

THE WAYFARER

March 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*

Rector's Musings...

In this season of Lent, we are to be reconnecting with God and deepening our relationship. The church gives us about 6 weeks set aside to accomplish this task, which is just never enough. Sometimes we need an extended time, truly time apart in order to rest and repair and renew. And in the life of a rector, that opportunity comes every 6 years. It is called a sabbatical.

I will be taking a sabbatical from August 1 through October 31. This extended leave is in my contract, and an expectation as part of being a healthy priest. There are no requirements for how to spend the time. Some priests have projects or study, some travel, some rest. I will go on retreat, do some studying, be a mom and spend extended time in prayer.

The church will be well cared for in my absence. There is a committee of folks who are already making arrangements to have a priest most weekends, and to cover my responsibilities. The vestry is in complete support (in fact they have been really wonderful). I am confident that all of the leaders in this parish will continue to do all of the things you do so well, serving God and the community.

Included in this issue is an article from The Rev. Meghan Froelich, who was on sabbatical last summer, about how a sabbatical benefits the parish. Please feel free to ask any questions and bring up anything I haven't thought of yet. Know that even though I will not be available, I will be connected to you in prayer every moment!

Let's pray for each other, as always!!! Love, Gayle+

FROM THE SENIOR WARDEN...



Greetings fellow parishioners!



As you may have heard, I have been elected as Sr. Warden of the Vestry for the year 2010. It was with much deliberation and prayer that I accepted this role, as I understand the responsibilities that go with it. I'm very excited about the opportunity to serve St. Thomas in this capacity and hope that you'll all support me in this endeavor.

I'm sure that you'll have many questions for me as the year progresses....but I'm going first! I have a question for you.....what are your plans for 2010? Yes, yes, I know – we've all done that "New Year's Resolution" thing. I, for one, love a new year. I love the anticipation, the planning, the "freshness". I love setting goals and checking them off one by one. But I'm not talking about individual tasks or objectives. I'm talking about your spiritual planning. How is your relationship with God? With fellow parishioners? With Clergy? With St. Thomas? With your friends that don't have a relationship with God? None of these relationships can be "checked off". They require thought, prayer, reflection....and discipline. You'll never get the satisfaction of checking them off your list because they are never ending. Seems like a tall order. But let me ask you this question – can you think of anything more rewarding than the work you're doing by growing the Kingdom of God? As much as I love the idea that I've read that book that I put on my list, or I've lost those

extra 5 pounds, they pale in comparison to hearing a friend share a personal experience they've had with God. Our plans for 2010 should begin and end with the goal of growing the Kingdom of God. We have all of the tools to do it right here at St. Thomas and in our hearts. Let's take 2010 by storm!

Helen Downie, Sr. Warden



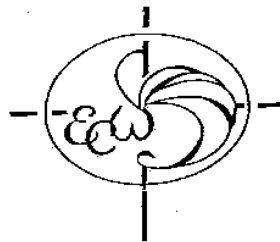
From the Junior Warden

First of all I would like to thank the Parish for voting me onto the Vestry and the Vestry for having the confidence in me (a newcomer) as Junior Warden. I will work diligently to fulfill the role.

We have an updated estimate from Bob Mizisin to install the door and pull-down stairway to the loft that once housed the organ. This estimate is \$1,008.00. Another carpenter (Brad Svoboda) was recommended to me from one of my contacts and he came out today 2/22/10 and took some measurements and information. I will hear from him with his estimate as soon as he gets the information for the stairs.

There is a sign-up sheet on the office window for people to sign up for the Building and Grounds Committee. This action will enable us to organize and implement facility repairs and improvements.

Joseph Ferline, Jr. Warden



Lent at St. Thomas 2010

Education: *The Practice of Peacemaking:
An Adventure Toward the Peacemaker We Want to Become*
Sunday, March 14
Potluck and Discussion

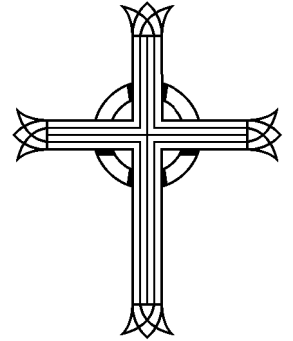
Story Telling and the Gospels - Pastor Jim Kulma
Saturday, March 6 at 6:30
Potluck and Discussion

Jesus Ministry to the Outsider - Pastor Rollin Conway
Wednesdays in March at the UMC
Call for details, all are welcome

Prayer: *Stations of the Cross* - Fridays at noon
Prayer Garden in the Chapel - Open during office hours

Confession: Available on request

Healing Prayer: Following each service



Episcopal Church Women

The March 6, 2010, ECW meeting is at 10:00 following a surprise program presented by Barb Pertz. Please join us for this very interesting and informative presentation. We are now collecting rummage for our annual rummage sale, April 8-9. Now is the time to start your cleaning projects that you have been putting off this fall and winter. Your contributions for this sale are to be placed in the Chapel and again we are requesting no clothing.

Sonia Miller, President



The Daughters of the King

The St. Thomas Daughters of the King will host a Lenten quiet morning of prayer, starting at 9 a.m. Saturday, March 13. A light breakfast will be served at 9 a.m., followed by an informal prayer session that will include special guest, Sister Juanita Shealey of the Congregation of St. Joseph. She is a popular retreat facilitator and has conducted numerous spiritual workshops and retreats for a wide range of Christian denominations. The event is free and open to everyone. You won't want to

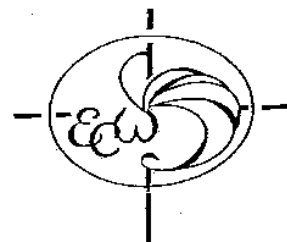
miss

this!

Also, please join the Daughters the first Sunday of every month for a special prayer service to pray for the needs of our congregation. The service, which lasts about 10 minutes or so, takes place right after the 10 a.m. service. All are welcome and encouraged to join us. Come and bring a friend. If you feel you may be called to join the Order of the Daughters of the King, or would simply like to learn more about it, please contact one of the Daughters or chapter president, Linda Kinsey, at adddog2@gmail.com or (440) 227-5026. Membership is open to any woman in the parish.

DOK is dedicated to the spread of Christ's Kingdom through prayer, service and evangelism.

Linda Kinsey, President



Los Amigos Episcopales

Because of natural disasters and the sagging economy, schools in El Salvador are drastically in need of funding at this time. For this reason, Los Amigos will present a spaghetti dinner as a fundraiser at St. Thomas Church on April 17. Please place this on your schedule, and help us make this a great and profitable function. Tickets are available from Mary Jane White at 440-234-2636 or from other Los Amigos members. 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 and tell us which tasks you would like to assist with. **Thank you very much to parishioners who have already volunteered.**

Friday, March 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

Spaghetti Dinner

To benefit school in El Salvador
Sponsored by *Los Amigos Episcopales*

Saturday, April 17, 2010
Seatings at 5:00 pm and 7:00 pm

At St. Thomas Episcopal Church
50 E. Bagley Road, Berea, OH

Adults: \$10.00
Children 10 and under: \$8.00



Unsung Hero

This month I would like to thank Clint Anderson for all of the responsibility and time he has offered to this congregation since his retirement!!! Clint is keeping the office open Tuesday through Thursday from 1-4 pm. He also is helping with visitations when people are sick or

shut in. He has taken communion to those who have requested it. And he has helped with the Lectionary Bible Study. Not to mention singing in the choir and serving on the Evangelism Committee!! Clint's obvious care and dedication to St. Thomas is deeply moving. Please thank him for his gifts of time, talent and treasure that he so freely offers!!!



Confirmation Class

We have an inspiring group of people to be received and confirmed this coming year. The Bishop is coming in December, and the class will meet once a month until then. Please keep the following people in your prayers: Ian Carmichael, Meghan Donovan, Jane and Chrissy Hamley, Evan Leonard, Martin McGuire, Emily Nader, Etta and Carl Jr. Scheu, Jenna Staehr, and Shane Wilson. God bless them as they make their adult commitment to God and the church!



Youth Mission Fund

Thank you to Bart Hancock who has established this fund to help our kids go on mission trip and youth events. He has donated money in memory of his wife, and encourages anyone else who would like to support our youth to do the same. This fund will meet our need to make sure any child who wants to serve God will have the opportunity!!! What a blessing! You can make a gift as a memorial, in thanksgiving or just because you like our kids!

Campus Ministry

Can you help us cook meals for the campus ministry students??? You don't have to do it all, and there is money available to help pay for the food. We always need salads, bread, desserts, and the main course. Recently, 3 wonderful parishioners split the meal. One brought a ham, one brought salad and potatoes, one brought bread and dessert. Not too hard for anyone, and a delicious meal was had by all. The students really appreciate our hospitality. Thank you to everyone who is so faithful!!!



STAR

The STAR programs and lunch continue to shine at St. Thomas no matter what the weather!

March will feature the BW Strings followed by stew and the "works". Upcoming in April will be a collaborative of the BW Conservatory among piano, winds, brass and percussion musicians. This program will be followed by lunch of pierogi, kraut, and kielbasa (with desserts of course).

Please join us by making your reservations at the church phone number two days or more prior to the program.



CLAY POTS

During Lent, we have clay pots available for you to put all your loose change in every week. The clay pots signify that we are the clay and God is the potter who shapes us as a potter shapes clay. (See Isaiah 64:8). Here is how it works. During the week, 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. We are extremely grateful for your participation in this program.



How to stay safe in the world today

- Avoid riding in automobiles because they are responsible for 20% of all fatal accidents.
- Do not stay home because 17% of all accidents occur in the home.
- Avoid walking on streets or sidewalks because 14% of all accidents occur to pedestrians.
- Avoid traveling by air, rail, or water because 16% of all accidents involve these forms of transportation.
- Of the remaining 33%, 32% of all deaths occur in hospitals. So...above all else, avoid hospitals.

BUT...you will be pleased to learn that only .001% of all deaths occur in worship services in church. And these deaths are usually related to previous physical disorders. Therefore, logic tells us that the safest place for you to be at any given point in time is at church!

And, Bible Study is safe too. The percentage of deaths during Bible study is even less.

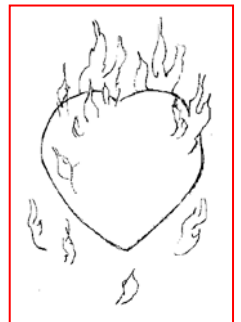
SO, attend church and read your Bible...it could save your life!!

(Taken from the web)

From the Heart of the Parish!

❖ Prayers for Marion Sewell. Marion had heart surgery at Southwest General Hospital on February 19.

❖ Prayers for Rich Stowell. Rich had another shoulder replacement and is in a great deal of pain. He's really bionic now!



❖ Pray for Carole Pozek as she recovers from yet another painful knee surgery.

❖ Our annual rummage sale is only six weeks away. Time to start going through the house and seeing what you can live without. Any questions? Talk to Barb Pertz.

❖ Thanks to Ross Cline, we now have guitar music at some of our contemporary services.

❖ Congratulations to Eric and Carmen Kluth on the birth of their first child, daughter, Arielle Amber! Arielle was born on

February 4, weighing eight pounds, one ounce and is 22 inches long.

- ❖ Congratulations to Matt and Heidi Demaline on the birth of their first child! Allison Grace was born on February 19, weighed in at seven pounds, seven ounces and is 20 inches long. Happy grandparents are Marcia and Clint Hist.
- ❖ Congratulations to Rachel Weese, daughter of Jackie Mantle. Rachel is in the Special Olympics, and over the years has won 30 medals for speed skating. She has also won medals for bowling. Way to go, Rachel!
- ❖ And finally, to all of you lucky travelers who have escaped our winter wonderland...Wish we were there! Maybe, for Lent, Cleveland could give up Winter...Just a thought.



GOING FOR THE GREEN

I was recently reminded of a great (free) publication from the Cuyahoga County Solid Waste District. The brochure is called *Pass It On: A Resource-Full Guide to Donating Usable Stuff*. If you have something you no longer need but it is still in usable condition, this guide will help you find an organization that CAN use it.

The guide is organized by item and by organization. So, if you don't know who could possibly use those crutches from when your child broke his leg, you can find out which groups accept medical equipment and supplies. Or if you have a particular organization you would like to donate to, but don't know what they might accept, you can look them up to learn that information. As always, call an organization first to make sure they are currently accepting what you would like to donate.

The guide is available as a .pdf document here:

http://www.cuyahogaswd.org/pdf/PassItOn_10.pdf
Or you can request a copy by calling (216) 443-3749 and providing the requested information.

As an aside, their website overall is a great help if you are interested in recycling and/or disposing of waste properly. The Solid Waste District homepage is <http://www.cuyahogaswd.org/>





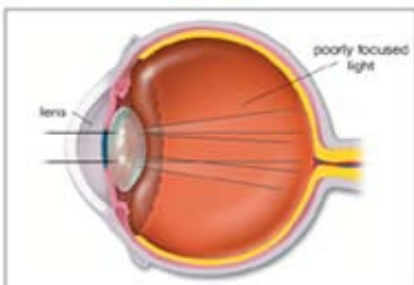
HEALTH MINISTRY

Psalms 25:17 *"Mine eyes are ever toward the Lord; for he shall pluck my feet out of the net."*

As we age, we may notice visual changes; it is important to see an ophthalmologist whenever we note any changes. One of the findings may be that cataracts have started.

A cataract is a loss of transparency in the normally clear lens of the eye. At first, a small, hazy spot may appear in the field of vision. Gradually (often over a period of years), as the lens grows more opaque, vision becomes increasingly blurry, especially at night or in very bright light. About 75 percent of Americans over age 60 show some signs of cataracts. Advanced cases are easily treated with surgery (although most patients can postpone surgery for years). Symptoms may include:

- Gradual, painless, increasingly blurred or double vision.
- Halos or blurriness around lights. Vision may actually be better in dim light, since bright light causes the pupil to constrict and increases the passage of light through the part of the lens most affected by a cataract.
- Increased sensitivity to light and glare.
- Dulled color perception.
- Temporary improvement in near vision (a person may no longer need reading glasses for a brief period).
- Frequent changes in eyeglass or contact lens prescriptions.



The eye's lens is normally perfectly clear, but when a cataract forms light is absorbed and diffused by the opacity, resulting in blurred vision.

- Difficulty driving at night or in bright light.
- Yellowish or milky white appearance of the lens in advanced cases.

Cataracts occur due to:

- Aging (the single greatest risk factor for cataracts, as cumulative exposure to the sun's ultraviolet rays over a lifetime appears to be a primary cause).
- Exposure to radiation, including x-rays and microwaves, may promote cataracts.
- Physical injury to or inflammation of the eye (for example, uveitis or iritis) may lead to cataracts.
- The long-term use of corticosteroid drugs, hereditary factors, and birth defects may be contributing factors.
- Cataracts may occur at a younger age in people with diabetes mellitus.

Prevention and Treatment of Cataracts

- Wear sunglasses marked "general purpose" or "special purpose," or those that indicate they block at least 95 percent of ultraviolet-B (UVB) rays.
- To minimize glare outdoors, wear a wide-brimmed hat and sunglasses.
- Indoors, use floor or desk lamps with incandescent bulbs instead of ceiling or fluorescent lights. Avoid pinpoint halogen lights, which cause the pupils to constrict. Installing dimmer controls is advised.
- When reading, try large-print books and newspapers.
- Surgery (successful in 95 percent of cases) is the only cure for cataracts. It can often be postponed indefinitely but is advised when cataracts

interfere with normal activities. During the operation the lens is removed and replaced with a plastic intraocular lens implant. (Special contact lenses or eyeglasses may be used when an implant is ruled out.)

Ref:

www.johnhopkinshealthalert/cataractsL.jpg

- **submitted by Barb Emigh, RN,**

Sabbatical – great for the parish, too!

Sabbatical comes from the word “sabbath,” in the 4th Commandment, meaning to stop work and to renew our relationship with God. It’s so easy to simply think that stopping work is enough, but the renewing our relationship with God is equally important. We’re commanded to pray, recognize that God will run the world for a day without us, and rest in the knowledge of trusting God and re-connecting with family, friends and creation. The 4th Commandment tells us to do this for one whole day each week.

“Sabbatical” is an extended time of sabbath, intended for both priest and parish to renew their relationship with God. In our Diocese of Ohio, each full-time priest takes a sabbatical every six years, for renewal, study and rest. The benefits may seem obvious for the priest, who so often does not get to keep a weekly sabbath due to the varying time demands of parish work. Gayle will have an opportunity for re-connecting with family, friends and God. This is not simply “time off.” It is intentional time away from regular work, with the explicit intention of returning with even greater engagement. How about the benefits to the parish? Why is a sabbatical important for the health, vitality and life of a parish? At Church of Our Saviour, we’ve seen some tangible benefits for our parish from last summer’s sabbatical 12 weeks,

some of them include:

- ✦ renewed enthusiasm for ministry among lay leadership
- ✦ re-balancing of shared responsibilities between priest and parish
- ✦ renewed appreciation for shared ministry
- ✦ increased confidence by parish members in our ministries
- ✦ stronger parish member relationships
- ✦ enhanced identity in mission and outreach

In preparing for a sabbatical, priest and parish enter into conversation about how responsibilities will be shared during the sabbatical time. This intentional time of discussion brings its own benefits of focus and mutual appreciation. I encourage each parish member to reflect on how a time away will allow God to work in new ways with your fantastic parish!



St. Thomas Vestry

Rev. Gayle Catinella, Rector

Helen Downie, Sr. Warden

Joe Ferline, Jr. Warden

Alice Amos

Tim Cooper

Jim Emigh

Carole Pozek

Marion Sewell

Rich Stowell

Peggy Zambounis

Sue Griffith, Clerk

Tom Halliday, Treasurer

MARCH

MARCH 2
7:30 AM STAFF MEETING

MARCH 3
12:15 STAR CONCERT & LUNCHEON

MARCH 6
10:00 ECW MEETING
VESTRY RETREAT
6:30 STORYTELLING WITH
PASTOR JIM KULAS – DISCUSSION
AND POTLUCK

MARCH 7
4:00 THERAPY DOG INTERNATIONAL TRAINING

MARCH 9
7:00 EVANGELISM COMMITTEE

MARCH 12
7:00 PM LOS AMIGOS MEETING

MARCH 13
9:00 DAUGHTERS OF THE KING BREAKFAST

MARCH 14
1:00 CONFIRMATION CLASS
1:00 THERAPY DOG INTERNATIONAL TESTING
6:00 “THE PRACTICE OF PEACEMAKING”
DISCUSSION AND POTLUCK

MARCH 31
5:30 BEREA COMMUNITY MEAL AT ST. PAUL’S
7:30 TENNEBRAE

APRIL 1 – MAUNDY THURSDAY
6:00 AGAPE MEAL
7:30 SERVICE

APRIL 2 – GOOD FRIDAY
7:30 SERVICE

APRIL 3 – HOLY SATURDAY
8:00 PM THE GREAT VIGIL OF EASTER AT ST.
PATRICK’S CHURCH IN BRUNSWICK

APRIL 4 – EASTER SUNDAY
8:00 RITE I
10:00 RITE II
11:30 EASTER EGG HUNT

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

