



# ***THE WAYFARER***

***April 2009 Issue***

*A monthly journal for Christians who worship at St. Thomas Episcopal Church in Berea, Ohio*  
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## ***Rector's Musings...***

A friend of mine recently told me about an online project she is participating in to help scientists track the growth of plants. She picks a plant, any plant, and reports on its progress. She reports the first leaf buds, the first full leaves, the first flowers and how long they are in bloom. Regularly she tells the people who are doing the research how the plant is progressing through the seasons. She said it helps her pay attention - to be mindful about what she sees.

I was thinking that this sounds somewhat like the disciplines in Lent. Specifically walking with Jesus to the cross. Each step has meaning and significance. Each step is necessary to realize in order to make sense of the end. You can choose not to notice the process, but intentionally paying attention makes the end result, in this case the resurrection, much more meaningful.

The church provides us with the services in Holy Week to pay close attention to Jesus' way to the cross. Holy Thursday we sit at the Last Supper. Good Friday we walk to the crucifixion and witness Jesus' death. The Great Vigil pulls us out of darkness and into light. And then on Easter morning, we can rejoice with full hearts and loud voices. Be a part of all of it!!!!

Gayle+

# Holy Week at St. Thomas

## Maundy Thursday

6:30 pm Service with Agape meal to follow.

Donations for the meal may be given to Mary Lee Stowell. Please see Mary Lee or Peggy Zambounis for more information.

The Chapel Meditation Garden will be available all night for prayer. Please volunteer for a one hour time slot, sign up sheet is posted. Would you wait with Jesus for one hour?

## Good Friday

12:00 noon - The Community Cross Walk from St. Paul's Lutheran Church to First Church UCC.

7:00 pm Service at St. Thomas.

## Holy Saturday

8:00 pm The Great Vigil of Easter, with St. Patrick's, Brunswick. Please bring a dessert for the reception to follow.

## Easter Sunday

8:00 am Rite I  
10:00 am Rite II  
Easter Egg Hunt following the 10:00 service!

## FROM THE SENIOR WARDEN...

S.O.S! At St. Thomas that means "Save Our Stained glass windows." The beautiful windows in Ogilvy Hall, which was built in 1893, are now in need of repair.

A committee was formed to acquire bids, apply for grants, apply for historic designation, and compile a history of the building.

The committee's first priority is to preserve and restore the "Rose Window" which faces the west and has taken a beating weather-wise. The window itself has just a few cracks and holes, but the wooden framework is cracked and deflected outward. By the time you read this, the window will have been removed by Poremba Stained Glass Studio. It will be stored and eventually repaired.

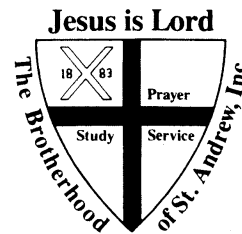
In the meantime there will be a "kick-off" dinner prepared by our gourmet chef, Randy Molmen, at which time you will receive information on how you can be involved in this restoration.

Save the date, April 25, for S.O.S. More information on the complimentary dinner will be forthcoming.

Alice Amos



## To all men of St. Thomas:



**The Brotherhood of St. Andrew**

The Brotherhood of St. Andrew is looking for all men of St. Thomas to join us on each 3<sup>rd</sup> 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.

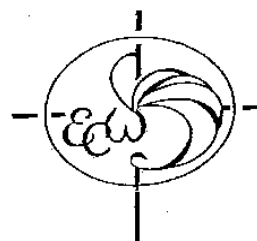
## ATTENTION ANYONE INTERESTED IN FOREIGN MISSIONS!

### *Los Amigos Episcopales*

We are now beginning our campaign to accomplish this year's goals to fund a new school in El Maizal, El Salvador. The cost for teachers and supplies is just \$6000, but if we do not support them at this level, there will be no school. We will have no meeting in April, but the May meeting will be a potluck at Ruth Ihde's home to complete the



appeal process and to plan a possible trip to El Salvador. Please join us for a wonderful



planned potluck at 6:30 on May 15. For information and reservations, call 440-572-9425.

See you there!

Ruth F. Ihde



### Episcopal Church Women

A big thank you goes out to all the people that made our Devonshire Tea a huge success. This includes all the people behind the scenes and those that purchased tickets for the event.

Because of our annual Rummage and Bake Sale, on April 2-3, there will be no ECW meeting in April. The ECW is in urgent need of "rummage." Now is the time to start your cleaning projects that you have been putting off all fall and winter. Bring your rummage any time from now and until the end of the sale. In addition, we need baked goods. The next meeting will be a Spring Brunch on May 2. The ECW 132<sup>nd</sup> Annual Convention is being hosted by the South Central Deanery. More details will be presented at the luncheon.

Sonia Miller, President

### Saturday Night Service continues!!!

Please continue to spread the word about the 5:30 service on Saturday night! Thank you to all the parishioners who are supporting this service by their attendance and assistance. Readers, chalice bearers, people who have written prayers of the people, musicians—all of you have made this service special!!! Bring your friends!!!! The service will continue throughout the summer!



## 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.

### SAVE OUR STAINED GLASS WINDOWS S.O.S. Kick-Off Complimentary Dinner "Investment in St. Thomas"

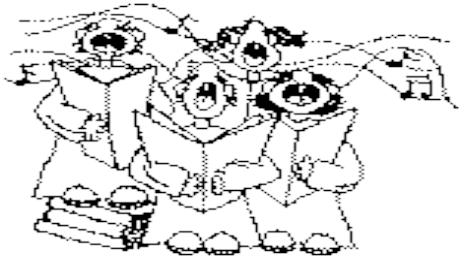
Dinner to be held on April 25, 2009 at 6:30 p.m. following a beautiful service at 5:30 p.m.

Please note dinner is **by reservation only!!**

Call Rosalie to confirm your dinner at 216-226-8026 or email her at [loversie@cox.net](mailto:loversie@cox.net)

Adults only please. Child care and a kids' dinner will be provided.

## Unsung Heroes



At the last funeral we hosted at St. Thomas, the ECW put on a lovely reception afterwards, as they always do. And the 2 people who were present from about noon to set up until the last dish was put away at about 7:00 p.m. were Dave and Sonia Miller. And frankly, that is always the case. They are the first ones to help set up and the ones who make sure everything is cleaned up. (Not that others don't help and God bless you all!!!) The reputation that St. Thomas has developed over the years for first-class hospitality is being overseen and continued by Dave and Sonia. Please thank them for their dedicated and hard work!!!

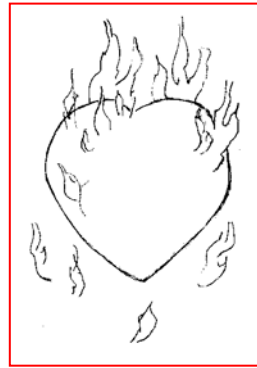


## Millennium Development Goals Reminder to all Sunday School students!

How are you coming in filling your MDG mite box? We will be collecting these in May, and hoping to be able to assist many poor people in third world countries. Thank you.

- Ruth F. Ihde

## From the Heart of the Parish...



γ Prayers for the Rimko family on the recent passing of Kay Rimko's husband, William. The funeral and Columbarium interment was here at St. Thomas. It was a blessing to have St. Thomas selected as his final resting place.

γ Welcome back to the choir, Clint! Clint Anderson needs our prayers for the problem with his eyes.

γ Congratulations to Andrew and Amy Kilgore on the birth of their son, Evan James, on March 3<sup>rd</sup>.

γ Good to see Dan Rice. Pray that he finds a college close to home and that he will be awarded funding to continue his education.

γ A big THANK YOU to the S.O.S. Save Our Stained Glass committee for the great work they are doing to preserve our building for future generations.

γ Come join us at the 5:30 Saturday night service! A little different, contemporary, spiritual, wonderful!

γ Evan Leonard is doing the PowerPoint presentation of the Creation story for our Easter Vigil. So much talent for a young person, wow!

γ Speaking of talent, Krissy Hartman, daughter of Scott Hartman, played the lead in Strongsville High School's production of "Little Shop of Horrors"

γ Welcome to Tom and Pat Gray, who have joined our parish as new members.

γ Congratulations to Chuck and Ann Housum who became husband and wife on March 5<sup>th</sup>.

Dody Sandt



## Farewell, Our Friends, We'll Miss You!!

Please join us on Sunday, May 3<sup>rd</sup>, during the parish breakfast, for a farewell reception for our friends, Dave and Bonnie Warburton, who are moving to California.



Please pray about volunteering for the following positions:

Youth Group Coordinator- plan youth activities in coordination with the youth, recruit volunteers, help with TORCH and monthly youth activities.

Adult Education Coordinator- plan educational opportunities for Adult during the Forum time, work with parish adults to assess areas of interest, coordinate and welcome speakers from outside the parish

If your gifts match these positions, please talk to Gayle!!! Thank you!



### A Word about Food

Recently men and women of the parish cleaned out our refrigerator. It was an odious job. And it broke my heart. There was so much waste. So many things were left to spoil or be outdated. I really, really hate wasting food. So I ask everyone who uses the kitchen, please do not leave anything in the refrigerator without a plan for its future use! Take things home so they are not wasted. Don't assume anyone will use things if you don't communicate that it is OK. In these times when people are hungry, let us be careful with the use of our resources.

Thank you!!! Gayle+



### STAR



Star continues to shine brightly as guests enjoy mini-concerts by talented student musicians from the Baldwin-Wallace Conservatory of Music. They equally enjoy a nice lunch following the program.

We have had to limit reservations to 100 guests to be sure we have enough lunch a space.

Our May concert will be held on Wednesday, May 6. Lunch will feature pulled pork sandwiches. Make your reservation early to be included in the fun!

### HEALTH MINISTRY

Psalms 118:14 *"The Lord is my strength and song, and is become my salvation."*



### Ask the Doctors at Harvard:

**"How can I keep from fainting when DONATING blood?"**

*Fainting when having blood drawn is very common and is called a vasovagal episode. It can be caused by the sight of blood, an injection, standing up for too long, or other triggers that stimulate the vagus nerve. It slows the heart rate and causes blood vessels to dilate. The sudden drop in blood pressure means not enough blood gets to the brain. Complete or near loss of consciousness for a few seconds often follows. I teach my patients some tricks that can help minimize their chances of fainting when donating blood:*

- *An hour beforehand, drink a quart of a sports drink, which has some salt, sugar, and other substances that will keep the liquid in your bloodstream longer.*
- *Eat a salty food like potato chips (How often does your physician tell you to have potato chips?)*
- *You can also wear support stockings that press on your legs – these help keep fluid in your blood vessels.*

*If you feel a fainting spell coming on, the first thing you should do is sit down if you aren't already seated. Once you've done that, or if you can't sit down, you can use your muscles to try to ward off a faint. Cross one leg over the other and tense your leg, abdominal and buttock muscles. Tense your arms by gripping the fingers of one hand with those of the other and trying to pull them apart. Or make fists and squeeze your hands as tightly as you can. These strategies, all tested in*

*an international trial, helped people who routinely fainted reduce how often their lights went out.*

Ref: [www.health.harvard.edu](http://www.health.harvard.edu) submitted by Barb Emigh, RN

## “It’s Gotta Be Me”- Not We

“We” can be such a powerful pronoun. Used instead of “I” it gives consensus to political decisions. When used from a position of strength, it can help provide an edge to the bargaining process. Using “we” also implies teamwork. To use “I” often brings a quick rebuke from most coaches of team sports. After all, as it is so often written, “There is no I in **TEAM.**” Many of the times “we” also shows our modesty rather than our selfishness, a usage that certainly is reinforced by our Christian heritage. The use of “we” certainly has its advantages. In our efforts to improve our passionate spirituality, however, the use of “we” instead of “I” can be one of our major weaknesses.

I have to look no further than my own back yard for examples. My wife is absolutely passionate about outreach. Every Sunday she drops several of our canned goods into the St. Thomas food barrel. When grocery shopping, we always shop for three instead of for just the two of us. I often teasingly remind her, as she reaches to grab the second jar of peanut butter from the store shelf, that we already have two jars of peanut butter at home. I know all too well that I’ll never taste the contents of that jar. Similarly to many others at St. Thomas, she also spends some of her days off from work volunteering in any number of outreach projects. It certainly could be argued that our family, “we”, are passionate about outreach. After all, I helped pay for that peanut butter, collected duffel bags for the Christmas Homeless Project that she supported, and volunteered several hours of my time to help her in her efforts.

As I look more deeply, however, I am not passionate about my outreach. **We** are passionate about outreach, but in a lot of ways,

“I’m just along for the ride”. My main role has been to support the efforts of my wife and St. Thomas in their goal to help others. True, this is certainly a Christian practice, but nevertheless, not a passionate one.

What is my point in all of this? If we are to improve our passionate spirituality, we must take **personal responsibility** for improving this essential Natural Church Development quality. St. Thomas *is* passionate about so many things, but we must be careful if we claim that passion as our own. Towards this end, we must all look to increase our own passion in the way we worship God. It really doesn’t matter where you start. You just need to add passion to one more area of your relationship with God. Will you become more passionate by changing the way you pray? Will it be through your efforts in stewardship, your relationships with others, or by sharing the good news about St. Thomas? Our Parish Health Team asks you to pick just one for now. There will be plenty of time and opportunity to choose another one after you have mastered your first.

In closing, we all must all work to improve our own passionate spirituality. St. Thomas will support us in this endeavor, but we must concentrate on our own relationship with God. **We** can all take credit for the good things that are happening at St. Thomas because of our support of those programs and should continue our efforts to help in any way we can. There is danger, however, in claiming ownership in the passion that comes from the collective effort of others. We must find our own passion. There is absolutely nothing wrong about being proud of the passion that is often seen in the practices and programs that are supported by our parish. However, our Parish Health Team is praying that it is **you** who is **excited, eager, disciplined, faithful, caring, or loving** about these efforts. It is through this passion that you will find yourself closer to God and St. Thomas stronger and healthier in its future.

Jim Emigh, PHT Chairman

Going  for  
the Green

Mark your calendar now for these two events:



**Earth Day is April 22<sup>nd</sup>.** Be sure to take a few minutes that day to be especially thankful for all the goodness of the Earth!

**Cuyahoga County Household Hazardous Waste Round-Up** will be held on Saturday, May 9 at the Cuyahoga County Fairgrounds in Berea from 9 am until 4 pm. The Household Hazardous Waste Round-Up is an opportunity for Cuyahoga County residents to dispose of unwanted oil-based paint, pesticides, and other household hazardous wastes. Visit the website for a listing of accepted (and not accepted) items:

<http://www.cuyahogaswd.org/residents/hhwaste.asp>

(If you do not live in Cuyahoga County, use a web browser to search for your round-up day. Type in the name of your county followed by the words "hazardous waste" and you should get a list of results that will help you find the information you need.)



## From the Editor

Just a reminder that you can submit questions about St. Thomas or the Episcopal Church to me at [stecwayfarer@sbcglobal.net](mailto:stecwayfarer@sbcglobal.net) or by dropping your question into the Wayfarer mailbox outside of the chapel. We rarely feature this column in the Wayfarer because we never have questions from parishioners! Feel free to ask! Your name will be kept confidential, so go ahead and ask those questions!

Along those lines of participation, if you have questions about St. Thomas finance, please feel free to contact Tom Halliday at [StThomasFinance@aol.com](mailto:StThomasFinance@aol.com). He is always glad to answer any questions you might have!

Laura D'Amato  
Editor

**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**  
**Carole Pozek**  
**Marion Sewell**  
**Rich Stowell**  
**Peggy Zambounis**



## OUR ANGLICAN HERITAGE...

### The end of this series (a.k.a. "I ran out of *Stuarts*")

One can hardly blame the population of the British Isles for being exhausted as the reign of *Queen Anne Stuart* came to an end with her death in 1714. After a full century of religious, economic, military and social upheaval -- with the country changed in so many profound and irreversible ways -- a return to normalcy (or a newly-defined version of it) felt long overdue.

This being the concluding chapter in my long-running series on the birth of the Anglican Church, let us concentrate on the religious changes. If one contrasts the national church of 1549 (when the first *Book of Common Prayer* appeared), then on through the Stuart clan's century-long claim to the throne to what remained at the end of Anne's monarchy, major changes are evident: where once the church was rather solidly "Roman" in worship and ecclesiastical governance; where there was a real question about whether King James I (first of the Stuart monarchs) would return the church to the "Roman fold"; where a subsequent Stuart (Charles II) had secret Roman Masses in his palaces and signed a clandestine agreement to convert to Roman Catholicism on his deathbed; where Charles I lost his throne (and his head) to the Reformation and James II lost his throne and his attempt to regain it by force; the Anglican Church that emerged was no longer "Roman" in the trappings of worship, more democratic (in the context of the times, of course), and solidly "protestant" in form of worship and much of its theology. And England no longer feared a reversion to Roman control; the Protestants had clearly won.

If you have had the privilege of visiting any of the grand old colonial churches here in the United States (such as Christ Church (*Old North*) in Boston, Bruton Parish in Williamsburg, Virginia, or Christ Church in Alexandria, Virginia (George Washington's home parish) you no doubt were struck by the difference in church architecture from the ones we are familiar with today. *Architecture* has always reflected the worship style and (even more) the theology of the Church, and these colonial houses of worship show just how much theological emphasis had moved toward Protestantism during the seventeenth and eighteenth centuries: the *altar* (now called the "*holy table*") was de-emphasized, while the *pulpit* became the focal point of the sanctuary. This change reflected the *diminishment of the Eucharist* in worship in the Protestant-oriented church and the *simultaneous emergence of preaching* ("*The Word*") as the featured portion of the liturgy. Indeed, by the mid-eighteenth century, most men refused to take Communion at all and walked out before it was administered!

Fully a century-and-a-half would pass before the Church would begin to re-establish the older norm where the altar/holy table would assume its place as the focal point of worship again and church architecture would reflect the change. The "*Oxford Movement*" of the mid- and late- nineteenth century was the catalyst for this important turn of events, and we are still living in its aftermath today (witness the architecture of our own parish).

In a larger sense, England benefited greatly from having its bloody and contentious century of revolt and upheaval when it did. France, for instance, never fully resolved its issues of democracy and monarchy, with the terrible consequences of the French Revolution, return to tyranny under Napoleon, and off-and-on strife afterwards. In contrast, England was free to concentrate on commerce and global expansion (i.e. "Empire") beginning early in the eighteenth century and continuing non-stop for over two hundred years. It is, then, no wonder that it became the dominant power in the world for such an extended period of time.

And wherever the English merchant and naval fleets sailed over this long period, so did the "mother church" in the form of its *missionaries*. Of course, it is no accident that the *Anglican Communion* is strongest today in what were former British colonies -- from Africa to North America to India and the South Pacific. *The Anglican Church owes its worldwide reach to these very ventures.*

And what lessons can *we* take from the trials of the early church? Certainly that trials and tests will come along with some frequency, and that they often come in large "bursts" rather than in slow progression. Much like a volcano, major historical change usually builds rather unseen under the surface and then erupts in blunt fashion at particular junctures in time. For instance, the *Episcopal Church here in America* changed relatively little from the important influence of the "Oxford Movement" (late 1800s) until the late 1950s and 1960s, when it moved rapidly to revamp itself in a more modern form. We, here in 2009, are still really in the midst of that reshuffling, and the *current controversies surrounding sexuality* may be seen in the larger context that that timeframe affords. If past is indeed prologue, we can look forward to a period of more calm in church relations at some point in the future, too.

My own admonition is simply, "*Keep the faith; a whole bunch of people struggled and suffered mightily to bring it intact to you!*"

Thanks for following along on this extended history lesson. *Cheerio!*      *Dave Warburton*

APRIL 1<sup>ST</sup>  
12:15 S.T.A.R. CONCERT & LUNCHEON  
6:30 PM "THE MAYBERRY BIBLE STUDY"

APRIL 2<sup>ND</sup>  
9:00 AM - 4:00 PM ECW RUMMAGE SALE

APRIL 3<sup>RD</sup>  
9:00 AM - 2:00 PM ECW RUMMAGE SALE  
12:00 PM STATIONS OF THE CROSS

APRIL 4<sup>TH</sup>  
5:30 PM CONTEMPORARY WORSHIP

APRIL 5<sup>TH</sup> - PALM SUNDAY  
8:00 AM RITE I  
10:00 AM RITE II  
5:30 PM CONTEMPORARY WORSHIP

APRIL 7<sup>TH</sup>  
7:00 PM VESTRY MEETING

APRIL 9<sup>TH</sup> - MAUNDY THURSDAY  
6:30 PM SERVICE WITH THE AGAPE MEAL TO FOLLOW

APRIL 10<sup>TH</sup> - GOOD FRIDAY  
12:00 THE COMMUNITY CROSS WALK  
7:00 PM SERVICE

APRIL 11<sup>TH</sup> - HOLY SATURDAY  
8:00 PM THE GREAT VIGIL OF EASTER  
AT ST. THOMAS, WITH ST. PATRICK'S, BRUNSWICK

APRIL 12<sup>TH</sup> - EASTER SUNDAY  
8:00 AM RITE I  
10:00 AM RITE II  
EASTER EGG HUNT AFTER THE 10:00 SERVICE!!

APRIL 17<sup>TH</sup>  
7:00 - 9:00 PM WII BOWLING

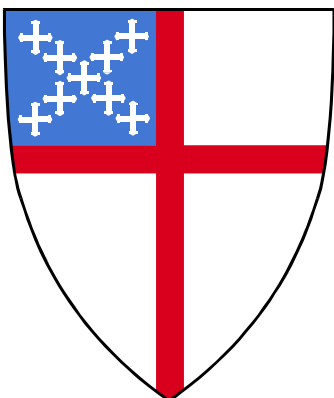
APRIL 18<sup>TH</sup>  
9:30 AM DAUGHTERS OF THE KING  
9:30 AM BROTHERHOOD OF ST. ANDREW  
5:30 PM CONTEMPORARY WORSHIP

APRIL 24<sup>TH</sup>  
7:00 - 9:00 PM WII BOWLING

APRIL 25<sup>TH</sup>  
5:30 PM CONTEMPORARY WORSHIP  
6:30 PM S.O.S. *SAVE OUR STAINED GLASS* DINNER.

APRIL 26<sup>TH</sup>  
1:00 - 4:00 PM CLEVELAND INDIANS TAILGATE PARTY  
IN HARKESS HALL ON THE BIG SCREEN TV!!

APRIL 28<sup>TH</sup>  
5:30 PM BEREA COMMUNITY MEAL



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