



# Christ Church Weekly

*A newsletter for members and friends*

**Christ Church Parish • Friday, March 10, 2023**

## ***A Message from Fr. Samuel Torvend***

### ***Avoiding Novelties and Fads***

The American Benedictine nun, Joan Chittister writes this: “Like anything else, the spiritual life can become an elixir of novelties, a series of fads, an excursion into the whimsical. St. Benedict counsels Christians to submit themselves to the *scrutiny of wisdom* so that the spiritual [practices] they fancy have the merit of the tried and true, the sensible and the measured.”

In a presentation on Lent, John Klassen, abbot of Saint John’s Abbey, noted that he “resists the urge to have a long grocery list of Lenten resolutions. “Real change,” he said, “takes concentrated effort. This is why it is good to *pursue one practice that will lead to a sustained change - leaving something behind that is unhelpful or destructive and replacing it with something live-giving.*”

In his book, *The Power of Habit: Why We Do What We Do*, Charles Duhigg encourages the pursuit of “keystone habits or practices.” When we hit on one of these keystone practices, positive change spills over into other areas of life. Thus, telling a mentor or spiritual friend what that keystone habit or practice will be invites us to own it as our own and pushes us toward an accountability that might not be present otherwise. As Chittister suggests, *novelties, fads, and the whimsical rarely if ever lead to any substantive change in one’s spiritual life.*

Continued on page 3



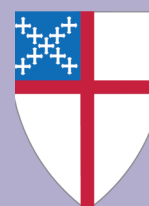
## **Inside this issue**

Prayer List.....	2
Worship.....	3
Formation and Service.....	4
Service.....	5
Community.....	6-11
Worship Schedule.....	12

## **Upcoming Events**

- Garden Clean-up Party, **March 11**
- Adult Formation: Water, Light, and Life Lead Us to the Three Days, **March 12**
- Finance Committee Meeting, **March 14**
- Evening Prayer and Soup Supper, **March 15**
- Choir Rehearsal, **March 16**
- Third Friday Concert, **March 17**
- Adult Formation: Water, Light, and Life Lead Us to the Three Days, **March 19**
- Vestry Meeting, **March 21**

Click Here to Donate  
to *Deck the Halls*  
(Wells Hall)



**We strongly encourage masking during worship, mindful that we worship among people who need added protection. Masking not only protects us but also our neighbors.**

### Need Help??

To add to our prayer list, email the Parish Administrator. If submitting a name other than your own, please ask permission from that person first. Names remain on the list for **four weeks**, unless renewed by the one who submitted them.

In a **pastoral emergency**, please contact Fr. Torvend.

**Parish Help Team:** Errands run, groceries, meals provided, medication pickup, vaccination transportation, etc., contact Deacon Gen Grewell or call her cellphone at 360.280.5593. You may speak with a deacon on Sunday at the **10:30am Holy Eucharist**.

# Christ Church Prayer List

Our baptismal commitment calls us to pray for the world and the needs of our community, including those who are experiencing any sort of trouble, illness, or grief.

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and forever. Amen.

### Members and Friends of our Community:

Al Buck; Tammy Creley; Liz Heath; Robert Reeves; Miri Hindes; Christina Amos; Dick Gregory; Bill Garriott; Stephen Behr; Christinna Olsson; Melissa Glick; Ginny Peterson; Morrie Stafford; and Jim Pierson.

**Those who have died in Christ, who holds us in life and death, and all who grieve for them:** Lloyd Albert; Debbie Oakman; and Lois Garriott.

### Diocesan Cycle of Prayer:

St. John the Baptist, Seattle • Saint Mark's Cathedral, Seattle

### Anglican Cycle of Prayer:

The Church of South India (United)

## Christ Episcopal Church, Tacoma *Weekly* Newsletter

The Rev. Samuel Torvend, Priest for Worship, Adult Formation, and Pastoral Care

Deborah Hope Breneman, Editor/Design and Layout

The *Weekly* is a publication of Christ Episcopal Church, Tacoma.

Please visit our website at [Christchurchtacoma.org](http://Christchurchtacoma.org) to connect to newsletter links and previous editions.

### Christ Church Calendar

To submit an article to the *Christ Church Weekly*, contact the Parish Administrator.

Articles must be submitted by Tuesdays to be included in the Friday edition, and may be edited.

We never share your information outside the church family.

**Land Acknowledgement** We gather at 310 North K Street. Let us give thanks to the Creator for the Puyallup and Nisqually people on whose ancestral land this church and many of our homes stand. Their descendants live among us still. For their wise stewardship of the creation, we offer our gratitude. May we never forget that their land was taken by force and broken treaty.

**Episcopal News Service • Episcopal Church**  
**on Facebook • Diocese of Olympia**  
**Bishop Rickel's Blog**



# Worship and Formation

Continued from page 1.

So the practice of merely “giving up something” for a few weeks can become something faddish and whimsical, nothing more than a temporary deprivation: at the end of Lent we simply return to eating chocolate, enjoying a martini, or watching movies. *One has to wonder how any of these can be considered a keystone habit, a practice that replaces something unhelpful, even destructive, with a life-giving spiritual practice that will endure into the future, long after Lent ends.*

Thus Abbot Klassen, echoing Benedict, invites us to focus on and improve one practice, just one practice: praying the Daily Office, or lectio divina, or Centering Prayer, or meditating on Sunday’s lectionary readings, or keeping silence in order to listen well to others, or increasing one’s commitment to a charitable group by investing one’s energy in it, or being reconciled to someone who had harmed us or we have harmed - each one a keystone habit that can spill over into other areas of our lives. The point is not to give up a favorite activity for a few weeks and then congratulate ourselves at the end of Lent. Rather, it is to engage a spiritual practice that will become more life-giving as we continue to practice it throughout the coming year.

Wednesday, March 15 at 6:00PM

## Evening Prayer at Table

### Trinity House Library

Join us for evening prayer and a simple soup supper: a time for common prayer, good conversation, and delicious soup. If you plan to come, please *sign up* on the sheet at the glass table in the church entryway on Sunday, March 12. Evening prayer with soup supper will continue each Wednesday in Lent.

## Weekly Altar Flower Donations

There are still a few Sundays available for flower donations; please sign up in the Narthex. ***Please note that due to our arrangement with our florist, we are unable to accept specific floral requests.***

Sundays, March 12, 19, and 26

## Water, Light, and Life lead us to the Three Days

11:45 AM in the Parish Library

In these three gatherings, we will discuss how each image from the Sunday’s gospel invites us into a closer relationship with Christ, each other, and the world in which we live - with art, music, and spiritual reflections.



# Formation

Sunday, March 19

## Monthly Reading Group

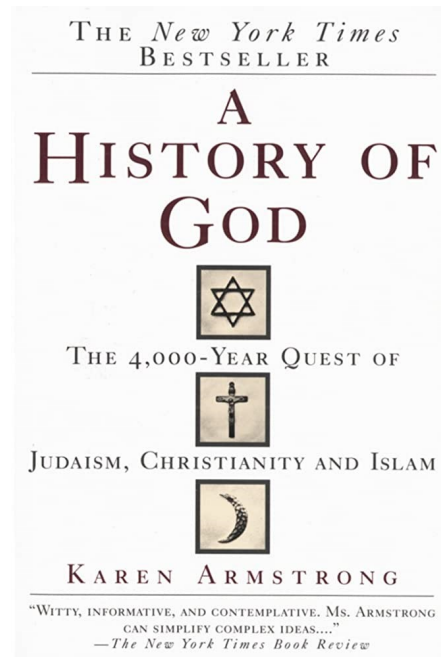
6:30 pm

Meet at the home of Ronn and Sandy Johanson to discuss chapters 1-6 of *A History of God* by Karen Armstrong. Newcomers are welcome! Questions?

[Contact Don Johnson.](#)

## Godly Play, our Children's Formation,

is now every Sunday through mid-June. Meet in the Narthex at 10:30 am to travel to Wells Hall together on Sundays.



# Service

*Help needed for the next few Sundays*

Thank you to everyone who helped take down tables and

move chairs this past Sunday. We appreciate you all so much!

As our Sexton will only be able to use one arm for a while longer, we are hoping we can count on folks to help out before and after Coffee Hour for a few more weeks.



# VOLUNTEER

LITTLE  
PANTRY.  
CHRIST CHURCH PARISH

**F**or almost a year, Christ Church has provided a monthly hot dinner to the residents of FOB Hope – aka Veterans Village. Each month we cook and deliver a meal of a meat dish, side, salad, rolls, beverage, and dessert. Shopping and cost are done by CSLT; the rest is done by the Veteran's Village core team and other volunteers.

Do you want to be part of our effort to feed these veterans? There are many ways to help. Each month, we can use:

- ♦ 1 person to plan the meal and line up volunteers;
- ♦ 2-3 people to help cook. Sometimes the cooking is done at home, and sometimes we cook in the church kitchen after services;
- ♦ 2-4 people to deliver the meal to the Village and lay it out. In warmer weather, we'll stay around, serve the food and chat with the residents. In the colder weather (like now), when few people are hanging out in the mess tent, we just set up the food buffet style, chat for a bit, and leave.

In all cases, there are the awesome volunteers on our core team that you will work alongside.

If you'd like to be involved, but none of these opportunities sound like a fit for you, then each month we will be asking for donations of desserts. Each dessert should feed 6-8. There will be a sign-up sheet in the narthex, so you can join us once to try it out or become part of our core team. Up to you!

Our next meal is on March 27; with cooking in our kitchen after the 10:30 service on **March 26**. We'll be making King Ranch Chicken Casserole. This is a gooey, cheesy dish with a Tex-Mex flair. Yummy!! ~**Deacon Donna Arellano**







## CHRIST CHURCH PARISH

Some of you may have been wondering if we forgot to order paper plates and plastic forks for use during Coffee Hours and special events...or if we re-organized so well in the Wells Hall kitchen we can't find them any longer...but, the news is, we are not purchasing these disposable items any more.

Christ Church is moving toward becoming a **Green Parish**.

**What does this mean?** Moving forward, we are making small changes that will hopefully have a large impact. For example, instead of plasticware, we will be using the silverware we already have, and instead of paper plates that end up as mounds of trash, we can wash the dishes that we already own, in our own dishwasher.

Other small changes: purchasing LED lightbulbs to replace regular bulbs, purchasing recycled paper towels and napkins, saying no to Styrofoam and plastic, making sure to throw paper waste in the recycling bins instead of regular trash. Stay tuned for more information as we welcome the **Executive Director of Earth Ministry, Keah Calluccie**, on **April 23**.

~Deborah Breneman

## third friday concerts @ Christ Church

Our next Third Friday Concert will be held on **Friday, March 17, at 12:10pm**, featuring organist **Mark McDonald**.

Mark is an organist, harpsichordist, and choral director based in Victoria, British Columbia, where he serves as Assistant Director of Music at Victoria's Christ Church Cathedral, and teaches organ performance studies at the University of Victoria.

Mark will be performing works by Vivaldi/Bach, Muffat, and Handel.

Donations gratefully accepted at the door.



Mark McDonald performs **March 17 at 12:10pm** in our next **Third Friday concert**.

## Community

Music has been resounding through the walls of Wells Hall throughout February and continuing this month, as we welcome the Tacoma Opera chorus and soloists during rehearsals for their upcoming opera, **Tacoma Method**. Please join in support of this important new work, which premieres **March 31—April 2** at the Rialto Theatre. Ticket information follows at the end of this article.

Tacoma Opera's *Tacoma Method*, a bold new work by composer Gregory Youtz and librettist Zhang Er, reflects on the city's past to heal the future with a world premiere at the Rialto Theater in Tacoma March 31 – April 2, 2023.

“Recognizing the incident that tore down an emerging city is the reconciliation needed for generations to heal,” said Tacoma Opera General Manager Limuel Forgey. “The discord is part of Tacoma’s history – acknowledging that history through the arts

and reflecting on, rather than repeating, is what inspires a future of caring and community.”

Directed by opera tenor Barry Johnson, the *Tacoma Method* features an all-star cast who, along with chamber orchestra and chorus, bring to life the tragic true story about the expulsion of Tacoma’s Chinese community during the late 19<sup>th</sup> century. More than 100 years after the incident, *Tacoma Method* comes to Tacoma’s Rialto Theater March 31 through April 2, 2023 less than a mile away from where then-mayor Jacob Weisbach held his first rally. Composed by Pacific Lutheran University Professor of Music Greg Youtz and librettist Zhang Er, a Beijing born-and-raised Chinese poet teaching at Evergreen College, *Tacoma Method* features Soon Cho as Mrs. May, Allan Palacios Chan as Sing Lee, Ivy Zhou as Mrs. Lee, Robert McPherson as Mayor Weisback and Zachary Lenox as Ezra Meeker as some of the event’s key figures.

Continued on Page 8.





Continued from page 7.



In February 1885, at an Alpha Opera House meeting in what is now downtown Tacoma, Mayor Weisbach roused a hostile crowd of white citizens to discuss how to expel the community's Chinese residents. By November, rioting ensued as a mob of more than 500 marched through the nearby Chinatown, stopping at every Chinese business and residence and forcing the occupants to leave their belongings, except for what they could carry. Most left, a few resisted, and what remained of the once prominent Chinese community was ransacked and eventually burned to the ground. The incident left fear and sorrow for the city of Tacoma and the Chinese people who still carry the emotional burden of what happened to their ancestors.

Tickets for *Tacoma Method* at the Rialto Theater (310 S 9th St, Tacoma) on March 31 and April 1 at 7pm and at 2pm on April 2 range from \$37.50 - \$127.50. For more information and to purchase tickets online, visit [tacomaopera.org](http://tacomaopera.org).

###

Established in 1968, Tacoma Opera is a 501(c)(3) non-profit organization whose mission is to inspire, educate and excite audiences with grand operatic productions of high artistic quality. As the second-largest opera company in the Pacific Northwest, Tacoma Opera seeks to heighten awareness of the value of arts and music by providing dynamic productions and music education programs for diverse audiences.



*From the Parish Office:*



- ♦ Would anyone happen to have a music stand that is going unused? The kind of stand we are seeking is like this:



We would **not** be able to use a portable stand, such as this one:



- ♦ Please check our **Lost and Found** for any missing items—our collection is quite large! Feel free to call if you'd like us to check on a particular item.

**Items that have not been returned to their owner will be taken to Goodwill in one week.**



**This Sunday!**



## Community

**M**embers of the Episcopal Church (TEC) from across the country will gather on-line on **March 10th from 5:00pm—6:00pm** for a new observance of Harriet Ross Tubman, honoring her 110 years after the day of her death. This year is the first time she will be officially honored on a day dedicated to her by TEC, prioritizing her as one of the great cloud of witnesses that inspire our faith.

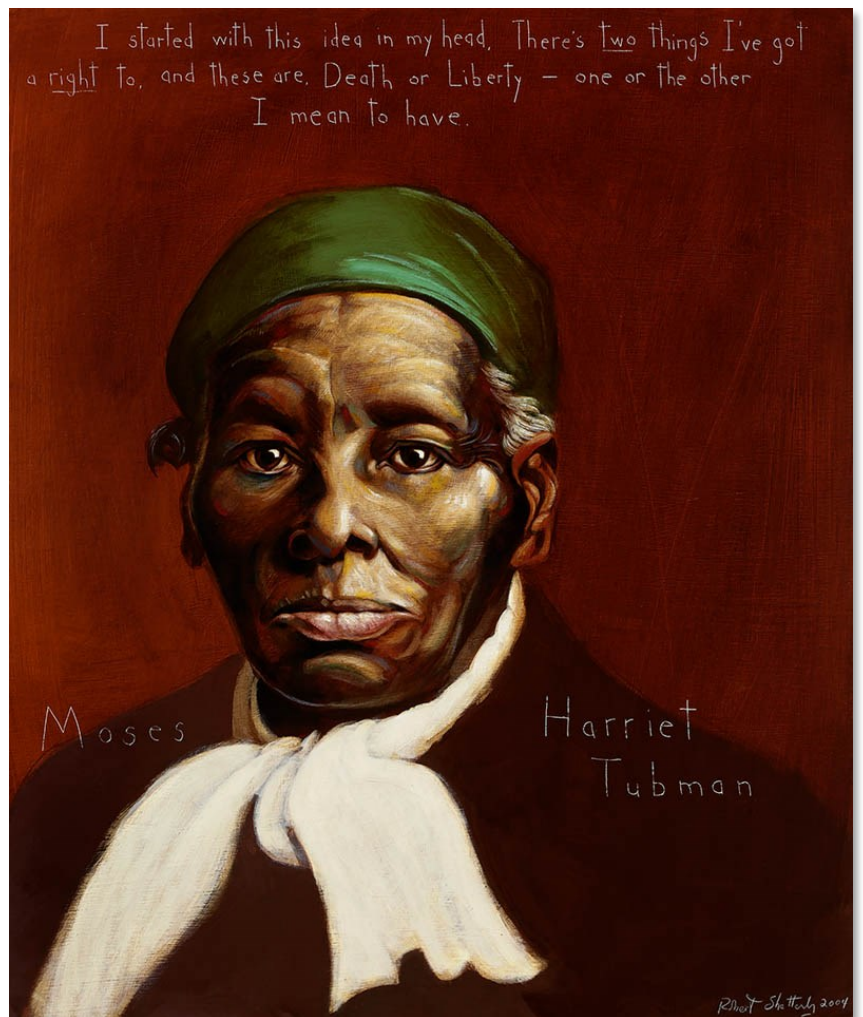
At general convention in 2022, the Episcopal Church adopted a resolution naming March 10th the day that the church would collectively remember Harriet Tubman. Harriet died on this day in 1913.

Join us for this nation-wide collective celebration of her life and contributions! Go here for readings and collects assigned by the church to honor Harriet in worship that day: <https://www.lectionarypage.net/LesserFF/Mar/Tubman.html>

The Rev. Will Bouvel and Jen Enriquez, the team who designed the curriculum, “Tell Me the Truth About Racism,” will facilitate this evening to lift up Harriet’s unstoppable and inspiring Christian discipleship.

All are invited to wonder about this amazing woman together through short videos suitable for all ages and including a welcome message from Presiding Bishop Michael Curry.

[Click here to access the event website zoom link.](#)



# Community

How's your week going? More importantly, how's your bracket looking? As of Wednesday, I am 5 and 6 – not great! At one level, who cares, right? As long as we're learning about some inspiring saintly souls and having some fun along the way, that's what really matters. And that's what this whole crazy online Lenten devotion is all about.

## LENT+MADNESS

And I did learn about some folks last week. I hadn't heard of Josephine Bakhita or Botulph. And I learned new things about the Ethiopian eunuch. I perceived him to be of a lowly station, and I did not know that he had been given a name. In last week's posts, I learned that he was given the name Simeon Bachos, and that he had a higher station in life than I thought. So, I maybe 5 and 6, but I am more knowledgeable. A good outcome.

Last week, Bach was one of the contenders, for the musicians among us. Did you know that Bach was a church organist for a few years? This was a very close race, but Bach squeaked through. He'll next go up against Richard Hooker.

I had to vote for Chief Seattle, living in the PNW, and he made it through! His bio shares the story of very complicated relationships between tribal chiefs and European settlers.

In the battle between Josephine Bakhita and Eric Liddell, we hear about sacrifice for God. Josephine stayed with the Canossian Sisters when she finally was granted her freedom; Liddell gave up a lucrative athletic career to be a missionary.

Does this sound interesting? If you are participating, come chat with me during coffee hour. If you haven't yet, you can start at any time. Go to [www.lentmadness.org](http://www.lentmadness.org).





# Community

## Wells Hall Renovation Updates this week...



These photos all show the renovation of the first floor accessible bathroom sub floor and tile. Top left: rotted sub floor where old radiator was, and underneath that photo, its replacement flooring. Top right: sub floor was not level surrounding the sewer pipe, underneath photo shows the repair in progress. Right: final tile floor covers all!

### Daily Office at Christ Church

◇ Monday 9:00am\*  
Morning Prayer

◇ Tuesday 7:30am\*  
Lectio Divina

◇ Thursday 7:30am\*  
Morning Prayer

◇ Saturday 9:00am  
Morning Prayer

\*zoom link available at  
[christchurchtacoma.org/  
calendar](https://christchurchtacoma.org/calendar)

## Worship at Christ Church

### Sunday Worship at Christ Episcopal Church, Tacoma

March 12, 2023:

8:30am Holy Eucharist in Trinity Chapel

10:30am Holy Eucharist in the Church and



Bulletin for 10:30am

Visit [Christchurchtacoma.org/calendar](https://christchurchtacoma.org/calendar) for weekday Morning Prayer, Lectio Divina, and Conversation & Compline Service Schedule

Online Daily/Weekly Devotion information:

[Forward Day by Day](#) | [Episcopal Church Weekly Reflection](#)

### Christ Episcopal Church

310 North K Street  
Tacoma, Washington 98403

p: 253.383.1569  
[info@christchurchtacoma.org](mailto:info@christchurchtacoma.org)  
[christchurchtacoma.org](https://christchurchtacoma.org)

PLEASE  
PLACE  
STAMP  
HERE

TO:

