

February 2025

THE TORCH

ST. AIDAN'S EPISCOPAL CHURCH, CAMANO ISLAND, WA

www.StAidanCamanoIsland.org

[www.Facebook.com/StAidanCamanoIsland](https://www.facebook.com/StAidanCamanoIsland)

Office@StAidansci.org 360-629-3969



From the Vicar

Air travel is one of the true modern marvels of our era. That three hundred souls can board a glorified tin can and be thrust from zero to two hundred miles an hour and launched into the stratosphere is mind boggling, even for someone who has experienced it countless times. That you can step into a huge cylindrical object with the population of a small town and be ferried from the Pacific to the Atlantic in five hours is beyond comprehension, even in the age of A.I. And the fact that it is safer (statistically) than driving your car seems absolutely impossible. While tragedies do occur, and they are heartbreaking, you also see people like Sully Sullenberger land an Airbus A320 with two downed engines on the Hudson River. Air travel is truly amazing. It has knit the world together and bridged chasms of space and time in unimaginable ways.

Other technologies like artificial intelligence, social media, text messaging, and Zoom have made the world *even smaller*. They make distances evaporate magically. Countless miles of separation seem to disappear when you're seeing pictures and video of friends and family in real time from the other side of the continent. In addition, every citizen can now be a journalist with a camera in their pocket and satellite internet connection. Images travel around the world in seconds from person to person and almost no one is out of reach. With all of this physical and virtual connective possibility the world should be much safer, much less lonely, and much more flourishing. We can see anything or anyone whenever we want and nothing is beyond the click of a mouse or the tap of a screen. And yet what we're learning from Gen Z, the generation that has only ever known a digital world, is that that's not entirely the case.

Real life — the kind that matters — cannot be all virtualized, digitized, or monetized. Air travel is exhausting and hugs don't happen on Zoom. These technologies are incredible tools but they cannot replace human community and in-person contact. The church as the body of Christ has much to share with the world on this front. The God we know and worship chose to be with his people in-person. The healing Jesus did was done by touching people's bodies, not their online profiles. He gave them renewed power to stand, walk, see, feel, taste, touch, sing and praise. He healed by being present, by being in community, and by loving the people in his midst. The strength and grace of the church will always be transformational because it is always, as Jesus was, "incarnational" (literally, in the flesh). Smiles and tears and the hope in your neighbors' eyes can sometimes be felt virtually (thank God!) but are best known in person.

With the bishop's visit to St Aidan's on March 2 this all fits. He could simply send us a letter, send an emissary, or Zoom in. In certain circumstances these are all perfectly fine options! But his priority is to be with us. Really with us. His leadership as an instrument of communion, a sign and symbol of our common life with the wider church, is something that is carried out with skin in the game. He wants a personal relationship with us, and we with him; and what a grace that is.

As we gather for our Annual Meeting we do so as the body of Christ. Each of us bring something to this community just by virtue of being who we are. Your presence, your physical, made-in-the-image-of-God presence, blesses the church and makes it better and stronger.

May you know that whoever you are, and wherever you are on the journey of faith, you are a blessing.

Yours in Christ,

Drew+



From the Senior Warden

Habits

I'll begin with the words of historian Will Durant, summarizing Aristotle: "We are what we repeatedly do ... therefore excellence is not an act, but a habit."

In my personal experience, the results of bad habits or good habits don't become obvious to me until several days, months or years have passed. It's then, with reflection and honesty, that I eventually see the outcome of what I do or what I don't do.

A perfect example of a bad habit that I was consistently doing became apparent in a recent medical lab report, reflecting elevated numbers because of poor eating habits! These lab results didn't just happen — it has taken me years of choosing cookies, crackers, breads and deserts to bump up my glucose numbers.

Another example would be exercise. Choosing to exercise on a regular basis is a good habit. All of the benefits of regular exercise become obvious and visible after days, months and years of continued motivation and use. However, I have depended upon my will and that has not worked very well. The results have been — added weight and less stamina.

Eating and exercise are not the only choices in life that will have a good or a poor outcome, based upon what I do or what I don't do. Building habits that will strengthen by faith, my understanding of scripture and my walk with Christ are of great importance. My spiritual self will prosper with healthy habits of prayer, reading and meditating upon scripture along with Christian fellowship.

Much of what is done each day happens automatically as the result of our habits. If our character is shaped by our day-to-day actions, then who we are is determined to a large degree by our habits. So, what we choose to do or not to do over time, has lasting effects on us physically, emotionally and spiritually.

In reflection, I need to acknowledge my habits and most certainly recognize the impact they are having on my overall health and how I am growing spiritually and thriving emotionally. How are my day to day choices, behaviors and habits exposing my true character?

I appreciated this thought written by the freelance writer, Walker Larson. "A virtue can be defined as a good habit built up through repeated good actions, while a vice is a bad habit reinforced through repeated bad actions. Virtues and vices shape our character, little by little, like the blows of a chisel on stone, revealing a sculpture."

Always before us is the challenge between virtue and vice and how we choose eventually shapes and reveals our true character.

Self improvement starts with realistic goals and our expectations need to be patient. There is a world of virtuous habits out there and making good choices requires that we put one foot in front of the other and then follow the rewards that will come with time.

I'm going to start, this very day, working toward some exceptionally good habits. Habits that become automatic and result in virtuous character and overall good health. I'll face weakness, from time to time, and want to take the easy road. When that happens, I'll rely on prayer, reading scripture and an encouraging, like-minded friend to hold me accountable. It'll be just baby steps for a while and after repeated good actions, it'll become a good habit, and one that comes without thought or effort.

Vonda Buse

vonda.buse@gmail.com

PS...I was very grateful for the opportunity to serve St. Aidan's as senior warden in 2024. The experience was remarkable, working with a community of believers who daily live out their faith in service to our Lord Jesus Christ, St. Aidan's Church and the beautiful Stanwood-Camano community in which we live. My messages each month have come from the heart and I hope you have been encouraged in your faithful walk with Christ. Thank you again! V

USE SOFT VOICES
AND SILENCE PHONES

Be mindful of those members of our St Aidan's family and of visitors who look forward to a time of quiet reflection in the sanctuary before Sunday services.

From the Junior Warden

Key Accomplishments for January:

- **Dietel Hall Remodel Completion:** The remodel of Dietel Hall is now complete! This significant project has resulted in a more functional and welcoming space for our congregation and community.
- **Campus Wayfinding Improvements Initiated:** The first step in improving wayfinding within the church campus has been taken with the manufacturing of a new directional sign. This new sign will replace the current sign located in front of the choir porch and will be strategically placed in the garden bed by the entry walkway.
- **Light Pole Relocation in Progress:** A Public Use District (PUD) order has been obtained to relocate the light pole. The relocation will occur when the relevant department can "work it into their daily schedule."
- **New garbage Bin Enclosure.** A new garbage bin enclosure has been built



Ongoing Projects:

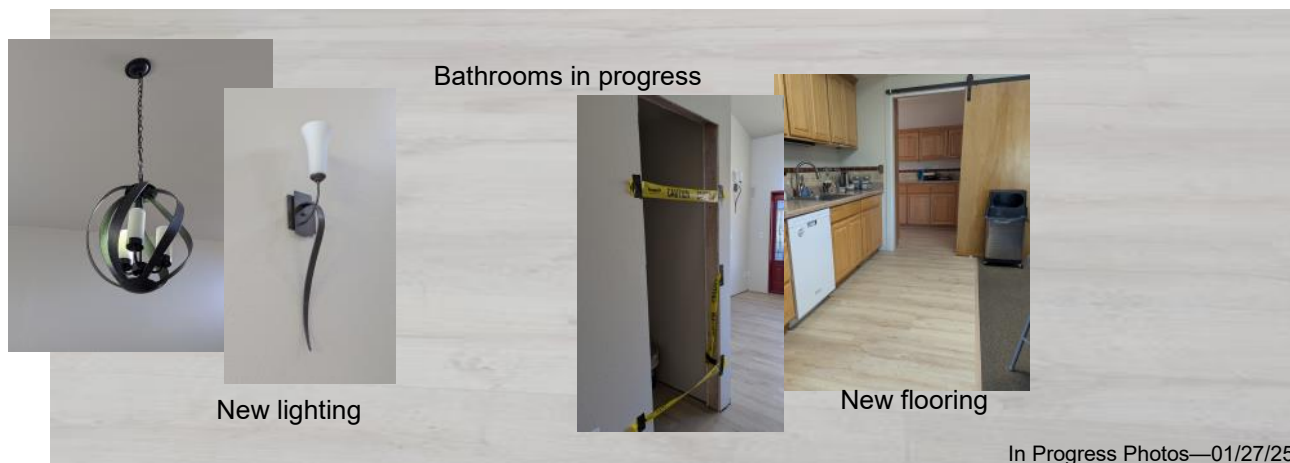
- **Campus Wayfinding Improvements:** Step 2 of Improving Campus Wayfinding is signage along the fire road that will direct visitors to the breezeway Church doors, Columbarium, Garden Stage and prayer walk.
- **Landscape Improvements:** There is a plan to revitalize the landscape on the south side of church, along the fire access road and in the back of church.



Looking Ahead:

- **New Junior Warden:** Marilyn Rockwell has been elected as the new 2025 Junior Warden. Like previous JWs I will be helping her discover the joys and tribulations of this ministry.

Peter Dunphy



Important Events at St Aidan's in February

February 2

Feed My Sheep Sunday

One service, Holy Eucharist II, 9:00am

Annual Meeting, 10:15am, followed by a Potluck

Esprit Joyeux Concert "Cats, a shepherd, a yodeler, and pickles....oh my," 2pm

February 12

Women of St Aidan's, 11am

See calendar on page 6 for more activities and events at St Aidan's. Check weekly ePistle for any adds or updates.

Cold Weather Shelter at St Aidan's

With the recent string of cold nights in mid-January we have had the St Aidan's Cold Weather Shelter open for three nights. We have had good volunteer support from both our St Aidan's congregation and from the greater Stanwood/Camano community. Alas, we have yet to have a guest for the evening. However; we remain undeterred as we know the need is there. We feel (pardon the pun), that we just need to break the ice so that the word of mouth gets around.

We have also had a group in the Mabana area of Camano Island reaching out to see how we organize and communicate our activities.

Please continue to include us in your prayers and volunteer when you are able.

Kevin King



Update: The recent cold weather has brought in at least one repeat guest. Volunteer help is greatly appreciated.!

Windows of St Aidan's

The 10 windows in the sanctuary tell the story of the spread of the Good news in the British Isles over a period of seven hundred years (63 AD to 735 AD) through the lives of ten saints. Each saint has a window and the sequence is chronological.

A debt of gratitude is owed to these saints for the gifts given through their faith and sacrifices—the gifts of the Good News and a rich Church history and tradition.

Window 7: St Aidan, Bishop and Confessor, Lindisfarne, Northumbria



His symbol is a torch—he brought the light of the Gospel to northern England and established Lindisfarne which served as a beacon of light in a dark time.

The Venerable Bede records that Aidan, an Irish monk of Iona, was sent as missionary bishop to Northumbrians at the request of their king, Oswald. Bishop Aidan met with success in his efforts to convert the kingdom, and established his monastery on the island of Lindisfarne, which has come to be known as the Holy Isle.

His humility, kindness and holiness won him the respect and affection of all people in northern England, making him of equal importance, as a servant of Christ, to St Augustine of Canterbury. Lindisfarne became a center of faith, learning, and refuge in those fearful times of constant warfare and lapses into heathen ways.

Window given in memory of Ace and Sally Vanasse; Bud Veleke; and, in thanksgiving to God.

Thank You for Your Service to St Aidan's!

Each year three members of our congregation are elected to serve a three-year term on St Aidan's Bishop's Committee. Their commitment to serving this congregation is greatly appreciated. Below are the members leaving at the end of January, Please thank them for their service.



Vonda Buse served two years as the Worship Liaison and this last year as Sr Warden.



Ray Riches served one year as the Buildings and Grounds Liaison, one year as the Christian Education Liaison and this last year as the liaison for Congregational Life.



Peter Dunphy served one year as the Outreach Liaison and the last two years as Jr Warden.



Dick Philmlee has served the last two years as the Buildings and Grounds Liaison.



Coffee Hour After Sunday 10am Service



If it is your Sunday consider bringing a light snack—sweet or savory to share during coffee hour.

First Sunday (February 2)	A-D
Second Sunday (February 9)	E-L
Third Sunday (February 16)	M-R
Fourth Sunday (February 23)	S-Z

A reminder:

We all make Coffee Hour happen....

If it is your week to host please stay after Coffee Hour to help clean up Dietel Hall and the kitchen and make sure all leftover food is taken home each week. Also, take used tea towels and dishcloths home to launder.

Someone from the hosting group needs to make sure the front door is locked before leaving. If you do not have a key, no problem just lock the front door from the inside and leave by the double doors that lead to the sanctuary.

Is Your Photo Still Missing from the Directory?



Help us update our directory. If your photo missing from our church directory or needs updating please let Ann Boid (apbrrb041539@gmail.com) know or contact the church office so we can make sure you are included.

You can also request a printed copy of the directory.



Steve & Billie Jensen	10
Bill & Adele Lee	13
Don & Carol Avallon	22



Patty Clark	06	Suellen Eberhart	15
Ethel Maxwell	06	Amber Ferrese	18
Robert Bialon	07	Carol Jarrett	18
Ray Riches	07	Bill Goodenough	22
Robert Gorman	11	Carole Schaefer	23
Jan Donovan	12		

Esprit Joyeux
Musical Ensemble



CONCERT

Featuring:

Mandy Walters-Whitaker, Gretchen Pigott
& Natalie Hagglund

*Cats, a shepherd, a yodeler and pickles...
oh my!*

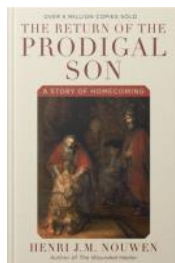
Come enjoy a concert of clever contemporary works
written for flute, oboe, english horn & piano.
Plus music of favorite baroque composers —
Telemann & J. S. Bach.

Sunday February 2nd at 2 pm

St Aidan's Episcopal Church
1318 State Highway 532 Camano Island, WA

Free will offering to support the
Stanwood-Camano Area Foundation

Tuesday 10:30 am—Study Group



The group meets in Dietel Hall or the conference room. In February the group will be reading and discussing "The Return of the Prodigal Son" by Henri J.M. Nouwen. This book will take the group to the Lenten season when a new study will begin.

This is a very informal group, stop by and join in the discussions.

Food Bank Sunday (February 2nd)

"Feed My Sheep"



Collections are on the first Sunday of the month. If not attending services you can drop off donations on the porch the first Saturday or Sunday of the month.

Thank you for your donations.

February 2025—Activities Calendar*

*Check for status on St. Aidan's website, current ePistle or with organizers of specific groups for updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
The Third Sunday after Epiphany 8:00 am Holy Eucharist I 10:00 am Holy Eucharist II (also live streamed on YouTube)	5:30 pm AA	10:30 am Study Group	10:00 am Holy Eucharist I	5:00 pm The Gathering Place		7 pm AA
2	3	4	5	6	7	8
The Presentation of Our Lord Jesus Christ in the Temple 9:00 am Holy Eucharist II (also live streamed on YouTube) 10:15am Annual Meeting Potluck follows meeting Food Bank Sunday 2:00 pm Esprit Joyeux Concert	5:30 pm AA	10:30 am Study Group	10:00 am Holy Eucharist I			7 pm AA
9	10	11	12	13	14	15
The Fifth Sunday after Epiphany 8:00 am Holy Eucharist I 10:00 am Holy Eucharist II (also live streamed on YouTube)	5:30 pm AA	10:30 am Study Group	10:00 am Holy Eucharist 11:00 am Women of St Aidan's			7 pm AA
16	17	18	19	20	21	22
The Sixth Sunday after Epiphany 8:00 am Holy Eucharist I 10:00 am Holy Eucharist II (also live streamed on YouTube)	Bishop's Committee Retreat 5:30 pm AA	10:30 am Study Group	10:00 am Holy Eucharist I	TORCH DEADLINE		10:00 am Prayer Shawl Ministry
23	24	25	26	27	28	1
The Seventh Sunday after Epiphany 8:00 am Holy Eucharist I 10:00 am Holy Eucharist II (also live streamed on YouTube)	4 pm Bishop's Committee 5:30 pm AA	10:30 am Study Group	10:00 am Holy Eucharist I			7 pm AA



Altar Servers



If you cannot serve on your assigned day please find a substitute and let the office know.

8:00 AM	January 26	February 2 One Service at 9AM	February 9	February 16	February 23
Lector	JoAnn Moffett		JoAnn Moffett	Kathy Hosley	Kathy Hosley
Chalice Bearer	Ann Morgan		Ann Morgan	Ann Morgan	Ann Morgan
Acolyte	Jim Miller		Jim Miller	Jim Miller	Jim Miller
Usher	Kathy Hosley		Kathy Hosley	JoAnn Moffett	Terra Strang-Johnson
10:00 AM	January 26 One Service at 9AM	February 2 One Service at 9AM	February 9	February 16	February 23
Lector	Rob Gorman	Rhoda Venditto	Rob Gorman	Candy Trautman	Jeff Maxwell
Chalice Bearer	Jeff Maxwell Mary McConnaughey	Jackie Humes-Fear Bob Perry	Freda McKeown Bob Perry	Theresa Strain Mary McConnaughey	Mary McConnaughey Peter Dunphy
Acolyte	Mary McConnaughey	Bob Perry	Bob Perry	Mary McConnaughey	Peter Dunphy
Usher	Susie Johnson Jeff Johnson	Suellen Eberhart Marshall Eberhart	Dick Philmlee Dick Bingay	Susie Johnson Jeff Johnson	Ethel Maxwell Bill White
Counter	Kathy Hosley Marilyn Rockwell	Jackie Humes-Fear Sue Perry	Marilyn Rockwell Julie Vaux	Kathy McNally Pam Sontheimer	Kathy Hosley Patty Dunphy
Childcare	JoAnn Moffett Julie Vaux	Donna Myers Marilyn Rockwell	JoAnn Moffett Patty Dunphy	JoAnn Moffett Deb Huebenthal	Sue Perry Gayle Thomas



Altar Guild Teams for February

February 1-15

Team 3: Susie White, Micki-Jo, Susan Yerkes

February 16-28

Team 4: Jan Donovan, Karole Gorman, Bev Maxwell, Vonda Buse

St. Aidan's Technology Issues?

If you have an questions or concerns about the operation of St. Aidan's website, Facebook pages, or YouTube please contact Allen Feris.

Feris_allen@msn.com or by phone at 425-870-2622

Need Help?



If you need help please contact
Ray Riches

**NEXT
TORCH
DEADLINE**

Thursday, February 20th

Email submissions to: mcnallyk@outlook.com
Photos, suggestions and/or comments are greatly appreciated

ST. AIDAN'S EPISCOPAL CHURCH

1318 SR 532; Camano Island, WA 98282

(P.O. Box 145; Stanwood, WA 98292)