



DIOCESAN E-NEWS

The Episcopal Diocese of Northern California

News for the week of October 20, 2020

Sing in our Virtual Choir for Diocesan Convention - Songs Due Friday

Help us worship together in song!

Everyone in our diocese is invited to participate in a “virtual choir” to prepare music for our worship at Diocesan Convention. You simply record yourself singing your own part, using a smartphone or computer microphone, while listening to the accompaniment through headphones.



We will sing two hymns plus a choral anthem, and you're welcome to submit recordings for one, two, or all three pieces. The Rev. Stephen R. Shaver, Rector, Episcopal Church of the Incarnation, Santa Rosa will be our conductor and producer for the choir. [For more information and to participate, visit here.](#)

Please submit all recordings by **Friday, October 30.**

National Service for Healing and Wholeness November 1



Holding onto Hope

As the United States struggles through a time of turbulence and tension, [Washington National Cathedral](#) will host a national interfaith prayer service on Sunday, Nov. 1 – two days before Election Day – featuring Presiding Bishop Michael Curry and other spiritual leaders. The service, titled “Holding Onto

Hope: A national service for healing and wholeness,” will be [livestreamed on The Episcopal Church’s Facebook page](#) in English and Spanish from 4 to 5:30

p.m. Eastern time. [For more information click here.](#)

Trinity Cathedral - Upcoming Events on the Elections, Racism, and Reconciliation

Trinity Cathedral is participating in a Braver Angels program called *With Malice Toward None*. Braver Angels is an organization committed to bringing people with diverse political opinions together to find common values and foster peace in our polarized political environment. This program is open to members of the Cathedral community and the Diocese of Northern California. For more information and to register, [click here](#).

Praying for Peace in our Civic Life

Trinity Cathedral will host a special service on November 4 from 7 to 8:00 p.m.

Join the Cathedral Facebook live-stream for a service of music and reflections inviting a prayerful response to the election. Everyone is welcome.

New Programs

Thursday, Nov. 5 - 7:00 p.m.

Author J. Chester Johnson speaks about his book *Damaged Heritage: The Elaine Race Massacre and A Story of Reconciliation* - "An illuminating journey to racial reconciliation experienced by two Americans – one Black and one white – Damaged Heritage examines how white Americans' excessive reverence of the past permits the damaged heritage of racism to be transferred from generation to generation. It also offers a blueprint for how our society can at last acknowledge – and repudiate – damaged heritage and begin a path toward true healing."

Thursdays, Nov 12, 19, Dec 3, 10 and 17 - 7:00 p.m.

Howard Thurman's *Jesus and the Disinherited* Vincent Harding, African American historian and social activist called Howard Thurman a "*Black prophet-mystic*." This book, published first in 1949, is as relevant today as it was then, perhaps even more so. Text on the back of the 1996 printing states: "Jesus and the Disinherited is an important and influential book whose message helped shape the civil rights movement and changed our nation's history forever." Come learn about the man and his profound theology.

Email study@trinitycathedral.org for more information and for Zoom links.

Best Skills - Best Churches

Bishop Megan Traquair is proud to announce a special opportunity for all clergy and laymembers for the first time in our diocese. We are partnering with Arizona State University, Lodestar Center to present Best Skills - Best Churches, an innovative program designed to



PARTNERS IN MINISTRY

help you grow and strengthen your church.

The program is for six months, one weekend a month on Friday night and Saturday morning. The first class begins on November 13.

The cost is \$100 per student, a very special discounted price.

Registration is now open and more information is available on our

[website here.](#)

Día de Los Muertos Toolkit

All congregations of the Episcopal Diocese of Northern California are warmly invited to join in observing El Día de Los Muertos this Sunday, November 1, 2020.

To download the toolkit, [please visit](#).

Share your congregation's journey to El Día de Los Muertos with the whole diocese! Send your photos, videos, and announcements to [EDNC Communications](#) or [Commission on Intercultural Ministries](#)



Administration & Finance

The Episcopal Church Medical Trust 2021 Annual Enrollment is now underway

2021 Active Employee Annual Enrollment

October 28 - November 18, 2020

2021 Pre-65 Retiree Annual Enrollment

October 28 - November 18, 2020

2021 Retiree Annual Enrollment

October 15 - December 7, 2020

More information on the 2021 Annual Enrollment is available [here](#)

More information on the 2021 medical plans is available [here](#)

For questions, please email benefits@norcalepiscopal.org

Church Pension Group Employee Benefits Member Education Webinar

Join The Episcopal Church Medical Trust **tomorrow, Wednesday, October 28, 2020 at 9:00 am** for an information-packed 45-minute webinar: **From Here to Care: A roadmap to understanding your health benefits.**

During the session you will get an overview of the following essential topics and will have the chance to ask questions at the end:

- Your 2021 Annual Enrollment, health plan offerings and plan enhancements
- The ease of using telehealth services
- The importance of care management programs
- What the Cigna Employee Assistance Program (EAP) offers
- Your benefits as they pertain to COVID-19

Attend the webinar by clicking on the link below, or pasting it in your browser, (*you do not need to have GoToMeeting software installed on your computer*):

Meeting Link: <https://bit.ly/2HBDPjy>

You can also dial in using your phone:

US (Toll Free): 1-877-309-2073

- One-touch: tel:+18773092073,,197668069#

If you have questions, please email benefits@norcalepiscopal.org

Disaster Relief Assistance

O God, our refuge and strength, our help in times of trouble.
Have mercy on the lands damaged by fires.
Have mercy on the lands where the weather has destroyed livelihoods.
Protect those who evacuate houses, and strengthen those who rebuild hope so that entire communities may face the future without fear.
Amen.



In our diocese there are six main fires that have burned over 1,700,000 acres. These fires have impacted 38 churches and many families have lost their homes. In addition to prayer, if you would like to reach out a helping hand, here is how to donate to disaster relief:

Bishop's Discretionary Fund: Disaster Relief

100% of your donation will go directly to assist victims in the first stage of the disaster and later during long term recovery.

To donate to disaster relief, click [here](#) now.

<https://secure.accessacs.com/access/oglogin.aspx?sn=159790&f=6&a=20.00>

Please make checks out to EDNC put "Disaster Relief" in the memo line.

Mail checks to:

The Episcopal Diocese of Northern California

Resources and Links

These are anxious times as our nation confronts a deadly pandemic, a troubled economy, racial injustice and a bitter election season. It's a lot to take in, and it's easy to get overwhelmed.



That's why prayer is needed now more than ever.

As we celebrate the 25th anniversary of the National Cathedral Center for Prayer and Pilgrimage, we hope these 25 prayers will help calm your soul and lift your spirit as we head into Election Day and the months to come. Lord, in your mercy, hear our prayer.

Let's pray together with the National Cathedral and Country



Get Prepared - Whether it's an earthquake, wildfire, flood, or COVID-19, Listos California wants everyone to get ready and stay safe. Working with you to establish resilient communities and build a new culture of disaster preparedness for all Californians. Listos California offers resources for you and your family. Visit their website [here](#).

Need help navigating insurance after the fires?

This Roadmap to Recovery™ workshop series is presented by United Policyholders, a non-profit consumer organization helping improve disaster recovery for over 29 years. [For more information click here.](#)

[Online resources for people in recovery](#)



To submit news/events, please email communications@norcalepiscopal.org. The submission deadline is the Wednesday before the Tuesday publication.

