



THE WAYFARER

January 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...

Jesus has been born and the parents must just be exhausted! All of the energy put into the preparation, the birth, keeping the child safe, must be taking their toll. And Jesus, lovely Child that I am sure He was, needs to be fed and changed and held and comforted. At least every four hours and through the night if I remember correctly. Few expectant parents realize that the end of pregnancy and the arrival of the child is really a beginning that goes on for the rest of that child's life!!!

Most of us have probably put the tree away and packed up the decorations for another year. Maybe we are paying off our Christmas largesse or at least spending less money. Presents have been incorporated into the landscape of our lives. Maybe the thank you notes have even been written.

Now what? I propose that you incorporate one Advent or Christmas insight into your New Year's resolutions. Maybe you will continue to reflect on your readiness for Christ's return or explore the role of Mary in your life. Maybe you will reflect on how we bring joy into the lives of others in ordinary time. Maybe the excitement of giving can be extended in new ways. Maybe we can just focus on taking good care of ourselves.

The point is, don't stop your spiritual exploration and challenge until Lent pushes you again. Stay warm this winter by keeping the Spirit alive in your heart. God moves in all the seasons of the church and our lives!!!!

Gayle+

Please join us for Ash Wednesday services on February 25th at 12:00 & 7:30 pm.

FROM THE WARDEN'S DEN...

Did *The Grinch* finally succeed this year?

New Year's greetings to everyone!

Well, here we all sit at the beginning of a new year. Like me, you're no doubt filled with a sense of both hope and fear; *hope* that a new administration in Washington and a new Congress as well can do what's necessary to keep our economy from falling off the proverbial cliff. And *fear* that it can't – or won't.

An investment advisor once told me that the stock market operates on two emotions: *greed and fear*. And whenever one of them gets so out-of-hand that all reason is left behind, the market begins to correct itself to a more sustainable "mean" where things are in a state of better balance.

This concept makes intuitive sense to me and is being sorely tested right now around the world. But one thing we all know is that "The Grinch" (*i.e. greed*) did positively not steal Christmas this past year or any other year... for that matter.

Greed is at the heart of much of what we know as misery in this life. *Greed* is what keeps us from giving all that we can to others; from looking out for those around us in a selfless way; for wanting more than we deserve or can really handle. And whenever we reach such a point of greediness that it's time for a real lesson in our wrongdoing, we are inevitably forced down on our knees, humbled by our own lust and stupidity.

A V-8 moment indeed.

Are those "Wall Street bankers" to blame for the economic turmoil we face? Sure. But so are *we* for wanting more than any reasonable definition of "our fair share of stuff" can justify. We as a nation have been leading an unsustainable existence for many years now and we have our wake-up call if we choose to hear it. We are all complicit in this mess, whether we admit it or not, and now we shall all pay for our sins in ways large and small.

Greed seeps its ugly way into life at St. Thomas, as well, sad to say. Whenever we demand *our* way in style of worship, use of Harkess Hall, attention from Rev. Gayle – the list is long – we exhibit in a micro sense the greed of placing our own wishes over those of others. Oh, we all do (even your esteemed SW), but that doesn't make it right. And yet, we are capable of such generosity. Just look at the outpouring of help for the Magpocs after their accident or the wonderful Christmas gift of duffle bags to the needy we made.

Tell me honestly: which feels better to you? Giving *of* ourselves or hoarding things *for* ourselves? I think I know your answer.

If we are to make St. Thomas successful in the long term, we must – absolutely must – be more giving, more forgiving, more forbearing than we have been (at times) in the best. To obey "the better angels of our nature" as we journey along together doing God's holy work. And there is so much work to be done, isn't there?

No, Mr. Grinch did not have his evil way with "Whoville-at-St. Thomas" this past Christmas. Thanks be, the victory of our God was already assured. "Grinch" can try as he might but he will *never* succeed in stealing Christmas from us, for Christmas is nothing less than God come among us in the flesh to be the Light of the World. *That light cannot be extinguished*

This is my final message to you in *The Wayfarer* as your Senior Warden. As many of you already know, the Warburton clan is packing up and moving to Southern California in the Spring to be near our only son, Matt, and I am therefore leaving the Vestry at our Annual Meeting in two weeks.

I know that you will extend the same wonderful support to our next "SW" as you did to me. Rest assured, St. Thomas will always remain in my prayers.

God Bless!

Dave Warburton



Saturday Night Contemporary Worship Service!

A Saturday night service will begin on January 31st at 5:30pm. This service will be contemporary, relaxed and welcoming. We hope that it will attract people who do not find Sunday mornings convenient or who might want a different, more modern, church experience. We hope many of you will support this service while it is getting off the ground. New people coming to the service for the first time need to see community in order to feel comfortable. Please support this growth effort for our church and spread the word about this new service!

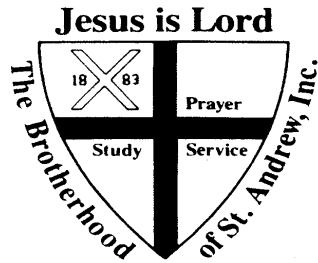


Campus Ministry

Thanks to the great work of Chris Molmen and our Campus Ministry team of Dody Sandt, Mary Jane White, Paulette Melillo, Marcie Hist and the Vincents, our attendance has been booming! We had 28 students for our final meal of the semester! A new record!!! Please get involved by signing up to bring a meal or part of a meal! We want these college students to feel that the church cares for them so that they will be ready to get excited about church when they graduate!!! Thank you!!

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 at (440) 826-1652, or the church for more information.



The Brotherhood of St. Andrew



Los Amigos Episcopales – The last several months have been quite impressive for Los Amigos. Our October dance was great fun and a very successful fundraiser. After receiving numerous donations, we sent over \$5000 to El Salvador in December, and with year-end contributions, we are now able to transfer additional funds to the Diocese of El Salvador for use in schools there. We appreciate

these gifts which are a part of the Millennium Development Goals.

There will be no January meeting, but we will have a meeting to plan 2009 events on Friday, February 20 at 7:00pm in Harkess Hall. We welcome newcomers and new ideas, so do join us for dessert, coffee, and an important meeting in February. See you there!

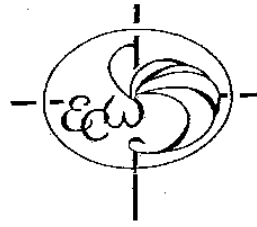
Ruth F. Ihde



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, Jan. 17. 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



Proceeds from the annual Craft and Bake Sale on December 7th were \$530.00. We thank all the people who contributed to making this sale a success. This past year the ECW has given St. Thomas \$1000 for the youth programs.

We are turning Harkess Hall into The Devonshire Tea Room for our annual Tea on February 28th. Please note this is by reservations only with two seatings: 11:00 AM and 3:00 PM. To make your reservations, please call Rosalie Ferline at 216-226-8026. Tickets are \$18.00. We are looking for people to decorate and to act as a server for a table. If you are interested in either decorating or serving or both, contact me or Rosalie.

The February 7th meeting at 10:00 will be the finalization of the preparation for the Tea.

Sonia Miller, President

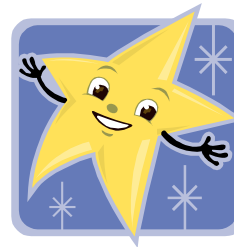


Youth Group

- January 10: TORCH 12:45
- January 25: Mini Golf & Lunch
- February 8: Bowling & Lunch
- February 14: TORCH 12:45
- February 20-22: HAPPENING!!



S.T.A.R



We are delighted with the great response the STAR concerts and lunch have received.

February 4, 2009 is the next concert, beginning at 12:15 P.M. This will be followed by

a lunch of Chili (meat and vegetarian), Corn Bread & dessert!

Please be sure to call the church office to make your reservation two days prior to the program so we can be sure to have enough lunch to serve all our guests!

OUTREACH

COAT MINISTRY - January is Coat Month at St. Thomas. Each year we collect gently worn, nice warm coats and distribute them to those in need through St. Luke's Church in Cleveland (W. 78th and Lake Ave.). So please look through your closet for coats that you are no longer wearing, (or perhaps you got a new one for Christmas), and bring your used coats to church and hang them on the rack provided in Harkess Hall and these will be taken to St. Luke's Church.

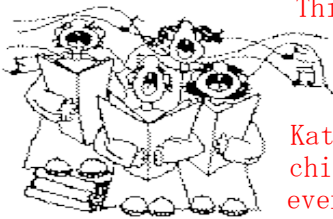
FOOD PANTRY - Thank you for your generosity in always bringing canned or boxed food items with you each time you come to church. We have been able to expand our Outreach Program to include the food pantry at Columbia Park in Olmsted Twp., as well as serving Church Street Ministries on a regular basis. The need is increasing with more families without enough money to buy groceries. Thank you for living out Matthew 25.

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



Unsung Heroes



This month, I want to recognize my daughter, Katelyn. Many of you have benefited from Katie's care of your children or grandchildren every Sunday morning. Katie spends her time in church working for free with our childcare provider Pat, making sure the little ones in the parish feel loved and welcomed when they come to church. And she loves doing it. Katie will never read this and know that I have praised her. I hope you will take some time to thank her for all she does for St. Thomas.

--Gayle

FROM THE PARISH HEALTH TEAM

SPIRITUAL DISCIPLINE

For many of us, myself included, one of the greatest struggles in developing passionate spirituality in our lives is finding ways to become more spiritually disciplined. Days and even weeks can pass by when we don't spend significant time in prayer, meditation, and study of Scripture. How do we win this battle of spiritual self-discipline?

I continue to struggle with it, but I have found three things that have been a big help to me, and I would like to share them with you:

1) Find a place in your home that will serve as your "prayer area" and spend time in that place regularly.

2) Think about using a daily devotional booklet. St. Thomas provides copies of "Forward Day by Day" for members of the congregation. Pick one up and read each day's devotion. It only takes a few minutes and will give you Scripture and a spiritual principle on which to focus for the day.

3) Consider the spiritual discipline of the Anglican rosary on a daily basis or at least frequently. The "Anglican rosary" is similar to the Catholic rosary but has fewer beads and focuses on Jesus rather than Mary; there are many different forms to use for praying it. If you would like to know more about the Anglican rosary, I would be happy to share my experience with you. Or, you can Google "Anglican rosary" (with quotes), and you will find many websites which explain it and give sample rosary formats for praying it. I would recommend the site www.giftsoffaith.com if you are interested in purchasing a rosary. They are beautiful and are very reasonable.

I hope these suggestions are helpful to you. If we can all find ways to discipline ourselves to spend more time with God, St. Thomas will become a much stronger spiritual force in our community and a spiritual home for many more people who are seeking to know God better!

--Clint Anderson for the Parish Health Team

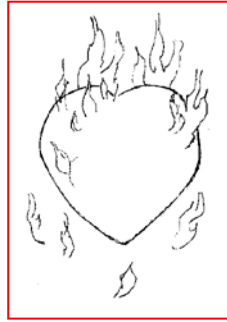


Healing Prayer

In 2009, we will try something new!!! On the last Sunday of the month, 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!

From the Heart of the Parish...

γ Sad news. Barb Yungwirth passed away peacefully on January 1st. Prayers for her family in this difficult time.



γ Continuing prayers for Dot and Ted Miciak. Dot would like to thank everyone for their cards, their visits and their prayers. She will be moving to Berea Lake Towers sometime in January. She would love to have you visit her at her new place.

γ Prayers for David Sandt (Dody's son). He has a continuing infection.

γ Prayers for Scott Munson Jr. He has circulation problems.

γ Congratulations to Jacob McGuire and Stephanie Hopsegar, who were married on December 27. We wish them all God's blessings!

γ A big thank you to Evan Leonard. He brought our Christmas Eve children's service into the 21st century with his PowerPoint presentation. The pre-recorded messages that the children wrote themselves came to life on the screen. It was wonderful!!

γ At the 10:00 Christmas Eve service, Gayle's sermon was on "Light" and poof! The power went out...Gary Carlsen asked Gayle to let him know when she was going to preach on the flood, so he could be prepared!

γ Frick, Frack, Frenzy, etc. put on a whiz-bang New Year's Eve celebration! Craig Masters led us in karaoke craziness with a few dancing, ahem, girls, for good measure. We ate, we played games, and threw all our troubles into a bucket. Right after midnight, we took the bucket with all of our written down troubles outside and set it on fire! Here's to a great 2009!

γ Don't forget the gourmet benefit spaghetti dinner for the Magpocs on Saturday, January 17th from 4:00 - 7:00 pm. Make reservations by contacting the church office. See you there!

--Dody Sandt



Remember St Thomas in Your Will & Estate Planning

And the Survey Said...

We had about 35 responses to our worship survey in the beginning of November. This number is too small to call a mandate, but it did yield some interesting results. There are still surveys available if you would like to register your thoughts and ideas. We do these surveys to give you a voice so we can plan for the future to meet everyone's needs.

There are a lot of people happy with the various aspects of our worship life. But as with almost everything here, about half of the respondents liked whatever the other half does not. Please know that wherever you stand, there are others like you and some who vehemently disagree. This is the challenge of community life.

That being said, there are a few points that are worthy of review. The maintaining of a variety of worship experiences seems very important to people. And so we will try to do that. There also seems a significant voice for contemporary worship on Sunday morning. I am considering adding a family service to our Sunday schedule to accommodate this, hopefully in the fall.

It was also mentioned that adding services will dilute the ones we have. Research shows that adding a service usually adds members. That has been true with the Sunday night service. Many of our wonderful newer members came to that service first and then got to know the rest of us better. In fact, if people find services too crowded, they don't come back.

I am always open to hearing more! Please let me know your thoughts about our worship. Deep and heartfelt thanks to Cliff and the choir, the altar guild, the flower guild and everyone who works to make our worship holy and lovely! Gayle+



Christmas Project: A heart-felt **thank you** from the West Side Shared Ministries and St. Luke's to each of you for your generosity over this past Christmas season. We filled 143 duffel bags with blankets, hats, gloves, bus passes, and toiletries which were presented to the homeless following a Christmas dinner at St. Luke's Episcopal Church on W. 78th. We were also able to donate money for boots. An e-mail in thanks read:

*"Thank you for your hard work and generosity! Your efforts embody exactly what this event is all about. The filled duffel bags, back packs and tote bags are such a blessing to this community. We had a wonderful event this year. We gave more than 200 gifts to individuals in the neighborhood and will be able to serve many more with the additional products that were not in bags. Thank you for all your time and effort. It is truly appreciated. May God bless you, your families, and friends this holiday season.
God's peace, Heather"*

Special thanks to Olmsted Falls High School (teachers Chris Warren, Blake Johnson & Jim Emigh as contact), Padua High School (Fran Millward as contact), a special angel donor (Teresa Walsh as contact), Bonne Bell (Hugh Thurnauer as contact), Betsy Linville. Thank you especially Dot Hepp and family for their hard work and contacts: as contact for the Soussou family (United Distributors the Soussou family), Pat Kearney from RTA (Dot Hepp as contact), Girl Scout Daisy troop 124 and Boy Scout pack 223, Kinsner first graders, Monster Mini Golf, two Strongsville neighborhoods...
MAY GOD BLESS YOU ALL!
Barb Emigh, Dot Hepp & Teresa Walsh



HEALTH MINISTRY

Proverbs 27:7. "He who is sated loathes honey, but to one who is hungry everything bitter is sweet."

At St. Thomas, a group of us are meeting to support each other for weight loss through healthy lifestyles. Cravings seem to be the hardest thing to control. For most women, this includes chocolates and sweets; savory entrees such as steaks and hamburgers are high on the list for men. Hormones have something to do with these cravings. When estrogen drops in women or serotonin (the feel-good brain chemical) levels drop, we look towards certain foods to make ourselves feel better. Cravings affect more than one area in the brain; stress and feeling tired also trigger desires for reward circuits. Some suggestions to curb cravings include:

Avoid your triggers: The first few days are always the hardest. The longer you avoid your trigger foods, the less likely you may be to want them.

Destroy temptation: If you've succumbed to a box of cookies and start to feel bad while eating them, destroy them by running water over them. You'll feel a sense of accomplishment that you've licked your binge. Don't think about the money you're wasting; if the cookies don't go into the garbage, they're going straight to your hips.

Go nuts: Drink 2 glasses of water and eat 1 oz. of nuts (6 walnuts, 12 almonds, or 20 peanuts). Within 20 minutes, this can extinguish your craving by changing your body chemistry.

Jolt yourself with java: Try sipping a skim latte instead of reaching for a candy bar. The caffeine won't necessarily satisfy your cravings, but it can save you the

calories by quenching your appetite. The warm richness and ritual can distract you.

Let it go: Since stress is a huge trigger for cravings, learning to deal with it could save you hundreds of calories a day. This will take practice. Prayer, deep breathing, visualizing a serene scene, or using a CD that teaches progressive muscle relaxation often helps.

Take a power nap: Cravings sneak up when we're tired. Focus on the fatigue: Shut the door, close your eyes, re-energize.

Get minty fresh: Brush your teeth; gargle with mouthwash. When you have a fresh, clean mouth, you don't want to mess it up.

Distract yourself: Cravings typically last 10 minutes. Recognize that and divert your mind: call someone, listen to music, run an errand, meditate or exercise.

Indulge yourself - within limits: Once in a while it's OK to have that ice cream. But have a small cone, not a pint. Try 100 calorie bars, snack packs of cookies, peanuts or pretzels. The trick is to buy only one pack at a time so you won't be tempted to reach for more. Even those 100 extra calories can sabotage weight loss if you indulge daily, so work off the excess calories with a brisk 15-minute walk.

Plan or avoid: Vary your usual routine to avoid passing the bakery or pizzeria. If you know you'll be face-to-face with irresistible birthday cake, allocate enough calories to fit it into your diet.

*Dranov, Paula "Ten Ways To Outwit Your Weight" Reader's Digest July 06.
submitted by Barb Emigh, RN*

Look for another "Our Anglican Heritage" article in the next issue of *The Wayfarer!*

DOLLAR\$ and \$ENSE from YOUR TREASURER

Difficult economic times have obviously affected St. Thomas as they have many of us personally. St. Thomas operated at a deficit of \$9,598.18 in 2008. This is the fifth consecutive year of operating deficits.

REVENUE

Pledge income in 2008 is \$164,411.15 compared to \$191,524.00 for the budget, a decline of \$27,112.85 or 14.2%. Pledge income is \$10,307.68 behind the 2007 collections.

St. Thomas was very fortunate to have made an extremely wise decision in October of 2007 to change the investment strategy from stocks to bonds in the Harkess funds. The present down turn on Wall Street only caused the Harkess Fund principal to be reduced by approximately \$40,000 or 4%.

More importantly, the annual income resulting from the new strategy, generated \$50,309.88 in 2008 compared to \$17,373.47 in 2007, an increase of \$32,936.41 or 189%. The flip side of this situation is that in 2008 this income was 21.5% of all necessary revenue compared to 8.3% in

2007. It is important to remember this income is driven now by interest rates from the Treasury and none of these bonds are guaranteed. St. Thomas has increased the dependency on an outside source with limited control.

EXPENSE

Total expenses for 2008 were under budget. Expenses for our rector were both under budget in 2008 and below the costs for 2007. A 13th Diocesan assessment payment was made in 2008 to get our payments on a current basis.

GENERAL

The financial statements presented in the Wayfarer are the financial statements for 2008 that will be presented at the annual meeting. If you have any specific questions, I would like to address them before the annual meeting. I can be contacted at my e-mail and telephone below and always stopped in church. I will be pleased to discuss any and all of the present situation with a few or a large group

Your Treasurer,
Tom Halliday Stthomasfinance@aol.com
440.846.1466

Financial Statement for 2008

	2008 YTD ACTUAL	2008 YTD BUDGET	VARIANCE	2007 YTD ACTUAL	2008 Compared to 2007
Total Pledges	\$164,411.15	\$191,524.00	\$27,112.85	\$174,718.83	-\$10,307.68
Total Rental Income	\$3,011.00	\$3,368.00	\$357.00	\$3,268.00	-\$257.00
Total Special Offerings and Non-Pledge	\$13,351.66	\$8,032.00	-\$5,319.66	\$7,855.50	\$5,496.16
Harkess Annual Income	\$50,309.88	\$48,770.00	-\$1,539.88	\$17,373.47	\$32,936.41
Other sources of Income	\$2,671.80	\$0.00	-\$2,671.80	\$5,421.71	-\$2,749.91
Total Revenue	\$233,755.49	\$251,694.00	\$17,938.51	\$208,637.51	\$25,117.98
<u>Expenses</u>					
Total Personnel	\$135,057.20	\$132,931.00	-\$2,126.20	\$131,826.35	\$3,230.85
Total Christian Formation	\$2,235.96	\$2,500.00	\$264.04	\$916.16	\$1,319.80
Total Administration	\$16,970.00	\$14,200.00	-\$2,770.00	\$13,827.92	\$3,142.08
Total Building & Grounds	\$10,570.12	\$11,000.00	\$429.88	\$13,418.61	-\$2,848.49
Total Diocesan Support	\$30,873.46	\$31,100.00	\$226.54	\$28,600.32	\$2,273.14
Total Parish Life	\$14,718.52	\$17,500.00	\$2,781.48	\$6,264.94	\$8,453.58
Total Utilities	\$32,928.41	\$35,000.00	\$2,071.59	\$31,686.44	\$1,241.97
Total Expenses	\$243,353.67	\$244,231.00	\$877.33	\$226,540.74	\$16,812.93
Net Total	-\$9,598.18	\$7,463.00	\$17,061.18	-\$17,903.23	\$8,305.05

Balance Sheet 2008

Operating Checking	\$45,491.55		
		Taxes	
Rector's Discretionary Checking	\$274.83	Withheld/Liabilities	\$3,651.69
Operating Savings	\$300.00	Rector's Discretionary Fund	\$274.83
Non-Operating Savings	\$300.00	Restricted Gifts Funds	\$17,682.85
Restricted Fund Checking	\$17,682.85	Fund Principal - Church	\$2,454,480.04
Petty Cash	\$50.00	Harkess Trust	\$1,023,438.45
Harkess Trust	\$933,731.45	Operational Results	-\$9,598.18
Church Buildings and Land	\$2,205,099.00		
Karl Wilhelm Organ	\$287,000.00		
Total	\$3,489,929.68	Total	\$3,489,929.68

JANUARY 13
HEALTHY WEIGHT SUPPORT GROUP 7:00 PM

JANUARY 17TH
BROTHERHOOD OF ST. ANDREW 9:30 AM
DAUGHTERS OF THE KING 9:30 AM
SPAGHETTI DINNER TO BENEFIT
VAL & REY MAGPOC 4:00 - 7:00 PM

JANUARY 18TH
ANNUAL PARISH MEETING

JANUARY 24TH
RESTAURANT NIGHT OUT

JANUARY 25TH
YOUTH GROUP MINI GOLF & LUNCH

JANUARY 31ST
SATURDAY NIGHT SERVICE BEGINS!

FEBRUARY 4TH
STAR CONCERT

FEBRUARY 10TH
HEALTHY WEIGHT SUPPORT GROUP 7:00

FEBRUARY 8TH
YOUTH GROUP BOWLING & LUNCH

FEBRUARY 14TH
ECW MEETING 10:00 AM
YOUTH GROUP - TORCH 12:45

FEBRUARY 20-22
YOUTH GROUP - HAPPENING!!

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

FEBRUARY 22ND
THE RT. REV. ARTHUR B. WILLIAMS,
ASSISTING BISHOP, WILL BE VISITING

FEBRUARY 25TH
ASH WEDNESDAY SERVICES:
12:00 NOON AND 7:30 PM

FEBRUARY 28TH
ECW DEVONSHIRE TEA

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

