



THE CATHEDRAL CHIMES

THE NEWSLETTER OF THE CATHEDRAL OF ST. JOHN THE EVANGELIST



Rest: The Other Side of Doing

BY NICOLE SHEETS

Sometimes, on a weekend afternoon, I will stretch out on our gray couch to “rest my eyes.” The couch is from Dania, a furniture store downtown. It is the nicest couch I’ve ever owned. We are not supposed to eat on it.

As I sink into the cushions, the small cat shreds the blinds. Cheatgrass waves in our feral yard. The kids, a 5th grader and a 2nd grader, sit on my legs. Maybe they are playing a video game called PlateUp! about running a restaurant, a game that seems distinctly un-restful, offering the stress of a professional kitchen without any of the financial gain (“you get in-game money,” the 2nd grader clarifies). My theory is that I can sleep very deeply on this couch, for two or three hours at a time, because I know where the kids are. They are safe, and they are sharing a project I don’t have to pay attention to.

Years ago, when I had a regular yoga practice, one of my favorite teachers would say things like “not doing is the other side of doing.” These kinds of pronouncements parody themselves, but it’s also a bit of wisdom that I’ve carried with me. Probably I’m supposed to quote the Bible in a Chimes article, but I’m running with the idea that all truth is God’s truth. “Not doing” implies an equal and opposite force to “doing.” I think the teacher was giving us permission to rest. He was saying that it’s OK to be tired, to need to tap out for a while, that it’s not only a good idea or a nice add-on, but that it’s essential to being a whole person.

Where is the line between doing and not doing? It’s a provisional line, dotted like the border of an old-school paper doll you cut out with scissors. I teach in an English department, and the rhythms of the

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academic year are deeply implanted in me. That job, like many jobs, can feel endless. There are always projects I could be working on for my professional development or to serve causes I care about. There's always more to read. But there is a moment when each semester ends. A moment to take a breath, to let my shoulders descend from my ears. There are provisional places to stop and rest, to celebrate or pick up the pieces, to take on some not-doing.

In "The Longing," 20th century American poet Theodore Roethke writes, "I long for the imperishable quiet at the heart of form[.]" I don't know what that means, but I think about it often. Maybe "form" here is structure. Maybe he means poetic form, sonnets and sestinas and the like. The writer Heather Sellers claims of the villanelle, another poetic form, that it "almost writes itself, once you have settled on two lines that you think are interesting enough to repeat (and that rhyme)." This seems like something only an accomplished poet would say. But there is relief, something akin to rest, in a pattern. There's something about the constraints of a form (a sonnet, the liturgy on a Sunday morning, the five days with the hero in each episode of *Queer Eye*) that relieves some stress. You only have so many options.

These days when I think of Roethke's line, my mind gloms onto those words "imperishable quiet." Not silence, mind you. But quiet. It's something I'm often chasing. Maybe it's because the radio station is always on in my head. Maybe it's just a paradox of middle age, that somehow my hearing is worse and also I'm more bothered by noise. I am learning to recognize and respect what feels restful to me, to ask for it by name. As I recently read in a parenting book, I might say "my ears need a nap."

Roethke continues, "I would be a stream, winding between great striated rocks in late summer[.]" Water, in this case, responds to constraints but isn't stalled by them. The water isn't aimless. It slips through the rocks. This sounds like a fantastic plan for summer: to go with the literal flow.

Rest, for me, happens when the work isn't done, but I behave as though it is. I draw that dotted line between doing and not doing. I know that everything



Nicole and Vivi not-doing at the Seattle Art Museum.

except love will end, but I have these things now: the small cat, the tattered blinds, the kids, the low-key battle over the comfiest blanket. The blessed unscheduled afternoon. I have to believe in rest, even if I haven't "earned" it. You could say I long for it. ●

A Season of Rest

You may have noticed by now that each Chimes issue follows a theme, sometimes more loosely than others. As editors, we work to find connections at St. John's that illustrate aspects of our shared life in a community of faith, and hope to bring pieces together in each publication that will harmonize around a central idea.

This issue takes its theme from this year's first lectionary reading of the season after Pentecost, the creation account in Genesis that ends with God declaring the work finished and resting on the seventh day. As you read the articles offered in this edition of the Chimes, we hope that you will find in them that same spirit of Sabbath, and reflect on the ways in which rest and restoration can be an integral part of your own journey as a Christian.

Editorial Board: Meredith Shimizu, Lindsey Newton, James Rosenzweig



Praying in a 1978 Oldsmobile

ARLEN FARLEY

PRIEST ASSOCIATE

“Pray without ceasing.”

– St. Paul’s letter to the Thessalonians

Returning home from an outing on my 16th birthday I found a 1978 Oldsmobile Delta 88 in the driveway. “Did you see your gift?,” my dad asked, as I walked in the door. My heart sank. It was 1999. The car was older than me, and not in a good way. It had all the flash, color, and smell of a suburban retirement home. It wasn’t even a coupe. All four doors creaked on their hinges and crunched into place in their frames. No power steering, no air conditioning, and, crucially, the 8 track/radio stereo was broken. From early middle school until my 16th birthday, I had listened to music during every waking hour I was alone. Music was emotional outlet, coping, energy, and life. The 1978 Oldsmobile was a forced encounter with silent solitude.

Right around the same time I read a quote from Blaise Pascal in a book by a different author. “All of humanity’s problems stem from man’s inability to sit quietly in a room alone.” That quote slapped, as the kids say. I don’t know if I had thought of the various activities and noise of my life as a way I might be moving away from something more basic.

The first thing I heard in the silence was the sound of my shame about the vehicle itself. Blaise Pascal lived in a time before parents purchased cars for their kids, but I can imagine him saying that such gifts are the result of a father’s inability to sit quietly in a room by himself. I addressed the discomfort by making the car into a joke I was already in on. I cut a small cross in the bottom of a yellow rubber ducky and slid it over the rocket-inspired Oldsmobile hood ornament. Some things are so distracting that you can’t embrace silence, embrace God, before you address them.

My Oldsmobile became a cell for prayer in the monastic sense.

Following the prayers of my Christian community I practiced adoration of God, thanksgiving for experiences and relationships, prayed for people I was worried about, prayed for my own needs and those of others. I talked to God, silently, in my head.

Those offerings made me aware of recurring concerns. I lacked the language for it at the time, but I realize now I was noticing that there was a difference between prayer as formation of my life in Christ (of which repetition is an essential part) and “rehearsing my anxieties.” St. Paul’s invitation to pray without ceasing couldn’t possibly mean to worry in God’s presence without ceasing. Instead, there was already a prayer going on—something like God’s prayer, God’s silent prayer—which was available to connect to. The path into it could be traveled fastest by settling in my breath, into my body, into my feelings in the presence of God and letting all the other words in my mind go.

I imagine many of us have something like our own version of my Oldsmobile story. Perhaps the setting is working on a vehicle, hiking on a trail, or maybe even walking on a golf course. Contemplative prayer is right where you are, present from your heart, from the silence of God’s own abundant speech. ●

Prayer – by Marie Howe

Every day I want to speak with you. And every day something more important calls for my attention—the drugstore, the beauty products, the luggage

I need to buy for the trip.
Even now I can hardly sit here

among the falling piles of paper and clothing, the garbage trucks outside already screeching and banging.

The mystics say you are as close as my own breath.
Why do I flee from you?

My days and nights pour through me like complaints
and become a story I forgot to tell.

Help me. Even as I write these words I am planning
to rise from the chair as soon as I finish this sentence.

Camp Cross: A Place to Encounter God, Community and Creation

BY ALEX FLANNAGAN

CANON FOR CAMP, YOUTH, AND FAMILY MINISTRY
THE EPISCOPAL DIOCESE OF SPOKANE

Tucked along the shores of Lake Coeur d'Alene, Camp Cross continues to be a place where lives are shaped by Christian community, prayer, laughter, and the beauty of God's creation. Camp has served generations of campers and folks seeking rest, renewal, and connection.

For many, camp is more than just a week away from home. It is a sacred place where young people (and not-so-young!) discover confidence, friendship, belonging, and the love of God in tangible ways. Around the campfire, at waterfront, during worship, and in the simple rhythms of shared meals and cabin life, campers experience a faith that is lived rather than merely discussed.

This summer's theme is "Sing to the Lord a New Song", inviting campers and staff alike to explore how God continues to call each of us into lives of courage, joy, compassion, and hope. What song has God put in your heart? Who are you called to be and what are you called to do? We'll explore that together at camp this summer. Through music, prayer, service, play, and in quiet moments by the lake, camp offers space to encounter God in fresh and meaningful ways.



A group of St. John's kids off to Camp Cross for Arts Camp last year.



The new cabins and retreat house in mid-June. They will be ready for the adult retreats in July!

Camp Cross also continues to grow in exciting ways. Construction on the new cabins and retreat house is coming to a close this July, expanding opportunities for adult retreats, family camps, parish gatherings, and year-round ministry. The new cabins will provide greater comfort and accessibility while preserving the spirit and simplicity that have always made Camp Cross special. The intention is not to replace the camp experience that the people of the Episcopal Diocese of Spokane love, but to deepen it—creating space where more people can encounter rest, community, and renewal.

In a time when so many feel disconnected, divided, isolated, or overwhelmed, places like Camp Cross matter deeply. Camp reminds us that Christian community can still be joyful, intergenerational, grounded, and life-giving.

I'm grateful for the prayers, support, and generosity of the congregation at St. John's Cathedral, whose partnership helps make camp possible. Whether through sending campers, volunteering, praying, or contributing financially, your support helps ensure that Camp Cross continues forming young people and welcoming all who seek renewal in this sacred place. It's a blessing to serve you. ●

Being With: A Place to Restore the Soul

BY SERA RATHBUN

The first Being With group at St. John's is made up of people who joined for all sorts of reasons. Some came with curiosity. Others wanted to add more *being* into their lives filled with *doing*. Some were drawn to the intimacy of a small group setting because it has long felt spiritually nourishing to them. Others found joining downright frightening, but wanted to lean into that discomfort and discover what might be on the other side of it.

Being With is a ten-week journey of exploring our lives as sacred texts, places where God has been at work since the very beginning. People's experiences of God are taken seriously, possibly more seriously than they have been taking them themselves. The 90-minute format of each session offers space for unhurried wondering and dialogue.

Each week has a theme entered through the doorway of experience. We explore these themes not as abstract ideas, but as lived realities already present within each person in the room. The course is simply intended to create the conditions for those realities to be examined together, with care and without judgment. So far, we have explored forgiveness, Jesus' divinity and humanity, and the topics of church, Bible, mission, and the cross.

There is something profoundly restorative about setting aside 90 minutes simply to be: to wonder, to listen, and to sit with questions that do not resolve neatly. We begin to notice God more clearly, both in our own lives and in the lives of others. This habit of wondering and reflection tends not to remain in the room but travels with us into the week, changing how we see and receive our daily lives. These new insights are often shared when we come together again.



Members of the current Being With group: Sera Rathbun, Cheryl McDaniel, Abby Rogers, Malin Granquist, Christopher Knott, and Cody Rathbun.

My husband, Cody, and I lead the group. We both feel that, while we help facilitate the logistics of each session, we have very little to do with how it actually unfolds. We are, in the best possible sense, spectators — privileged to witness and delight in the work of God in the lives within the room and beyond it. It is a joy to experience this week after week.

In addition to the core ten-week course, there is a growing library of shorter, more topical explorations, including Being With the Bible, Being With Yourself, Being With Creation, Being With the End of Life, Being With Your Significant Other, Being With Baptism, and Being With Child. We are already anticipating hosting another Being With group and would love your help in planning it. If you are interested in joining a future group, please get in touch with your preferred days and times so we can find what works best.

We hope Being With continues to grow at St. John's, because it helps people discover that their lives are already places where God has been at work, and that they are capable of speaking about that with courage, gentleness, and truth.

If you would like to join a future Being With group, contact Father Arlen. ●



JAYNE TOUCHSTONE

Serving God, Loving Others

What's your story?

I grew up in the Florida Panhandle. My family attended St. Simon's on the Sound—a place that will always feel like home for me. Both of my parents were active in the church, and it was a major part of our lives. I did all of the normal “kid stuff” like Sunday School, VBS, and church camp, and then served on the Commission on Youth Ministries. After I married into the Air Force, we lived in Japan and Illinois before arriving in Spokane in the summer of 2021. We came to St. John's almost immediately, and now have niches in the columbarium, so we aren't going anywhere.

What fills your days?

Here at church, I serve on Cathedral Life and the Communications Committee, work as a wedding coordinator and occasionally teach Sunday School. I work for Spokane Public Schools in early childhood special education, which I find incredibly fulfilling. I also work (very) part-time at my neighborhood pub, which is perhaps less fulfilling, but a lot of fun! I am a Whitworth University student, currently pursuing a K-8 teaching certificate.

How do you view your new role as senior warden?

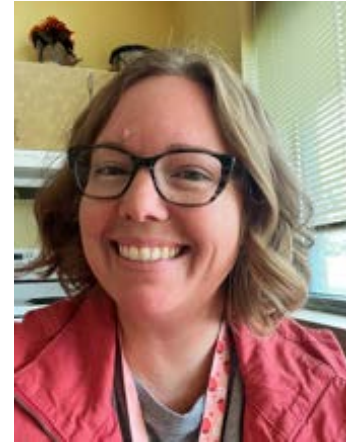
My job is to support our clergy in carrying out the work of the church. There are administrative aspects too, like giving reports and running the occasional meeting, and those things are sometimes intimidating for me. Despite my lifelong, varied experiences in the church, I still have plenty to learn. Fortunately for all of us, we have an incredible team of clergy here, and I both enjoy their friendship and give thanks for my working relationship with each.

What are your hopes for St. John's?

I want St. John's to continue to grow. Let's keep breaking bread together and continue our fellowship, indefinitely. Let's keep seeking and serving Christ in every space and face. Let's turn away from things that are not of God, and let's be willing to repair relationships when we fall short. Let's learn and grow together. Let's do justice, love mercy, and walk humbly in the example Christ has set for us. Let's keep finding new ways to love our neighbors and ourselves. I realize we have to live in a world of utility bills and insurance policies, but our baptismal covenant has clearly outlined our work. At the heart of everything that it takes to make St. John's what it is, is our commitment to sharing the Good News of God in Christ.

Anything else you'd want people to know?

I love being an Episcopalian. I'm proud of the ways we embrace our LGBTQIA2S+ siblings, immigrants and refugees, people with different beliefs, the environment, and one another. I am grateful for a faith that encourages us show compassion and to seek the truth, both for ourselves and within our communities. I know that plenty of people have complicated feelings about Christianity, but I believe that if we keep showing up as our authentic selves, love will always win. Whether you're new here or not, and whether you believe it yet or not, you are valued and beloved just exactly as you are. ●



Jayne and Liza, her daughter, at the No Kings protest in October.

Cathedral News



AN UPDATE ON BISHOP GRETCHEN

Bishop Gretchen Rehberg is back in Spokane! After being cleared to move back home, she headed back as soon as she could. It has been a long process. Not long ago, she posted that the journey of recovery is rather arduous, physically and emotionally. It has entailed adjusting to new medications and medical routines, managing dietary needs without any desire to eat, building up strength in legs and arms, and dealing with ongoing fatigue and challenges with mental focus. She wrote, "Physically I still have a long ways to go." At the same time, she expressed an "overwhelming sense of gratitude and grace," saying, "I have been given a chance at new life by a selfless act of another, it is impossible to state how much that means." In her most recent video, she said she will also be able to start working again, but only half-time for now. We'll be so glad to see her again!
— Meredith Shimizu

NEW ARTWORK AT ST. JOHN'S

Students from Lewis and Clark and Shadle Park high schools painted eight panels to replace the plywood that covered the windows of the garage by the deanery. Each panel is a reflection on Spokane, both familiar landmarks like the clock tower or the falls, and more imaginative scenes like a dapper moose reading a book in a local park. This painting, by Stella Druffel and Jane Hauge of Lewis and Clark High School, features the cathedral at sunset with iconic lilacs springing up in the foreground. The project was led by Tom Stice, who enlisted the help of Carol Pederson, the art coordinator for Spokane Public Schools, and art teachers from both schools. The new paintings were unveiled on June 4. After church, take a little walk and check them out. They are delightful. — Meredith Shimizu



Lorelei Ruhonis



Kristen and Addison Johnson

WHAT'S NEW AT WINDFALL

The Windfall Thrift store is pleased to welcome Lorelei Ruhonis as our new volunteer director and Kristen Johnson as our new treasurer. Lorelei began volunteering at Windfall upon her retirement as a respiratory therapist. As volunteer director, Lorelei manages the volunteer schedule and recruits and trains new volunteers. Kristen and her daughter Addison have been volunteering at Windfall for some time. Kristen is a substitute teacher and leads one of the Spokane area's Girl Scout troops. As treasurer, Kristen works with Steve Schatz to keep the Windfall and Service League accounts in order.

Many thanks to Carol Albeitz, former volunteer director, and Judy Beane, former treasurer, for their years of dedicated, competent, and cheerful service.
— Linda Finney, Windfall Manager

JULY

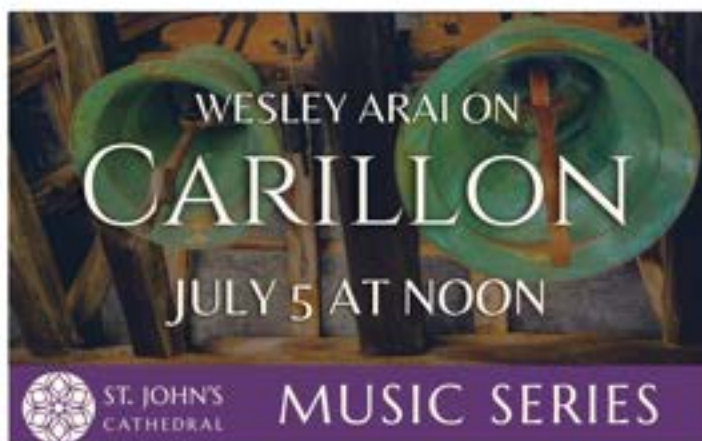
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 7a Morning Prayer 12p Worship 7p YABS	2	3 10a Knitting 12-3p Tours 630p Al-Anon	4 530p Worship
5 8a Worship 915a Coffee + Conversation 1030a Worship 12p Carillon concert & coffee hour	6 CATHEDRAL AND OFFICES CLOSED FOR JULY 4 HOLIDAY	7	8 7a Morning Prayer 12p Worship 7p Taize	9 5p Property	10 10a Knitting 12-3p Tours 630p Al-Anon	11 530p Worship
12 8a Worship 915a Coffee + Conversation 1030a Worship	13	14 430p Finance	15 7a Worship 12p Worship 5p Stewardship 7p YABS	16	17 10a Knitting 12-3p Tours 630p Al-Anon	18 530p Worship
19 8a Worship 915a Coffee + Conversation 1030a Worship	20	21	22 7a Morning Prayer 12p Worship 7p YABS	23	24 10a Knitting 12-3p Tours 630p Al-Anon	25 530p Worship
26 8a Worship 915a Coffee + Conversation 1030a Worship	27	28 5p Grief group	29 7a Morning Prayer 12p Worship 7p YABS	30	31 10a Knitting 12-3p Tours 630p Al-Anon	



AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 8a Worship 915a Coffee + Conversation 1030a Worship	3	4	5 7a Morning Prayer 12p Worship 7p YABS	6	7 10a Knitting 12-3p Tours 630p Al-Anon	8 530p Worship
9 8a Worship 915a Coffee + Conversation 1030a Worship	10	11 430p Finance	12 7a Morning Prayer 12p Worship 7p Taize	13 5p Property	14 10a Knitting 12-3p Tours 630p Al-Anon	15 530p Worship
16 8a Worship 915a Coffee + Conversation 1030a Worship	17 6p St. Monica's	18 6p Chapter	19 7a Morning Prayer 12p Worship 5p Stewardship 7p YABS	20	21 10a Knitting 12-3p Tours 630p Al-Anon	22 530p Worship
23 BACKPACK BLESSINGS 8a Worship 915a Forum 915a Sun School 1030a Worship 530p HS Youth	24	25 5p Grief group	26 7a Morning Prayer 12p Worship 7p YABS	27 530p Bells 7p Choir	28 10a Knitting 12-3p Tours 630p Al-Anon	29 530p Worship
30 8a Worship 9a Jr Choir 915a Forum 915a Sun School 1030a Worship 530p HS Youth	31					





WESLEY ARAI ON
CARILLON
JULY 5 AT NOON

 ST. JOHN'S CATHEDRAL **MUSIC SERIES**



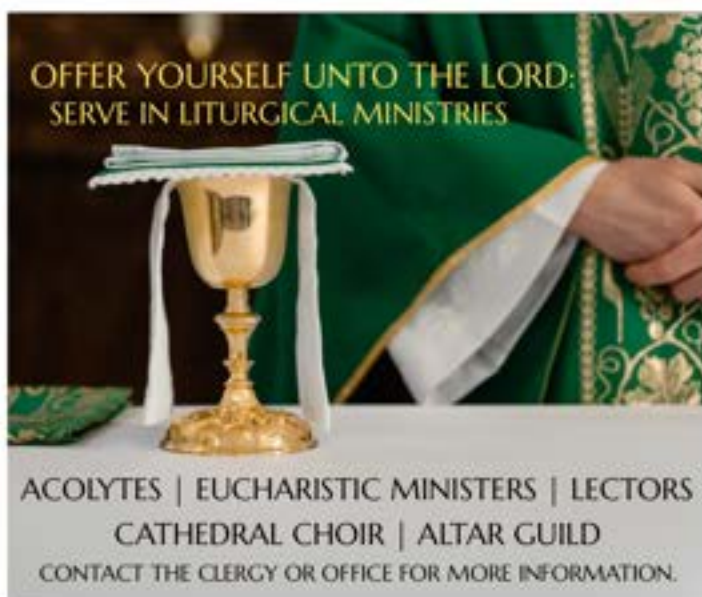
GOLF WITH US ON AUGUST 10!
Esmeralda Golf Course
9 holes
Tee time begins at 3:51pm
Reach out to the office
for more details + sign-up.



**CATHEDRAL
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JULY 26 9AM-1PM
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THE VITALANT BUS WILL BE AT THE
CATHEDRAL DURING SUNDAY
WORSHIP + COMMUNITY TIME!



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JUNIOR CHOIR**
REHEARSALS BEGIN AUGUST 27TH



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start the school year off with
backpack blessings

AUGUST 23 AT 8AM + 10:30AM SERVICES



The Cathedral of St John the Evangelist (Episcopal)
127 East 12th Avenue Spokane, WA 99202-1199
P: 509-838-4277 | stjohns@stjohns-cathedral.org