

THE WAYFARER

March 2009 Issue

*A monthly journal for Christians who worship at St. Thomas Episcopal Church in Berea, Ohio
Phone (440) 234-5241 E-mail: Stec1@sbcglobal.net*

Rector's Musings...

We are blessed once again to find ourselves in the holy season of Lent. What a relief to finally be able to have new energy behind our best intentions! All of our resolutions and hopes can be realized as we work with God to deepen our faith and come to resemble a bit more closely what God created us to be!

This year at St. Thomas we are taking on a spiritual practice together for the season of Lent. We will each commit to the daily practice of the examen prayer. This prayer is an opportunity to examine our day with God. We set aside a time at the end of the day, and follow a process that reminds us to be thankful, that puts God in the middle of our lives, that allows us to ask forgiveness and helps us plan for a better tomorrow.

The process of the examen prayer will be handed out at the services and will be available on the website! How powerful to have our entire church community working with the same prayer at about the same time! Grace will abound!!! Please take this opportunity to be a part of our blessing! We need everyone to participate to experience the fruits of this discipline! May it move you ever closer to God!

Have a blessed Lent!!! Gayle+

Lent at St. Thomas, 2009

Wednesdays in Lent

We will be doing "The Mayberry Bible Study"

6:00 potluck

6:30 discussion with video

All meetings will be at St. Thomas

Stations of the Cross

Feb. 27-April 3rd at Noon

March 13 - 7pm

Chapel Meditation Garden

Available for daily prayer mornings from 8-noon

And evenings from 7-8:30.

Daily Prayer Practice

As a parish, we will pray the daily Examen Prayer.

There are bookmarks available to guide your practice.

Please set aside time for this daily prayer effort for our parish!

FROM THE WARDEN'S DEN...

As this is my first correspondence to you as Senior Warden, I would like to share some insight as to what this means to me as well as what my responsibilities are. The Senior Warden is also known as "the rector's warden" which means that my primary role is to serve as the lay partner to Rev. Gayle in articulating the mission and the vision of St. Thomas. This role also requires me to empower members of this congregation to live out the Gospel in their daily lives. It is a privilege to serve in this capacity, and I look forward to a rich and rewarding time in my spiritual journey with you.

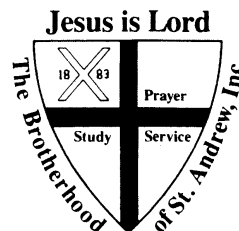
Thessalonians 5:16-18

Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Alice Amos

**Saturday Night Contemporary
Worship Service!**

Come join the excitement!!! Our new service is at 5:30 Saturday night. Everyone is welcome. The service is contemporary and uplifting! If you know of someone who might enjoy this type of worship, please invite them!!! This is a major evangelism effort for your parish! Please pray for its success!



**The Brotherhood
of St. Andrew**

**To all men of St.
Thomas:**

The Brotherhood of St. Andrew is looking for all men of St. Thomas to join us on each 3rd Saturday of the month at 9:30 A.M. for our fellowship meetings. It is a time of fellowship, prayer and projects. Please join us. Contact Dave Miller (440-826-1652) or the church for more information. Hope to see you.

ATTENTION ANYONE INTERESTED IN FOREIGN MISSIONS!

Los Amigos Episcopales will be hosting a representative from International Partners in Mission at its meeting on Friday, March 13. This is a group which coordinates trips (missions) to many sites around the world. Our speaker has recently returned from Malawi. There is a possibility that our members will join her group for a trip to El Salvador. We would be happy to have St. Thomas parishioners attend this very interesting meeting on March 13 at 7:00 in the Adult Forum Room. See you there!
Ruth F. Ihde



Youth Group

- March 14: TORCH 12:45**
- March 20-22: Youth Spring Gathering**
- March 22: Cook for Campus Ministry and Movie**

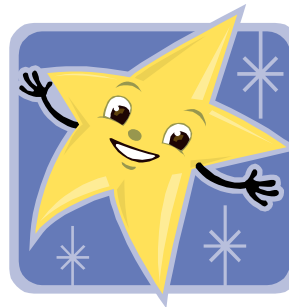
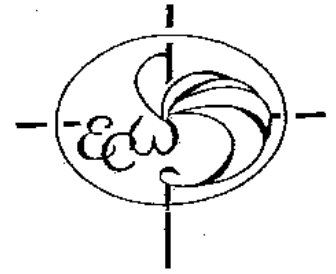


DAUGHTERS OF THE KING

If you have an interest in Daughters of the King or would just like to learn more about it, please plan to attend our next meeting set for 9:30 a.m. Saturday, Mar. 21. This international prayer and service organization is a quiet ministry that emphasizes our call to prayer. Women who become Daughters adopt a Rule of Life that includes daily prayer for other Daughters, our parish, our rector and all those who have requested prayer. In addition, our meetings often include special studies and discussions. Please plan to attend the meeting, but if you have questions prior to that, contact Linda Kinsey, chapter president, at (440) 227-5026 or lkinsey2020@yahoo.com.

Episcopal Church Women

The March 7 ECW meeting is at 10:00 following Police/Safety Talk. Please join us for this very interesting and informative presentation. We are now collecting rummage for our annual rummage sale, April 2-3. Now is the time to start your clearing projects that you have been putting off this fall and winter. Your contributions for this sale are to be placed outside the Forum Room and again we are requesting no clothing.



S.T.A.R

The next two S.T.A.R. programs are Wednesday, March 4 and April 1 (no fooling...). Please be sure to get your reservations in early because we will need to cut off the reservations at 100 guests. We have been very close to that number the last few months. All concerts begin at 12:15 pm with lunch following.



FLOWER GUILD

The Flower Guild is in the process of updating and organizing the memorial / Thanksgiving flower orders. There is a new order form for Sunday flowers on the table in the entrance hall. If you would like to request flowers, please take a moment and complete a new form for us. You can give your request to Anita Coleman or drop it off to Stephanie in the office. There will be individual request forms for Easter and Christmas flowers. We are working to make sure that all of our loved ones are remembered and we want to make sure that our records are "up-to-date". Thanks for your cooperation.

Anita Coleman



Save our Stained Glass!!!



We have a fine committee of dedicated people working to find ways to raise money to restore the stained glass in the chapel. We are looking at

multiple bids but it is going to be expensive. Right now we are looking for grant money and trying to establish the chapel as an historic building!! We are also putting together a pamphlet on the history of our lovely windows.

There will be a dinner in April to raise a little money and also provide information on what we are doing and how we hope to accomplish our goals. Please plan to attend. Also if you would like to save a window, please talk to Gayle+!!! Thank you!



Unsung Heroes



Have you noticed the trash can for recycling outside the kitchen? Every week Jonathan D'Amato (and his wonderful mom)

faithfully come and empty that. They dig through all of the non-recyclable garbage that people throw in the can and take what can be recycled home. They make St. Thomas a little greener and our footprint a little lighter! Thank you Jonathan (and Laura) for this faithful service to St. Thomas! Please recycle as much as you can!!!

-- Gayle

OUTREACH

CLAY POTS



During Lent, we will have clay pots available for you to put all your loose change in every week. The clay pots signify that we are the clay and God is the potter who shapes us as a potter shapes clay. (See Isaiah 64:8). Here is how it works: during the week you save all of your change and then bring it on Sunday and deposit it in one of the clay pots. When you shop during the week, spend only paper money and put the change in your pocket. When you get home, empty out your pockets and add the change to your collection. Do this each time you shop and pretty soon you have a nice little collection going. The money from the clay pots will be put toward one of our ministries here at St. Thomas.

COMMUNITY MEAL - On the last Wednesday of every month the Community Meal is held at St. Paul's Lutheran Church (E. Bagley at Eastland Road) and everyone is invited. This is an ecumenical ministry in our area with 13 churches and 3 corporate sponsors participating. The community includes Berea, Brook Park, Middleburg Hts. and Olmsted Falls/Twp. Volunteers gather at 5:00 p.m. and dinner is served at 6:00 p.m. Usually about 100 guests are served. Volunteers not only serve the meals but join in, eat dinner and socialize with the guests and get to know them. If you can help, that would be wonderful.

--Pat Wielinski



Millennium Development Goals – Attention Parents!

All church school children have been given MDG mite boxes and have participated in several discussions of this very worthy effort promoted by the United Nations to help all people in third-world countries. Children are placing their gift of money in the boxes, and were asked to select which one of the goals (listed on the box) they would like their donation to sponsor. Please help them in this project, so that when we meet again in May they can bring their filled boxes. Thank you!

- Ruth F. Ihde



From the Heart of the Parish...

γ Dot Miciak has a new home! She is residing at Berea Lake Towers in Berea. Our own Ross Cline is right there working and keeping an eye on our friend.



γ Ted Miciak is at Century Oak Nursing Home. Ted fell last week and needs our prayers. He is badly bruised.

γ It was wonderful to see Val and Rey Magpoc in church. They are such a blessing. Pretty soon (about five more weeks) Val will be free of her neck brace!

γ Getting ready for the fabulous Devonshire Tea was almost as much fun as being there! A large group of ladies got together and made big wonderful flowery hats for the sold-out luncheon.

γ The Saturday evening service has really been a blessing. Over fifty attended the first Saturday...Evangelism is alive and well at St. Thomas.

γ A big thank you to Mark and Lois Leonard for their generous contribution of our new PowerPoint projector.

γ On February 22nd, Bishop Williams received three new members into the Episcopal Church. Congratulations and welcome to Mary Canonico, Lorreine Haettich and Jean Cookson.

Think Spring!!

--Dody Sandt



Healing Prayer

At each service during Lent, we will have healing prayer available after communion for anyone who would like prayers for themselves or others. Our healing prayer teams will confidentially listen to your requests and pray for your healing. You will be anointed for healing or as an advocate in prayer by the priest. Please take advantage of this powerful opportunity!!! Let Gayle know if you have any questions!

HEALTH MINISTRY

James 1:16-17 *“Do not err, my beloved brethren. Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.”*



Strokes

The most important thing a person can do after recognizing the signs of a stroke is to call the emergency number, 911. If a victim can be taken by ambulance (preferably to a stroke center), the symptoms can often be reversed. The urgent need to call 911 is due to a short time to recognize the type of stroke and to give clot-busting medications (which can only be given within a couple of hours from the time the symptoms start). By calling 911, the team can be ready to read the CAT scan; a neurologist can be on the spot when the ambulance arrives and immediately assess and treat the victim. Approximately 80% of strokes are ischemic (caused by a clot in the brain) and can be treated by clot-busters.

Recognize the warning signs of a stroke:

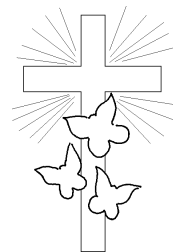
- **Sudden numbness or weakness: usually affects the face, arm or leg – especially on one side of the body.**
- **Sudden confusion, trouble speaking or understanding.**
- **Sudden trouble seeing in either one eye or both eyes.**
- **Sudden trouble walking, dizziness or loss of balance or coordination.**
- **Sudden severe headache with no known cause.**

If you think you or someone else is having a stroke, call 911 immediately. The reversal of symptoms is a true miracle of modern medicine; don't waste time and a chance of healing by hesitating - call 911.

Ref: www.strokeassociation.org
submitted by Barb Emigh, RN



This is a story of love - love from Our Savior Jesus Christ and love of a community



On a very wintry, but clear afternoon, Rey and Val Magpoc were traveling under the speed limit on Ridge Road when a patch of black ice took control of their pickup truck spinning it out of control and flipping it over repeatedly. Paramedics and EMTs did not expect to find anyone alive in the ruins and were overjoyed with a miracle when they did. Our Lord obviously and thankfully still has plans for both Rey and Val.

The accident left Rey and Val physically broken and financially devastated and yet they both have the best faith and attitudes of any two people you will ever meet! Anita Coleman came up with the idea of throwing a benefit dinner and auction to raise money to help ease their burdens. Anita had connections with Romano's Macaroni Grill in Fairlawn, Ohio. They donated all the sauce, a case of their wonderful bread and the wine bottles we used for center pieces.

Anita then put together a committee consisting of Carole Pozek, Dody Sandt, Sonia Miller, Barb Pertz, Carl Scheu and Randy Molmen who met weekly to put this event together.

Thanks to the people from St. Thomas who kept asking what they could do to help – you were amazing!

- Ruth Ihde actually hand-made all the hundreds of delicious meatballs for the dinner.
- Jan Smith and Dave Miller were our very handsome maitre'd's.
- Clint & Marcie Hist, Peggy Ryel, Peggy Zambounis, Dan McGuire, Rev. Gayle, Mary Jane White, Rich Stowell, Bev Smith and Lois Leonard volunteered to be servers and dressed in either tuxedo outfits or wore black slacks, white shirts and red ties.
- Pat Ferris handled our dessert station while Katie McGuire and Nicole Wiltrout wheeled around the dessert carts.
- Phillip and Martin McGuire, Shane Wilson and Evan and Gabriel Leonard worked hard busing the tables.
- Randy Molmen and Carl Scheu were our own gourmet chefs.
- Sonia Miller made all the salads.
- Elaine Willis, Alicia Coleman (Anita's daughter) and Jeff Maczka kept the food running from the kitchen out to the servers.
- Our dishwashers were Dody Sandt, Eric Kluth, Ann Carpenter and Mark Leonard.
- Barb Pertz, Barb Forst, Julie Kalbrunner and Carole Pozek handled collecting money and running the auction.
- Linda Kinsey was responsible for setting up all the great publicity and front page articles in the Sun newspapers that brought in people from as far away as Solon.
- Numerous people donated baked goods and gave special items for our auction.

I told you this was a love story; the love of God and the love of our parish family and how we come together to help those in our community.

Carole Pozek

Remember St. Thomas in Your Will & Estate Planning

Thank you from Rey and Val

We are truly blessed. Our church family at St. Thomas is the most enthusiastic, caring, and loving group of people there is anywhere. Because of our accident, we found this out many times over.

You not only donated money, you also put on a dinner for us, brought mouthwatering dinners, talked to us on the phone, visit us, got a reporter to interview us, and you pray for us. This is truly Christian love at its finest.

I know when we are better, we will gladly step up and do the same. In the meantime, to show how great our appreciation is, we are telling EVERYONE we meet about St. Thomas. We are also praying that God will do fantastic things with St. Thomas and increase membership. I saw some of that happening already last Sunday, February 8th. The church attendance was great.

God does not cause bad things to happen to us - that is life. We accept the bad with the good. If we ask Him to intervene and turn that bad situation around for His glory, amazing things will happen. The key is to keep trusting Him and not doubt.

So between you and me, I am seeing and expecting more amazing things to happen in my life and in yours.

Thank you for everything,

Valerie and Rey Magpoc

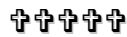


GOING FOR THE GREEN

12 things you can do during this year to help the environment.

- Change the "disposable" society mentality. Repair, maintain, donate!
- Stop using bottled water. Buy a stainless steel water bottle and fill it up from your tap.
- Buy fair trade, organic, and/or local foods and products whenever possible.
- Use public transportation once in a while; even if it isn't the most convenient option.
- If you garden, install a rain barrel at your home. "Free" water!

- If you haven't already done so, put in compact florescent light bulbs in as many of your fixtures as possible. Check online for dimmable bulbs or bulbs for ceiling fans.
- Buy items made with recycled materials as often as possible and make sure you recycle at home and at work.
- Before buying anything, ask yourself: "Do I really NEED this or is it a WANT?", "Can I pay for this *in full* right away?", "Where will I store this?" and adopt a one-item in, one-item out thought process. This means if you purchase something, you'll have to give away something else!
- Consider renting equipment or tools from Taylor Rental, Home Depot or some other store. Do you really need to purchase and store something you might only use once or twice a year??
- Be wise in your water use.
- Use cloth bags at the grocery, library, etc. Skip the bag if you have just a few items!
- Plant native species in your garden.



Changes to the delivery of the *Wayfarer*

Starting with this issue (March), we will no longer be printing and/or mailing the *Wayfarer*. Paper copies will still be distributed to shut-ins and a few extra copies will be available in the church office for guests or for those without computer access. If you want a paper copy, you can stop in the office during the week and we'll get you one.

Please make sure your email address is on file in the office so that you will receive the email edition of the *Wayfarer*. Members who receive the email edition are free to print a copy to distribute to someone who does not have email. Remember that local public libraries offer free internet access, so even if you do not have a computer at home, you can still have an email account.

The decision to do this was not made lightly, but it is a necessary cost-cutting measure. We recognize the importance of the *Wayfarer* to the St. Thomas community and are not trying to make access to the information difficult, but we are trying to be responsible stewards of our resources (both financial and material).

Thank you for your understanding and support! If you have any questions, you can contact me or the church office.

Laura D'Amato, Editor

OUR ANGLICAN HERITAGE...

William & Mary: more than a college in the Colonies.

Anne Stuart: dull but steady.

King William of Orange was a Calvinist protestant and had little use for “high church” Anglicanism (such as was practiced at the end of the seventeenth century). Yet he was also a very astute man, and knew that to successfully consolidate and hold power as a German-speaking foreigner invited to be King of England, he needed to make his accommodation with that Church. And so he did. Perhaps his greatest accomplishment in that area was assent to an act of Parliament called *The Toleration Act* (1689), which allowed non-conformist congregations to meet openly so long as the C. of E. bishop in that jurisdiction was informed of the assembly. Roman Catholics, however, were *not* given such freedom and, considering the nearly century-long troubles between them and the Anglicans, that is not really surprising. Still, this act of toleration took much of the heat out of the non-conformists’ agitation for religious freedom, and so cleared the way for the mother Church to move forward facing much less opposition than it had in decades.

Other strides were made to widen the scope and influence of the Church, particularly the formation in 1689 of the *Society for Promoting Christian Knowledge*, founded by Dr. Thomas Bray, and devoted to “promoting religion and learning in His Majesty’s Plantations abroad, and to provide Catechetical Libraries and free schools in the parishes at home.” In 1701, a *Society for the Propagation of the Gospel in Foreign Parts* received a royal charter. England was preparing to take its faith abroad.

And, of course of special interest to us in the States, King William granted a royal charter to that new college named in his honor (bet that helped move things along), *William & Mary*, founded in the Virginia Colony in 1691. It was only the second college in British America, Harvard College having been the first in 1635.

With tranquility – absent for most of the preceding century – settling over the country, *Anne Stuart* succeeded to the throne upon William’s death in 1702. Anne, unlike her Stuart forebears, was firmly Anglican, not Catholic. She was also a very pragmatic sort, perhaps from the disabilities life had placed upon her: a chronic invalid, she lost to death every single one of her fifteen children! Through it all (heaven knows how), Anne had remained firm in her faith, devout and kind-hearted (it was said). As the established Church looked to sure its footing in the country, this made for a perfect match between monarch, clergy and people. One might imagine that *sheer exhaustion* from all of the upsets gone before played no small role in this turn of events, either. A time of peace and rebuilding had come upon the kingdom, and soon England would look eagerly to expand its influence – including religious – wherever its ships sailed around the world.

St. Thomas Vestry
Rev. Gayle Catinella, Rector
Alice Amos - Sr. Warden
Becky Shank - Jr. Warden
Elaine Willis - Clerk
Tom Halliday - Treasurer
Tim Cooper
Helen Downie
Marion Sewell
Rich Stowell
Peggy Zambounis



MARCH 3RD
VESTRY MEETING

MARCH 4TH
12:15 PM STAR. CONCERT AND LUNCHEON

MARCH 7TH
10:00 AM ECW MEETING

MARCH 10TH
7:00 PM HEALTHY WEIGHT SUPPORT GROUP

MARCH 14TH
12:45 PM TORCH

MARCH 17TH
ST. PATRICK'S DAY

MARCH 21ST
9:30 AM DAUGHTERS OF THE KING
9:30 AM BROTHERHOOD OF ST. ANDREW

MARCH 22ND
YOUTH GROUP COOK FOR CAMPUS MINISTRY AND MOVIE

EACH WEDNESDAY IN MARCH:
6:00 PM POTLUCK
6:30 PM "THE MAYBERRY BIBLE STUDY"

EACH FRIDAY IN MARCH - STATIONS OF THE CROSS
MAR. 6 - NOON
MAR. 13 - 7:00 PM
MAR. 20 - NOON
MAR. 27 - NOON

ST. THOMAS EPISCOPAL CHURCH
50 EAST BAGLEY RD.
BEREA, OHIO 44017

