



THE WAYFARER

November 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...

The other day a priest friend called me and asked how our H1N1 precautions were going. She was particularly interested in how people were cooperating, concerned that her congregation would give her grief. I was grateful but not surprised to say that we are a congregation who loves and takes care of each other, and that everyone was cooperating in the holy work of healing with the Holy Spirit. I believe that in times of crisis we are given an opportunity to show what makes Christians set apart. And those things are generosity, tolerance and hope.

We are generous when we care for ourselves and others. To practice good self care and avoid illness allows us to help those who become ill. We have pregnant and at-risk people who attend our parish. Changing our habits, at least in the short term, demonstrates that we are not wedded to ritual but to the love of Jesus Christ. We show generosity and love, for example, when we give up intincting the bread even though that is our habit.

Tolerance is a Christian virtue that is often in short supply in a crisis. However, a calm response that takes into consideration others' needs is a precious thing. If someone does not want to shake your hand or hug you at the peace, for example, what an act of love it is to find other ways to show our reconciliation with each other. That is what we are truly about, helping everyone feel welcome.

We must be fierce in our hopefulness, persistent and constant in our belief that God's deepest desire for us is wholeness. We must be open to being whole for the Spirit to be able to work in us. Believing that healing for the world is possible and doing our part to make it happen is the most significant impact we can make in a culture that makes money off of our fears and anxieties.

It is with profound hope that we live into the needs of the moment, and make the changes we need to make to keep the whole Body of Christ healthy and safe. What a blessing it is that we are a part of a community that loves each other this way!!! If you have suggestions or questions, please feel free to offer them.



Love, Gayle+

Pledge Sunday November 8th!!!

Please remember to bring your pledge card and your story about the dollar bill you have been investing in St. Thomas. Please also **pray** that we might live into the generosity that God promises us and that our every need to do the ministry God calls us to do will be met!!! Amen!!

Thank you to our fabulous stewardship committee 2009: Clint Anderson, Rosalie Ferline, Brigitte Gerard, Sue Griffith, Eric Kluth, and Marion Sewell. God bless you!!!

FROM THE SENIOR WARDEN...



At our last Daughters of the King meeting, we reviewed a pamphlet from FOREWORD MOVEMENT entitled "Ten Ways to Relax and Reconnect with God". In essence the message was that there are never enough hours in the day to do everything that we would like to do or feel that we have to do. As a result we become confused, exhausted, burned out.

Sound familiar? The answer is to stop, if even for a moment. Years ago, Sunday or Sabbath, was a day of rest. Healthy living requires Sabbath time. It is a matter of finding the right balance and rhythm in your life.

Following are some things that you might find helpful:

- Throw away your wristwatch. When Al was in the hospital in ICU, he was constantly asking for the time. Why? He certainly wasn't going anywhere. After a few days of this, one of the nurses took a large clock off the wall and positioned it on a stand right next to his bed so he would always know the time. It helped him keep track of the days, and who was visiting when. Most of us are too attached to always wanting to know what time it is. How many times a day do you look at your wristwatch?
- Take a walk. Pay attention to what is around you. Live in the present.
- Make a retreat. Pray, write or take a nap.
- Fast. Fasting is not always about food. You can fast from television, computer games, sports, etc. You will discover what really controls you.
- Read something different.
- Exercise. It can clear your body and soul of refuse and clutter, and you will find that you will sleep much better.
- Keep a journal. Jotting down your thoughts will give you insight.
- Reclaim Sunday. Block out a time for at least part of a day for rest and re-creation.
- Say no. We often say yes because that is what others expect us to say. The earth will not stop if you say no.
- Be quiet. We are constantly surrounded by noise. Many of the suggestions above can help create silence which will open our hearts and souls to prayer.

Alice Amos

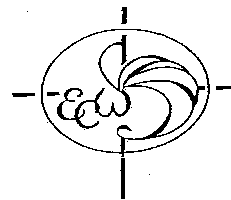


Los Amigos Episcopales

Have you ever wanted to go to a third-world country on a mission trip? Los Amigos is planning a trip to El Salvador in early 2010, and we are looking for more northern Ohioans to join our mission. This is an opportunity to get to know many poor Salvadorans and learn how they live, how they manage with such little personal resources, and what we can do to help them.

Please join us for an important preparatory meeting on Friday, November 20 in Ogilvy Chapel at 7:00pm. See you there!

- Ruth Ihde



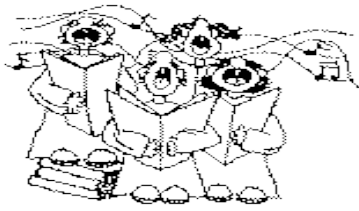
Episcopal Church Women

Upcoming ECW Events:

- November 7: Sammi Dyer from St. Paul's will be our guest speaker. She will give a talk on Honduras and on her ministry with the women prison inmates at Marysville Prison.
- Bake and Craft sale is scheduled for December 5, 2009; therefore, there will not be a business meeting in December.
- No Meeting is scheduled for January.
- The February 6, 2010 meeting is to finalize the preparations for our annual Devonshire Tea on February 27. Please mark your calendars for this event. Last year everyone who attended was looking forward to 2010 tea.
- A Big Surprise is planned for the March 6 meeting.
- April 1-2 is our Annual Rummage Sale therefore no business meeting this month.

Sonia Miller
President

Unsung Heroes



This month I want to thank one of our newer members who has made a definite impact on St. Thomas. Joe Ferline is not just a really nice guy with a great voice. He has taken pictures of many of our events for the website and our enjoyment. He is the person who coordinated ordering the sign for our back parking lot which now lets the world know who we are.

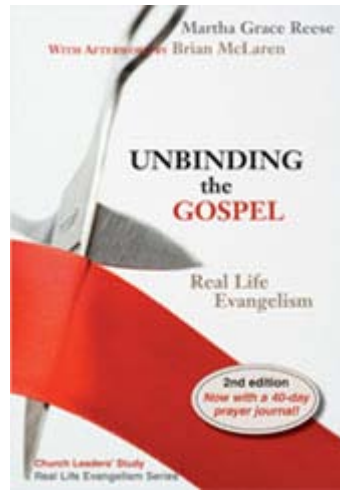
He coordinated the crew who is working on updating our technology in the chapel, hanging the screen for the contemporary service. And there are many other things I don't even know about except that I hear he has been around. Please take some time to thank Joe for becoming so quickly an unsung hero in our midst!



Save Our Stained Glass

We reached our goal and collected \$13,506.62!

The windows have been vented and we are looking forward to the re-installation of the rose window sometime this month. It is thanks to the generosity of so many good people that we have had such a success with this project. God bless everyone!!!!



Unbinding the Gospel: Real Life Evangelism

Since January, the vestry has been reading a chapter of this book each month and discussing what it means for St. Thomas. We have gotten excited

as we understand evangelism in new ways. The Diocese of Ohio is starting a project of prayer around this book and is asking for 10 parishes to pray with it and then be a part of a study group diocesan-wide.

Our vestry has agreed to be one of those parishes. If you would like to be a part of the prayer group, we would love to have you! The author, Martha Grace Reese, will be in Ohio for the Mission and Ministry conference in February. Very exciting!!

Please let me know if you want to be a part of this, and please pray for us as we get excited about bringing people to the love of Jesus Christ.



Meet Someone New at Coffee Hour this Month!

Take the opportunity to get to know one of our new members! Include them at your table! Find out what they are interested in and help them find their niche. Katherine from Sacred Path told me when she was here that this is the most welcoming parish she has ever seen! Amen, and let us make it so!



PARISH HEALTH TEAM

From the Heart of the Parish!

- ❖ Prayers for Jean Willis as she recovers from her second hip replacement surgery. She is up and about already!
- ❖ Prayers for Bev Smith. She had a knee replacement and is doing really well. She hasn't missed a beat!
- ❖ Prayers for John Vincent, that he is restored to health.
- ❖ Thanks and thanks again to our Parish Administrator, Stephanie Busser, for the many, many extra responsibilities that she takes on every day.
- ❖ A big thank you to Ross Cline for volunteering to play his guitar for our nursing home residents!
- ❖ A big thank you to our contemporary service musicians, Josh Daum and Kira Seaton....Come hear them!
- ❖ Congratulations to Rich Stowell on his graduation from Medical Coding school.
- ❖ Martin McGuire took third place in the middle school conference cross country race. Congratulations!
- ❖ Mary and Jesse Canonico welcomed a baby girl, Annie, in September.
- ❖ Congratulations to Amy and Andrew Kilgore on the baptism of their son, Evan James.
- ❖ Erica Wehrenberg and her daughter Courtney were also received in holy baptism this month.
- ❖ Emma Hall turned 80 in October! Join the club....it's a blast!



Welcome to Fall in Northeast Ohio! What a beautiful way for God to guide us from one season to the next! It's truly amazing to watch the wonder in a child's eyes when they recognize the changing leaves, as the October wind blows their hair gently from their face. Just another miracle to be thankful for!

Your PHT is so very proud of this parish as we watch the "hearts" move from the "Do" to the "Done" column on the Random Acts of Kindness board. Thanks to all who have participated! Please keep up the good work! We'll soon be moving into the next stage of "The Harvest" at St. Thomas and taking the next step in our Evangelism efforts. You've been given many opportunities to share yourselves more with the parish family through the Stewardship Campaign. Please take full advantage of this season of change and share your time, talents & treasure with St. Thomas.

We also need to take this opportunity to move beyond the walls of St. Thomas and share not only our love with our neighbor, but also the Good News. Whether silently in prayer or aloud in conversation, we need to share our faith with our "neighbors". Our nation desperately needs to feel the love of Jesus Christ and we are responsible for doing our best to make that happen. Look for information and tools to help you share your faith in the coming weeks. In the meantime, keep moving those hearts!



Loving Paws
annual Victorian Photos with
Father Christmas

Saturday November 21, 2009
from 10am to 3pm
St Thomas Episcopal Church
50 E. Bagley Rd.
Berea, Ohio 44017

For more info call: 216-521-2017



OUTREACH

NOVEMBER IS BLANKET MONTH - During the month of November we will be collecting blankets to be given to those in need through St. Luke's, W. 78th Street (West Side Episcopal Ministries). Then, in December we will again support the Duffel Bag ministry as we have done in the past. This involves collecting the duffel bags themselves and providing toiletries, socks, hats, gloves, new underwear, shaving supplies, soap, hand sanitizer, tissues, etc. Start planning now and look for sales so that when November and December come we will be ready. Thanks!!



CONNECTING WITH ST. THOMAS

Keep up with all the happenings at church online! Follow St. Thomas on the following websites:

Twitter:

<http://twitter.com/StThomasBerea>

Ning:

<http://stthomasbera.ning.com/>

Facebook: St Thomas

www.facebook.com





THE CHRISTMAS PROJECT

St. Thomas is again participating in a special Christmas project sponsored by the Episcopal West Side Shared Ministry. As a gift to the homeless and impoverished, we have been asked to donate 80 (40 men's and 40 women's) filled duffel bags/backpacks. Please label the gift as "man's" or "lady's". Individual items will also be accepted. These gifts will be presented as part of a Christmas dinner gathering and later distributed to other people throughout the area. Contributions should be turned in as soon as possible but by no later than Dec. 13th. This is a wonderful opportunity for us to give some much-appreciated, practical help to those in need! If you have any questions or can help with this project, please call Barb Emigh at 440-465-7720.

SUGGESTED ITEMS TO PUT IN A MAN'S OR WOMAN'S DUFFEL BAG

Duffel bag	Disposable Razors	Hairbrush
Soap	Hand lotion	RTA bus pass
Shampoo	Candy	Books
Conditioner	Gloves	Blankets
Deodorant	Hats	Toilet paper
Toothpaste	Socks	Comb
Toothbrush	Cough drops	Chapstick

OPTIONAL ITEMS FOR MEN

After-shave
Shaving cream
Underwear

OPTIONAL ITEMS FOR WOMEN

Panty liners
Underwear
Small notebook
Pen



2009 H1N1 Flu Update

During the week of October 4th, the CDC (Centers for Disease Control and Prevention), reported that influenza activity continued to increase in the United States and that flu activity is now widespread in 41 states. The 2009 H1N1 influenza, also called Swine Flu, is caused by a new strain of influenza virus. Like other flu viruses, H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching objects contaminated with the virus. Most people have little or no immunity to H1N1 flu and so their bodies are not prepared to fight off the virus. Signs of 2009 H1N1 can include fatigue, chills, fever, coughing, sore throat, sneezing, and muscle aches. Some people may also have diarrhea and vomiting.

The CDC's Advisory Committee on Immunization Practices recommends that **everyone** should get the **seasonal influenza vaccine**.

Additionally, the CDC recommends that the following groups receive the **2009 H1N1 vaccine** first:

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency medical personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system

As more vaccine becomes available, the following groups should also be vaccinated:

- Healthy 25 through 64 year olds
- Adults 65 years and older

Children through 9 years of age should receive two doses of vaccine, about a month apart. Older children and adults need only one dose. People who are allergic to eggs might be at risk for

allergic reactions from receiving influenza vaccines, including the 2009 H1N1 vaccine. People with egg allergies should consult with a doctor or other medical professional before considering any influenza vaccination.

Finally, take everyday precautions to stay healthy. Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after use. Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water is not available, use an alcohol-based hand rub. Avoid touching your eyes, nose or mouth. Germs spread that way. Finally, stay home if you are sick. Here's to your good health! (Source: Centers for Disease Control and Prevention, <http://www.cdc.gov/flu>).

Barbara Halliday and the Parish Nurses



St. Thomas Vestry

Rev. Gayle Catinella, Rector
Alice Amos, Sr. Warden
Marion Sewell, Jr. Warden
Elaine Willis, Clerk
Tom Halliday, Treasurer
Tim Cooper
Helen Downie
Carole Pozek
Rich Stowell
Peggy Zambounis

DOLLAR\$ and \$ENSE

from YOUR TREASURER

In this edition, I would like to address 3 issues.

First, your vestry, your Rector and your Treasurer thank you for 2009 pledge collections being higher this year than through 9 months of 2008. Again, thank you. Your vestry has done an excellent job in holding expenses in the first 9 months below the same time period of 2008. What a wonderful team effort to sustain St. Thomas.

Second, the gift card program. Everyone should give a big thank you to Tim and Stephanie for their hard work in establishing and maintaining this glorious program. Thanks to these 2 individuals, St. Thomas is the first parish in the Diocese to have a program like this. Don't we all hear how much we don't like change, how we resist change? We all know that is not true, only baloney, isn't it? We as Americans embrace change, we welcome change and we demand change. Here are a few examples that make us all laugh when we hear people say they don't like change. How many of us don't have a cell phone, a microwave oven, a dish washer, a clothes dryer, a television or only one television and lastly, indoor plumbing facilities. Of course we crave change as Americans, it creates jobs and new career paths for our children and grandchildren. Now can you image your parents saying, "I am going out for dinner tonight and our church will get 9% of the total cost"? My mother would have loved to buy our family groceries and have 4% of the purchase price go to our church. It was not possible because of the lack of technology. Technology is here at St. Thomas for you to contribute to the church you love, to support the Word of the Lord by changing the way you pay for your purchases. As your Treasurer I can say St. Thomas has the opportunity to raise over \$20,000 in 2010 if we all embrace the change of how we pay for the items we buy. Buy gifts cards for daily use.

Third, as the end of the year approaches all contributions received by 12-27-2009 will be credited to your account and appear on your 2009 pledge statement. If you would like to prepay your 2010 pledge, please have the funds to the office by the same date, 12-27-2009. You will receive for tax purposes a receipt dated in 2009 and for pledge purposes credit in 2010. Again, technology is wonderful.

I can be contacted in person, by e-mail at StThomasFinance@AOL.com or by telephone @ 440.846.1466.

Thomas L. Halliday



November

NOVEMBER 3
7:00 PM VESTRY MEETING

NOVEMBER 4
12:15 PM STAR CONCERT & LUNCHEON

NOVEMBER 7
10:00 AM ECW MEETING

NOVEMBER 11
6:00 PM GAYLE PREACHES AT
TRINITY CATHEDRAL

NOVEMBER 13
NO WII BOWLING
7:00 PM LOS AMIGOS MEETING

NOVEMBER 13-14
GENERAL CONVENTION AT
TRINITY COMMONS

NOVEMBER 14
6:30 PM COME RING OUR CHIMES!
WINE & CHEESE TASTING PARTY

NOVEMBER 20
NO WII BOWLING

NOVEMBER 21
9:30 AM DAUGHTERS OF THE KING
8:30 – 3:00 LOVING PAWS FATHER CHRISTMAS
VICTORIAN PHOTOS
7:00 RESTAURANT NIGHT OUT

NOVEMBER 25
9:00 AM YOUTH GROUP GOES TO BROOKSIDE
5:30 PM BEREA COMMUNITY MEAL SPONSORED BY
ST. THOMAS

NOVEMBER 26
THANKSGIVING DAY
THE OFFICE WILL BE CLOSED

NOVEMBER 27
THE OFFICE WILL BE CLOSED

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

