

# ***THE WAYFARER***

***February 2010 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*

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## ***Rector's Musings...***

I am watching the children from the daycare leaving for the day out my office window. They are whooping and careening as only 3-year-olds can do, as their parents laugh and try to keep up with them, glad to see them after a day apart. And I wonder as they leave here, what do they think that church is? What would their time at St. Thomas today teach them about church? How did they find God here?

On Sunday nights we have college students gather to share a meal with us. Steaming food is bountiful, chocolate always present for dessert. The tables fill with groups of young adults who talk about their weekend, the news of the day and their futures with us and each other. And I wonder, what do they think church is? How did they find God here?

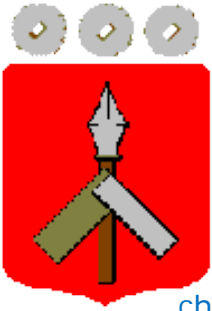
Yesterday there was a funeral at St. Thomas. 79 people gathered, many with different experiences of church, some who might not otherwise come to church. We sang and cried and prayed and laughed. It was a beautiful celebration. And as I ushered people to Harkess Hall for a lovely lunch I wondered, what do these people think church is? How did they find God here?

Every person who walks through our door, from the Fed-Ex man to our most regular member, forms what they think about church and God from their experiences here. And for the most part, what I hope people experience is hope and abundance and welcome. I hope people find our church to be a place they want to come back to, and God to be tangible love not just in the sanctuary but everywhere.

We need to be intentional about this. We invite people to come, we welcome them, we pray for them. We teach them about church and God. What a responsibility and what an honor! Let's pray about how well we do this together, for the good of St. Thomas and the Kingdom of God.

So glad to be with you in it!!! Love, Gayle+

## FROM THE SENIOR WARDEN...



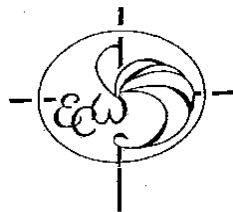
It was very heartening to see so many of you at the annual meeting taking an interest in the future of St. Thomas. As junior warden last year, and senior warden this year, I have seen many changes not only in the building but in the spirit of the church. There is a calmness and an anticipation of what is to come.

As the new Evangelism committee begins its work, and the vestry continues to study "Unbinding the Gospel" and "Unbinding My Heart", we are bound to see wonderful positive changes around us as we reach out to others and share God's love and the love at St. Thomas. One of my favorite passages is from Psalm 121, verses 7-8: "The Lord will guard you from all evil; the Lord will guard your life. The Lord will guard your goings and comings henceforth and forever." I like knowing the protection of the Lord. Let's spread the Word and watch St. Thomas grow.

Alice Amos, Senior Warden

## Episcopal Church Women

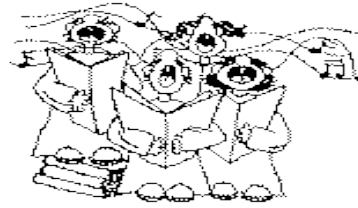
On behalf of the ECW, I thank everyone that has supported our fund raisers throughout the past year. Your support has enabled us to help St. Thomas and our various other outreach programs.



We are turning Harkess Hall into The Devonshire Tea Room for our annual Tea on February 27th. 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 6<sup>th</sup> meeting at 10:00 will be the finalization of the preparation for the Tea.

Sonia Miller, President



## Unsung Hero

This month I would like to thank Danielle Luschini, our webmaster. If you have been on our website lately, you will see that it is neat, compelling, up to date and easy to navigate. When we have an update, Danielle puts it on the page usually within minutes of being asked. And she does all of this for free! What a tremendous gift she gives us!!! Check out the webpage and see for yourself. It is one of the primary ways people find out about us. And please thank Danielle the next time you see her!!!



## Campus Ministry

Please sign up to help cook all or part of one of our upcoming meals. It helps a lot when we share the cooking! The kids who come really appreciate our hospitality. See Gayle if you have any questions!!



## First Church Child Care

Last year at our annual meeting, I set as one of my goals exploring non-pledge revenue sources for the church. While there are still plans brewing for a home health care business, the immediate opportunity that has presented itself is the renting of Harkess Hall to the

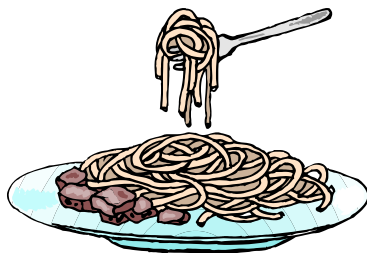
daycare. They have asked us if they can stay, and we have said thank goodness! The daycare pays \$850 per month in rent, which we desperately need. We will be working on issues of storage and space so that everyone can be comfortable. They have been most generous in working with us when we have events here and want us to tell their families about St. Thomas. While there are still glitches to work out, our mutual respect and cooperation have made the transition smooth so far. Please help them to feel welcome here at St. Thomas. The kids are such a joy!



**Los Amigos Episcopales** –

These past few months have been very challenging for Los Amigos; first, there was the murder in one of the Episcopal churches in El Salvador, then came Hurricane Ida and its landslides, and now we have learned that at our General Convention in California in 2009 funding was slashed by 28% for our missions in Central America. Since major funding for the Diocese of El Salvador comes from the Episcopal Church in US, our friends in El Salvador are feeling deep pain. For this reason our emphasis in 2010 will be on scholarships (\$250 per student for one year), where the need is so great.

In order to address this need, Los Amigos will present a spaghetti dinner as a fund-raiser at St. Thomas Church on April 17. Please place this on your schedule, and help us make this a great and profitable function. We will need helpers from St. Thomas Church and from the other churches involved in our diocesan mission. **CAN YOU HELP US?** Please give your name to Ruth Ihde or other Los Amigos members. Thank you.



Friday February 12 in Ogilvy Hall is the

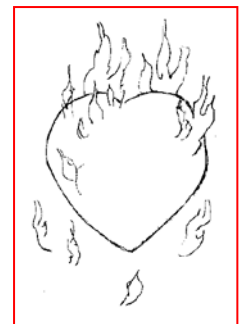
date and place of our upcoming important planning meeting. All are welcome – dessert and coffee will begin the meeting at **7:00pm.**

- Ruth F. Ihde, President



**From the Heart of the Parish!**

- ❖ Prayers for Herb Beavis. He is at Southwest Community Hospital recovering from knee replacement surgery.
- ❖ Prayers for Kate Bryant. She had knee replacement surgery on January 20 and is at Marymount Hospital.
- ❖ Prayers for Jacque Lambertson who is in ill health and has been in and out of the hospital.
- ❖ Prayers for John Vincent, that he will regain strength and be able to return to church. We miss you, John!
- ❖ Congratulations to Bob and Erica Wehrenberg on the birth of their son, Wyatt.
- ❖ Congratulations to Heidi Demaline. Heidi has earned her Masters Degree in Science Education with concentration in Literacy K-12. The task was completed on December 20, 2009.
- ❖ Susannah Bender is applying to law school. Katie Cline is doing her student teaching. We are so very proud of both of these young women!
- ❖ A big “thank you” to Kira Seaton and Josh Daum for putting together the fabulous praise band for our Saturday night service anniversary celebration!
- ❖ We have two blessed events coming up in February. Carmen Kluth and Heidi Demaline are both due to have their babies next month. Exciting and wonderful times!!
- ❖ The Berea Alzheimer’s Care Center (where we do our nursing home service) is in need of a piano. The one we have been using is beyond repair. Their phone number is 440-234-0454.





## CLAY POTS

This is the third year for the Clay Pots program. 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 just as a potter shapes clay. (See Isaiah 64:8). Here is how it works. During the week, you save all of your change and bring it when you come to church either Saturday evening or Sunday morning and deposit it in one of the clay pots. There are some easy ways to collect change. When you shop during the week, spend only paper money and put the change in your pocket. Then 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, traditionally Outreach or In-reach and perhaps global outreach.



## Therapy Dog International

Do you have a dog that might make a wonderful therapy dog? Does your dog get along with other dogs? Is your dog social and well behaved? If you aren't sure that your dog has what it takes to be a therapy dog come to the Introductory Training Session on 2/14/10. We will be more than glad to answer any questions, explain the testing and visiting requirements, plus show a DVD on the test and visiting. The following is the upcoming training/testing schedule for dogs interested in a TDI (Therapy Dog International) Certified Therapy dog. If you have any questions please call Sue Griffith (216-521-2017) or Dolly Doyle (216-521-5663).

**2/14/10 4:00 p.m.**  
**Introduction to TDI certification – no dogs please**

**2/21/10 4:00 p.m.**  
**First Class with Dogs**

**2/28/10 4:00 p.m.**

## Second Class with Dogs

**3/7/10 4:00 p.m.**  
**Mock Test & Wrap-up before TDI Test**

**3/14/10 1:00 p.m.**  
**TDI Testing – testing order is according to arrival time**



## Connect with St. Thomas Online!

Did you know that in addition to the web page, St. Thomas has a Facebook page? Or that we Twitter? We do! If you live or even just spend time online, connect with St. Thomas by becoming a fan on Facebook or following us on Twitter. It's a great way to get reminders of events at St. Thomas and connect with your parish friends during the week. And the more we use the web, the better the chances of prospective members finding us.

In addition, we have set up a Ning.com page to allow parish groups to connect online. Ning has a chat function (perhaps useful as a way for groups to meet this winter when the weather prevents driving), places to add information about upcoming events and photos of past ones. Check it out! You can also send tweets from our Twitter account about events and news from your group. How? Below are the instructions. If you want your group news online but aren't web knowledgeable, I would be happy to do it for you. Just call me in the evening or on weekends at 440-930-5291 or e-mail me at ([ewillis@oh.rr.com](mailto:ewillis@oh.rr.com))! If the deadline is tight, phoning is your best bet.

**Twitter.com ([www.twitter.com](http://www.twitter.com))**

*User name:* StThomasBerea  
 OR

*E-mail address:* [ewillis@oh.rr.com](mailto:ewillis@oh.rr.com)

*Password:* steb5009

*Other instructions:* Type a message of no more than 140 characters in the box at the top center of screen.

**Ning.com ([www.Ning.com](http://www.Ning.com))**

*Sign in e-mail:* [ewillis@oh.rr.com](mailto:ewillis@oh.rr.com)

*Password:* stecb50

*Other instructions:* Once in Elaine Willis's Ning account click on St. Thomas Episcopal Church. You can add content or initiate a chat by clicking on the appropriate word on the menu bar, or the purple words in the boxes down the left side and in the center of the page.

Elaine Willis



## Can You Pass This Test?

As you know, our PHT has been focusing on improving the passionate spirituality of our parish in anticipation of our upcoming survey. In the time that has passed since our last survey, many things have been suggested and several changes and additions have been made at St. Thomas. Regardless of our efforts and the hard work of many others, the most important element in any improvement in this core, parish quality is how **you** feel about your spirituality. Our PHT asks that you think back to just a few years ago and consider whether or not your spirituality has grown. We hope that after prayerful reflection, that you have seen a positive change and that your input on our new survey will move us forward onto a new objective.

All those who attend St. Thomas will be asked to take the PHT survey in March\*. Below is a sample of the **type** of questions that you may be asked that deal with passionate spirituality. Please read the statements and consider to what degree you agree with each of them. Our PHT is hoping that you can respond **"to a very great extent"** or **"great extent"** to each of these sample points. If you can, and others at St. Thomas feel the same way, our PHT can move forward in another direction. If not, St. Thomas needs you to find a way to grow in the areas that are indicated by these statements. Our PHT can only "open" the door, but you still need to "walk through".

The good news is that **you** still have the opportunity to grow in **your** passion. Let these sample statements gauge where **you** stand, then come to a decision about what **you** need to do. Find a positive resolution and grow in **your** passion. If **you** need support, St. Thomas can help; please ask. As these statements will show, **it's not just about what St. Thomas can do for you; it's what you can do for St. Thomas.** St. Thomas needs **your** passion to grow.

- I enjoy listening to the sermons during the service.
- I know that others pray for me every day.
- There is a lot of joy and laughter in our church.
- I often tell other Christians when I have experienced something from God.
- I experience the influence of faith in different areas of my life.
- Attending the worship service is an inspiring experience to me.

- I share my spiritual journey with various people in my church.
- I experience God's work in my life.
- The Bible is a powerful guide for me in the every-day decisions of my life.
- Times of prayer are an inspiring experience for me.
- I enjoy reading the Bible on my own.
- I always look forward to the worship service.

\*Although all surveys will be reviewed and considered, only thirty surveys, selected at random from active members, will be sent to NCD headquarters to determine our progress in passionate spirituality.

Jim Emigh, PHT Chairman



### HEALTH MINISTRY

Psalm 139:14 *"You are fearfully and wonderfully made."*

### Expert Advice on Maintaining Resolutions

**After the initial rush of setting our resolutions in January, our ambitions often seem insurmountable. Two psychiatrists at the University of Maryland Medical Center state that we must prepare ourselves psychologically for success:**

- **Focus on realistic goals with measurable results.** You need to break things down into small steps that you can manage. **Instead of trying to lose 50 pounds, you should focus on losing 5 pounds at a time. Instead of trying to lose five pounds a week, focus on losing one pound a week. Create bite-sized jobs for yourself that you'll be able to accomplish. If your goal is too big, you'll feel defeated before you even get started.**
- **Action precedes motivation, not the other way around.** People often think that they should wait until they are motivated to

start doing something good. They say “I’ll start that diet or fitness program when I’m really well rested and have a lot of energy and time.” It doesn’t work that way. Instead of waiting for inspiration to act on your goals, you need to take action first and inspiration will follow. Once you initiate an action, you pick up momentum and it becomes a lot easier to keep moving forward and to stay motivated. UM experts offer these additional tips to help you reach your goals:

- **Avoid perfectionist thinking.** It is healthier to think in positive terms than it is to focus on how much we fall short of our aspirations.
- **View setbacks as lessons for growth.** Mistakes can be, and usually are, opportunities for learning. If you fall short of your goals, ask yourself what kept you from achieving them and then try to make corrections. People who like to sail understand this navigational concept. You almost never go directly from point A to point B. You set a course and periodically take readings of your position then make adjustments as you go along.
- **Don’t make absolute resolutions.** Keep them realistic. For example, instead of saying you won’t yell at your kids anymore, resolve to yell at them less often.
- **Don’t keep your resolutions to yourself.** Tell someone you trust about your resolutions. It helps to share your goals with friends, who can gently support you or share those goals.
- **Give them some meaning.** Your goal should be something you really desire to change or achieve, not something that society says is good for you to do. If you don’t have strong internal motivation, you won’t be successful.

- **Take baby steps.** Set realistic goals that are attainable and then take small steps that are likely to be met with success.
- **Frame your goals with a positive action.** Instead of forbidding all snacks after 7 pm, make a mental list of foods that would be agreeable to snack on if you have that urge. Carry a piece of fruit with you to snack on during the day.
- **Fine-tune your spirituality.** It is important to add a spiritual dimension to your goals. For example, getting outdoors more often will help you get in balance with nature and will honor both the physical and spiritual sides of yourself.

Ref: [www.umm.edu/features/prepare.htm](http://www.umm.edu/features/prepare.htm). “Where to Begin: Expert Advice on Maintaining Resolutions” by Jill RachBeisel, MD and Himda Dubin, MD.

submitted by Barb Emigh, RN, suggested by MaryAnne Cline, RN.



## GOING FOR THE GREEN

*A few suggestions for doing something with the “stuff” you have after de-cluttering*

### **Unused Compact Discs (CDs) & DVDs**

*During Lent, you can drop them off at church and they will be sent to a recycling program. You may place CDs and DVDs, along with the plastic cases and paper inserts, in the box labeled “Recycle CDs Here”.*

### **Old greeting cards:**

*St. Jude’s Ranch will accept your old cards (any*

*occasion; front-side only) for use in their recycling program. The children attach new backs and then the cards are available for resale. St. Jude's Ranch is currently accepting donations through Feb. 28, 2010.*

*shelters for use with children (check first)*

*You can donate your old cards by mailing the fronts to*

*St. Jude's Ranch for Children  
Recycled Card Program  
100 St. Jude's Street  
Boulder City, NV 89005*

[http://www.stjudesranch.org/help\\_card.php](http://www.stjudesranch.org/help_card.php)

### **Clothing and Furniture**

*Second Mile Shops (Church Street Ministries) will accept household goods, furniture, clothing, toys, furniture, electronics and appliances. These items should be in clean, usable, workable condition. Sales fund the Outreach Missions.*

*Household goods, furniture, clothing, toys can be dropped off at 398 W. Bagley Road #10 in Berea (Williamsport Plaza) on Thursday, Friday and Saturday from 9 -5.*

*Furniture, appliance and electronics may be dropped off on Thursday, Friday & Saturday from 9-5 at Second Mile West at 1480 West Bagley Road (just east of Lewis Road).*

**Free pick-up** for large furniture, appliances, etc. can be arranged by calling 440-239-0549.

*Other resources for clothing and furniture include (but are not limited to) Goodwill and Salvation Army. The need for items is great. Please do not throw things out if they can be reused by someone else.*

### **Suggestions for other items**

*Books can go to senior centers, doctor/dentist offices and other waiting areas (kids books can go to schools and shelters too)*

*Towels and blankets are needed at Berea Animal Rescue at 390 Barrett Road in Berea*

*“Craft” items (fabrics, wreaths, ribbons, etc.) are often welcome at senior centers*

*Stuffed animals can go to police departments &*



**St. Thomas Vestry**  
**Rev. Gayle Catinella, Rector**  
**Alice Amos, Sr. Warden**  
**Marion Sewell, Jr. Warden**  
**Tim Cooper**  
**Helen Downie**  
**Jim Emigh**  
**Joe Ferline**  
**Carole Pozek**  
**Rich Stowell**  
**Peggy Zambounis**  
**Tom Halliday, Treasurer**

# February

## FEBRUARY 2

7:30 AM STAFF MEETING  
7:00 PM VESTRY MEETING

## FEBRUARY 5

7:00 WII BOWLING BANQUET

## FEBRUARY 6

10:00 ECW MEETING

## FEBRUARY 12

7:00 LOS AMIGOS EPISCOPALES MEETING

## FEBRUARY 14 – VALENTINE'S DAY

DAUGHTERS OF THE KING INSTALLATION  
COUPLES BLESSING

## FEBRUARY 15 – PRESIDENTS DAY

THE OFFICE WILL BE CLOSED

## FEBRUARY 20

9:30 AM DAUGHTERS OF THE KING MEETING

## FEBRUARY 27

11:00 AND 3:00 DEVONSHIRE TEA

## FEBRUARY 28

1:00 CONFIRMATION/RECEPTION CLASS

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

