

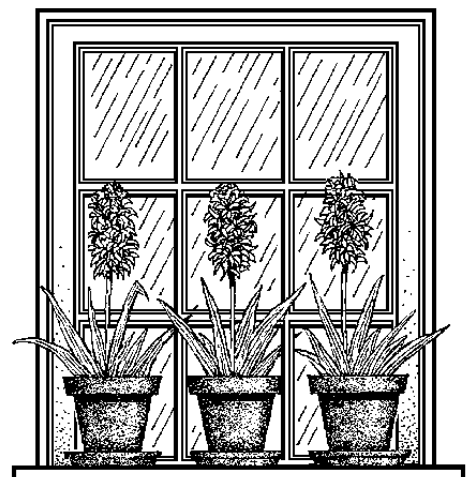
St. Augustine's in-the-Woods

The Episcopal Church serving Whidbey Island
A Greening Community



the *Light*

MARCH 2009



March

Rev. Nigel Taber-Hamilton, Rector
Rev. William Burnett, Rector Emeritus
Rev. M. Fletcher Davis, Priest Associate
Rev. J.R. Lander, Assoc. for Christian Education
Rev. Julie Bird, Deacon

Staff


Loretta Martin, Administrative Assistant
Carol Foster, Director of Music
Tom Williams Senior Warden
Bob Dial, Junior Warden
Bill Smith, Treasurer
Wendy Close, Parish Nurse
Diana Klein, Vestry Clerk
Michele Anderson, Newsletter Editor
Liz Kershaw, Altar Guild Directress
Trevor Arnold, ECW President
Kelly Diefert, Janitor

Worship Leaders

Beverly Babson
R. Bruce Campbell
Bill Carruthers
David McClellan, EFSJ
Anne Pringle
Richard Tussey, EFSJ
John Watson
Connie Williams
Tom Williams
Sherman Wortman
Judith P. Yeakel

Contact St Augustine's:

P.O. Box 11
5217 So. Honeymoon Bay Road
Freeland, WA 98249-0011
phone: (360) 331-4887 email: staug@whidbey.com



St. Augustine's Services

SUNDAY

8:00 am Eucharist
followed by coffee and Forums

10:00 am Eucharist
with music, church school & child care
followed by coffee hour


MONDAY

5:30 pm Solemn Evensong
(with incense)

WEDNESDAY

10:00 am Eucharist and Holy Unction

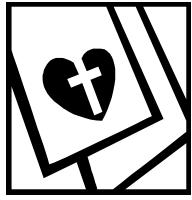
For additional activities please see "calendar" listings in this newsletter.



Worship,
Witness, Serve,

As the people of
St. Augustine's, our mission
is to worship God, witnessing
to Jesus Christ by serving the
community and the world in
which we live, all through the
power of the Holy Spirit.

web site: www.staugustinesepiscopalchurch.org



FROM THE RECTOR

How do we prepare for the resurrection of Jesus? This is an on-going question, of course – such preparations are an everyday thing for all Christians.

Yet we pay special attention to one season in the year, to one particular celebration: Easter.

Now “Easter” is a funny name for what we celebrate on that day and in that season! In every other language except English, the Greek version of a Jewish word is used as reference to the Day of Resurrection: Pascha. Our Day – The Day – is, in other words, the Christian Passover. Only in English have we borrowed the name of an obscure pagan god (Eastre) and applied that name to the most important festival of our faith.

We Christians have developed an expansive celebration of our Passover. Forty days of preparation (Lent) – echoing the forty days Jesus spent “in the wilderness” – followed by an intense week where there is a day-for-day correspondence between what we do and what happened in the last week of Jesus’ life. And even within that last, the week we call “Holy”, there is a central core: the Triduum, the Great Three Days.

Historically Lent, Holy Week, and the Triduum didn’t come into their fullness until the early Middle Ages. Earlier on, even the actual date of Christian Pascha was a little loose. By the Middle Ages, a full weeks’ remembrance was included in pre-Pascha devotions, and the now-familiar liturgies of these days were easily identifiable: the Maundy Thursday Eucharist, the Good Friday Liturgy, and the Easter Vigil/Easter Day Eucharists. These are three parts of one celebration, called the Triduum, which are at the very core of our faith. This was the final completion of Holy week, as we now know it. The word itself – Triduum – literally means “three days”, and was originally applied to any three-day festival. Today, however, it is always translated by Christians as “The Great Three Days”.

This year, as every year in recent memory, we observe every day of Holy Week and every service of the Triduum.

The week of Jesus’ Passion begins with the liturgies of Palm Sunday where, weather permitting, we begin outside for the blessing of the palms then process together into church.

On Monday and Tuesday we have Morning Prayer at 9:00am and Solemn Evensong at 5:30pm.

On Wednesday we have our regular Healing Eucharist at 10:00 am, and at 7:00pm we have our service of “Tenebrae” (a Latin word meaning “darkness” or “shadows”). Tenebrae is the ancient monastic night and early morning services (Matins and Lauds) of the last three days of Holy Week, which in medieval times came to be celebrated on the preceding evenings.

On Thursday we have Morning Prayer at 9:00 am and the Maundy Thursday Eucharist at 7:00pm. This latter service includes the rite of foot washing for those who wish to participate.

On Friday (“Good Friday”) there is Morning Prayer at 9:00am and the Good Friday Liturgy at 7:00pm.

On Saturday, at 7:00pm, there is the annual celebration of the Easter Vigil, known as the first service of the Church’s year, and the most important of the Easter services.

And lastly, on Sunday morning, we have the two festive, sung celebrations of the Day of Resurrection at 8:00am (Rite I) and 10:00am (Rite II).

All of the evening services are sung in some way, as are the three Easter services. The Adult and Children’s choirs combine on Maundy Thursday, Good Friday, Easter Eve and Easter Day.

As I said last year, a complete observance of Holy Week is really only possible if you come every day, but perhaps the most powerful way of entering into this profound time is to come to the services of the Triduum. Or, rather, to the *service* of the Triduum: The period from the Maundy Thursday Eucharist to the Celebration of the Resurrection is seen as one continuous service which is suspended between each part of that service, rather than understanding the various observances during the Triduum as separate services.

Do come! We’d love to see you!

Grace and peace to you all,

Nigel

Building Fund
by Isabel Neddow,
Continuation Director

\$1,700,000	Celebration Amount	
\$1,042,243	Original Commitment Amount	
\$214,339	Amount Received (February '09)	

A bit frightening when we see these numbers, but we don't have to reach the Celebration numbers tomorrow. We have a three-year commitment and will more than likely be able to reduce costs in different ways.

But we are in this together as a community of faith, and building a new Parish Hall provides us with a joyful opportunity to stretch ourselves. Almost 80 parishioners have made commitments so far, and it's not too late to join this group. Lent is a time for reflection and spiritual self-examination and an appropriate time to think about our relationship with St. Augustine's.

The Octogenarian

I can't believe I'm already at this age.
 The years flew by with a rush of pace.
 I do count my blessings, my thoughts are mine,
 However I often think when I was twenty-nine.

I like these later years the best.
 Maybe it's because I just have more sense.
 When a youngster tells me all they do,
 I can always say "I've been there too"!

I don't feel old, my mind thinks young.
 I don't count years just the things I have done.
 Life is full of wonder and joy,
 Seek it out like a girl or boy.

So cheerio and toot-a-loo,
 I'm off to do some Tai Chi.
 To kick up my heels "very, very slowly that is",
 And balance my life you see.

Helen Genis – March 2008

M.S.O. for February 2009



Enso House on Wahl Road, Freeland, is the recipient of our Mission Sunday Offering for March 2009.

Enso House is a welcoming facility that provides caring physical and emotional support to people of all faiths who are facing terminal illness, and to their families. Several of St. Augustine's parishioners have lived their last days in this serene setting, under the care of skilled professionals who are on hand 24 hours a day, and certified assistants who help with bathing, feeding and other personal services.

A full range of palliative care is available while guests maintain their primary care physicians and receive support from Home Health and Hospice of Whidbey General Hospital.

Length of stays average about 2 1/2 weeks, with stays ranging from one day to 3 1/2 months. Enso's intention is to enable each individual to live the time remaining with grace and dignity within his/her own spiritual tradition.

We urge you to support this worthy Mission Sunday Offering opportunity.

Are You Properly "Registered"?

Surprisingly, we have found that some of our longest and busiest members were never "properly" registered as members of St. Augustine's in the Woods.

If you attended another Episcopal Parish before you joined St. Augustine's, you should have asked that a "Letter of Transfer Request" form be sent to your old parish so that you can be properly recorded in our church registry.

If you are not sure if this was done, ask Fr. Nigel or Loretta to check the registry. If your transfer was not noted, we can send a "Letter of Transfer Request" to your former parish.

If you can not remember the name or location of your previous Episcopal Parish you can still be entered in our registry. Talk to Fr. Nigel

Junior Warden's Report

by Bob Dial

The "Lay Weeders" assembled at the church a week later than normal this month and, under the very able direction of Diana Klein, set about cleaning up the columbarium area. This year's bad weather has left many branches, leaves and other natural debris all over the church property but the columbarium seemed to be the right place to start.

The new Celtic cross is a beautiful addition to that area, so clearing and smoothing was accomplished there. Diana did a wonderful job in the Sprinkling Garden. When you go for a look, please notice how the bronze frog seems to be floating on a moss "lily pad" in a pond of stones. If you are interested in becoming a Lay Weeder, contact Diana Klein. They meet on the first Monday of every month from 9AM until noon.

The storm-damaged gutters were repaired and/or replaced on Thursday, February 12th. Now we can go in and out of the Narthex on rainy days without walking through roof run-off.

Senior Warden's Report

by Tom Williams

February was a busy month at St. Augustine's. On February 1st, JR held a meeting on our Youth Programs for the parents and volunteers. He started with some reflections on what's working, what's not working, and what the opportunities for the future may be. They then discussed some possibilities for the future, including schedule changes that might facilitate wider participation by our Youth in the Sunday Services. I believe the energy and enthusiasm shown by the participants will help carry us through the transition to a new Director.

On February 8th we had Part II of our Parish Annual Meeting. Bill Smith, our Treasurer, presented a review of last year's financial performance and an overview of this year's budget. Much of the remaining discussion was about the Building Program. We talked extensively about options for funding the gap between the projected building cost and the results of the Capital Campaign. We will try to keep you up-to-date on the progress of the building program, but, if you have any questions, please feel free to ask me or any member of the Vestry.

You may have noticed the new recycling bins in the Undercroft. Please use them and help us expand our recycling program.

Vestry Highlights

by Diana Klein, Vestry Clerk

January Vestry Notes

The new Senior Warden is Tom Williams and the Junior Warden is Bob Dial.

The proposed 2009 budget was approved.

Isabel Neddow will replace Judy Yeakel on the Endowment Committee.

A search has begun for a replacement for J.R.

A committee will be formed to investigate a sound system for the sanctuary.

Discussion will continue regarding cancellation of services.

The next meeting will be Thursday, February 19 at 5:00 pm.

February Vestry Notes

Passed resolutions to change bank signatories to current officers.

Reviewed the Annual Meeting and parishioner feedback.

Designated Vestry liaisons for committees.

Discussed outreach being done by parishioners in addition to money.

Presented draft of job description for J.R.'s position.

Announced "Apostles in Stewardship" award to be given at General Convention.

Discussed possible date for Bishop Nedi Rivera's visit.

Next meeting will be March 19 at 4:30pm.

The entire minutes are posted in the undercroft.

Adult Forum Schedule

by Ted Brookes



Our blustery March winds promise to blow a wide variety of forum subject matter into our Adult Christian Education program this month. We will continue our quarterly presentations on important health information and current environmental issues with guest speakers who will talk about the benefits of Yoga and the challenges of cleaning up Puget Sound. Further, we introduce a new DVD series that will attempt to address the facts and myths surrounding the controversial, but nonetheless intriguing topic of Creation vs. Evolution. Two hundred years after Charles Darwin's birth, some Christians still consider the Theory of Evolution to be a threat to their faith. However, the Episcopal Church affirmed in the 2006 General Convention "that an acceptance of evolution is entirely compatible with an authentic and living Christian Faith."

Specific dates, topics, and presenters for the March forums are provided below:

March - 8 Yoga and Your Body. Guest speaker Wendy Dion, proprietor and instructor at the Yoga Lodge in Greenbank, will provide our first health-wise lecture for 2009. She will talk about the benefits of Yoga in promoting physical and mental well-being. Yoga, as Wendy will demonstrate, improves cardiovascular performance, loosens the limbs, sharpens the mind, and provides a sense of serenity. It is a discipline in which everyone can participate, regardless of age or physical ability. Wendy Close, our Parish Nurse, will also be offering blood pressure checks before and after the presentation. Wendy Close hosts.

March 15: - Creation vs. Evolution, Part 1. This DVD will examine the scientific evidence surrounding the historical debate over the beliefs in Creationism and Darwinism. Dr. Ralph Muncaster, a former Bible skeptic and founder of the Institute for Contemporary Christian Faith, is the host and narrator for this series. He cuts through the technical jargon and presents easy-to-understand excursions into key scientific areas such as physics, microbiology, and cosmology. Through this exploration you will bear witness to how current scientific discoveries pose questions that cannot be answered by the Theory of Evolution alone. Ted Brookes presents.

March - 22 Creation vs. Evolution, Part 2. We will continue the debate over as well as the examination of the scientific evidence surrounding the issue of Creationism vs. Darwinism. Ted Brookes presents.

March - 29 Cleaning Up Puget Sound. Linda Lyshall, a spokesperson for the Puget Sound Partnership for the State of Washington, will be our guest speaker for this timely and very important environmental presentation. Puget Sound Partnership is a state mandated agency dedicated to improving the health of Puget Sound's shoreline and marine waters after years of neglect and industrial pollution. Linda will provide a power point lecture that will show what Puget Sound Partnership is doing to overcome this problem and the timetable for accomplishing it (the goal is the restoration of Puget Sound to its natural state by 2020). Ted Brookes hosts.

April - 5 Creation vs. Evolution, Part 3. We will continue the debate over as well as the examination of the scientific evidence surrounding the issue of Creationism vs. Darwinism. Ted Brookes presents.



Have you ever wondered who that was sitting in the pew across the aisle, but were too bashful or not able to ask? Help is on the way! St. Augustine's will be producing a pictorial directory. At first, we will have a display in the Parish Hall, with pictures and names attached. A published booklet may be in our future.

Albert Rose will be in the Church Library during coffee hours and by appointment, to take photographs of each and every one of us, beginning with the first Sunday in March. Albert does guarantee his work. If you don't like what you see, you get unlimited retakes. Albert will also make house calls for those who are homebound.

Please direct any questions or comments to Albert.

Getting Acquainted

by Nancy Langler

Melinda Kurtz

Melinda Kurtz, from Seattle, graduated from the University of Washington in Nursing. She began her career at Children's Hospital, in Seattle, where she specialized in pediatric rehabilitation.

She had an opportunity, with her bible study group, to travel to Ecuador. Speaking a little French, no Spanish, and with little time to prepare, she decided to memorize Spanish nouns and hope for the best. Most of the study group backed out of the trip, leaving Melinda and a single man to minister to the Ecuadorians. They lived in separate locations to comply with local tradition. This turned out to be an asset because it forced them to make friends independently.

While there, she trained tribal people to provide elementary care in the jungle. They wanted her to help them get incubators. She had to convince them that what they really needed was education and good prenatal care so that they would not need incubators.

She returned to Seattle. She loved working at Children's, but decided that she should practice what she had preached and look into a career in Public health care.

Deciding that she was not a city girl, she began to look at locations outside of Seattle. Remembering the good times she had spent with her aunt in Coupeville, she concentrated on Whidbey. Having grown up in a house that is still not finished, she knew that she did not want to spend her life working on a house. So 11 years ago, she purchased a home near the Whidbey Institute that was move-in ready.

She commuted to Children's for several years before taking a job with Island County as a Public Health Nurse. Her rehab experience proved invaluable. After three years in Public Health she began a Master's Degree in Public Health at Johns Hopkins. She was able to study here on Whidbey and made several trips east each year until she completed her degree.

While in Seattle, Melinda had made friends with a woman from India and her new friend encouraged her to visit her in India. Melinda spent five weeks there learning the culture and Indian cuisine.

Later, when her friend was working in Kenya and Tanzania, Melinda visited there as well. Melinda says that in Africa, success is recognized by age, wealth and obesity. Her newly found African friends thought that slender Melinda was troubled or had had a nervous breakdown. She tried to convince them otherwise by preparing lavish Indian meals, which they thoroughly enjoyed.

A number of years ago, Melinda decided to limit her workweek to thirty hours so that she could enjoy other things. She loves to hike, garden (she grows a lot of her own produce), and read. She likes to cook (especially Indian food) and has recently returned to playing the clarinet, which she had not done in many years. She discovered that new instrumental instructional books come with DVDs so one can practice with symphonic backgrounds.

She now shares her home with a rescue kitty named Boo, who recently came to her with two broken back legs. Boo is fortunate to have a pediatric rehab nurse to guide his recovery. He also seems to appreciate the clarinet!

New Formation Fellowship

Program- Via Media

An Introduction to Anglican Christianity

Via Media, which began Feb. 12th, runs for 6 more weeks. It offers an opportunity to learn more about our understanding of Christianity, have conversations with other members of the Parish, meet new people, and learn more about our church family. Each evening will feature a dinner, followed by discussions of the following topics:

- (2/26) God in Jesus:
An Incarnational Faith
- (3/5) God and the Holy Spirit:
The Breath of New Life
- (3/12) The Bible:
The Word of God for the People of God
- (3/19) Sin:
Roadblocks to an Abundant Life
- (3/26) Thy Kingdom Come:
The Promise of Christian Hope
- (4/2) So What?

Dinner is tentatively scheduled to begin at 6PM. You will be organized at tables, and you will remain with the people at this table throughout the program. Childcare is available. Please let JR know if you will need childcare, and he will arrange for it.

This program could be a wonderful Lenten discipline for you. We strongly encourage people newer to the parish to participate in this program, as a means of learning more about our form of Christianity and a means of meeting new people.

We also encourage you to invite friends! This is a great introduction to the Church.

We will also need volunteers for this program- if you would be willing to prepare a simple dinner, let us know. We will have funds to reimburse you for food costs.

Interested? Don't wait for JR to come and ask you (because he will). Call him at (206) 816-2192, or e-mail him at jameslander@gmail.com.

Groups of Eight

Do you want to meet new people?
Do you desire closer friendships with people at St. Augustine's?
Do you love fun times with great people?

Then sign up for Groups of 8!

"Groups of 8" is a new fellowship program at St. Augustine's.

Participants will be organized into groups of 8 people (duh!). Each of these groups will be diverse, and we will intentionally mix:

8AM people with 10AM people
Singles and Couples

Those who have children at home and those who do not

People of all ages

People who do not know each other.

Each group will be expected to meet 4 times, once per month, beginning in March. You can organize any type of event you would like; dinner, brunch, lunch, movie, play, etc. The only guideline is that you all have fun!

Interested? Call JR at (206) 816-2192 or email him at jameslander@gmail.com and let him know.

Librarian's Corner - Book Review

by Albert Rose

Pain: The Gift that Nobody Wants

by Dr. Paul Brand and Philip Yancey

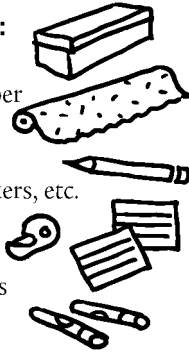
Most everyone enjoys a generous portion of this unwanted "blessing" and I hadn't met anyone who really appreciated it until I read about Dr. Paul Brand. Dr. Brand's work with lepers in India and the US during the mid-twentieth century shows the dire consequences of the absence of pain. The disfigurement of leprosy (a nerve destroying disease) comes not from the disease itself but from the constant aggravation of injuries that go undetected without the vital warning from pain. Pain in our lives is how we come to recognize when we are doing something destructive. In the final analysis, pain is not torture from a vindictive god, but a gift of divine love. This book is one of those obscure treasures that appears in our lives to show us the silver lining in the dark clouds of our lives.

PRAYER BOX

Family prayer time is a good habit. Make it fun with this activity for all family members. They can use this special box whenever they have a prayer request.

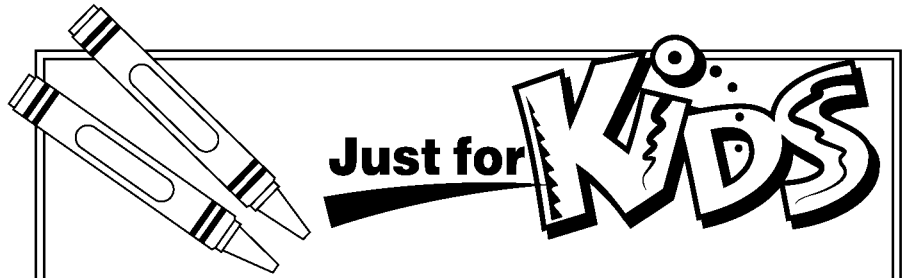
What you need:

- Shoebox
- Wrapping paper
- Scissors
- Tape
- Stickers, markers, etc. (optional)
- Index cards
- Pencils or pens



What you do:

1. Wrap the shoebox like a present. Be sure to wrap the lid separately so it can be removed.
2. Let the whole family help decorate the box. You can write Bible verses about prayer, draw pictures, glue on pictures or add stickers. Be creative!
3. Put the box in a prominent location of your house. Keep a pile of index cards and pencils or pens near the box.
4. Whenever a family member has a prayer request, he or she can write or draw it on a card and put it inside the box.
5. Family members can share the cards in a prayer circle, or people can take turns praying for all the requests. Throughout the week, family members can check the box for new prayer needs.



A FAMILY OF PRAYER

The book of Acts tells about a man named Cornelius. He was a Roman centurion from Caesarea who worshiped God. Through his encounter with Cornelius, Peter learned that God accepts everyone who fears him and does what is right.

Use the code below to see the example set by Cornelius and his family. Solve the math problems by using the grid. Then use the key to find the letter that matches each answer. Write the letter on the blank.

GRID	
A	B
2	4
C	D
6	5

KEY: a=7 e=8 i=10 o=9 u=11 y=6

"He _____nd _____ll _____h _____s _____f _____m _____l _____
A+C A+D A+D B+C A+D B+C A+B

w _____r _____d _____v _____t _____nd
A+C A+C A+C B+D C+D A+D

G _____d - f _____r _____ng; h _____g _____v _____
B+D A+C A+D B+C A+C A+D A+C

g _____n _____r _____s _____l _____t _____t _____h _____s _____n
A+C A+C B+D C+D A+B B+D B+D A+C B+C

n _____d _____nd _____pr _____d _____t _____G _____d
A+C A+C A+D A+D A+B A+C B+D B+D

r _____g _____l _____r _____l _____." _____cts 10:2, NIV
A+C C+D A+D A+B A+D

Answers: "He and all his family were devout and God-fearing; he gave generously to those in need and prayed to God regularly." Acts 10:2, NIV

Answers:

Do you have news to share, some accomplishment to note, or a story, poem or artwork you'd like to publish? Please submit it to Michele Anderson at MAYondan@comcast.net or Loretta Martin at staug@whidbey.com and we'll put it here!

(Of course you are always welcome to include it elsewhere in the newsletter if you prefer).

Martin Luther King Community Event

by Dick Hall

On Martin Luther King Day, 149 individuals from the Whidbey Island community filled St. Augustine's sanctuary to celebrate and commemorate the Christian nonviolent activist witness and leadership of Dr. Martin Luther King, Jr.

This was the Fourth Annual Martin Luther King community event to be sponsored by the St. Augustine's Episcopal Peace Fellowship, which also provided a free lunch to approximately 115 individuals prior to the service.

There were two main themes to this year's commemoration: The first was economic justice, the unfinished business of the Civil Rights Movement. Dr. Martin Luther King called for "a radical redistribution of economic power." The impact of Hurricane Katrina on New Orleans and our nation's current economic crisis are evidence that economic justice remains elusive. The second theme was the fulfillment of The Movement's goals of political inclusion, which was made manifest with the inauguration of Barack Obama.

The celebration began with prayer, scripture reading and a song, followed by readings relating to Dr. King and the call for economic justice. A narrative was read from the pulpit interspersed with readings from the pews of Dr. King's speeches and other activist accounts. Obama's inauguration was celebrated with a reading of excerpts from his election night "Change Has Come to America" speech.

Karl Olsen of Trinity Lutheran led the gathering in singing "Didn't My Lord Deliver Daniel?" "Keep Your Eyes on the Prize," and "Yes We Can, Can." The Trinity Lutheran Youth choir sang the African American anthems "This Little Light of Mine" and "Come Go With Me to This Land."

St. Augustine youth were also featured in this year's event. Hannah McConnaughey, Katie Reid and Emily Anderson were among the readers and Norma Colton assisted with childcare.

Bishop Greg Rickel gave the homily. He emphasized the prophetic nature of Dr. King's leadership by reading a portion of his "Letter from the Birmingham Jail." Bishop Rickel also made personal connections. He was at The March on Washington as an infant because his parents knew the importance of the event. Years later, during a family visit to Washington DC, Bishop Rickel's eight year old son, Austin, sought out the location at the Lincoln Memorial where Dr. King delivered his "I Have a Dream" speech. Bishop Rickel emphasized that those who were part of the movement for racial justice are giving way to a generation who will never know a time when an African American could not be President. While it is important that America's past injustices not be forgotten lest they be repeated, it is also vital that the faith based nonviolent movement that brought an end to injustice never be forgotten.

The service continued with this generational theme by establishing, through readings, a distinction between the Moses and Joshua generations. The Moses generation included Dr. King and a host of thousands whose activism led to the promised land of racial equality. They saw the vision of a "Beloved Community" but not its fruition. The Joshua generation, represented by Barack Obama and those born during or after the 1960's, did not experience the barriers of segregation and open racism. With President Obama, they have broken barriers and, politically speaking, have reached the "Promised Land."

The service concluded with a reading of a portion of the "I Have A Dream" speech. The gathering then clasped hands and sang "We Shall Overcome."

A Helpful Hint

*From The Greening Committee Proper Disposal of Prescription Drugs**

Pharmaceutical wastes have been detected in Puget Sound and are linked to adverse effects in aquatic organisms. We all have unused meds lying around the house where they present a risk to both humans and pets. *It is no longer appropriate to flush any medications down the toilet.* In 2008, Island County used Federal guidelines to create an interim policy for pharmaceutical waste disposal. Unwanted medications may be disposed in the following manner:

1. Remove medications from packaging and combine in a plastic bag or disposable container. This removes the link between the medication and patient information. Liquid medications can be poured onto wadded newspaper, kitty litter or other absorbent media before disposal in the trash.
2. Obliterate the medications by wetting or grinding. This further makes the medications unidentifiable and unusable.
3. Place bags or containers with the unidentifiable medications in the regular trash.

The empty, unlabeled plastic containers can be recycled at any Island County recycling location.

* This is guidance for patients and consumers only and may not be appropriate for medication disposal by health care professionals, including clinics, pharmacies, and nursing homes.



- 2) Sarah Parker's Birthday
- 6) Tom Clendenin's Birthday
- 7) Dan Sizer's Birthday
- 8) Megan Parker's Birthday
- 9) Gary Johnson's Birthday
- 10) Peggy Manchester's Birthday
- 14) Judy Yeakel's Birthday
- 15) Rachel Taber-Hamilton's Birthday
DEADLINE for April issue of
The Light
- 16) Alexandra & Andrew Lewis-Smith's
Anniversary
- 20) Diane Lantz's Birthday
Bill Cornell's Birthday
- 22) Sue Idso's Birthday
- 24) David Close's Birthday

Composting Reduces Carbon Footprint

by Stephen Schwarzmenn

If you use an in-sink garbage disposal, composting can help you save water and electricity. If you throw your green stuff away, composting can further reduce your carbon footprint by keeping your yard and food waste out of our waste system. Come learn the dos and don'ts of composting food and yard waste, in a fun and informative class. Beginners and experienced composters will learn the best ways to compost.

And if reducing your carbon footprint isn't enough, remember that the end product of composting is beautiful nutrients to feed back into your own garden!

Composting Class in Coupeville, 18 March 2009, 7:00PM- 8:30PM Coupeville Rec Hall
Janet Hall, WSU Extension Waste Wise Coordinator presenting
e-mail: cathydalmeida@wsu.edu



Read all about it inside!

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Reminder that the April Newsletter Deadline is March 15th

Please e-mail submissions to Michele Anderson at MAYondan@comcast.net.
and send another copy to staug@whidbey.com

St. Augustine's in~the~Woods Episcopal Church
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