



The Messenger

February 2023

Emmanuel Episcopal Church
P. O. Box 1028
400 Highland Avenue
Coos Bay, OR 97420

Rector Reflection

Last week I happened to be waiting in line at the Coos Bay post office. There were two people ahead of me at the two open counter positions. Each of them was interacting with the post office employee with whatever it was they were doing. Their voices were fairly low. I didn't pay much attention. Then at one point one of the employees leaned over the cubicle wall to the other employee and asked in a fairly loud voice, "Have we run out of Love?" I can only surmise he meant Love stamps. The other employee replied, "Yes." They continued on. I, however, was dumbfounded by the question and the subsequent answer. A preacher hears things in a different way perhaps. Have we run out of Love? This is perhaps the most important existential question of our age! With all the turmoil in the world it seems a fair question. Maybe we have come to the limit of our ability to love each other? Maybe it is all used up? When it was my turn to come to the counter I handed the man my envelope and he was typing and weighing. I said, "You know you just made my day." He said, "Oh?" I said, "Yes, with your last customer. You asked your co-worker in a loud voice 'Have we run out of Love?' As a preacher, I found that was a profound moment. That could make for a great sermon!" He chuckled. "I suppose so when you look at it that way." He said it again, "Have we run out of Love? Yes." I chuckled and responded, "Yes, we've sold it all." His eyes widened and he said, "OOOOoooooo. That's good."

It was just one of those moments. But it has remained in my mind as this question of running out of love is on many minds. Are we at the end of all things? I, of course, say no. Not because human beings demonstrate great capacity for love. We do from time to time, but in the annals of human history love is overshadowed by greed, cruelty and carnage. But from the point of view of the Gospel... we CAN NEVER run out of love because God is the source of love. God is Love itself and God is eternal. If we believe God is with us then love does not run out even when we falter and fail to satisfy love as God would have us to do. Such is the gift of grace. We are never without hope because we are never without love. February brings Valentine's Day and with it rather anemic and romanticized images of love. Let us remember that LOVE is so much more than mere emotion. Love is commitment, sacrifice, falling, and forgiving. Love is being bound to others by divine design and calling. Love is the greatest gift because it is the foundation of Life itself.

See you Sunday! *Patti+*



Meal Train, One-Dish Wonders

First of all, what is a Meal Train? It's something Emmanuel has done when one of ours is in need. When a friend is in need we often ask, "What can I do to help?" One of Emmanuel's answers to this question is to provide support through a meal because as Episcopalians, we love to feed people. When many come together to provide a meal over a specified amount of time, we have a Meal Train!

Now what are One-Dish Wonders? Whether you call it a casserole or hot dish, these one-dish dinners are perfect to make for a Meal Train delivery. Filled with hearty, healthy ingredients, they're easy to prepare, bake, and transport. Plus, the recipient can freeze any leftovers!

Here is one of our office's favorite one-dish meals. If you have a favorite, we'd love to hear about it and share in the next newsletter!

One-Pot Enchilada Rice



Ingredients

for 4 servings

- 1 tablespoon oil
- 1 tablespoon minced garlic, minced
- ½ cup red onion, chopped
- 1 cup bell pepper, chopped
- 1 cup tomato, chopped
- 3 cups water
- 1 ½ cups rice
- 1 cup black beans
- 1 tablespoon fresh cilantro, chopped
- 1 cup tomato sauce
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ cup shredded cheese, optional
- ½ avocado, cubed, for garnish

Preparation

- 1 Preheat oven to 400°F (200°C).
- 2 Put oil in a cast-iron skillet over medium heat. Add garlic and onion to skillet and stir until garlic is slightly golden and onion has softened.
- 3 Add pepper and sauté 2-3 minutes or until peppers have softened.
- 4 Add tomatoes and sauté 1 minute.
- 5 Remove sautéed vegetables and set aside.
- 6 Pour water into the skillet and wait for it to come to a boil.
- 7 Add rice and stir for 12-15 minutes until rice is fluffier but still slightly tender.
- 8 Make a circle in the center of the rice and add your sautéed vegetables and black beans to the skillet and mix.
- 9 Add cilantro, tomato sauce, chili powder, cumin, salt, and pepper, and stir.
- 10 Add cheese on top (optional).
- 11 Bake in a preheated oven for 20-25 minutes.
- 12 Allow to cool for 5 minutes.
- 13 Garnish with cilantro and avocado (optional).
- 14 Enjoy!

For more information and more recipes, please visit <https://www.mealtrain.com/articles/> .

If you or someone you know would benefit from being a Meal Train recipient, please contact Rev. Sr. Patti Hale or Kerri in the parish office.
Phone: 541-269-5829 Email: Administrator@episcopalcoosbay.org





Coos Food Cupboard

“9 Things You May Have Never Thought to Donate to a Food Pantry”

<https://www.goodnet.org/articles/9-things-you-never-thought-to-donate-food-pantry>

People who need help with food expenses because they are unemployed or underemployed often also struggle with needing more than just food. But food stamps will not cover non-food items like toothpaste or baby diapers. These are necessary items that people need but may not have the funds to purchase.

You may not have thought of it before, but you can donate other essential items to the food cupboard as well. So, when you are in the supermarket and picking up extra canned goods for the food cupboard, also consider buying something from these nine non-food categories.

1. Toilet Paper (*Coos Food Cupboard's most requested non-food item*)
2. Toothbrushes and Toothpaste
3. Feminine Hygiene Supplies
4. Adult and Baby Diapers and Wipes
5. Baby Food and Formula
6. Toiletries such as shampoos/conditioners, soaps, deodorants, combs and brushes
7. Household Cleaners such as laundry detergent and dish soap
8. Pet Food and Supplies
9. Portable and Non-electric Can Openers

Thank you, Emmanuel, for your continued support of the Coos Food Cupboard!

~submitted by Brian Sullivan

Shrove Tuesday Pancake Supper, February 21st

5:00 PM – 6:30 PM

This especially indulgent day symbolizes the start of Lent. The tradition of using this particular food began when Anglo-Saxon Christians used to cook up pancakes as a means to use up their fats and eggs before the fasting period. These Christians would then head to confession to seek forgiveness for their sins, otherwise known as being 'shriven' which is the origin of the name 'Shrove Tuesday'.

Come enjoy with Chefs Nat &Pat!

All You Can Eat Menu:

Fluffy Pancakes; Plain/Blueberry

Savory Breakfast Sides

Juice and Coffee

If you are able to help setup/cleanup or bring a breakfast side or juice, please let Pat or Nat know. Thank you!

Ash Wednesday Services

February 22, 2023

Imposition of Ashes

12:00 PM and 7:00 PM

(No Morning Prayer, Evening Prayer this day.)





Relief Nurseries as Part of Early Childhood Services

It is broadly understood that young children are at the highest risk for child abuse and neglect and are vulnerable to life-long detrimental effects from exposure to toxic stress and trauma. Adding to challenges for parents with young children is that Coos County is a “Childcare Desert” with only 13% of children having access to high quality early childhood education and care programs (2020 South Coast Regional Early Learning Hub Sector Plan).

The following quote from the 2019 Maternal and Child Health Needs Assessment characterizes conditions in our community as follows:

In Coos County there is a long history of generational poverty resulting in individuals growing up in poverty and their children experiencing the same fate. Even amongst people who have moved to the area, often a history of poverty and homelessness follows. The reasons for this poverty are linked and often result in families experiencing homelessness. Poor health due to lack of education, transportation, access to services (like childcare) and resources, as well as systematic discrimination propel this epidemic to future generations.

Why a Relief Nursery? Relief Nurseries began in 1976 when community volunteers in Eugene, Oregon, wanted to do something about the growing child abuse and neglect crisis in their community. Their actions led to the creation of the Oregon Relief Nursery program model where services are provided at no-cost to qualifying families including therapeutic early childhood classes, home visits, parent supports and outreach services. Relief Nurseries have documented outcomes for children involved with a Relief Nursery having no subsequent removal by Child Welfare (about 90% success rate). Quality early learning and family support helps strengthen children and families.

Relief Nurseries rely on communities for support. Thank you, Emmanuel, for providing an opportunity for Coastal Families Relief Nursery to open in Coos County and provide this incredibly important service.

~submitted by Nancy Lee Stewart, Coastal Families Relief Nursery Board Member



Episcopal Relief and Development - 2023 Lenten Meditations

According to The Book of Common Prayer, Lent provides us with the opportunity for self-examination, repentance, prayer, fasting and self-denial; and to read and meditate on God’s holy word (BCP, p 265).

Who is My Neighbor? This Lenten Season, Episcopal Relief & Development invites you to join us as we meditate on the commandment to love our neighbor and consider the meaning of this fundamental instruction in our daily lives.

The Rev. Robin Denney, a parish priest and former missionary focused on agricultural development in Liberia and South Sudan, wrote this year’s meditations. Robin’s reflections are poignant and personal and challenge the reader to consider the question, “Who is my neighbor?”

Join us on your Lenten journey. You can sign up to receive a meditation in your inbox each day, read the meditations online, or download all the meditations to read and share here

<https://www.episcopalrelief.org/church-in-action/lent/>.



***Love isn't a state of perfect caring. It is an active noun like struggle.
To love someone is to strive to accept that person exactly the way he or she is,
right here and now.***

Fred Rogers

