

The Vicar's Voice

PETER BROWNING

'God does not demand a pure heart before embracing us.'

Invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self denial; and by reading and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer."

That is the invitation that we will given on Ash Wednesday. It is an invitation to open ourselves up to God once again. It is an invitation to once again return to God. Like the story of the prodigal son where the father openly welcomes back his son, God welcomes us back. I have come to realize the need for returning over and over again. Returning is a lifelong struggle that is renewed each Lent. The wayward son had rather selfish motivations—he returned simply to survive. He had discovered that his way was leading him to death. He realized he had sinned, but this realization came because sin had brought him to ruin.

I am moved by the fact that the father didn't require any motivation. His love was so total and unconditional that he received his son back whatever his motivation. This is a very encouraging thought! God does not demand a pure heart before embracing us. Even if we return only because following our desires has failed to bring happiness, God will take

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OUTREACH Illumination Foundation needs kitchen tools, small appliances. **Page 2**
COOKBOOK Micro-farmers in S. Africa benefit from international fundraiser. **Page 3**

Saint Andrew's Net

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<http://www.standrewsirvine.org/net>

... A nurturing community of faith, serving Christ, and open to all... wherever you are in your journey with God ...



'In days of yore'

Memoir workshop gives you the tools to ensure that family lore and tradition will be preserved.

Have you thought of writing your own memoir to pass on family traditions and stories to your children and grandchildren? Or even simply putting together a family scrapbook of memorabilia that can be enjoyed by everyone in the family? Family documents, records, and anecdotes may be lost forever unless you organize them in a family book designed by you.

The next meeting of the Memoir Workshop will be held at 10 a.m. on Saturday, Feb. 4 in the conference room next to Peter's office. We will also be holding additional meetings; please look for further details in the weekly e-newsletter.

LENTEN STUDY SERIES

JOURNEY INTO prayer

This Lenten season, we invite you to join us on a journey into the heart of prayer. Over a potluck dinner on Sunday evenings beginning at 6 o'clock, we'll explore what prayer is and experience the many different ways we can pray, through journaling, artwork, and poetry, among others. We'll also be looking at some different ways to pray, using the wisdom of other faith traditions.

We will meet on the five Sunday evenings of Lent—Feb. 26, and March 4, 11, 18, and 25. The evening events will run from 6 to 7:30 p.m., and are facilitated by Elaine Whelan.

No pancake race on Feb. 21, unless it's to see how many you can eat

In old European and Anglican tradition, we at Saint Andrew's will again serve our annual Pancake Supper on the Tuesday night before Ash Wednesday. While others are celebrating Mardi Gras and possibly drinking to excess, we may be eating to excess! The meal will be served on Shrove Tuesday, Feb. 21, 2012 from 5:30 p.m. to 7 p.m. Cost is \$3 for adults, \$2 for children and \$10 for a "family ticket" for those



families with four or more people. Youth Group members need to be at the church by 4:30 p.m. on Tuesday to set up.

Ash Wednesday

On Feb. 22, there will be 3 services:

7:30 a.m.

12 noon

7:30 p.m.

The evening service will have hymns and the choir.

Vicar: Lenten series discusses prayer, Sundays at 6 p.m.

► Continued from page 1

us back. Even if we return because drifting has brought us less peace than being faithful, God will receive us. Even if we return because our sins did not offer as much satisfaction as we had hoped, God will take us back. Even if we return because we could not make it on our own, God will receive us. God is glad to see us home and wants to give us all we desire, just for being home.

It is time to return, and you might ask, "How do I do that?" It might mean attending the Ash Wednesday service on Feb. 22. It might mean coming to the Lenten series on prayer on Sunday evenings, led by Elaine Whelan. It might mean taking on a new spiritual discipline like reading *Forward Day by Day*. There are a number of ways that will help us return to God. It doesn't matter what gets you started—all we have to do is say "Yes."

God's peace,



FEBRUARY OUTREACH ► ILLUMINATION FOUNDATION

Kitchen utensils, small appliances: Donations needed for families getting back on their feet

By Sandy Wilson, Outreach Chair

Our project for January and February will be new or gently used kitchen articles. Illumination Foundation helps homeless families get established in their own apartments after completing their pre-transitional and wrap-around program. These families came to the Illumination Foundation with no belongings. The foundation has set up a warehouse filled with donated articles. Even though

many of the articles are used, it is an exciting shopping trip for families who lost everything when they became homeless. Anything for the kitchen is acceptable. Please be sure it is clean and still works.

Thanks to all who participated in our various outreach programs in 2011. In 2012 we hope to also include projects where we donate our time as well as our goods.

Camp Stevens: Upcoming Events ► campstevens.org

Camp Stevens is the diocesan campground, located in the San Diego mountain town of Julian.

Weekend Work Days

Volunteer Workdays are held the 3rd Saturday of every month September through May. Additional dates may be arranged with advance notice. Lunch is provided in the Dining Hall. Please call Coreen Walsh at 760.765.0028.

Women's Retreat

The annual Women's Retreat will be held March 9-11, at a cost of \$140. It is open to women throughout Southern California, and will be a time of spiritual refreshment, reflection, recreation, fellowship and fun!

Jan. 29 Annual Meeting elects 3 B.C. members, and delegates, too



BISHOP'S COMMITTEE

From left to right: Kathy Cartelli, Debbie Foret, and Dave Sharbaugh.



CONVENTION DELEGATES

L. to R.: Kathy Kuczynski and Kent Steinbrenner. Alternate Delegate: Donna Becker.



DEANERY 10

Merrilee Gardner, delegate



Saint Andrew's Episcopal Church, Irvine, California

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► The Rev. Colin Henderson
Assisting [echenderson@cox.net]

► Carolyn Jones
Children's Center Director 949.651.0198, ext. 14
[director@standrews-childrens-center.org]

► Worship [NON-B.C.] Kathy Kuczynski
► Member-at-Large Kathy Cartelli
► Member-at-Large Glee-Anne Jeffries
► Member-at-Large Jackie Litchfield
► Member-at-Large Nick Baldasari
► Member-at-Large Matt Simanski
► Member-at-Large Sharon Brooks
► Member-at-Large Debbie Foret
► Delegates [NON-B.C.] . . . Kathy Kuczynski, Kent Steinbrenner;
alternates, Donna Becker

The 2012 Bishop's Committee

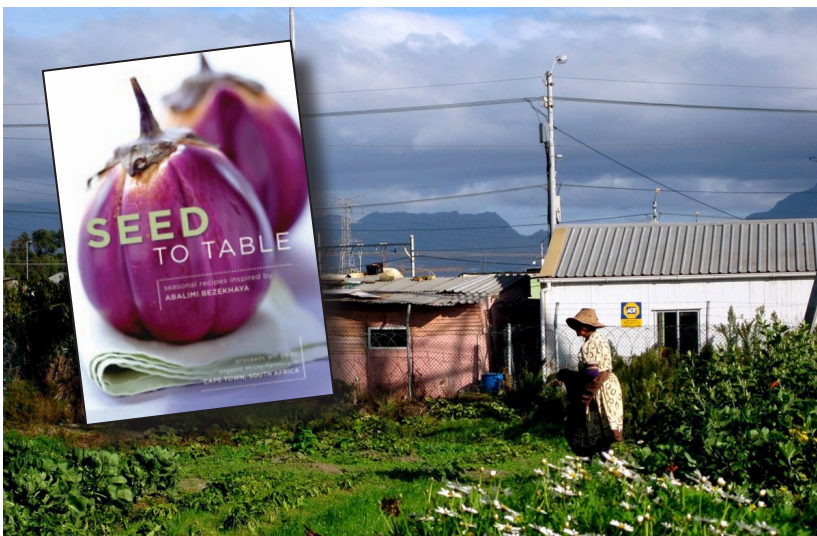
► Bishop's Warden Kathy Cartelli
► People's Warden, Buildings & Grounds . Dave Sharbaugh
Treasurer Jackie Litchfield

► **ARTICLE SUBMISSIONS:** All articles for the *Net* are due in the church office by the third Sunday of the month preceding the issue date. Or, e-mail the editor at kentks+thenet@gmail.com.

AROUND THE COMMON TABLE

Former Ohio camp counselor co-authors international cookbook with South African micro-farmers.

By **Richelle Thompson**



FUNDRAISER'S INSPIRATION: A farm in the Abalimi Bezekhaya cooperative in South Africa that inspired Erin Koepke of Southern Ohio to co-write "Seed to Table," a cookbook of recipes using locally grown fresh fruits and vegetables.

Erin Koepke found that the bond of food, of breaking bread together, transcends geography, age, race and culture.

A longtime camp counselor in the Diocese of Southern Ohio and member of St. Paul's Episcopal Church, Dayton, Koepke joined micro-farmers from South Africa and two colleagues to create a cookbook using locally grown fresh fruit and vegetables. "Seed to Table" is now available in the United States, with all proceeds benefiting the non-profit Abalimi Bezekhaya, an organization that works with individuals and groups to achieve food security through home or community gardens.

Koepke was in South Africa as part of the Rotary International Ambassadorial Scholar program. She toured the community and home gardens of the Abalimi Bezekhaya farmers. Then she followed them to the packing shed. There she watched as the farmers, mostly

women, packaged their fruits and vegetables for market.

"There was so much bustling excitement and passion there," said Koepke, now 27 and a communications and outreach associate for the World Food Program USA, an organization that generates support in the United States to end global hunger. "There was an energy that I couldn't back away from."

Koepke teamed with two fellow scholars and the farmers, primarily women, to begin what they thought would be a quick project of gathering a few recipes and copying them onto stapled black-and-white pages. Instead, the project picked up momentum and turned into a professionally published, full-color cookbook.

Koepke and her colleagues worked with the farmers to develop recipes that best utilized the locally grown fruits and vegetables and that were inexpensive as well as tasty. They tried each recipe, sometimes several times, until they

reached perfection.

The cookbook is more than recipes though, said Koepke. It also chronicles their journey about what they learned from the women, the mistakes—and relationships—that they made.

"The cookbook is a story itself," she said.

One lesson was learning to love beets. Even the cookbook acknowledges that the vegetable comes with a distinctive flavor often dismissed by children (and adults).

But "beets were the mommas' favorite vegetable," said Koepke. "I hated them before, but I ended up loving them." So much so that one of her oft-cooked meals from the cookbook is beet risotto.

When the cookbook launched in Cape Town, many of the farmers attended the event at a local bookstore. For the women, this was their first return visit to a place from which they had been forcibly removed during the years of apartheid. The book launch

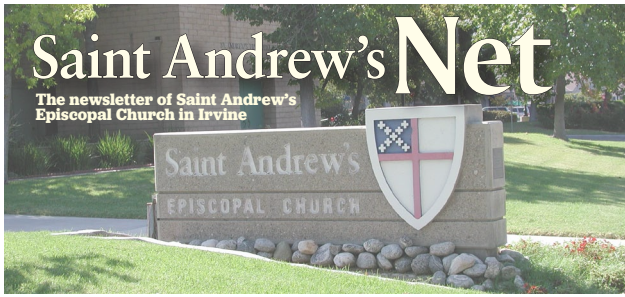
became an opportunity for them to speak about their lives—and for Koepke and the other authors to talk about how much they had learned from the women.

Koepke said the experience also helped her learn about herself, about listening to her heart's desire.

"I discovered that this is what can happen when you allow yourself to do what really makes you happy," said Koepke. "I struggled with being away from my job and my family, but I decided to follow what I love . . . for me, the cookbook is kind of a tribute to allow yourself to fly and be free, because amazing things can happen."

To purchase the cookbook (\$15, plus tax), go to www.seedtotablecookbook.com.

—RICHELLE THOMPSON is director of communications for the Diocese of Southern Ohio and editor of its magazine, *Interchange*, in which this article first appeared. [ENS]



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4 JANUARY/FEBRUARY 2012

Saint Andrew's**Net**

*Join the supporters of
the Canterbury ministry
at UCI at Bishop Bruce's
house in March for a...*

A graphic for a "Spring Extravaganza" event. The word "Spring" is written in a large, blue, cursive font, with "Extravaganza" in a smaller, blue, serif font below it. The text is enclosed in a blue, oval-shaped frame. Below the frame, the date and time are listed: "Saturday, March 10th, 2012" and "3:00-6:00 pm". The location is "Bishop Diane and Steve Bruce's House" and "5 W. Trenton, Irvine, CA 92620". The background is yellow and white with decorative red and blue elements. At the bottom right, there is a small illustration of a drink and a plate of food.

Spring
Extravaganza
Saturday, March 10th, 2012
3:00-6:00 pm
Bishop Diane and Steve Bruce's House
5 W. Trenton, Irvine, CA 92620

RSVP

canterburyirvine@gmail.com