

# Grace Notes!



## From the Vicar:

Dear Beloved in Christ,

This month, June 2024, I will retire from Central Washington University after 38 years. It has been quite a ride! I feel blessed to be given the opportunity to serve the students, staff, and faculty for all these years. This transition in my life has caused me to reflect a bit on the time at CWU and living in general.

This reflection has also given me pause to consider my propensity for saying yes to opportunities, for the Holy Spirit's prodding even when I didn't quite know how things would turn out. I think this propensity to say yes to the Holy Spirit's callings is related to one of my favorite bible verses, Psalm 138: 8a.

*The Lord will fulfill his purpose for me;  
your steadfast love, O Lord, endures forever.*

I had a great teaching job at Seward High School in Seward, Alaska, teaching Biology, Computer Science, and Math; and coaching wrestling and volleyball. Carla and I had moved to Seward a week after we were married. We both loved it there! Our daughter, Sara, was born there. We had great friends and a wonderful Church.



Yet I felt this call to continue my education. My interest in Nutrition drove me to apply for entrance into the PhD in Nutrition program at Washington State University. We said yes to this calling. Pullman was also closer to Carla's mother who lived in Spokane and my mother who lived in Salem, Oregon. Our first September in Pullman, son Luke was born. So, we were closer to grandmothers.

When I finished my PhD, I was hired at CWU as an Assistant Professor of Food Science and Nutrition in September of 1986. Son Isak was born in 1988 to complete our family of 5. During my tenure at CWU I progressed through the academic ranks as Associate and then Professor. In 2002 I was acknowledged as a Distinguished Professor, one of the highlights of my career.

In 1999, I said yes again. I was selected as the Faculty Athletic Representative (FAR), a position I have held for 25 years. The FAR is the liaison between the CWU President, the Athletics Program and the CWU Faculty to basically make sure everyone is treated fairly.

In 2001, yea, I said yes to being Associate Dean in the College of Education and Professional Studies, a position I held until 2017 when I transitioned to Chairperson of the Department of Health Sciences. In 2011-2012, I said yes and I assumed the duties of Dean of Student Success.

In my volunteer life, I also kept saying yes to callings:

June 2024

Editor: Coleen Renee

News from Grace Church

## Rhythms of Grace

Mark your deadline:

June 15 for the July Calendar

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### Centering Prayer - June 23

Following the service

*"In returning and rest we shall be saved."*  
Isaiah 30:15

As a Registered Dietitian Nutritionist, I served in several volunteer positions in the Washington State Academy of Nutrition and Dietetics including President of the state affiliate in 1999-2000. I then transitioned to serving our national organization, the Academy of Nutrition and Dietetics (AND) ultimately serving as President in 2012-2013. The AND is the world's largest organization of nutrition professionals with over 75,000 members. This position included national and international speaking engagements including trips to Japan, Australia, Brazil, India, Romania, the Czech Republic, the Netherlands, Lebanon, Spain, England, The Philippines, and Puerto Rico, and Canada, and many of the 50 states. The English trip in 2012 included carrying the Olympic Torch before the 2012 London Olympics. **Yes**

Back in my twenties, an inner voice kept telling me I should go to seminary. My friend, Joe Medley was planning to enroll at Luther Northwestern Seminary. So in the Fall of 1976, I started taking seminary classes at the Seminary in St. Paul, MN. I stopped after a semester. Yet that inner voice kept saying, I should go back to Seminary. I finally relented and in 2012, I started taking class at a time, again at Luther Seminary.

It took me about 8 years until finally the coursework was completed in 2020 which included a Clinical Pastoral Education assignment at Holy Family Hospital in Spokane and an Internship year at Central Lutheran Church in Yakima. It only took me 44 years to finish the Master of Divinity degree I had started in 1976! The Holy Spirit was persistent! **Yes**

Then the call at Grace Church came! I said yes again to this call! Another God Moment. I had decided to phase retirement from CWU, which means I would teach part-time. For nearly two years we have dovetailed the call at Grace with my teaching at CWU. I couldn't teach full-time at CWU and be called as the Vicar at Grace. The Holy Spirit again is full-filling a purpose.

I really feel like I am surrounded by the Angels of Grace! It has been a wonderful time, and quite frankly a blast getting to serve along-side the Grace Angels, shoulder to shoulder, bega kwa bega, for these last 20 months! So thank you, Grace Church for putting up with a Lutheran in our striving to live out our Vision: *At Grace Church we seek to walk in the way of love to celebrate God's diverse creation!* **Yes**

As I reflect on the life God has given me, and the wonderful people who God has blessed me with in the journey, I invite you to also explore how the Holy Spirit is active in your life. I also invite you to ask these questions and pray this prayer:

What are we doing that Jesus would recognize and love?  
Where are we looking for and seeing Jesus?

2024 Diocesan Prayer: Creator of all, you speak life into being and call us into holy community. Open our ears to listen, enliven our curiosity to learn, and hasten our courage to respond. Teach us how to listen and love as you do, joining with all creation as we proclaim and embody your Good News in all that we undertake. May the Spirit's breath empower us to live these words we pray, through Jesus Christ our Lord. Amen

Bwana Yesu Asifiwe! Amen! Alleluia, Alleluia!!

Grace and Peace to you,  
Ethan, Vicar, Grace Episcopal Church



## June Birthdays

3 Ann McLeod, 4 Wendy Katz,  
11 Marie Jones, 12 Jim Hawley, 17 Edward  
Danis, 20 Kay Greenwood, 25 David  
Njoroge & Rev. Ashley Mather, 26 Michael  
Carpenter.

### Birthday Prayer

*Watch over our brothers and sisters, O Lord  
as their days increase; bless and guide them  
wherever they may be. Strengthen them  
when they stand; comfort them when  
discouraged or sorrowful; raise them up if  
they fall; and in their hearts may your peace,  
which passes understanding, abide all the  
days of their lives; through Jesus Christ our  
Lord. Amen.*



## June Anniversaries

29 Jerry & Ruth Ann Stacy

### Anniversary Prayer

*O God, You have so consecrated the covenant  
of marriage that in it is represented the spir-  
itual unity between Christ and his Church;  
Send therefore your blessing upon these your  
servants, that they may so love, honor, and  
cherish each other in faithfulness and  
patience, in wisdom and true godliness, that  
their home may be a haven of blessing and  
peace; through Jesus Christ our Lord, who  
lives and reigns with you and the Holy  
Spirit, one God, now and for ever. Amen*



## Unexpected Expenses

As parishioners who help support Grace Church, you should know we have experienced several large expenses recently: new office computer and software, replacement of broken windows due to vandalism, flood mitigation in west wing, and roof repair. We have also upgraded or installed outside lighting and installed fencing at our west property line, two improvements that have increased our security and overall looks of the property.

These expenses came to \$12,831, all unexpected except for the computer/software upgrade. For perspective, our monthly *operational* expenses average just over \$8,700. Thus far we have covered these unexpected expenses with our Reserve Funds (i.e. rainy-day fund). Thank you for continuing your support in all areas—operational, restricted and unexpected.

Ruth Ann Stacy, Treasurer



## FISH News

FISH is preparing for Picnic in the Park, and volunteers are needed. They will serve 13 sites from Roslyn to Vantage along with the usual sites in Ellensburg and Kittitas. Volunteers can work 1 day a week or up to 5 days a week. Choose one site or multiple sites. Each site shift lasts for 1 hour. If interested please call Elise Warren at 509-925-5990, ext. 802 for details. Don't wait until the last minute as all volunteers are required to have a background check.

Volunteers are desperately needed to help deliver meals to seniors. Meals on Wheels served 3,177 meals to seniors in the last month. Being a Meals on Wheels volunteer is one of FISH's most rewarding and fulfilling volunteer roles. Knowing that you can help seniors stay in their home longer and receive nutritious meals as well as feel secure living on their own is a gift. Shifts last 60-90 minutes Monday-Friday. Volunteer one day a week, or be a substitute driver. Bonus: mileage reimbursement is 65.5 cents per mile. Elise Warren is the person to contact for information and signing up. 509-925-5990, ext. 802

Thank you to everyone that contributes to the FISH basket, last month we collected 32 bls. And 20 pounds were cereals that were desperately needed. Please keep on giving

Victoria Perkis, FISH Ambassador



## Community Labyrinth Project

This year for Worldwide

Labyrinth Day, we went to the Upper County and joined the Community Wellness Fair at the Centennial Center in Cle Elum, creating a labyrinth for participants to walk.

For Opening Ceremonies we offered prayer and blessings to each direction from a variety of traditions. Then all participants sang "I See You in Me" for a heartfelt moment of connection following a moment of silence for peace and unity.



It was a great day and we introduced the project to about 150 people. We also passed out mycelium samples and had egg shakers for the children. We hope to join them again next year for this fun and informative community celebration.

As part of the Beloved Community Grant, we're purchasing a canvas labyrinth that allows us to participate in more events throughout the county.





## Altar Guild News

Altar Guild had an amazing Easter Season and Pentecost celebration at which we baptized Eva and Ezekiel. Having so many angels help with cleaning and preparing for these special celebrations was a gift.

Our cleaning and waxing of the pews took place along with what will now be an annual scavenger hunt for special stickers and undesirable substances attached to the underside of the pews. We had 13 angels helping, who all found something, including 7 undesirables. Every participant received a gift provided by Sandi Peck or Victoria Perkis. (I would like to remind people that the nave is a sacred place and used gum should not be placed under the pews.)

Altar Guild meetings are on summer break until September. Our meeting time moves to the 3rd Wednesday (starting September 18) at 4:45 PM, just in time to prepare for a wedding on the 28th. If you are interested in Altar Guild or would like to serve in this rewarding ministry please drop in at our next meeting or contact Victoria Perkis at 509-306-0063.

Altar Guild duties for the summer: June - Kay and Rosemary; July - Maggie K and Rosemary; August - Christine and Sharon; September - Charlie and Victoria

Blessings, Victoria Perkis, Altar Guild Chairperson



## Hearthstone /Pacifica News

I consider this ministry a blessing! Edward and I can continue to visit most weeks with Grace Church residents at both these places. The joy and laughter that takes place bring more blessings to all of us. The residents enjoy hearing what is going on in the church, our lives and community, and they share their stories with us.

Bob and Marie celebrated their 73rd wedding anniversary, and Bob's birthdays with their boys. We were delighted that Bob could join us at church for his birthday blessing and coffee hour.

Wendy and Michael celebrated their 67th anniversary and Wendy's birthday with a family dinner at the Yakima River Resort. The newest member of the family, her 3 month old great grandson was part of the celebrations. Wendy joined us at church when Mother Ashley was there and enjoyed coffee hour with friends. Wendy has recovered nicely from her hand surgery and is up and walking with her walker again.

Hearthstone and Pacifica ministry is open to anyone, although Friday afternoon works for me you can choose your own day or join Edward and I. Residents love company.

Victoria Perkis & Edward Danis, Eucharistic Ministers

## Why is the Farm Bill

### Important to Us?



This is an important issue locally and nationally. Vicar Ethan will be facilitating one of the break out sessions.

In this online conversation, ELCA community members will come together from across the northwest (Region 1) to learn about the impact of the Farm Bill on us and our communities, and work together to unite in advocacy for a robust, holistic farm bill.

**June 13, 6 PM online**

For more info, visit:

<https://fanwa.ourpowerbase.net/civicrm/event/info?reset=1&id=275>

## Juneteenth



**Celebrate Freedom Day, June 19**

**(Freedom from all slavery)**



## Stewardship Notes

At Grace we have established a culture of stewardship that is expressed best by these words: "STEWARDSHIP IS A WAY OF LIFE." We know and understand stewardship as a way of following Jesus that speaks to all that we do with all that we have.

From our First Sunday Lunches to Scripture Study to Coffee Hour Hospitality on Sunday, to the Annual Giving Campaign and everything in between—it's all connected to Stewardship.

*We are All Unique Flowers Growing in God's Garden*, the theme for this year's Annual Giving Campaign, reminds us that God welcomes our uniqueness and wants us to grow in his ways.

Our Diocesan Prayer (see page 2, yellow box) asks God to teach us how to *Love* and *Listen* as he does and to enliven our *Curiosity* to learn.

To help us lean further into Grace's Stewardship Culture, the Stewardship Committee challenges you to accept the Rules of Life suggested by The Reverend Canon Andrea Farley:

## Pentecost Sunday & Baptism of Eva and Ezekial



## RULES OF LIFE

- ~Pray Daily
- ~Worship Weekly
- ~Learn Constantly
- ~Serve Joyfully
- ~Give Generously

Join us for the 2nd in the  
*Nurturing Spirits* song circles





Dear Siblings in Christ,

As we continue our series of exploring our Goals in the monthly newsletter, we look at Goal Three this month. (We have explored Goals One and Two in previous newsletters.) There is a complete workplan on the table in the Narthex if you would like to review it.

We will begin with our Vision, Mission and a statement of our five goals. (See side panel) →

### GOAL THREE

**Provide one-on-one Christ-centered care to those experiencing life's difficulties, by:**

Continuing Stephen Ministry Program

**1** The Stephen Ministry Program is not only continuing, but the group has welcomed a new member and are retraining themselves under the leadership of Ruth Ann Stacy.

Continuing home visits as requested

**2** Bill and Rhoda Barber, Rosemary Harrell, & Vicar Ethan provide home visits.

Continuing to provide weekly visits to Assisted Living and Rehab facilities

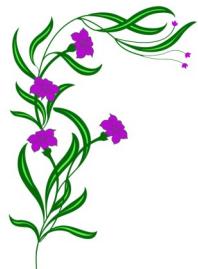
**3** Mary Hubbard, Victoria Perkis, & Edward Danis make weekly visits to members who reside in facilities.

Provide monthly Eucharist service at Assisted Living facility

**4** Edward Danis (with Victoria Perkis as back up) provide a monthly Sunday afternoon Eucharist Service at Hearthstone.

If you would like more information or are interested in participating in any of the activities listed above, contact one of the persons listed or any of our Bishop's Committee members. Next month we will highlight Goal Four.

In Grace and love,  
Sandi Peck, Bishop's Warden



**A big thank you to  
everyone who participates!**



### **GRACE CHURCH 2024**

#### **Our vision:**

At Grace Church we seek to walk in the way of love to celebrate God's diverse creation.

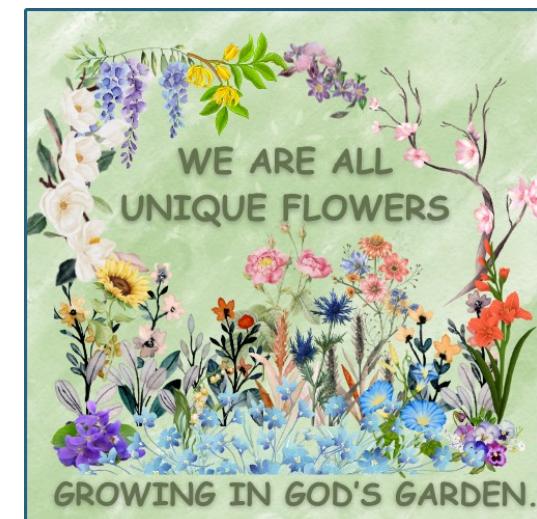
#### **Our mission:**

At Grace Church we walk with our neighbors near and far.

#### **Our goals:**

At Grace Church we will

- Implement Diocesan Strategic Plan.
- Employ our resources to reach out to the marginalized, dis-enfranchised, and needy.
- Provide one-on-one Christ-centered care to those experiencing life's difficulties.
- Continue sharing space with others who share our mission.





# Little Bits of News & Reminders



## Camp Cross Women's/Men's Retreat - June 14-16

Bring your daughters, sons, granddaughters and grandsons; your mother, father, grandmothers and grandfathers. Calling all women and men to join us at Camp Cross for a wonderful weekend exploring the special relationship between generations. We are excited to have 2 groups (men & women) meeting separately while breaking bread together. Both will have times of large and small group conversation, play and rest, worship and prayer. All ages are invited although anyone under the age of 18 must be accompanied by a legal guardian or responsible adult.

## First-Aid Kit Inservice

On June 16, our fellow parishioner Dr. Rob Sandbloom will give a short in-service during coffee hour about our new First Aid kit that contains all the usual first aid supplies, and also the drug "Naloxone"



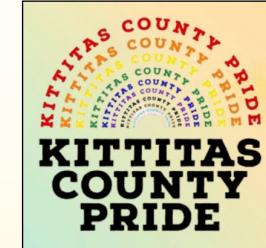
**CAROL CUMMINGS** is a sixteen shovel digger.

Photo courtesy of Sue Ledbetter

Grace Member, Carol Cummings, serving the wider community and celebrating Creation Care as part of the Queens of Spades Garden Club.

See article on Bulletin Board or as attachment to Newsletter email sent out on June 1st.

Find out what a sixteen shovel digger is!



## Saturday, June 1st, 11 - 1:30

Please join in with Vicar Ethan, Sandi Peck, and all the others that will be walking in it proclaiming the inclusion that Grace Church celebrates.

Join us at the Kittitas Valley Event Center at 10 AM (901 E 7th Ave). Let's have a great turnout from Grace Church!

Parking is available at the Kittitas Valley Event Center.

Grace warmly welcomes all of our LGBTQ brothers and sisters!



## 1st Sunday Brunch, June 2nd

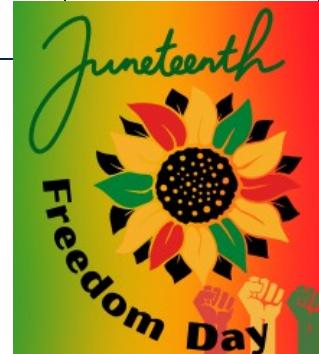
All Parish Potluch  
bring your favorite  
brunch dish.

Think casseroles, fruit,  
sweet bread, pastries...

## Summer Solstice Labyrinth Event

Look for details in the first week of June!

## June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>  Pray for Thorp High School Graduates
<b>2 Sunday Brunch</b> 8:45 Choir 10 Holy Eucharist w/ Vicar Ethan Brunch follows  12 Bishop's Committee 	<b>3</b>	<b>4</b> 	<b>5</b> 10:30 Scripture Discussion	<b>6</b>  Pray for Ellensburg High School Graduates 2 PM Stephen Ministers  7 PM Zoom w/ Diocese 	<b>7</b> 9 AM Men's Breakfast at The Palace Café 1 PM Hearthstone Ministry	<b>8</b>  Pray for CWU Graduates   Pray for Kittitas High School Graduates
<b>9 Graduation</b> 8:45 Choir 10 Holy Eucharist w/ Vicar Ethan  Coffee hour with graduation celebration for Aidan.	<b>10</b>	<b>11</b> 10 Stewardship Committee	<b>12</b> 10:30 Scripture Discussion 12 Ladies of Grace  3 Staff Meeting 5:30-7 Pub Theology at The Palace Café 	<b>13</b> 6 - 7:30 Community Song Circle	<b>14</b> 1 PM Hearthstone Ministry 6:30 Family & Friends Game Night	<b>15</b> <b>Newsletter Submissions Due</b> 
<b>16</b> 8:45 Choir 10 Holy Eucharist w/ Vicar Ethan Coffee hour follows First Aid Kit Inservice w. Dr. Rob  <b>Happy Father's Day!</b>	<b>17</b> 	<b>18</b>	<b>19</b> 10:30 Scripture Discussion 	<b>20</b> <b>Happy Summer Solstice!</b>  2 PM Stephen Ministers 	<b>21</b> 1 PM Hearthstone Ministry	<b>22</b> Pray for friends at Pacifica Assisted Living
<b>23 Retirement Party</b> 8:45 Choir 10 Holy Eucharist w/ Vicar Ethan Coffee hour Centering Prayer 3 Hearthstone Service	<b>24</b>	<b>25</b> 	<b>26</b> 10:30 Scripture Discussion	<b>27</b> 2 Music Committee	<b>28</b>	<b>29</b> 



### Helpful Links :

Daily Prayer from Forward Movement <https://prayer.forwardmovement.org/>

The Lectionary Page [www.lectionarypage.net](http://www.lectionarypage.net)

Grace Episcopal Church <https://graceellensburg.com/>

Episcopal Diocese of Spokane [www.spokanediocese.org](http://www.spokanediocese.org)

Our Facebook page <https://www.facebook.com/graceellensburg/>

