



The Messenger

St. Gabriel the Archangel Episcopal Church

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Vicar's Corner

I am planning to be away – I have said “yes” to the invitation to attend CREDO. Credo, a word that means, “I believe”, is the name chosen for a wellness program offered through the Church Pension Fund. I will be leaving June 9th to join with 49 other priests in my age bracket from all over the nation. We will gather at a retreat center in Northern California called Bishop’s Ranch. A faculty made up of eight professionals will lead us through a week of work, reflecting on the major aspects of life – spiritual, vocational, health, and financial. Pre-conference work has included an online evaluation of my ministry by 10 members of our community; an online health survey through the Mayo Clinic; a financial evaluation looking at how Jim and I are preparing for the time of retirement; and prayerful reflection over the course of my life focusing on 5 major events wherein transformation has occurred. I must confess, I was a little worried when the packet containing 7 folders with tasks for me to complete arrived. The tasks have proven to be extraordinary. I have no doubt this will be a powerful and productive time for me – many of my trusted colleagues have completed this program and sing its praises. One of the CREDO faculty members and a favorite author of mine, The Rev. Sam Portaro has this to say:

“The heart of spirituality is relationship with God, intimacy and partnership with the Divine. Clergy are notorious for granting priority to pastoral and professional relationships, often neglecting their personal intimate relationships with spouses, partners, families, and God. CREDO offers the necessary resources for restoring balance: the time and space for cultivating that intimacy with God from which all Christian standards of wholeness are derived.”

The reason to go to CREDO is to tend to my faith, to the work of growing as a child of God, and to gain tools to avoid “clergy burnout”. The CREDO prayer says it well:

Holy God, be in my mind, that I might let go of all that diminishes the movement of Your Spirit within me.

Discerning God, be in my eyes, that I might see You in the midst of all the business that fills my life.

Loving God, be in my heart, that I can be open to those I love, to those with whom I share ministry and to the whole human family.

Gracious God, be in that grace-filled silence that lies deep within me, that I might live in Christ as Christ lives in me.

Amen

After my time at Bishop’s Ranch, I will spend the following week on a quiet retreat to fully absorb the gifts I know CREDO will bring. I will be home on June 24th.

I have put information about the CREDO program in our church library for any who might be interested in knowing more.

*Blessings,
LouAnn+*

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Home communion is available for those who are unable to attend Sunday worship service. Contact Jeanne Koppel at 503-520-0240 to arrange for an appointed time.

The Mission of St. Gabriel the Archangel Episcopal Church is to share the knowledge and love of Jesus Christ and to help each other on our spiritual journey with God.