Lent: Fat or Fat-less?
By The Rev Ian M Delinger, Rector

We just celebrated Shrove Tuesday with the traditional Episcopalian Pancake Supper. Many will remember the SLO Mardi Gras celebrations which eventually got out of hand: “Law enforcement officers from several agencies spent six hours breaking up a crowd of 5,000 young people who threw rocks, bottles and steel pipes at them.” (LA Times 02/23/2004) More than 130 were arrested. The riot was so famous that it made national news, with videos now online, and it has its own Wikipedia entry. *Mardi Gras* is French for *Fat Tuesday*. Being the day before Lent starts, it is the day to remove (by eating!) all the fatty, rich and sweet foods from the house. Our modern celebrations with fat-free, low-sugar pancake mix is more symbolic than it is a spiritual discipline! But why? Fat is an important part of a balanced diet, and it has so many uses. You may remember my sermon on “salt of the earth” which referenced the Netflix series “Salt, Fat, Acid, Heat” with Chef Samin Nosrat. I re-watched the episode on “Fat” in which Nosrat tells us exactly what fat does:

- **Fat**: It’s nothing short of a miracle. Fat is flavor. Fat is texture. Fat adds its own unique flavor to a dish. And it can amplify the other flavors in a recipe. Simply put: fat makes food delicious. And one of the most important things that any cook can learn is how to harness its magic.
- **Fat determines flavor**. But it also creates 5 distinct textures: creamy, flaky, crisp, tender and light. Combining a variety of textures in one dish can make a meal much more delightful and surprising.

“Magic” “Delightful” “Surprising” – words that would have the Medieval Church up in arms! Is that what makes it dangerous as to be unholy during Lent? Nah. It’s the ancient customs that we have wrapped in religious packaging, that’s all. As the Roman pagan customs needed to be wrapped in Christian packaging, as the customs of how to ensure food was fresh by making it seasonal, and all sorts of other everyday practices were made sense of in Church terms, we end up with customs handed down for centuries that eventually don’t make a whole lot of sense. And does anyone honestly believe that the Greeks and the Italians would have given up olive oil for a whole 46 days?

Our Lenten fast is really about spiritual discipline. By all other cultural standards in the world, Americans are quite indulgent, event those at the lower end of the socio-economic spectrum. We consume food, drink, natural resources, retail goods, and everything else at a much higher rate than anywhere else in the world. Our Lenten discipline of fasting, almsgiving and prayer gives us a month-and-a-half to reflect on our personal consumption and how it relates to our relationship with God through Jesus by the power of the Spirit. This can be a part of Stewardship of Creation: your Stewardship of consumption of the Created order (those items just listed) and you Stewardship of your own created body as it relates to consumption. That’s just some food for thought.

Fat Tuesday has passed, but doubtful that your house is free of fat. Culinary fat does do marvelous things to food...and to our waistlines and arteries! But that’s not my concern for you this Lent: My prayer for you this Lent is to discover all the “Magic” “Delightful” “Surprising” things that God has in store for you during this holy time.
God’s Love for the World

By Isabelle Preston

John said God brought Jesus to the world to save it and that whoever believes in Him shall have eternal life. That, in a sense, is why people go to church. We pray for many reasons, whether it is to ask God for help with things or to thank Him and ask for support within our daily lives. Sometimes God’s gift to us is obvious through the miracles that seem unlikely on their own. This could be a family member recovering from a severe illness or a home not being affected by a natural disaster. But God is also there to support us in our daily lives too. We say God is all around us and that he facilitates all aspects of our lives. We may not notice, but even small things are part of God’s miracle.

Nicodemus came to Jesus at night and appeared, from his questions, to misunderstand Jesus’ teachings. Jesus patiently instructs Nicodemus, ending with the appeal of God’s gift of eternal life. Whatever his motives, Nicodemus seeks the counsel of Jesus and slowly begins to understand his message. The reassurance to those who seek Christ is that the gifts of the Spirit are offered to all who believe whether they receive them immediately or seek diligently to understand.

God’s love for us is unending, even when we don’t notice it. This could be through work at a job we enjoy and feel called to, family members continuing to stay happy and healthy, or even just recognizing the beauty of the natural world around us. God’s goal was to save the world, and those who believe in Him will be saved. Our mission statement at St. Stephen’s is welcoming, worshipping, and working. Through this, we can spread God’s love and message. The more good we extend from God to the people around us, the more we can help save the world.

Saving the World One Step at a Time

By Isabelle Preston

God’s goal was to save the world spiritually and socially, but what can we do physically? Here are ten ways we can help the environment. Try to add five more that you could do at home or at work.

- Conserve water.
- Use the car less.
- Reduce, reuse, recycle.
- Use LED lights.
- Use less electricity.
- Use fewer plastics.
- Combine errands.
- Walk, bike, or use public transportation.

- Reduce food waste.
- Use reusable water bottles.
- "GOD loves ME"

By Makayla Hixson
St. Stephen's Episcopal Church invites you to support our music program! Your generous donation makes it possible to have great music every week at St. Stephen's Episcopal Church.

Your tax-deductible donation helps to:
- Purchase music, tune and maintain the piano, and enable the Choral Scholar Program.

YES! I would like to donate to St. Stephen's Music Program!

Amount: ____________________

I would like to help support the Choral Scholar Program:
- Sponsor-a-Sunday: $90-
- Sponsor-a-Season $500-
  - Christmas/Advent, Epiphany, Lent/Easter, Pentecost
- Sponsor-a-Scholar: $1500-

Gift made in honor/memory (circle one) of: ____________________

Checks can be made to: St. Stephen's Episcopal Church Music Program
Thank you for supporting sacred music in our community!

Hands on Stewardship at St. Stephen's

Thank you to Tom and Juliette Meinhold of Meinhold Photography for printing the Vestry photo gallery now on display in Ramsden Hall. Thank you to The Brotherhood of St. Andrew for the Shrove Tuesday Pancake Supper. Thank you to Lee Hollister for the coordinating of all the building works. Thank you to Lynn Hollister, Kathleen Pennington and Gail Taylor for being part of the Sunday School teaching team during February. Thank you to Alison Preston leading the Acolyte team in the Souper Bowl of Caring food drive and hosting coffee hour on Feb. 16. Thank you to everyone who contributed nonperishable foods for the “Souper Bowl of Caring” through which our acolytes donated 97 pounds of food and $445 to Grass Roots II. In the thirteen years we've participated in this food drive we've gathered 1,682 pounds of food and $849. Thank you to all the volunteers that have helped in the office this last month. Thank you to all of the contributors for the articles for this issue.

General Information

The Witness is a monthly newsletter published by St. Stephen's Episcopal Church, San Luis Obispo, CA to provide information about the parish to the congregation. Subscriptions are free to anyone. Send request along with your name and mailing address to the church office. Donations to help offset distribution costs are appreciated. Make checks payable to St. Stephen's.
The Church's e-mail address is: office@ststephensslo.org

Contribution of articles is encouraged. Please e-mail submissions to witness@ststephensslo.org
The deadline for emailed submission of articles is the third Friday of the month. Email any questions to witness@ststephensslo.org © Copyright 2020 by St. Stephen's Episcopal Church. All rights reserved.
POSTMASTER: Please send address corrections to: St. Stephen's Episcopal Church, 1344 Nipomo St., San Luis Obispo, CA 93401-3935
A Guest in the House

Over the weekend of February 7-9, the Brothers of St. Andrews held their annual Men's retreat at Mt. Calvary Monastery in Santa Barbara, where it has been held for the past decade or longer.

This year's retreat had attracted my interest for several reasons. First of all, I wanted to get to know some of my brothers at St. Stephen's better, and spending a weekend in retreat with them seemed an excellent opportunity to do so.

Secondly, I was aware that the monastery will be closing at the end of this year. All of the other attendees at our retreat had attended prior retreats here, some over numerous years. So for them, this last visit to this special venue would be the end of an era, and I wanted to experience it before it came to its conclusion.

Finally, Pastor Karen Siegfriedt was scheduled to lead and facilitate the retreat this year, which I knew would be special by virtue of having had the pleasure of listening to many of her well thought out and communicated sermons over the past two years.

Mount Calvary Monastery has quite a history, having been established in 1947 as a monastery and retreat center of the Order of the Holy Cross, an Anglican Benedictine Order of Men. Following the destruction of their original building by fire in 2008, the monastery used insurance money to relocate to their current grounds, immediately adjacent to the Old Mission in Santa Barbara. These beautifully crafted buildings and lushly landscaped grounds had previously been used as a retreat house by the Sisters of the Holy Nativity. Today, most of the monks at Mt. Calvary have retired or moved as they age, leaving only two full time monks at the center, Brothers Adam McCoy and Brother Will Brown.

The retreat exceeded my every expectation. From the moment I arrived, a sacred and reverent aura seemed to be present. The buildings, which includes the main house, the guest house and the chapel, are beautiful works of architecture and the entire grounds exudes calm serenity. One can look out towards the ocean and view the mission domes. From the beautiful deck behind the guest house, one looks down on Mission Canyon, catching a glimpse of Mission Creek. Above in the close distance hover the rocky topped Santa Ynez Mountains as a backdrop.

Our weekend schedule included six services, including Lauds, Eucharist and Vespers, as well as five group discussions led by Pastor Karen. In addition, we were well fed three tasty meals per day and allowed a couple of hours of free time each day to walk, read, meditate or just relax. Silence was expected in the morning after arising until after morning service and breakfast. Across the street from the Monastery we explored Rocky Nook Park, where Chris Arndt led several of us on a hike to view the old grist mill, cistern and other archeological structures from the old mission days.

Most of the contemplative discussion time at the retreat was spent probing personal spiritual and religious questions, with the gentle nudging and shepharding of Pastor Karen. Throughout the retreat, as I listened to the many shared stories of the brothers, I became vibrantly aware of the opening of hearts around me and the presence of the holy spirit and realized that I was indeed a guest in his house.

While this chapter of the men's retreat has now ended, a new chapter now begins. Efforts to locate a new venue for next year's retreat are already underway. I encourage all men in the parish to consider attending next year and help us continue this tradition of fellowship and contemplative experience of one another.

-Craig McCollum
Deadlines, Deadlines....

The first deadline for producing the County Assessors Report was in January 2020. This is a lengthy report which lists are various "users" that use our church for meetings or for running a non profit. They consist of Grandmother's House, Community Counseling Center (parking spaces only) and the various support groups. The report lists who they are, their usage of the church, and their Tax ID #. In order to preserve our non profit status, we can only let non profits use our church facilities. This doesn't apply to one time users or for family celebrations.

The next deadline is to produce the Parochial Report and have it to the Diocese by March 1st. There are two parts to this report. Fr. Ian fills out the Attendance portion and I complete the Financial and Stewardship portion. This report lets the Diocese have a complete breakdown of our finances from Pledges to Outreach (it is divided into Operating vs Non Operating).

If anyone is interested in seeing these reports, please let me know and we can schedule a time.

Here are the current donation totals for our various Restricted Funds:

- RSVP Demo: $10,370
- Wood Siding: $20,500
- Painting: $11,080
- Jean’s Building Fund: $6,910
- Doors: $7,500

We've already spent over $11,000 on the new doors (both glass and wood). Lee and Lynn Hollister have pledged to pay the overage on the doors. Thanks to all of you who have donated to these funds!

Here are the Mechanics Bank balances as of February 23, 2020:
- Operating: $115,326.41
- Money Market: $46,253.88
- Endowment Checking: 8,129.43

State Street Global Endowment: $610,280.64 as of the January 31st bank statement (a parishioner approached me and asked why I didn't include this in my Witness article). Here it is and thank you!

Faithfully Submitted,
Katia Arndt, Treasurer

CREATION CARE REFLECTIONS

It's often said that there are 3 basic types of prayers: Help, Thanks and WOW. I invariably pray "Thanks" and often "Wow" when in close contact with nature. Many of us feel especially close to God when out on a walk, hike, run or bike ride.

When I lived in Fresno I frequently went on day hikes in the Sierras. These gave rise to many a "Thanks" and "Wow". Once, returning from a beautiful mountain lake at 10,000 feet I was met by a mountain thunderstorm moving up the steep canyon I had hiked to get to the lake. It was scary, and I certainly prayed "Help!". But it was also one of the biggest "Wow" moments of my life. When I got back to the trailhead I sighed a prayer of "Thanks".

Here on the Central Coast there are plenty of "Thanks" and "Wow" moments. In addition to our beautiful Santa Lucia’s, we have an entire ocean to lift our eyes and spirits to God. Sunrises and sunsets can be spectacular. Marshes around Los Osos and Morro Bay are alive with birds and other wetland wonders. The roads around vineyards call to bicycling enthusiasts, and mountain bikers love the rugged mountain trails.

But right now, nature is calling "Help". We live in an age sometimes called the Anthropocene, meaning that we humans are the dominant force in what happens on this planet. And it seems likely that human actions — and inaction — have stressed natural systems, especially climate, to a critical point.

As God's hands in the world, and as stewards of creation, we now face the daunting task of responding to Nature's "Help". And we call out "Help", praying God will give us the wisdom and will to heal what we can and to halt environmental degradation.

The hymn says:

"This is my father’s world, and to my listening ears
All nature sings and round me rings, the music of the spheres...
He trusts us with his world, to keep it clean and fair,
All earth and trees, all skies and seas, all creatures everywhere."

(The Hymnal 1982, 651)

-Kathryn Bumpass
Get on The Bus 2020

On March 29th we'll welcome Nancy Priddy at coffee hour. Nancy is visiting to tell us about "Get on the Bus" and ways we can help. Get on the Bus is a program that brings children and their guardians/caregivers from throughout the state of California to visit their fathers in prison at California Men's Colony.

An estimated 865,000 children in CA (9% of the total) have a parent currently involved in the state adult criminal justice system. A study in 1999 found that over half of all mothers and fathers in prison had never had one visit from their children. Studies also show substantial benefits of regular visits for both children and parents. Children with a parent in prison are usually cared for by relatives, often grandparents. Many caregivers are unable to make the drive due to distance or expense. Get on the Bus offers a priceless opportunity - a mother's touch, a father's hug, a family photo, a private conversation and a connection with hope and healing.

Get on the Bus offers free transportation for the children and their caregivers each year around Mother's Day and Father's Day, to the prison, provides them with care bags, a photo of each child with their parent and meals for the day - all at no cost to the children's family.

Again this year St. Stephen's is an Event Sponsor together with Mt. Carmel Lutheran Church, UMC and the Mosque of Nasreen. The cost of a bus, 2 drivers, (drivers can only drive for so long, so 2 are required), gas, documentation to get the kids/chaperones through security, meals on the bus, both ways, insurance, and many other things that come up is $3,000. Donations are needed and may be made on March 29th at the special offering during Coffee Hour, hosted by our Acolytes, or the Sundays before then.

As well as funds for the bus, volunteers are needed at our local event on May 16 at Mt. Carmel. When she visits on March 29th, ask Nancy about the many ways we can help make it a great day for the children and their care givers.

Bowl-a-thon

The Acolytes from St. Stephen's will be at Mustang Lanes on March 28th to support our neighbor, Transitions Mental Health Association, in their 39th Annual "Strike Out Stigma" Bowl-a-Thon. Our goal is to raise $1,000 for TMHA mental health programs in San Luis Obispo, such as the SLO Hotline which is a suicide prevention, crisis intervention, resource referral and emotional support line, staffed by volunteers and employees - all day, every day, all year, all free of charge. It is the only free service of its kind in the area.

Other services provided by TMHA include:

- Team-based response, case management and/or licensed clinical treatment
- Wellness Recovery Action Plan (WRAP) classes.
- Back-to-school clothes for children in TMHA's Youth Treatment Program
- Community Housing Services to over 300 individuals a year
- Compassionate, informed assistance for families
- Work programs for individuals living with a mental illness
- Homeless services with multiple outreach, treatment and housing programs

Please help us reach our goal of $1,000 by March 27!
To donate: Make checks payable to St. Stephen's and write "TMHA Bowl-a-thon" on the memo line. Put cash in an envelope and write "TMHA Bowl-a-thon" on it. Give cash or a check to one of the Acolytes at coffee hour or drop in the offering plate or at the church office. To donate online: https://charity.gofundme.com/o/en/campaign/banana-splits-and-i-can-believe-its-not-gutter1
St. Stephen's Parish Council Annual Chocolate Easter Egg Fundraiser for Outreach  
(Proceeds support local needs, not St. Stephen's)

Beautifully decorated, solid chocolate-fudge Easter Egg  
1/2 lb for only $10.00  
1/4 lb for only $5.50

Order deadline – Sunday, March 22, 2020

Your Name ____________________________________________

Phone or email ________________________________________

For Group Order - Name and phone or email of person who will pick up order for you:

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Half-Pound Eggs without names

Total Number of 1/2# Eggs __________ x $10.00 = $

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*If you would like to donate one or more eggs to homeless or needy children, please enter quantity above. In consideration of possible nut allergies, only no-nut eggs are donated. They will be given to Family Care Network, Stand Strong (Women’s Shelter) or CAPSLO /40 Prado.

Total Number of 1/4# Eggs __________ x $5.50 = $

3. Total Cost of all Eggs Ordered

Total Due __________________

Make check payable to St. Stephen’s Parish Council.  
Payment must accompany order.  
Return order to the church office, an usher, or mail to Parish Council,  
St. Stephen’s Episcopal Church, 1344 Nipomo, San Luis Obispo, CA 93401  
Pick up eggs in Ramsden Hall on Sunday, April 5 after services until Noon or contact Kathleen to arrange another time: kapennington@netscape.net
Strategic Planning: 2020 Short-Term Goals

The Vestry met for its annual Retreat on February 1. The Strategic Planning sessions were led by Bruno Giberti and Liz Frost. During those times, we reviewed the list of Values and the wish list of goals submitted by the congregation. Bruno and Liz helped us choose goals that can be achieved during 2020, one under each of the 7 “Dream Zones” that we explored during the Annual Meeting. At the Vestry Meeting the following week, each of the goals was assigned to a Vestry Member, with the assignment to have a draft of an action plan to review at the March Vestry Meeting. The 2020 Short-Term Goals are:

- **Building and grounds:** continuing to address deferred maintenance throughout the parish campus, including repaving the parking lot and possibly replacing the sewer line.
- **Location and history:** creating a lasting presentation of the parish history in the form of a book, pamphlet, three-dimensional exhibit, online publications, and/or two-dimensional display.
- **Liturgy and music:** maintaining an active and ambitious program that includes the support of music scholars.
- **Finances and stewardship:** developing a year-round stewardship program that has as one of its outcomes an increase in the number of pledging units.
- **Organization and administration:** developing a membership database to replace existing spreadsheet.
- **Youth programs and Canterbury:** integrating youth and their families into the entire body of the church through multigenerational activities and services.

Over the coming year, you should see changes in these areas, and there will no doubt be regular updates in *The Witness*. The next step in the Strategic Planning process is to choose Long-Term Goals, ones we believe that we can achieve in 3-to-5 years. At a mini retreat on May 2, the Vestry will once again look at the wish list of goals that were submitted by the congregation at the Annual Meeting and choose at least one in each Dream Zone to pursue.

Our worship and prayer time together is precious. It not only equips us to live lives wholly acceptable to God, it compels us to do good in the world, to Welcome, Worship with, and Work for, with and among one another and the Good People of San Luis Obispo. Our Strategic Planning will help us do all of that to our God-given potential.

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**Children’s Day in the Plaza**

April is National Month of the Child and to celebrate God’s great gift of children, St. Stephens will be hosting a booth at SLO’s 42nd Annual Children’s Day in the Plaza event! The event will be held in Mission Plaza, SLO on April 4th from 10am-3pm. Our booth theme is that God is good!; that all God makes is good and that God can turn all things to good.

*For everything God created is good. (1 Tim 4:4)*

If you are interested in joining in the celebration of God’s goodness by supporting our booth on Saturday, April 4th, please contact Becky Moseley (beckymoseley@gmail.com / 805-451-2626). We are welcoming volunteers who can help with set-up, running (creating crafts with children in our community that remind them of God’s goodness), and taking down after the event. Thank you!
Renaissance music makes a stop at St. Stephen’s

Soprano Sarah Pillow will return to her home roots of St. Stephen’s for a concert on Sunday, March 29 at 2:30 PM, as guest artist with Merrie Bande, Jennifer Sayre, harp and Andrew Harp, percussion. The trio will present a 1 hour program of lively Renaissance music entitled, "Wanderlust". The program begins in the court of Henry VIII of England and winds through the continent via songs and dances. A reception will follow the performance. Suggested donation for the afternoon is $15, with school age children admitted free when accompanied by an adult. Portions of the proceeds will benefit the St. Stephen’s History Project. Vocalist Sarah Pillow enjoys a unique career, drawing on her equal expertise in her interpretation of jazz, classical, and early music repertoire. Since moving to New York City from her native California, Sarah has toured the United States and Canada with her jazz quartet, her crossover project, Nuove Musiche, and her early music ensemble, Galileo’s Daughters. She has performed as both professional chorister and soloist on all the great stages in New York City, including Lincoln Center and Carnegie Hall.

Partner Diocese Visitor

In mid-March, we will have a visit from The Rev Joy Ludlow, Assistant Curate in the Parish of Thornbury in the Diocese of Gloucester. She is embarking on 6 weeks of training and experience in her final year of her Curacy (like a residency for priests). Some of that time will be here on the Central Coast. Rev Joy will preach at St Stephen’s on March 15. She also may join in a few of our activities around that time. If you would like some time with Rev Joy, please let me know, and I can see how it might fit into her schedule. You can read more about Rev Joy at http://www.thornburycofe.org.uk/joyludlow.html

Thank you, Thank you Coffee Hosts

There is still time to volunteer your culinary and hosting skills for coffee hour. March 29 is open!!!! To help with the food planning of coffee hour, the Hospitality committee will add favorite easy recipes. Below are the famous meatballs prepared by Steph Sherman.

96 count mini heat and serve Italian style meatballs – usually found in the frozen specialty meat section of the Vons, Albertsons or Ralphs
Jack Daniel’s original BBQ sauce Old #7, 19oz
Place frozen meatballs and 2/3s of the bottle of BBQ sauce in a crock pot. Heat on high for 20-30 minutes; reduce to low until meatballs are hot, about an hour. Can hold for longer by turning heat to warm.

Happy March!

Birthdays & Anniversaries, Please send in your birthdays and anniversaries so that I can publish them in The Witness.

I will be out of the country from March 21 to March 30. I am looking for volunteers to fill-in in the office while I am out. Office hours are Monday thru Thursday, 9AM—1PM. The duties are to various computer tasks (printing & folding bulletin), answering phones, and greeting or assisting our special visitors and the various user groups that use our facility.

Let me know if you would be interested in helping and if you need any time in the office for training. Call, stop by the office, stop me at church on a Sunday or Email: office@ststephensslo.org

Understanding Your Rights: The 4th Amendment
Wednesday, March 25
6:00 - 7:30 p.m.
Copeland Health Education Pavilion
French Hospital, 1911 Johnson Avenue, San Luis Obispo

PEACE Program: Providing Education & Community Engagement about Public Safety. At the San Luis Obispo Police Department, we understand how important it is to have a trusting relationship with our community, and believe we must take ownership in creating those relationships. Launched in 2017, PEACE (Policing Education And Community Engagement) provides education about what the police department does, why we do it and how the community can share responsibility for our safety and success. PEACE is a series of 2-hour discussions focusing on topics such as police protocols for use of force, police body cameras and mental health resources. During the discussions, members of the public will hear from and ask questions of different police professionals. The talks are limited to the first 120 people. Sign up here. For questions, email Christine Wallace at cwallace@slocity.org.
March 2020

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Who’s Celebrating?

Birthdays

John Kellett 10-Mar
Beverly Williams 24-Mar

No Anniversaries this month

Special Events

Chocolate Egg Deadline 22-Mar
Bowlatton 28-Mar
Get on the Bus 29-Mar
Wanderlust Concert 29-Mar

Important Dates

Vestry Meeting at 12PM
Brotherhood Breakfast 8AM
Witness Article Deadline
Sing Along @ Bella Vista at 10AM
Sing Along @ Sydney Creek at 3PM

Ongoing Activities

8-Mar Handbell Practice Tues 4:00PM
11-Mar Sing Along Practice Tues 5:15PM
20-Mar Centering Prayer Tues 5:00PM
21-Mar Mid-Week Service Wed 12:15PM
22-Mar Choir Rehearsals Wed 5:15PM

BIBLE SELECTIONS FOR MARCH

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PARISH ACTIVITIES IN SPRING—SUMMER 2020

As you start to look at your calendars and how your home and family life will take shape through out 2020, here are some activities that will be taking place at St. Stephen’s outside of our normal Sunday, Tuesday and Wednesday worship and our monthly lunch serving at 40 Prado.

There are a variety of activities, some of which are worship services to put in your calendar to attend (A), and some are community activities for which you may consider being the organizer (O) (see Fr Ian) or being a volunteer (V) (see Stephanie if an organizer has not yet been decided).

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/1/2020</td>
<td>Endowment Committee Meeting</td>
</tr>
<tr>
<td>3/5-4/2020</td>
<td>Adult Education on Thursday Mornings (A)</td>
</tr>
<tr>
<td>3/8/2020</td>
<td>Vestry Meeting</td>
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<tr>
<td>3/14/2020</td>
<td>Agape Community Workshop by Kelsey Davis (A)</td>
</tr>
<tr>
<td>3/25/2020</td>
<td>Peace Talk: Understanding Your Rights: The 4th Amendment (A – At Copeland Edu-</td>
</tr>
<tr>
<td>3/29/2020</td>
<td>Sayre/Pillow Early Music Concert (A)</td>
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<tr>
<td>4/4/2020</td>
<td>Children’s Day in the Plaza (V)</td>
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<tr>
<td>4/5/2020</td>
<td>Palm Sunday (A)</td>
</tr>
<tr>
<td>4/9/2020</td>
<td>Maundy Thursday Service at 5:30PM (A)</td>
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<tr>
<td>4/10/2019</td>
<td>Good Friday Service at 12:00PM (A)</td>
</tr>
<tr>
<td>4/11/2020</td>
<td>Holy Saturday Sanctuary Cleaning Day (V)</td>
</tr>
<tr>
<td>4/12/2020</td>
<td>Easter Sunday Service at 8AM &amp; 10AM (A)</td>
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<tr>
<td>4/19/2019</td>
<td>Low-Sunday/Quasimodo Sunday with possible Eucharistic Brunch (A)</td>
</tr>
<tr>
<td>4/18/2020</td>
<td>Canterbury Chili Cook-Off (V,A)</td>
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<tr>
<td>4/22/2020</td>
<td>Genocide Remembrance Day Service (A)</td>
</tr>
<tr>
<td>5/2/2020</td>
<td>Vestry Long-Term Goals Retreat</td>
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<tr>
<td>5/7/2020</td>
<td>National Day of Prayer</td>
</tr>
<tr>
<td>5/10/2020</td>
<td>Vestry Meeting</td>
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<tr>
<td>5/10/2020</td>
<td>Installation of Bishop Lucinda at Trinity Cathedral (A)</td>
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<tr>
<td>5/25/2020</td>
<td>Memorial Day – Office Closed</td>
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<tr>
<td>5/31/2020</td>
<td>Pentecost Sunday / Youth Sunday (A)</td>
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<tr>
<td>6/5/2020</td>
<td>Hunger Awareness Day (V)</td>
</tr>
<tr>
<td>6/7/2020</td>
<td>Trinity Sunday (A)</td>
</tr>
<tr>
<td>6/7/2020</td>
<td>Deanery Meeting at St Stephen’s (V)</td>
</tr>
<tr>
<td>6/14/2020</td>
<td>Vestry Meeting</td>
</tr>
</tbody>
</table>
CHILI COOK-OFF!
THE 5TH ANNUAL COMPETITION

APRIL 18, 2020 · 5-7PM
ST. STEPHEN'S HALL
650 PISMO STREET, SLO
A FUNDRAISER OF CANTERBURY
EPISCOPAL CAMPUS MINISTRY
TICKETS ON EVENTBRITE
WWW.FACEBOOK.COM/SLOCANTERBURY

DO YOU WANT TO FAST THIS LENT?
In the words of Pope Francis

• Fast from hurting words and say kind words.
• Fast from sadness and be filled with gratitude.
• Fast from anger and be filled with patience.
• Fast from pessimism and be filled with hope.
• Fast from worries and have trust in God.
• Fast from complaints and contemplate simplicity.
• Fast from pressures and be prayerful.
• Fast from bitterness and fill your hearts with joy.
• Fast from selfishness and be compassionate to others.
• Fast from grudges and be reconciled.
• Fast from words and be silent so you can listen.

AGAPE MEALS WORKSHOP

FREE | REGISTER NOW | AGES 14-100

SLO: MAR 14
(12:30-3p)
@St. Stephen's Episcopal Church

LEARN ABOUT THE SPIRITUAL, PRACTICAL, AND LITURGICAL COMPONENTS OF THIS EMERGING WAY OF GATHERING. THIS WILL BE AN INTERACTIVE WORKSHOP, WHERE YOU WILL LEARN, WHILE BUILDING COMMUNITY WITH OTHERS. NO STRINGS ATTACHED.

CONTACT: KELSEY@REALEPISCOPAL.ORG

pietrafitness.com
Order Chocolate Easter Eggs by March 22nd!

Only $10 for half a pound of beautifully decorated, handmade chocolate or $5.50 for a quarter pound. Order for yourself, your friends and family or sponsor an egg for a child in need. Proceeds from the sale of these eggs go toward outreach programs through our Parish Council. Eggs will be ready to pick up after services on Palm Sunday. We’ll be making the “no nut” eggs first, so if you’ll need yours early, choose “no nut” and you can pick them up the Sunday before Palm Sunday. Order forms are in this issue of The Witness. Pick up more at the back of the church, on the bulletin board in Ramsden Hall or at our website www.ststephensslo.org

Chocolate Factory opening in Ramsden Hall March 23rd

Chocolate Factory sign up sheets will be on the bulletin board in Ramsden Hall at the beginning of March. Both experienced and inexperienced workers are needed. Please sign up for whatever shifts best fit your schedule. If you’ve worked in “the chocolate factory” before, you know the task schedule may not be adhered to precisely, but whatever we happen to be doing each day you’ll be in the company of friends and the place will have that wonderful smell of chocolate. Questions? See, call or email Kathleen 805-546-0880, kapennington@netscape.net