



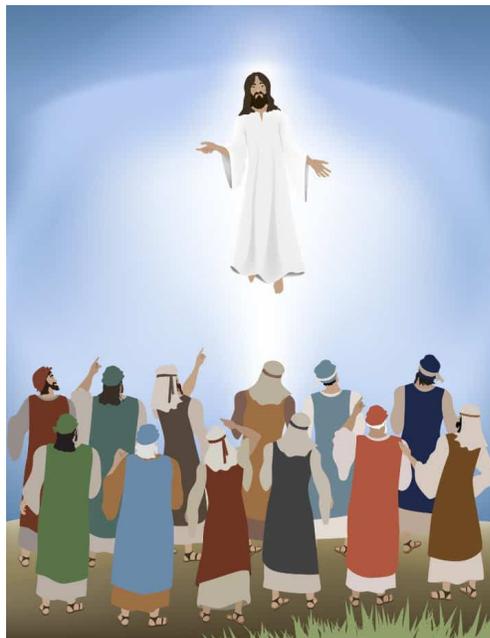
The Hillside Messenger

A Message from the Rector: The Ascension of the Lord and the Coming of the Holy Spirit

The appearances of the Lord Jesus Christ to the disciples over a forty-day period (*Acts 1:3*) following Easter Day were important to them as eyewitnesses of His resurrection from the dead. The teaching of the Lord during this period and His physical appearances to them strengthened their faith in Him and in His resurrection. But the physical presence of the Lord Jesus Christ with the apostles and other disciples did not last forever—it paved the way for His ascension into heaven and His everlasting spiritual presence with all the faithful.

St. Matthew's account of the Gospel contains no record of the Lord's ascension into heaven, but after instructing His apostles to go and make disciples of all na-

tions, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost, and teaching them to observe all His commandments (*St. Matthew 28:19-20*), Jesus assures them (and really



all the faithful), "Lo, I am with you always, even unto the end of the world" (*St. Matthew 28:20b*, KJV). Another possible translation of the phrase translated here as *the end of the world* is

"the close of the age," which means the end of the present age before start of the Messianic age in which the Lord Jesus Christ rules forever. Such an assurance of the Lord's presence with His

people would not have needed to be made if Jesus had not ascended into heaven but continued to appear to the Church through the centuries. The implication at the end of *St. Matthew's Gospel* is clear: The Lord Jesus Christ will always be with His Church spiritually though He has physically ascended into heaven. The Lord's final teachings and commands to His Church on earth impressed on her the fact that

each of her members were witnesses of the life, death, and resurrection of Christ and of the Gospel which they were to preach to all people.

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The Ascension of the Lord and the Coming of the Holy Spirit

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Just as there comes a time when the bicycle no longer has training wheels and one must learn to balance and ride on one's own, so for those apostles and disciples the time came when Jesus was no longer physically with them but ascended into heaven. He had told them it was necessary for Him to return to His Father's side so that they might receive the Holy Spirit. He taught them plainly in *St. John 16:7*:

St. John 16:7:

Nevertheless I tell you the truth; it is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send Him unto you.

The Comforter, or Paraclete (one who is summoned to help a person), is sent by the Lord Jesus Christ and given by the Father to every believer in Christ to strengthen him for the work and ministry of being an effective witness to the Lord Jesus Christ and to His everlasting Gospel. In the widest sense, the Holy Spirit is the Helper of every believer in Christ, their Guide (*St. John 16:13; 14:17; 15:26*) and Teacher (*St. John 14:26*).

The Church observes the Festivals of the Ascension and Pentecost (Whitsunday), not so that an ordinary, sinful life may be continued without Christ, but so that believers may bear witness to the risen, ascended Lord Jesus Christ by the help and grace of the Holy Spirit, who enables them to walk with Christ in the newness of life. The new life given by the Holy

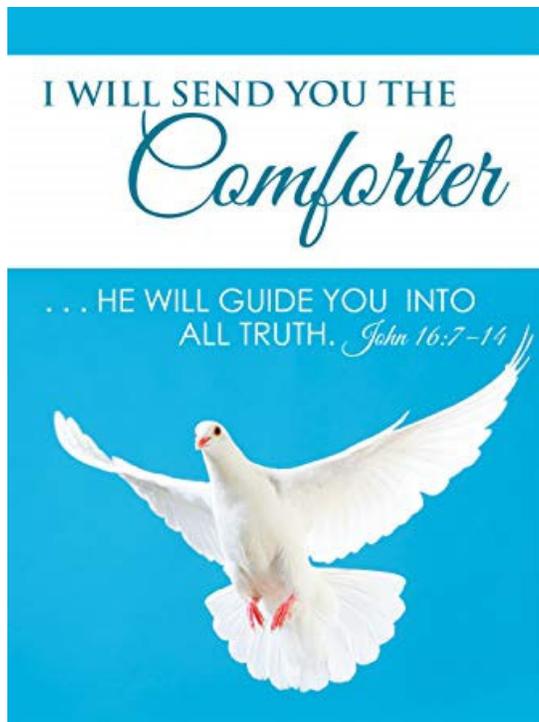
evident in the Church ever since, but not always to the same intensity, since the Gospel has not always met with the same sincere obedience as it did in the early days of the Church.

But as we continue to bear witness to the Lord Jesus Christ and to His Gospel today, let us be found conforming our lives to this prayer of the

Bishop for a confirmand in the service of Confirmation: "Defend, O Lord, this Thy Child with Thy heavenly grace; that he may continue Thine for ever; and daily increase in Thy Holy Spirit more and more, until he come unto Thy everlasting kingdom" (page 297, *Book of Common Prayer*, 1928).

What, then, must we do to increase daily in the Holy Spirit more and more? It is certainly not by becoming busier with the affairs of this earthly life that we increase in the Holy Spirit more and more, nor by praying less, nor by reading and obeying Scripture less, nor by being more careless about the call to live a devout and holy life. On the contrary, we must practice the presence of the Lord more and more in our

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Spirit was shown in the thousands who obeyed the call of St. Peter's preaching on the Day of Pentecost and were added to the Church (*Acts 2:37-41*); it was shown repeatedly in the preaching and actions of the apostles, evangelists, and deacons in various different ways (as recorded in *Acts* and in the New Testament epistles); and such life has been

The Ascension of the Lord and the Coming of the Holy Spirit

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lives. We all need to love God and our neighbor all the more day by day. We need to rejoice in the Lord daily, as *Philippians 4:4* and *I Thessalonians 5:16* teach us, and our prayer life needs to be expanded and strengthened. Here is one of the most inspiring passages in connecting rejoicing in God with being filled with the Holy Spirit:

And be not drunk with wine, wherein is excess; but be filled with the Spirit; speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.

Ephesians 5:18-20, KJV

The present imperative middle or passive verb *be filled* implies a continuous process of being filled with the Spirit as believers rejoice in God through psalms, hymns, and spiritual songs, which need not always be sung aloud but may be sung in our hearts to the Lord as we give thanks to God for all things. Rejoicing in the Lord is a daily activity in

not recognize until He broke bread with them in their home, transformed their understanding of the Holy Scripture of the Old Testament that they knew, so that they understood what passages prophesied His passion, death, and resurrection. If we are to increase daily in the Holy Spirit, we must expect Him to transform our understanding of the Bible and



Father in heaven, I pray to rejoice in you. Blessed be your name. Fill my heart with joy so it overflows from my words and actions. Cast out any guilt that is built up inside me. Humble me with the blessings you give us. My heart will sing how great you are. In Jesus' name I pray, amen.

[Based on 1 Thessalonians 5:16] DailyPrayerGuide.net

which we must engage intentionally. In this way the Holy Spirit, who inspires our prayers and praises, will fill us.

Walking with the Holy Spirit is walking with God the Father and the Lord Jesus Christ. The two disciples on the way to Emmaus (*St. Luke 24:13-35*) found that the risen Lord Jesus Christ, whom they did

of all those passages which teach us about God and how He wants us to treat the poor, the orphans, the widows, the aliens, and all who are in need, including people of different cultures and nationalities. If we are to be effective witnesses

of Christ and His Gospel, we must be able to reach out to all people with the love of the Lord.

— The Reverend Christopher Parrish

Our Chapel Family Prayer List

O God, the Creator and Preserver of all mankind, we humbly beseech Thee for all sorts and conditions of men; that Thou wouldest be pleased to make Thy ways known unto them, Thy saving health unto all nations. More especially we pray for Thy holy Church universal; that it may be so guided and governed by Thy good Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the



faith in unity of spirit, in the bond of peace, and in righteousness of life. Finally, we commend to Thy fatherly goodness:

Archbishop
Foley Beach;
Bishop
Bill Ilgenfritz;
Bishop
Richard Lipka;
Canon
Michael Penfield;
Father Chris Parrish;
Deacon Peter Vogel; and
Deacon Linda Bracken;
also all those who serve
as Thy ministers in governing our nation and state, particularly:
President

Donald Trump; and
Governor
Gavin Newsom;
as well as all those who
are any ways afflicted, or
distressed, in mind, body,
or estate; especially those
for whom our prayers are
desired:

the soldiers, sailors,
marines, airmen,
police officers,
firefighters, and pilots
who protect us every day;
our persecuted Christian
brothers and sisters
throughout the world;
all refugees;
all who are suffering
from COVID-19
and the medical personnel
treating them;

Jim and Edna Davis;
Estelle Wilson;
Joya de Rossett;
Debbie;
Scott;
Brittany;
James and Tanya Theiler;
Dale Quinn;
Brian Quinn;
Lisa;
Ben;
Marion;
Flo;
Max;

Dan and Kendra Pack;
Ernst Hernandez;
the Stanko family;
Yoshihiko and Hideko
Ikegami;
Lori Anderson;
Ali Hemphill;
Lori Hemphill;

Pennel Magaw;
Tracy Magaw;
Mary Frances Reeves;
Maryanne Sanchez;
Kaitlyn Lindstedt;
Brenda Terry;
Elise;
Thomas and MaryAlice
Dunbar;
Mrs. Kitt;
Jon Carter;
Marilyn;
Frank Capone;
the family of
John Jerrehian;
Dave Joines;
Rose Handwerker;
Ann and Frank MacVoy;
Gary Winiger;
Libby Codd;
Bishop Ilgenfritz;
Karen and her family;
Dave Shuman; and
for all those
who are in our hearts,
that it may please Thee to
comfort and relieve them,
according to their several
necessities; giving them
patience under their sufferings, and a happy issue out of all their afflictions. And this we beg for Jesus Christ's sake. Amen.

Please note: This prayer list was current as of April 30th, and the people of St. Luke's will pray for each need until we are notified that it has been met. Please contact Father Parrish to add or remove names. Thank you!

A Prayer for Our Congregation

O GOD,
Holy Ghost,
Sanctifier of the faithful,
visit, we pray Thee,
the Congregation of St. Luke's Chapel in the Hills
with Thy love and favour;
enlighten our minds more and more
with the light of the everlasting Gospel;
graft in our hearts a love of the truth;
increase in us true religion;
nourish us with all goodness;
and of Thy great mercy keep us in the same,
O blessed Spirit,
whom, with the Father and the Son together,
we worship and glorify as one God,
world without end.
Amen.



A Prayer for Times of Great Sickness and Mortality

O MOST mighty and merciful God,
in this time of grievous sickness,
we flee unto Thee for succour.
Deliver us, we beseech Thee,
from our peril;
give strength and skill to all those
who minister to the sick;
prosper the means made use of
for their cure;
and grant that,
perceiving how frail and uncertain our life is,
we may apply our hearts
unto that heavenly wisdom
which leadeth to eternal life;
through Jesus Christ our Lord.
Amen.



Security Upgrade, Budgetary Savings

Those of you who attended the Annual Meeting back in February will recall that there was some discussion as to the cost of our phone + data service line from AT&T on the budget. The increase in cost was due to the increased use of bandwidth from our new security camera system from Google/Nest. I had mentioned at the time that there was an opportunity for significant reductions in cost by switching out our camera system. I

wanted to provide everyone with an update on that process, as I have some excellent news!

First, after researching available options, I found a \$900 camera system that retains most of the capabilities of the Nest cameras:

- ..# motion detection with alerts to a smartphone of unexpected motion;
- ..# infrared and color night vision;
- ..# 4-kilobyte video so that one can actually read cars' license plates as they approach the

Chapel; and

- ..# the ability to remotely view any camera's feed from a smartphone

while adding a few additional capabilities, most notably optical Zoom on two of four cameras and local recording of video. These recordings will be on a digital loop (unless marked for saving), so newer video recordings will overwrite older ones; however, the system has enough storage to retain several weeks' worth of recordings. The local recording means that we use data bandwidth *only* when the cameras are being accessed remotely, which is what allows for significant savings on our monthly bills from AT&T.

Second, as I await the arrival of the new camera system, I have contacted AT&T to explore options for the Chapel's phone + data plan. The plan we had (which cost \$419 per month including taxes and fees) allowed for 60 gigabytes of data use. If we used more than 60 gigabytes, more data could still be used at no additional cost to us, but bandwidth (speed of transmission) was throttled. This plan was expensive and could be slow. AT&T has introduced a new plan: for \$100 the Chapel can use 100 gigabytes of data after which each additional gigabyte used costs an additional \$25. Don't worry—even at the highest-quality

setting for the Nest cameras we never used more than 80 gigabytes of data, so 100 gigabytes give us a comfortable safety margin. Once we switch to the new camera system and therefore use far less data, we can consider switching to a \$50 per month plan that limits data use to 10 gigabytes with each additional gigabyte costing \$10. In short, we have *immediate* savings of approximately \$300 every month (the \$100 figure is approximate as it does not include taxes and fees) and a further opportunity to save an additional \$50 per month (again, plus fees and taxes). Our \$5,040 budget line item will drop nearly in half to approximately \$2,480 if we stay on the \$100 plan for the remainder of the year. If we get the new camera system in place and are comfortable with the data usage being under 10 gigabytes by June, we can switch to the \$50 plan, which would bring our total for the year to approximately \$2,150. Next year that would drop to about \$700 (approximating fees and taxes) on the 10-gigabyte plan.

Thanks be to God!

— *The Reverend Mr. Peter Vogel*



Our Brother Needs Help!

Israel Cummings of Menlo-Atherton Scout BSA Troop 206, pursuing the rank of Eagle Scout, is leading efforts to raise funds and purchase much-needed meals and hygiene supplies for the homeless community in Palo Alto, Menlo Park, and Redwood City. Israel is coordinating an online auction through Street Life Ministries which will take place over the next couple of weeks.

Street Life Ministries (SLM) is a community-based, non-profit organization which serves the

homeless and at-risk populations of the Mid-Peninsula. SLM is facing both an increase in demand for services and a depletion in supplies. Both San Mateo and Santa Clara Counties have asked SLM to continue its work through the crisis, but fundraising efforts have been severely impacted and food and essential items are running low.

You are invited to participate in our community online auction. Visit <https://docs.google.com/forms/d/e/1FAIpQLSezZuRdABgEDhe7qSF Bsc65-nMiub5zWVj2m7m9JGcYacXHTA/>

viewform to donate items to the auction. E-mail Israel at CummingsEagleProject@gmail.com to receive the auction list and bidding form once the auction goes live. (You might also use this e-mail address to request that Israel send you the *very long* link above!)

Examples of excellent items to auction are electronic gift cards, virtual classes, virtual experiences, designation of a food or wine club shipment, and gift baskets. Thank you very much for your help!

– *Israel Cummings*



When She Got There, the Cupboard Was Bare...

Dear Parishioners and Friends of St. Luke's Chapel in the Hills,

As you know, we have an ongoing ministry collecting non-perishable foods for the Downtown Palo Alto Food Closet. Since we are not meeting at the Chapel for worship, we have not been able to contribute groceries since the County and State shelter in place orders were imposed. Right now, the closet is experiencing a severe shortage of grocery items. If any of you can drop off donations at one of the locations mentioned below, it will be greatly appreciated.

With every blessing,
Chris Parrish+

Food Closet

425 Hamilton Avenue

The Food Closet is still open and needs donations as Second Harvest's stock is depleted—the shelves are bare, and more people are coming for services!

We welcome all donations, but we especially need the following foods and food distribution materials:

Foods

canned soups (hearty soups with meat are needed; a good choice of soups would be helpful; any soup other than tomato or broth soups)

Ramen noodles

15-oz. cans of vegetables
green beans
peas
corn
yams/sweet potatoes
cranberries
beets

15-oz. cans of beans
kidney
garbanzo
pinto
cannellini
other

cans of protein
corned beef
Spam
Vienna sausages
roast beef
Spaghetti-
os
ravioli
beef tamales
chicken
pork 'n' beans
chili

canned gravy

instant coffee

hot chocolate packets

apple cider

bottled water

Capri Sun drink pouches

tea bags

dry instant soups

jams and jellies

salt and pepper

Distribution Items

Grocery bags with handles (paper and plastic are

both welcome right now!)

Ziploc sandwich bags (not freezer type) for dividing larger bags of rice, dried beans, cereal, oats, and the like

The Food Closet is temporarily closed on Saturdays but is open Monday to Friday from 9:00 AM to 2:30 PM (Thursday to 6:30 PM).

The Food Closet only allows one client in at a time. A volunteer (wearing gloves and mask) fills a bag with groceries and hands it to the client. Everybody has been following safety guidelines, and it's working out although we are seeing many new faces.

Donors may bring groceries and distribution items to the Food Closet at 425 Hamilton Avenue in Palo Alto on the All Saints' Church campus. Use the side door which is located to the left of the trash area to avoid the line. (Our clients enter through the other door by the patio.)

Opportunity Center
33 Encino Avenue

Non-food items like clothing and toiletries should be taken to our partner ministry, the Op-

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When She Got There, the Cupboard Was Bare...

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portunity Center. The Opportunity Center needs:

Clothing

clothing of all sorts, but
especially cotton socks

socks, warm, dry socks,
socks and more socks

men's jeans

T-shirts (clean but not necessarily new; logos and messages are fine)

Toiletries

shampoo

soap

toothpaste

toothbrushes

disposable razors

deodorants

body lotion

combs

Other

Kleenex, small packets

Band-aids, assorted

Backpacks

Towels

Drop off items at the Opportunity Center located at 33 Encina Avenue in Palo Alto. The Opportunity Center is open Monday through Friday from 8:00 AM to 4:00 PM.



Parish Postings

We are all learning to cope during the ongoing Shelter in Place order (now extended through the end of May). One way our Chapel Family is doing this is by meeting via Zoom teleconferencing for Morning Prayer on Sundays at 10:00 AM. Worshipping together at a distance is not quite the same as sharing a pew at the Chapel, but it is still a joy to worship in a group and share a few minutes of fellowship afterward. Please join us, and invite your friends!

If you are new to using Zoom, the first thing to do is download the free Zoom app onto your computer, tablet, or phone. It is best to do that today. It only takes a few minutes. Your device should have an internet connection, microphone, and speaker. Your device needs to have a camera if you want to see the group and be seen. Of course, smartphones and most computers already have all of that. On a Mac or PC just go to <https://Zoom.us/download> to get the app. To get the app on your phone, go to the appropriate app store and download it.

Father Parrish will e-mail a reminder with the meeting link and password a few days before we meet for Morning Prayer. He will also e-mail the bulletin for the weeks we worship via Zoom.

Then when it's time to begin Morning Prayer, click on our meeting link. If the site asks for the meeting password, type it in. Type in your name if it asks. The site may ask if you want to connect to the meeting with video or not. Please do. Then it will ask if you want to connect with computer audio; click that, and you're all set. See you Sunday!



Due to the extension of the Shelter in Place order, the episcopal visit and Sacrament of Confirmation planned for Sunday, May 17th, have been postponed. God willing, we will be able to reschedule them soon!



Upcoming Events

St. Luke's Chapel in the Hills continues closed in compliance with State of California and County of Santa Clara Shelter in Place orders to slow the spread of COVID-19. We continue to meet online, however, and pray you will join us (see *Parish Postings*).

Sunday, May 3rd

The Third Sunday after Easter

Office of Morning Prayer via Zoom
10:00 AM

Sunday, May 10th

The Fourth Sunday after Easter
Mothers' Day

Office of Morning Prayer via Zoom
10:00 AM

Sunday, May 17th

Rogation Sunday
The Fifth Sunday after Easter

Office of Morning Prayer via Zoom
10:00 AM

Vestry Meeting via Zoom
11:30 AM

Monday, May 18th

Rogation Day

Tuesday, May 19th

Rogation Day

Wednesday, May 20th

Rogation Day

Thursday, May 21st

Ascension Day

Sunday, May 24th

The Sunday after Ascension

Office of Morning Prayer
via Zoom
10:00 AM

Sunday, May 31st

Pentecost.

commonly called Whitsunday

Office of Morning Prayer via Zoom
10:00 AM

Sunday, June 7th

Trinity Sunday

Worship service and location to be announced.





The Hillside Messenger

A PUBLICATION OF
ST. LUKE'S CHAPEL IN THE HILLS
ANGLICAN CHURCH

A PARISH OF
THE CONVOCATION OF THE WEST,
PART OF THE
MISSIONARY DIOCESE OF
ALL SAINTS IN
THE ANGLICAN CHURCH
IN NORTH AMERICA

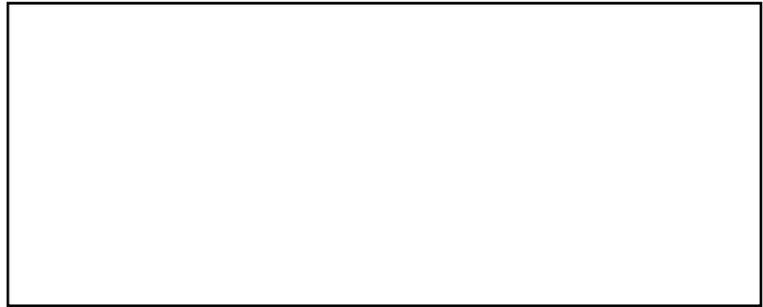
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ChristopherParrish7@gmail.com

Website:
www.StLukesChapel.church



Worship Schedule

St.

Luke's Chapel in the Hills is a traditional Anglican parish which uses the 1928 edition *Book of Common Prayer*. We invite you to join us for worship soon!

***"A place
where the Bible is taught."***

— — —
*Biblical in teaching.
Liturgical in worship.
Loving in practice.*

First, third, and fifth Sundays of each month

Holy Communion
(with Healing Service on First Sunday)
10:00 AM

Second and fourth Sundays each month

Office of Daily Morning Prayer
10:00 AM

Said Holy Communion
noon

Please note that both services on Feast Days occurring on these Sundays will be Holy Communion.