

March 2025

# THE TORCH

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

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## *From the Vicar*

"Remember that you are but dust, and to dust you shall return." These are the holy and solemn words that come to us as ash is pressed onto the skin of our forehead during the Ash Wednesday service. These words are "holy" because they are set apart, not used on any other occasion or for any other purpose. They are "solemn" because they have gravity, weight and importance for our lives. Their meaning is deep and significant because they speak of a reality that we all understand, though at times may push to the side and choose to forget. Ash Wednesday calls us back to ourselves and to our God. Ash Wednesday calls us back to home base, the place from which all life and love flows.

The reminder of one's mortality on this day can be upsetting and de-centering for some people. For others it can be a source of renewed life and hope. Still others (myself included) experience it both ways and often at the same time! I'm reminded of a recent 60 Minutes documentary on the Orthodox monasteries on the remote and isolated peninsula of Mt Athos in Greece. The monks who live there take vows for life that include never leaving the monastery. They have no phone, internet, television, news papers, or any other connection to the outside world. Their days are spent praying constantly without ceasing, whether in the divine liturgy at the chapel or while harvesting fruit from the orchard. In almost every moment of their daily lives their prayer is the same prayer over and over again: Lord Jesus Christ have mercy on me a sinner. One might think that these monks are the most dour of all men, but in fact they were filled with joy and light. One monk led the camera crew around the monastery grounds and to an open pile of bones and explained that the dry bones are all of past brothers. He expressed a sense of joy at the thought that one day his bones will join the pile. At first it was off-putting to see him standing next to those bones and hear him say what he said, but then came a sense that he knew something at a much deeper level than I did. By embracing the reality of mortality in the light of God's goodness and grace he was able to embrace life (and eternity) with unencumbered love and joy.

While the ashes upon our foreheads are a sign of our mortality and penitence, they are also much more than that. They are, in fact, a *blessing*. The sign of the cross that was traced on our foreheads with holy oil at baptism sits side-by-side with the cross we wear on Ash Wednesday. The words "You are sealed by the Holy Spirit and marked as Christ's own forever" that accompany baptism fit well with Ash Wednesday's "You are but dust and to dust you shall return." Together they seem to strike a harmonious chord. A beautiful chord in which God can be heard saying "I'm yours. Will you be mine?"

As Lent arrives and we contemplate how we might invite God into our hearts anew, whether by taking something on or giving something up, may we remember that love undergirds it all. One way to step into a more heart-felt Lent could be joining Fr Frank Spina's Wednesday Night Lenten Series on forgiveness. You won't be disappointed.

But however you come to this year's Lenten season may God take you on a deeper journey into his life, love, and truth.

Yours in Christ,  
Drew+



## *From the Senior Warden*

When Father Drew asked me if I would consider being Senior Warden this year, my first thoughts were, "ME?" "Are you sure you don't have me mixed up with someone else?" "Did everyone else say no?" "I'm not sure I'm qualified for that job... I'm not smart or confident enough" (I may have even said one or two of those out loud).

You might remember the story in Exodus of Moses when God appeared to him from the burning bush, and called him to lead the Israelites out of slavery in Egypt. Moses resisted God at first, saying he was unworthy and lacked the authority to lead, had speech difficulties and feared people wouldn't trust him. But God reassured Moses and provided him with the necessary confidence and support to fulfill the mission.

Do you ever wonder if your shortcomings disqualify you for what God wants you to do? I sure do! It's human nature to sometimes feel inadequate when faced with a new or challenging task, but it's important to trust in God's strength and guidance even when we feel weak or uncertain.

As I write this, I've just returned from a trip with friends and family to the beautiful French Polynesian islands of Tahiti, Moorea, Bora Bora, Raiatea, among others. One thing we always do when we travel is try to visit local churches. This one is on the tiny coral atoll of Fakarava. Note the chandeliers made of coral and shells.

It was an unexpected and amazing journey. Now it is time to start a new journey together with my St. Aidan's faith family and friends.

Vonda has passed the torch to me... I am trusting in God to help me fill her shoes.



## *From the Junior Warden*



### **Completed Projects:**

**Dietel Hall Bathrooms:** We have new toilets, pedestal sinks, fans, paint, and art in our completed Bathrooms. FYI, these fans are quiet!

**Light Pole Relocation:** The old light pole at the front entrance to Dietel Hall was removed and replaced in the grassy area adjacent to our handicapped parking.

**New Garbage Bin Enclosure:** A secure gate was installed to keep out animals and a pathway was laid.

**Handrail:** A central railing was installed for additional safety at the stairs into Dietel Hall.

### **Projects in Process:**

**Campus Wayfaring Improvement:** The lettering for our new sign is in process and we expect it to be complete by March month end.

**Bell Tower installation:** A new stone tower will be built soon to house our bell at the front of the Choir Room portico.

There are other projects that we expect to begin in the next quarter.

And many thanks to Hellen DeMoyse, Peter Dunphy, Kevin King, and Rob Gorman for their assistance during my first month as your Jr. Warden

Marilyn Rockwell



## *St. Aidan's Annual Meeting*

Below is an abbreviated summary of the minutes for the Annual Meeting held on February 2nd that was held in person and broadcast on St Aidan's YouTube channel. When approved by the Bishop's Committee the complete minutes will be posted in Dietel Hall.

The meeting opened with prayer and a call to order.

Presentation:

- St. Aidan's Mission and Vision were reviewed.
- Voting Requirements per the Constitution & Canons of The Episcopal Church were reviewed.
- **Presentation of Bishop's Committee (BC) Candidates & Floor Nominations:** Hellen DeMoyse, Michael Palmer and John Mathis were presented as candidates for the open seats on the Bishop's Committee and duly elected with no other candidates nominated from the floor..
- **Senior Warden – Thanksgiving & Torch Passing:** Thanks were extended to Vonda Buse for her 2024 service as Senior Warden. It was announced that Candi Bialon will serve as St. Aidan's Senior Warden for 2025.

The members that are leaving the committee (Vonda Buse, Peter Dunphy, Ray Riches, and Dick Philmlee) were thanked for their service. Father Drew Foisie stated an appointment will be made soon to fill the remaining year of Dick Philmlee's term.

It was announced that Marilyn Rockwell was elected by the Bishop's Committee to serve as Junior Warden in 2025.

- **Approve the 2024 Minutes:** The meeting minutes for the 2024 Annual Meeting were formally approved by the congregation.
- **Floor Nominations for Delegates to the Diocesan Convention (Two for 2-year term):** Dave Wood and Dick Philmlee who served as Alternates in 2024 to the Diocesan Convention will be St. Aidan's Delegates in 2025. John Mathis and Deannie Dunbar were nominated and approved as the 2025 Alternates and Delegates for 2026..
- **Commissioning of New Leaders:** The new leaders were recognized and commissioned by Father Drew Foisie for their service in the coming year.
- **Resolution regarding check signers for the checking account:** A resolution to update the authorized signers on the St Aidan's Episcopal Church checking account was formally approved.
- **Treasurer's Report & 2025 Budget Presentation:** Jeff Maxwell delivered his remarks (via telephone connection) and highlighted several items from the 2024 Results and 2025 Budget (included in Annual Report, pg 9-10).
- **Vote to Ratify the 2026 Budget:** Motion to ratify the budget for 2025 as presented was made and approved without objections.
- **Vicar's Report** (2024 Transitions, Sacramental Data, Notables for Celebration): Father Drew discussed the topics listed on series of slides that highlighted events and accomplishments of the past year.
- **Odds & Ends** (Praise reports, Impromptu Recognitions, Announcements):  
Up coming events were noted and various members of the congregation gave "shout-outs" of recognition and thanks for their service to St Aidan's.
- **Adjournment and Dismissal:** The Annual Meeting was adjourned and the congregation reconvened in Dietel Hall for a potluck meal.

## *Welcome the New Members of the Bishop's Committee!*



Hellen DeMoyse.



Michael Palmer



John Mathis



Bob Perry

Please thank the three members of our congregation who have been elected to serve three-year terms of service on St Aidan's Bishop's Committee and the member who is stepping in to fill the last year of Dick Philmlee's term. Their commitment to serving this congregation is greatly appreciated.



## ***St Aidan's Cold Weather Shelter***

Well....what a difference a month makes. From late January through just before Valentine's Day we had almost three solid weeks of below freezing weather. With that, we had our St Aidan's Cold Weather Shelter open almost every night except when we couldn't raise a full complement of first shift/second shift volunteers.

While the nights with no guests outnumbered the nights with guests, we've had a total of eleven guests. While our quantity of guests is slowly growing, we have plenty of room to grow. We did have one over night with three dogs!

Each guest brought their own unique stories. Mike was nursing a small flat-bed truck back to health which he was using for a wood cutting and hauling business. He related several recent hardships in his life and stayed with us several nights. He eventually wants to get to his property in New Mexico. Mark is the "goat guy" and has been sleeping outside in several different locations recently. He currently has a friend caring for his goats. Mark is thinking of heading to West Virginia someday. Vic's truck broke down in Stanwood. The cashier at Marathon gas station told him about our Cold Weather Shelter. Vic brought his (3) dogs, which stayed with him overnight.

While our guest numbers are growing slower than we had hoped, our volunteer support from St Aidan's and the Stanwood-Camano community has been outstanding. We have had (23) different folks staying the evening and overnight over (21) guest days. Several of our non-St Aidan's volunteers are a result of Island County sharing our requests for help with their Emergency Preparedness distribution list. Donna Myers has also reached out to our brothers and sisters at our neighboring Latter Day Saints church and they have provided several volunteers.

St Aidan's has also been well represented at the Stanwood Camano Area Foundation (SCAF) efforts in serving the unhoused. SCAF has several upcoming initiatives for the unhoused that they are nurturing. We will share more as it comes to fruition.

We can all be proud of our St Aidan's Cold Weather Shelter outreach efforts and the positive impact they are starting to have in the Stanwood Camano community. Thanks to all who have supported us. Six more cold weeks of weather to go.

Kevin King



### ***Lenten Series with Fr Frank Spina*** ***(Five Wednesdays beginning March 10th at 5pm)***

One of the most important aspects of Lenten spirituality is repentance and forgiveness. In our Lenten series we will pay close attention to several biblical texts that address this crucial subject. We will deal with Esau's reconciling embrace of the brother who had so terribly wronged him. In the story featuring Joseph, he had to deal with several brothers who had betrayed him. Did the fact that God was *with* him have anything to do with his amazing act of forgiveness? David's affair with Bathsheba and murder of her husband was famously forgiven. Yet, the consequences of David's sins remained. We will attend to this troubling account. One of Jesus' Kingdom parables (Matthew 18:23-25) features a man who was forgiven an enormous debt but refused to forgive a much more modest debt owed to him by a fellow servant. This is a chilling parable. Finally, we will deal with the controversial letter of Philemon, in which the Apostle Paul wants a Master and a Slave to be brothers in the faith.

### ***Important Events at St Aidan's in March***

- |                  |   |
|------------------|---|
| March 2          | <b>Feed My Sheep Sunday</b><br><b>Visit by Bishop Philip N LaBelle</b> , both 8am and 10am services, followed by a lunch hosted by the Women of St Aidan's<br><b>Cantabile Choir</b> , Celebrating Women: Rising in Song, 3pm |
| March 4          | <b>Shrove Tuesday Pancake Supper</b> , 5:30pm   |
| March 5          | <b>Ash Wednesday Service</b> , 5:30pm   |
| March 12         | <b>Women of St Aidan's</b> , 11am   |
| March 12, 19, 26 | <b>Lenten Series w/Fr Frank Spina</b> , 5pm (plus two Wednesdays in April)  |



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



## 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 (March 2)	A-D
Second Sunday (March 9)	E-L
Third Sunday (March 16)	M-R
Fourth Sunday (March 23)	S-Z
Fifth Sunday (March 30)	All

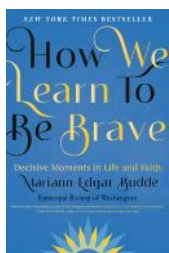
### A reminder:

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.

### Tuesday 10:30 am—Study Group



The group meets in Dietel Hall or the conference room. Beginning March 11th the group will be reading and discussing "How We Learn to be Brave" by Mariann Edgar Budde during the Lenten season.

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



Ken & Hellen DeMoyse	12
Dick & Judy Bingay	19
Will & Carol Swain	19
Ray Riches & Nancy Pates-Riches	29



Ken Wiseman	02	Judy Mieger	18
Ann Boid	03	Mandy Whitaker	18
Erin Lavery-Mullins	03	Jo Beecher	19
Isaiah Samuels	04	Susan Stewart	25
JoAnne Linroth	08	Colin Kyles	29
James Miller	11	Rhoda Venditto	31
Dasan Samuels	11		

## STILLPOINT

For some time I've been wanting to tell everyone about a local treasure that has supported me in my spiritual journey for the past 10 years. Stillpoint at Becksides (<https://stillpointatbecksides.org>) in Bellingham offers classes, day retreats, services, Spiritual Direction, and incredible grounds which include 2 labyrinths. There is a definite Celtic underpinning throughout all their offerings.

I discovered this lovely Spiritual Center when I was looking for a labyrinth while grieving for my husband Bob, who many of you knew. I phoned and they immediately invited me to come and enjoy the sacred space which supports all these activities.

Since then, I've enjoyed a number of one-day and series workshops of all kinds. Chuck and I attended their very moving offering on the UN International Day of Peace, not long ago. The excellent facilitator was one of the Stillpoint Directors, but they often bring in others to share their gifts as well.

I encourage you to check out their website and consider a visit. I know you would be welcomed warmly, as I was years ago. The offerings change frequently, so keep an eye out for something that might pique your interest, and maybe fill your heart.

Judy Mieger



**March 2, 3:00 pm**

**Cantabile Choir**

*Celebrating Women: Rising in Song*



### 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](mailto: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.

### Food Bank Sunday (March 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.

# March 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
2	3	4	5	6	7	8
<b>The Last Sunday after Epiphany</b> <b>Bishop's Visitation</b> 8:00 am Holy Eucharist I 10:00 am Holy Eucharist II (also live streamed on YouTube) 3:00 pm Cantabile Choir <b>Food Bank Sunday</b>	5:30 pm AA	10:30 am Study Group	<b>Ash Wednesday</b> 10:00 am Holy Eucharist I 5:30 pm Ash Wednesday Service			7 pm AA
9	10	11	12	13	14	15
<b>The First Sunday of Lent</b> 8:00 am Holy Eucharist I 10:00 am Holy Eucharist II (also live streamed on YouTube)	10am-4pm Bloodworks Blood Drive 5:30 pm AA	10:30 am Study Group	10:00 am Holy Eucharist I 11:00 am Women of St Aidan's 5 pm Lenten Series			5:00 pm Celtic Selah 7 pm AA
16	17	18	19	20	21	22
<b>The Second Sunday of Lent</b> 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 5 pm Lenten Series	Feast Day of St Cuthbert (window 9) TORCH DEADLINE		7 pm AA
23	24	25	26	27	28	29
<b>The Third Sunday of Lent</b> 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 pm Lenten Series			10:00 am Prayer Shawl Ministry
30	31	1	2	3	4	5
<b>The Fourth Sunday of Lent</b> 8:00 am Morning Prayer 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 pm Lenten Series			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	March 2 Bishop LaBelle	March 9	March 16	March 23	March 30
Lector	JoAnn Moffett	Kathy Hosley	Ann Morgan	Kathy Hosley	JoAnn Moffett
Chalice Bearer	Ann Morgan	Ann Morgan	JOAnn Moffett	Ann Morgan	<b>Morning Prayer</b>
Acolyte	Jim Miller	Jim Miller	Jim Miller	Jim Miller	Jim Miller
Usher	Kathy Hosley	JoAnn Moffett	Terra Stang-Johnson	Terra Stang-Johnson	Kathy Hosley
10:00 AM	March 2 Bishop LaBelle	March 9	March 16	March 23	March 30
Lector	Jeff Maxwell	Rhoda Venditto	Dick Philmlee	Jackie Humes-Fear	Rob Gorman
Chalice Bearer	Jackie Humes-Fear Bob Perry	Mary McConnaughey Peter Dunphy	Theresa Strain Mary McConnaughey	Theresa Strain Bob Perry	Freda McKeown Mary McConnaughey
Acolyte	Bob Perry	Peter Dunphy	Mary McConnaughey	Bob Perry	Mary McConnaughey
Usher	Ethel Maxwell Dick Philmlee	Joey Sontheimer Bill White	Joey Sontheimer Dick Bingay	Suellen Eberhart Marshall Eberhart	Bill Sontheimer Bill White
Counter	Jackie Humes-Fear Kathy Hosley	Patty Dunphy Julie Vaux	Sue Perry Pam Sontheimer	Sue Perry Kathy McNally	Julie Vaux Kathy Hosley
Childcare	Vonda Buse Pam Sontheimer	JoAnn Moffett Ethel Maxwell	JoAnn Moffett Patty Dunphy	JoAnn Moffett Julie Vaux	JoAnn Moffett Donna Myers

Special Services	March 5 Ash Wednesday 5:30pm
Lector	Candy Trautman
Chalice Bearer	Freda McKeown Bob Perry
Acolyte	Bob Perry
Usher	Susie Johnson Jeff Johnson



## Altar Guild Teams for March

### March 1-15

**Team 1:** Freda McKeown, Patty Vermilye  
Donna Myers

### March 16-31

**Team 2:** Judy Bingay, Candi Bialon,  
Gayle Thomas

## Need Help?



If you need help please contact the church office.

## NEXT TORCH DEADLINE

**Thursday, March 20th**

Email submissions to:  
mcnallyk@outlook.com

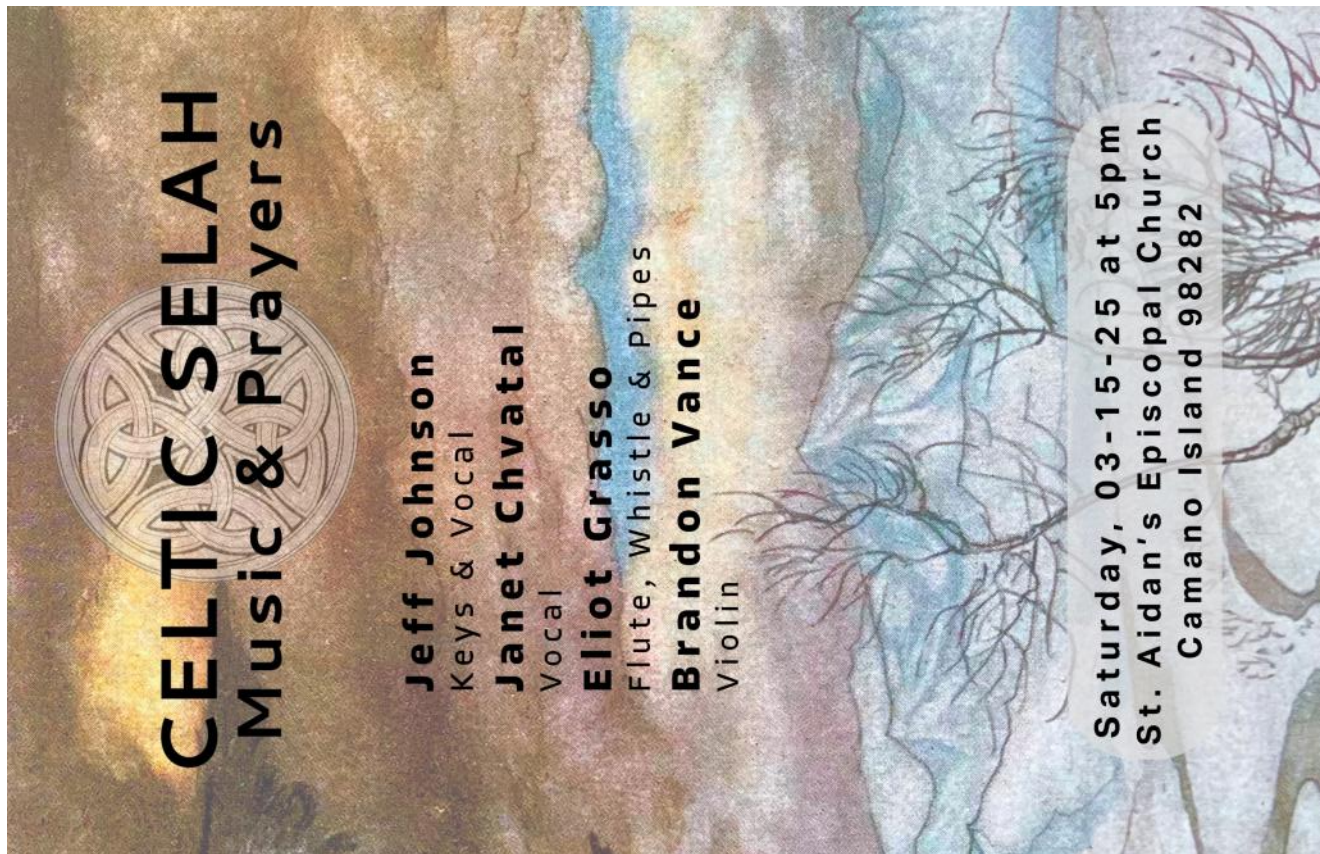
Photos, suggestions and/or comments are greatly appreciated

## 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





ST. AIDAN'S EPISCOPAL CHURCH

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