



ST. HUGH'S NEWS & VIEWS

April, 2011

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St. Hugh Expands Support to the Hungry in our Community

For several years St. Hugh has provided support to the North Mason Food Bank both in the form of financial assistance and in the collecting of food items on Food Bank Sunday. A new agency has been formed in our Community to help the homeless and less fortunate in a number of ways....providing food being one of the ways. This new agency is known as the North Mason Resource Center (NMRC).

At the recent ECW meeting, it was determined that we would continue to provide food to the North Mason Food Bank monthly. Out of our budgeted Outreach funds, a check for \$100.00 is provided to Brenda Baungard each month and she does the food shopping and delivery and has done so for the past couple of years.

The food that is donated by our congregants on Food Bank Sunday will now be provided to the North Mason Resource Center. Pat Yingling has volunteered to deliver the food and Sunny Cotey will be the alternate.

I contacted the NMRC today to inform them that our church would be bringing food to them at least monthly and they were delighted. During our discussion, I learned that several of the folks who come to the NMRC for assistance are living in very primitive conditions, so food which can be prepared and eaten from the container are welcomed. She specifically mentioned things like Cup-O-Soup. She also noted that baby formula, diapers and baby food are items that are normally in short supply. She also stated that anything that we could provide would be most welcomed.

The NMRC is open to accept deliveries every week day from 9:00 am until 5:00 pm. The only exception is on Friday they are open from 9:00 am at 4:00 pm. Pat Yingling will make contact with the NMRC to determine if there are support issues in which we could be of assistance.

Faithfully,

Vicki

Looking Forward to the Sound of Music!

We will again be pleased to host the Spring Concert of the Harstine Island Choir here at St. Hugh. Circle Sat., May 21st on your calendar and plan to both attend and bring friends and neighbors. This choral effort is always outstanding, and made even more special, as several of our St. Hugh members sing in this choir. A Reception of refreshments will be served after, as is our custom, and a sign-up sheet for help and food for that will be forth-coming.

March meeting held by ECW

The meeting on March 14th was brought to order by V. Pres. Brenda Baunsgard, since Pres., Brooke Quigley was ill. After Brenda gave the opening prayer, minutes and treasury reports were read and approved. Those in attendance were: Ginny Wallace, Ginny Green, Hazel Dinius, Betty LaVigne, Carol Kennedy, Paddy Gilson, JoAnna Meyer, Pat Yingling, Cindy Swanson, Wilma Neal, and Brenda Baunsgard.

It seems we have difficulty with too few members offering to help with clean-up after church activities. It is hoped that people become more intentional about this matter.

The future events discussed were the Enneagram Retreat on Mar. 19th, the annual Hartstine Island Choir Concert on May 21st, and an ECW Spring Luncheon, which is to be held at the "2 Margaritas" Mexican restaurant in Allyn on June 13th.

Updating of check signers on the ECW account was done with new signers: Sunny Cotey, Virginia Green, JoAnna Meyer, and Brooke Quigley.

A plant will be delivered by Vicki to our neighbors on Wheelwright, whose son, Tyler Jankunis, was killed recently in an auto accident. We send our sympathy and prayers to each of them in their loss....

A discussion about ECW's continuing effort to assist those needing food was held. Changes being made will be addressed in a separate article by Vicki.

We are encouraged to start gathering items for our annual Patio Sale on July 16th. Garage storage has been offered by both Hazel and Barbara. Our hope is to one day own our own storage unit on property. Sign-up sheets for the work of the sale will be available soon.

Sunny advised us about the crab feed to benefit the Coalition of Churches and Community (C of CC) on April 9th in Belfair. She especially implored our members to make an effort to attend monthly meetings of the C of CC – at this point she is the only representative from St. Hugh. Meetings are held the first Thursday of each month. Watch for the location (which changes) or call Sunny in advance, for information. This is an important organization!

Refreshments of doughnuts and fruit were served with coffee by JoAnna, hostess, and we closed with an Irish prayer read by her...

St. Hugh Choir

Thanks so very much to our St. Hugh Choir for the beautiful singing at Christmas and extra practices. What a terrific group of people to sing play with!

We continue to welcome new singers to our choir and our newest soprano is Jennifer Pratt. We rehearse each week on Thursdays at 10:30 am and finish by noon and gather downstairs at 9:30 each Sunday for a warm-up. Come give us a try if you like to sing. We will be looking at some new service music for Lent which begins with Ash Wednesday, March 9, and will be practicing a new anthem for Easter, April 24. We are open to new ideas, new music and new opportunities.

Come give us a try – we welcome all genders, colors, Sopranos, Altos, Tenors and Basses and instrumentalists.

In harmony..... Wilma Neal

Music Makes Bodies Better

Please read the following reasons why music makes such a difference in our lives and bodies. This might be a reason for you to join the choir, but certainly to sing heartily as we offer our hymns and prayers in worship. Thank you for the beautiful music that you make on a Sunday morning and don't ever think that you don't have a singing voice.

In harmony..... Wilma Neal

Go Sing in a Chorus and Call Me in the Morning

The evidence just keeps rolling in: Choral singing is good for your health. Anyone who sings knows that the power of music lifts your spirits, reinvigorates your body, and improves your outlook on life. But just in case you need some hard evidence, consider these recent studies:

Researchers in Germany took blood samples from chorus members before and after they sang Mozart's Requiem. The levels of immunoglobulin A and cortisol were noticeably higher, indicating enhanced immunity. At another time, the same choir was asked simply to listen to a recording of the same piece. The blood samples this time did not show elevated levels.

A study reported in the UK's Journal of the Royal Society for the Promotion of Health found that choral singers reported improved lung capacity, high energy, relieved asthma, better posture, and enhanced feelings of relaxation, mood, and confidence. In a follow-up questionnaire, 89 percent of the singers reported intense happiness while singing, 79 percent felt less stressed, and 75 percent experienced heightened adrenaline and wakefulness.

Researchers at the University of California, Irvine conducted tests with members of the Pacific

(Continued on page 4)

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Chorale in Santa Ana, California at two rehearsals and one concert over an eight-week period. They had expected that performance anxiety might suppress immune response but it didn't. The choristers showed significantly increased levels of immunity building proteins just prior to performance and even more dramatically afterward.

The Levine School of Music in Washington DC formed a Senior Singers Chorale in 2001 as part of a wider study examining how singing under professional direction could affect the health of people 55 and older. After two years of measurement compared to a control group of similar individuals, the music participants:

- Reported better health and fewer falls.
- Showed a slower rate of increase in doctor visits than non-participants
- Increased medication usage at a significantly lower rate than non-participants
- Showed greater improvements in depression, loneliness and morale
- Increased social interaction, while non-participants decreased interaction

February Financials

Income: \$5027.00

Expense: \$5039.18

We give thanks for the many ways God so richly blesses our St Hugh family and all who are assisted through our outreach programs. We are blessed in so many ways through the grace, gratitude and gifts of all who are a part of this praying, sharing and worshipping community. Thanks be to God. Amen.

Camp Huston

Upcoming Events

Work Weekend, April 29-May 1 Only \$10 per person to spend the weekend at camp, work hard to rejuvenate the grounds and enjoy good food and fellowship! Jobs available for all ages and abilities so don't be shy! Youth under 16 years must be accompanied by an adult.

Huston Quilters, April 27-May 1 Quilt the days away and enjoy your weekend at camp with good friends and good conversation! Four, three, and two night stay options available.

Camps & Conference Center Sun., May 8th Bishop Greg Rickel has designated the 3rd Sunday after Easter as C&CC's Sunday, an opportunity to learn more about the programs offered at Camp Huston and St. Andrews House, learn how to be involved, and offer support to their mission and ministries by way of scholarship.

Open House BBQ, May 21st 11am-3pm enjoy walking the trails, meeting the staff, asking questions you have about camp and hotdogs!

Visit www.huston.org for more information and registration forms!

Crab Feed

A Fundraiser for the
Coalition of Churches and Community

Saturday, April 9th

At The Farm At Water's Edge in Belfair

Silent Auction starts at 5:00;

Dinner served at 5:30

Tickets cost \$25 each

Menu: **All-You-Can-Eat-Crab**

Cole Slaw, Macaroni & Cheese, Rolls

(Please bring your own beverage)

St. Hugh has a group reservation so we can all sit together. Sign up on the in the narthex
Contact Sunny Cotey to purchase your tickets.

Mardi Gras (Shrove Tuesday)

A fantastic group of costumes masks and super cuisine made our Mardi Gras this year truly joy-filled. Thanks to Connie Ferguson for her original decorations that we continue to enjoy at tables, the added beads from Garby Elmore and centerpieces from Vicki Betsinger. We were all in the mood for a party before Lent began.... and we did it!

Our dinner included Red Beans with ham hocks, rice, New Orleans Beans, Cioppino, Gumbo, Jambalaya, Hurricane Punch, Bread Pudding with Whiskey Sauce and King's Cake complete which held the traditional "baby" found by Owen Lindhartsen the prize winner. Southern Jazz and Cajun background music accompanied our time together and after we

ate heartily, many helped clean up and we departed, fully fed.

Thanks to all who participated and invited friends and family to join in. The young ones got acquainted played games of "hide & seek" and seemed to have fun! Now we all are observing Lent in our traditional Anglican way.

May we all hold peace in our hearts as we wait..... Wilma Neal

Be sure to see the pictures on following pages!

Mardi Gras 2011



More pictures on next page



HOLY WEEK



Palm Sunday, 4-17, Worship 10:00 am

Maundy Thursday, 4-21, Worship 6:30 pm

Good Friday, 4-22, Worship 6:30 pm

Easter Sunday, 4-24, Worship 10:00 am

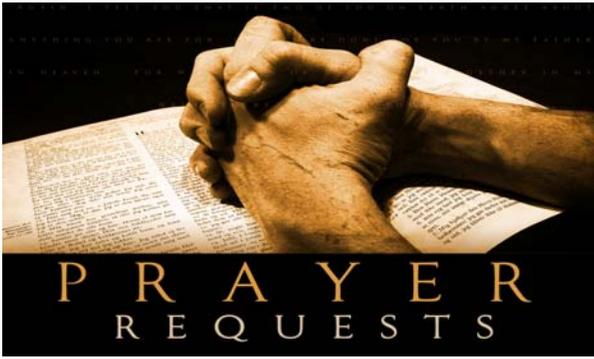


Doris (Doree) Marilyn Thompson

March 27, 1926 - March 19, 2011

Please keep Doree, Jesse and their son Jim in your prayers as we recall the beauty of life that Doree shared with each of us.

**Memorial Services at St. Hugh Episcopal Church
Sunday, April, 3, at 3:30 pm**



Shane Robinson, Sylvia & Gina's Friend, Lucy McLean, Carol Robinson, Virginia Pryor's Son, Alan Jordan, Megan, Henry, Steven & Sam, Eric, Mike

those who have died

Dorothy Kimmish, Tyler Jankunas, Eric, Mike, Doree Thompson, Fred Gazabat

Those who sacrificed their lives in service to their country

those who mourn

Family of Mr. Kiremmer, The Johnson & Crawrod Family, Jesse Jim & Family

Families of Servicemen & Women

All Peoples of the World, The people of Japan

those in service to our Country

Chris, Gary, Ian Larson, Jed, Nick, Richard, Tony Johnson, Justin Risko, Zach Riddle, Malcolm McDonald

Prayer List Change

Names requested to be shown in the Prayer List in the Sunday Bulletin will be shown for 30 days, then removed. They may be resubmitted for an additional 30 days, if that is requested.

Thank you

Please let us know of any birthdays we missed or listed incorrectly. Thank you!

April Lectionary Readings

April 3, 4th Sunday of Lent: 1 Samuel 16:1-13, Psalm 23, Ephesians 5:8-14, John 9:1-41

April 10, 5th Sunday of Lent: Ezekiel 37:1-14, Psalm 130, Romans 8:6-11, John 11:1-45

April 17, Palm Sunday: Isaiah 50:4-9a, Philippians 2:5-11, Matthew 26:14-27:66

April 24, Easter Sunday: Acts 10:34-43 or Jeremiah 31:1-6, Colossians 3:1-4, Acys 10:34-43, John 20:1-18, Matthew 28:1-10



Blakelyn McNamara-Townsend	4-2
Pat Yingling	4-9
Joseph Lindhartsen	4-11
Stacy Paterson	4-12
Garby Elmore	4-17
Briana McNamara-Townsend	4-19
Bill Smith	4-22
Donna Fisher	4-29
Wes Peters	4-29

APRIL

Sun Mon Tue Wed Thu Fri Sat

					1	2
<p>3</p> <p>Fourth SUNDAY IN LENT</p>  <p>Palestinian Children Youth/Food Bank Doree Celebration of Life 3:30</p>	<p>4</p> <p>CADO CoOnference @ Alderbrook & St. Andrews House</p>	<p>5</p> <p>Circle 6:00 Class 7:00</p>	<p>6</p>	<p>7</p> <p>Choir 10:30 Eucharist 9:30</p>	<p>8</p>	<p>9</p> <p>Coalition Crab feed</p>
<p>10</p> <p>Fifth SUNDAY IN LENT</p> 	<p>11</p> <p>ECW 10:30</p>	<p>12</p> <p>Liturgy 3:30 Circle 6:00 Class 7:00</p>	<p>13</p>	<p>14</p> <p>Choir 10:30 Administration Noon Eucharist 9:30</p>	<p>15</p>	<p>16</p>
<p>17</p>  <p>Palm Sunday Healing</p>	<p>18</p>	<p>19</p> <p>Clergy 3:30</p>	<p>20</p>	<p>21</p>  <p>MAUNDY Thursday Service 6:30 Choir 10:30</p>	<p>22</p>  <p>GOOD FRIDAY service 6:30</p>	<p>23</p>
<p>24</p>  <p>EASTER Peace</p>	<p>25</p>	<p>26</p> <p>Circle 6:00 Class 7:00</p>	<p>27</p>	<p>28</p> <p>Choir 10:30</p>	<p>29</p>	<p>30</p>

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Sunday Worship 10:00 am

office hours
 Wednesday's & Thursday's
 10:00 am - 2:00 pm

April Schedule

	Presider	Homilist	Deacon	Eucharistic Ministers	Altar Guild	Flowers	Coffee Hour	Lectors
April 3 4 Lent	Jim	Kim M.	Sylvia	Karen John	Hazel Ginny W.		Carol R.	Sunny C. Hazel D.
April 10 5 Lent	Robin	Jim	Sylvia	Brenda Kim	Ginny G. Cheryl		Ginny W. Betty L.	John C. Brooke Q.
April 17 Palm Sunday	Jim	Robin	Sylvia	Barry Vicki	Ginny W. Donna F.		Garby	
April 21 Maundy Thursday	Robin	Worship: Vicki	Sylvia	John Barry	Helen Brooke			
April 22 Good Friday	Jim	Worship: Jim/Wilma	Sylvia		Cheryl Barbara			
April 24 Easter Sunday	Robin	Dick	Sylvia	Hazel Karen				Lee G. Paddy G.