 5:1-19. It's an incredible story of the provision of God, and ultimately serves as a beautiful illustration of the Gospel. Naaman was the commander of the Syrian army. He was successful, powerful and renowned. One problem: He had contracted leprosy. A young girl, who had been captured in Israel and brought as a slave to Syria, told of a prophet in her home country who could heal this disease. With the Syrian king's blessing and an incredible sum of silver and gold, Naaman set off to find the prophet Elisha.

His first stop was the king of Israel, who did not take the visit kindly. In fact, the king was sure that this was a setup. He tore his clothes, and screamed, “Am I God?” He accused Naaman of “seeking a quarrel.” Elisha intervened, asking the king to send Naaman to his house. Surprisingly, when Naaman and his entourage arrived, Elisha did not come out to greet him. Instead, he practiced social distancing and offered simple instructions. “Go and wash in the Jordan seven times,” said Elisha, “and your flesh shall be restored, and you shall be clean.” At first it angered Naaman that Elisha would not come out to see him, and he was madder still that Elisha prescribed something so simple to overcome such a deadly disease. Further, I am sure that Naaman was filled with doubt as he entered and left the Jordan time after time with no visible improvement. However, as he washed the seventh time, the Bible says that Naaman's “and his flesh came again like unto the flesh of a little child, and he was clean.” (2 Kings 5:14).

Naaman's whole world changed when he encountered the God of Israel. He vowed to Elisha that he would “no longer offer either burnt offering or sacrifice to other gods, but to the Lord” (2 Kings 5:17b, NKJV). My friends, Naaman was dealing with a physical disease, but all of us deal with a spiritual disease. Naaman had leprosy, but we have sin. And there are lessons to be learned from Naaman's story: We cannot save ourselves. Naaman had conquered entire nations but was helpless to stop the decay in his own body. Similarly, there is nothing you or I can do to save ourselves spiritually.

Money and power cannot save us. Naaman went to the kings of Syria and Israel, two of the most powerful men in the world at the time, and they were helpless. He carried silver and gold, and that did not do him any good. You may have friends in high places, all the money and influence possible, but that cannot save you. Only God can save us. To be clear, Elisha did not practice social distancing out of fear. He did it to show the power of God which knows no bounds. Yes, Elisha could have done some sort of ritual. He could have touched Naaman's skin or waved his hand over the open wounds, which is what Naaman expected. But he wanted the commander to understand that healing was not his work, but God's.

In the days of Naaman and Elisha, people were concerned about leprosy. Even during the early days of the nation of Hawaii, the dealing of leprosy, was one of physical isolation and removal from the community. Just read the story of Fr. Damien of Molokai. How he spent his entire ministry serving the people of the island of Molokai, because they were isolated because of the dis-ease of leprosy. Today, much the world is gripped in fear over the spread and impact of the coronavirus. I am sure, as just as God has allowed man the reasoning to find a medical treatment for Hansen's disease. So, He may allow mankind a treatment for the Coronavirus. The fact of the matter, however, is that all of mankind is infected by sin, and cleansing only comes through the power and grace of God.

Today, I am so very concerned about your relationship with Jesus Christ. Yes, the supernatural, spiritual aspect of your relationship, Like Naaman in the Jordan River, the remedy is surprisingly simple (though we sometimes try to make it much more complicated than it has to be). Are you in a right relationship with our Lord? Is there something that has driven a wedge between you two. Is there a dis-ease called sin that needs to be removed? All one has to do is ask Him to remove it, knowing we can't do it on our own. It takes God to remove the disease of sin in our life and restore our relationship with Him.

Here is something we should all try: Try practicing social distancing against sin. Learn to flee from it, detest it, turn away from it, and practice social communion with Christ. Stay closer to Him. Picture yourself like a little child and climb up into our Lord's arms and be safe. Something to think about. . .

## **A Wonderful Modern Parable of Prayer**

by Canon Richard McNeely

One of our families consists of two boys (5 and 8) and a single Mom. Mom became sick and was worried that she might be hospitalized. She had no one who could take her little boys. She was consumed with anxiety which was preventing sleep and making her illness worse. She turned to St Thomas' for help. Another family generously volunteered to take the boys if necessary. This family had never even met the other and had never even seen the two boys. They have three children of their own, but we're filled with God's love and would take on two more if the need arose. You cannot imagine the relief. As matters progressed, Mom recovered and did not need the help. But her prayer was answered.

## **Saint Joseph of Arimathea Seminary**

With all of the uncertainty going on around us, it has been decided that the on-site Saint Joseph of Arimathea Summer Session is cancelled, **BUT plans are being formulated for an online session for the last two weeks of July (20-24 and 27-31).** Class will assemble on the Zoom platform at 9:00 a.m. and read Morning Prayer together. Instruction will follow for an hour to an hour and a half in a Seminar setting. At the end of the morning seminar instruction, a question will be posed to the students and auditors. The class will re-assemble at 4:00 p.m. and the question will be discussed with each student contributing their work. The afternoon session will conclude with Evening Prayer.

The first week will consist of a rigorous in-depth analysis of the 1928 Book of Common Prayer, specifically the Lectionary, Calendar, Morning and Evening Prayer, the development of the Anglican Prayer Book Rites, and practical applications on the 1928 Communion Office and the Missal Mass. The second week will center around in-depth Biblical studies including authorship, the J E P D question, the Synoptic Gospels and their lineage, the evolution of the Bible and the Difficult Sayings of Jesus.

An individual set of final Essay Exams for each student will be assigned on the last day and will be due on August 6<sup>th</sup>. The class will have one last meeting on August 24<sup>th</sup> to share out the work accomplished. Finally, all seminarians and recently (often "fast-tracked") clergy (under ten years) will be strongly advised by their Bishops to set aside time and attend for credit.

## ACW Notes

Easter 2020 has been unlike any Easter in past years. No church celebrations of Maundy Thursday, three-hour services on Good Friday or triumphant celebrations of Mass on Easter Sunday. Yet the enforced 'shelter in place' orders have had some advantages. There has been time to stop and smell the roses, to take advantage of the many church services and meditations that are available on Zoom, Facebook, YouTube and other internet programs and to really ponder the meaning of Easter. It has been a time of fellowship over the internet which we do not normally have. Very many thanks to all the clergy who have taken part and brought the real meaning of Easter to us in these strange times.

Hopefully, we can begin to look forward to the reopening of our churches soon and to our Synod in September. ACW members will be able to get together again, and plan their offerings for the annual fundraiser, and we will all once again be able to communicate face to face! I hope that some of the Zoom services will continue, as they are an asset to our daily worship. Please remember that Lenten Mite boxes should be taken to your church once it is open for worship so that we can contribute to student support at St. Joseph of Arimathea Seminary. Thank you all for your support.

Gillian Golden, ACW President, Diocese of the Western States

## And just in before going to Press...

Father Dan Canda and his parish in Golden CO are renting a storefront and "building it out" hoping to open in the near future. Here are three of the pictures he sent, including David Bell, Michael Holmes and Daniel II:



## **A Last Thought – *All is Grace***

Once upon a time, a huge, rough samurai once went to see a little monk, hoping to acquire the secrets of the universe. "Monk," he said, in a voice accustomed to instant obedience. "Teach me about heaven and hell." The little monk looked up at the mighty warrior in silence. Then, after a moment, he said to the samurai with utter disdain, "Teach YOU about heaven and hell? I couldn't teach you about anything. You are dirty. You smell. Your blade is rusty. You are a disgrace, an embarrassment to the samurai class. Get out of my sight at once. I can't stand to even be near you!" The samurai was furious. He began to shake all over from the anger that raced through him. A red flush spread over his face; he was speechless with rage. Quickly, menacingly, he pulled out his sword and raised it above his head, preparing to slay the monk. "That is hell." said the little monk quietly. The samurai was overwhelmed. Stunned! Dumbstruck! The compassion and surrender of this little man who had offered his life to give this teaching about hell! He slowly lowered his sword, filled with gratitude, and for reasons he could not explain his heart became suddenly peaceful. "And that is heaven," said the monk softly.

...and for reasons he could not explain his heart became suddenly peaceful. Well, we know the reason for the samurai's inner peace was the work of the Holy Ghost. It is an ancient teaching of the Church that the Holy Ghost gives grace even to those who do not yet know him. We call it Prevenient Grace or grace of the Holy Ghost that goes before. And how much more that grace is to those who know him. Two years ago, I was in Stanwood Washington at the Bishop Morse Youth Camp. The theme of the camp was an old expression of Bishop Morse: All is grace! And by that Bishop Morse meant that everything, every single thing, that happens to us is grace. It was that grace of the Holy Ghost that led the Deacon Philip to Samaria and inspired his preaching; gave him power to heal and drive out evil spirits; and caused such great joy that the Samaritans believed and were baptized. Then the apostles at Jerusalem sent them Peter and John who prayed for them; and they laid their hands on them and they received the Holy Ghost.

After one of our classes at that camp, Father Mitchell asked the campers to define grace. As everyone sort of looked around at each other not knowing what to say, someone softly began to sing "Jesus loves me—this I know, For the Bible tells me so; Little ones to him belong — They are weak, but he is strong." Those simple words encapsulated what it means to be confirmed and given the gifts of the Holy Spirit the Comforter! When the Holy Ghost falls upon us at our Confirmations, we are strengthened and no longer afraid because we know that God loves us; He takes our pride and anger and transforms them into love and a peace that passeth human understanding.



**Saint Augustine of Canterbury Church**  
Where we will assemble for Synod in September