

The Elizabethan



The Newsletter of St. Elizabeth Episcopal Church Burien, Washington

May 2015

Issue 2015-5

From Fr. John: Did you know that the Book of Common Prayer is based on ancient monastic rhythms and patterns called the “Daily Office”? In the first centuries of the Christian era, Benedictine monks and Celtic monks began to lay down a system and spirituality of prayer that is still alive in the BCP. They adopted even more ancient Jewish practices of praying in the morning, afternoon and evening. By the late Middle Ages, monastic men and women rose at night for a communal prayer called Matins, again in the early morning for Lauds and a bit later in the morning for Prime. They gathered for three shorter services (or “offices”) at about 9:00 for Terce, at noon for Sext and at 3:00 for None. At dusk, they gathered for Vespers and finally at bedtime, they prayed Compline.

Thomas Cramner’s 1549 Book of Common Prayer simplified these patterns into Matins, which become just “Morning Prayer,” and Evensong. The 1979 BCP emphasizes Holy Eucharist as the primary Sunday service, but still offers liturgies for Morning Prayer, Noon Prayer, Evening Prayer and Compline that many Episcopalians, including most clergy, use for their own personal devotional life. You might want to consider using one or more of these for your own prayer life. Instructions begin on page 16 of the BCP and then you can use the Daily Office Lectionary at the back of the prayer book to read through scripture in the context of personal devotion and reflection. You will be joining with hundreds of monks, nuns, clergy and lay-people who treasure the Daily Office as a profound spiritual gift.

Fr. John Forman +

St. Elizabeth is offering an educational lecture on what you can do to avoid falls that will include:

- Information on medications and associated fall risks
- Things to change around your home to minimize risks
- Screening to determine your current fall risk
- How to follow-up with an appropriate healthcare professional

Dr. Sarah Townsend-Grant, PT, DPT, OCS is offering the lecture on Saturday, May 2nd @ 10am. There is no charge for the event, so please consider coming. We believe that it will be very beneficial and we are grateful for Sarah’s time and expertise!

KIDZ KORNER

May 2015

The celebration of our risen Lord occurred on the first Sunday of April which followed the many deeply meaningful services provided by Fr. John throughout Holy Week. Thank you Fr. John, it was a wonderful experience.

Since Easter was on the first Sunday of the month, it coincided with the Sunday school's outreach ministry of collecting change for the Highline Food Bank. Through parishioners' generosity, \$23.68 was donated by St. Elizabeth's Sunday to our local food bank. Thank you!

Easter Sunday also included an outdoor egg hunt for the children. Fun was had by all; including the adults!

HAPPY BIRTHDAY AMIIR! April 23rd was Amiir Yel's 7th birthday and was given a special birthday blessing by Fr. John.

Our spring Sunday school curriculum will focus on some of the most powerful biblical miracles that can help build deep Christian faith in children.

There was rarely a miracle performed in the Bible that didn't have thousands of people jumping for joy after God's hand moved. Gratitude flowed like a river. Civilizations were changed. Life took on greater meaning. History turned a corner. The chosen people were not allowed to be devoured by Godless enemies.

To some, the belief might be that because miracles may not be happening on as grand a scale as they did in Biblical times, it can be easy for children and adults to fall into the trap of thinking that miracles do not happen today.

We know differently. The truth is that God, through the miracles chronicled in the Bible, showed His glory and His power in ways that would inspire numerous generations to believe in him!

We want our children to learn about these miracles and understand not just that they actually happened, just as described in the Bible, but why they happened. It is in understanding "the why" that true faith is born.

Our Sunday school children are young, but there is no better time than now to share these stories and to help draw them nearer to God.

Children's Ministry

QUESTIONS KIDS ASK ABOUT GOD

May 2015

Q: Why can't I have all the things I want?

A: There are at least three reasons: First, you don't ask God for them. Second, you ask God for them, but you want them only for yourself, so he says no. Third, they cost too much or they are bad for you, so your parents say no. God wants you to love him, help others, give to his work, and be content. Money gets in the way of all that. You can't spend all day, every day shopping and also love God, help others, give to his work, and be content. Sooner or later you have to stop being selfish.

You don't need all the things you want anyway. And think about this: If you got everything you wanted, what would you do with all that stuff?

KEY VERSE: Then (Jesus) said, "Beware! Don't be greedy for what you don't have. Real life is not measured by how much we own." (Luke 12:15)

Focus on the family

News from Hospitality House.

The final number from the Spring Fling fundraising dinner and auction event was \$ 22,684.00.

That is good news for the House, and encouraging for the future. Once again, thanks to all of you for the generous support you show in so many different ways to support the mission of Hospitality House. If you are interested in knowing more, or getting more involved please contact Sheena Randolph at sheenahrhospitalityhouse@gmail.com. Or you can call 206-242-1860 Thanks again

Hats and High Tea

Ladies Appreciation Tea Party

Saturday, May 9th, 2pm

At El Dorado West

1010 SW 134th St, Burien

Enjoy teas from around the world, traditional teacakes, and pastries while listening to live classical music.

Gift Basket Raffle & Prizes for Best Hats!

\$10 Suggested donation to benefit Hospitality House Shelter for Homeless Women

Space is limited, please RSVP to Nicole Painter at 206-248-1975

Safeguarding God's Children Class here at St. E on June 6th at 10am. Sign up sheet is on the bulletin board by the water fountain. Call Gwynne for more information. Space is limited.

My life is God's gift to me. What I do with it is my gift to God.

WHERE IS MOSES????

Is he still wandering in the desert?

Many people at Saint Elizabeth have inquired as to the whereabouts of Moses Dut.

Years ago, Moses arrived in Seattle as one of the Lost Boys of Sudan. Dr. Hulse, from our Burien community, sponsored Moses, Joseph, and another "Lost Boy" so they might attend Kennedy High School upon arriving in the United States and specifically in Burien. Upon graduating, Moses was hired by the company that owned the Smith Tower. As a maintenance engineer, he quickly became the smiling favorite of those who occupied offices in the building. Moses worked there until very recently. The building was sold to a new out-of-state corporation which ultimately discontinued the employment of the individuals currently working there.

At the same time, Valentino Deng (no relation to Joseph) had contacted Moses. (Valentino was the instrumental focal point in guiding the process for Saint Elizabeth to donate the necessary money so that the village of Aweil in South Sudan might have water and a grain grinder.)

Valentino had asked Moses if he would be willing to return to South Sudan to run a school which had been recently built. Moses was very torn about making his decision. His wife Regina, had just returned to Seattle from Kenya and was now enrolled in college. His two boys remain in Kenya with a grandmother. A prepaid ticket was sent to Moses by Valentino, who runs a large foundation. It was something Moses felt compelled to do, so he left Burien for an undetermined period of time to run this school in Aweil.

Moses stays in touch regularly. Recently, he was very sick and sent to a hospital for a short period due to the drinking water. He has recovered and in addition to running the school, he has been busy building a fence around the school to keep out the roaming animals.

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The Elizabethan

The Elizabethan is published monthly by St. Elizabeth Episcopal Church. The deadline for articles is the fourth Friday of each month.

Articles, calendar items and ideas may be mailed or emailed to the addresses below or left in *The Elizabethan* box in the Parish Office.

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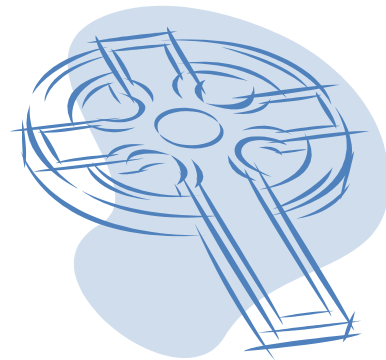
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Jr. Warden: Gwynne Taylor

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CONGRATULATIONS JOSEPH DENG!!!

For those of you who may not have had the enjoyable opportunity of getting to know Joseph Deng. He is the first Lost Boy of Sudan to attend our church. He arrived with Bishop Warner and served as an acolyte on that occasion.

Joseph came from the war-torn village of Aweil which suffered from the horrors of a civil war between north and south Sudan. His was a village of thatched-roof huts and an existence with no electricity or running water.

Today, some twelve years later, Joseph will be graduating from the University of Washington. He has sacrificed so much to attain his goal of an education. His wife and two sons live in Kenya and he has visited them every two to three years. It has been so very hard on all of them.

As soon as completing his last exam at the UW, he flew to Nairobi to visit his family. He will be returning May 19th to attend his commencement exercises.

Only God knows what he has planned for Joseph, but Joseph is a man of God and believes with all his soul that God has guided every step he has taken in his life.

Joseph's education has prepared him to work in a variety of worldwide organizations. While away, he is considering pursuing a master's degree. Two more years is such a small drop in the bucket of his life and all which God has planned for him.

We are extremely proud of Joseph!! He is such an inspiration in so many ways!

May God continue to bless Joseph.

Ted and Gwynne Taylor

American Mom and Dad to Joseph

(continued from page 4)

It is very difficult when your heart and those you love and care about live on two distant continents. Moses is homesick for his American friends and family. He treasures being able to see his mother and sons once in a great while; since they are long distances from Aweil, but he also is missing those of Saint Elizabeth and everyone else that he treasures as part of his life.

He plans on eventually returning, but at this time, does not know when that will be.

His American family will continue to pray for him and look forward to his return.

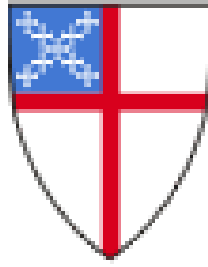
Gwynne Taylor

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St. Elizabeth Episcopal Church

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ADDRESS SERVICE REQUESTED

Bazaar 2015

The Women of St. E voted at their meeting to hold a Bazaar again this year. We have set a date, Saturday, November 21st. Bunny Frisvold has agreed to make a quilt for us to raffle. We need crafts of all sorts. Last year our craft table brought in \$1,350.25!! Please try and make a few items to sell. Variety makes this table interesting.

We will have an Attic again and have room to store items in advance. If “Spring Cleaning” is on your agenda, please keep in mind that we can use your cast offs. We take any household items, toys etc. but no clothes.

Our book sale is well received so save your used books for us. We really can't store books in advance as it crowds our library. A few weeks in advance of the Bazaar we will love to have them.

Women of St. E Spring Luncheon, Angelos, May 27th @ 11:30 am