



THE WAYFARER

June/July 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...

The summer offers us so many ways to grow closer to God. We have new and wonderful ways to experience God's creation. From water skiing to gardening, we can appreciate this beautiful world that we have been given. I am a big fan of the Metroparks system. I love to walk different sections of the trails and walkways and see the streams and trees and all of the glory it provides.

Summer is also a time many of us catch up with friends and family. This year is my husband's mother's 90th birthday. I am sure we will see many of his family and distant relations as we celebrate that. Reunions, picnics, barbeques—all special summer festivities that gather us close to those who we love.

Summer is also a time to relax. It is important that we take time to take care of ourselves and have a little leisure. It is part of our relationship with God to be good stewards of these bodies we have been blessed with. So put your feet up, rest awhile, drink cool drinks in a swinging hammock.

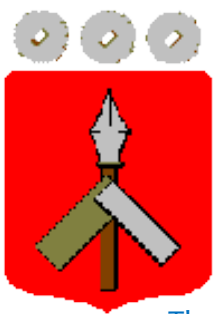
In all of this, however, please don't forget church. Church still happens here at St. Thomas every weekend this summer. We are here waiting for you! There are many wonderful things happening that you won't want to miss. And our need to worship and praise God in community doesn't take a vacation ever.

As a summer project, I encourage you to find a prayer partner. Pick someone you trust, it can be anyone, and start talking to them once per week. Not really talking, praying. Tell them what you need prayers for and listen to their concerns. Pray for the world or the latest crisis. Pray for our church and the people here. Spend a half hour just praying together. You will grow closer to each other and God. We all need someone who is praying especially for us.

Celebrate all the wonders of this season, and be sure to do some of that celebrating here at St. Thomas!!! God bless you with a safe and restful summer filled with prayer and worship!

Love, Gayle+

FROM THE SENIOR WARDEN...



We are so blessed to be part of the St. Thomas family. I feel very fortunate to be part of such a giving and loving community. I'd like to take this opportunity to simply THANK YOU.



Thanks to all of you for everything that you do. You know who you are...you're the one that works in the garden, the one that prepares breakfast and coffee hour treats, the one that greets us as we come to worship each weekend, the one that reads God's word with such passion and love, the one that cleans up after others, the one that brings cereal, toiletries and loose change to church, the one that cooks and cleans, the one that puts together our programs, the one that puts together our newsletter and website, the one that cares for and loves our children, the one that cares for our financial stability, the one that bakes and prepares the sacraments, the one that cares for the altar...I could go on and on and on. In reality, there are so many "ones" that I couldn't possibly thank each of you. So, again, I'll simply say THANK YOU!



Daughters of the King

The St. Thomas Daughters of the King chapter (St. Julian of Norwich) has adopted a summer schedule. Daughters will meet right after the 9:30 a.m. service on Sunday, June 13 and Sunday, July 11. There will be no August meeting. Any woman in the parish who would like to learn more about DOK is invited to attend any of the meetings. DOK, which is dedicated to prayer, service and evangelism, prays daily for our rector, the parish and all special prayer requests.

Los Amigos Episcopales –

The spaghetti dinner which Los Amigos sponsored in April was a grand success. As a result of this and other recent donations, we were able to send \$2,650 to the Diocese of El Salvador for scholarships for needy children! Many thanks to all of the St. Thomas parishioners who helped in such a significant way.

The next meeting of Los Amigos will be a picnic in August. It will be a planned potluck at a member's home in Brecksville. We will keep you posted during the summer. Please join us for this fun event.

Ruth F. Ihde



Natural Church Development: The Next Chapter!!

Have you heard that our last survey, which you all took several months ago, had amazing results???? Have you heard that your answers to the questions rated us a healthy and wonderful church in every measure??? Have you heard that Gayle has been bragging her head off while trying not to look too proud???? This is worthy of celebration. We doubled our Passionate Spirituality score, which is a powerful testimony to the good things you all have done in the past 2 years. Thank you to the church health team which gave us prayerful and visionary leadership: Jim Emigh, Helen Downie, Clint Anderson, Eric Kluth and Barb Halliday.

Now we need a new team. Our minimum factor is Holistic Small Groups. We will be looking at how the groups we have draw us closer to Jesus. And we will be assessing what you think you need for prayer and support. Good and important work. If you are interested in helping with it, please see Gayle+

Unsung Heroes



Spencer Griffith

Sometimes the people who are most heroic are the ones who are always there. In a quiet way they are available for you whenever you need them. One of those people is Spencer Griffith. On Sunday morning, if you need someone to sub for you, Spence is the man, especially if you are an usher or acolyte. He doesn't make a fuss, just does what needs to be done. When we had to take the cereal boxes over to Frannie, Spence was the first one to return the call to help. He is just always there doing what needs to be done and keeping up our spirits. Thank you Spencer for being there for us!



Weeders!!!! Please come help!

Thank you for all you do!!! We have such lovely gardens that people have put so much time and care into! Thank you to all who pull lots of weeds or just a few as you walk in the door. We need as many hands as possible to make the work lighter!!!



Summer Youth Work Program

This summer the Berea Area Ministers are conspiring to help 16-18-year-old Berea kids who want some work experience to have that opportunity. There will be a kick-off prayer service before school ends and then we will start taking the names of kids who want to work. The North End Foundation will be managing the program. We need you to think about 2 things. First, do you have any work for kids to do? Second, would you be willing to make a donation to help make sure there are sufficient funds to employ every child who wants to work? More information will be available soon. Please pray for this effort that all of our kids might have a safe and productive summer!



Upcoming TDI Training Classes

Do you have a therapy dog in the making? Come to the introductory class and see what it takes to create a therapy dog and become a handler. The opportunity of sharing visitations to hospitals, nursing homes, schools and libraries with your dog is such a rewarding experience. TDI, Therapy Dog International, will open doors of everlasting memories for you and your dog.

The classes are as follows:

Sunday, June 27 – 7:30 p.m. (Introductory Class – no dogs please)

Sunday, July 11 – 7:30 p.m.

Sunday, July 18 – 7:30 p.m.

Sunday, July 25 – 7:30 p.m.

Sunday, August 1 – 7:30 p.m.

Sunday, August 8 – TEST DAY – time to be announced

The dog must be at least 1 year old and have had some obedience training. It must also be well socialized with other dogs, adults and children. If you are interested in joining the next class, or have any questions, please give Dolly Doyle or Sue Griffith a call.

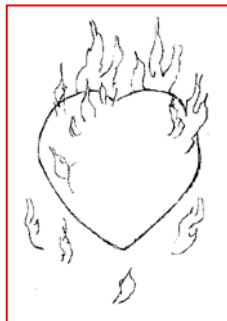
Dolly Doyle: 216-521-5663

Sue Griffith: 216-521-2017



FROM THE HEART OF THE PARISH

- † Prayers for John Linville. John is recuperating at Northwestern Nursing Home on N. Rocky River Dr. He loves visitors!
- † Prayers for John Vincent as he continues to struggle to regain his health.
- † Prayers for Tom Gray. He is doing well on chemotherapy.
- † Congratulations to Gabriel Leonard. Gabriel successfully threw out a ceremonial first pitch at the Mother's Day Indians game. He threw to David Huff (a pitcher, himself) and got a ball signed by him. WOW!!
- † Congratulations to Kent State graduate Katie Cline.
- † Congratulations to high school graduates Shane Furlong, Morgan Phelps, and Ross Cline. If we're missing anyone, please let us know!
- † Congratulations to Theresa Skalsky and Scott Hartman who will be married at St. Thomas on June 5th. Continued...
- † Congratulations to Martin McGuire who won third place in both the mile and the 800 meters at the 8th grade conference track meet. Way to go, Martin!
- † Congratulations to Julie Kalbrunner on the birth of her granddaughter, Lauren Caroline Kalbrunner! Lauren was born on May 18 and weighed 7 lbs, 14 oz. Proud parents are Brian and Carly Kalbrunner.
- † A big thanks to our dedicated weeders! Everything looks wonderful!



- † A big thanks also to Bev Smith for donating the plants that are being sold for \$2 each. The money will be put toward our stained glass window repair.
- † Thanks to Joe Ferline and John Jones for fixing the wiring in the chapel.
- † Have a wonderful and safe summer!

Dody Sandt



**Knit, Purl, Stitch & Praise
Summer Line-Up**

Contact Rosemarie

rabrokenshire@roadrunner.com
(440) 934-0394

Meetings are Tuesdays at 1:30 pm

We are off to a great start with 10 stitchers joining us at various times. Our first Saturday Stitch and Pot Luck was a success and we plan to have 3 or 4 Saturday events throughout the year to include our working stitchers.

We welcome all stitchers: knit, crochet, cross stitch, quilters, etc. You are also welcome if you just want to join us for a wonderful time of fellowship. Please bring a friend; all are welcome!

We continue to work on our personal projects as well as chemo hats, prayer shawls and other charity projects.

Does anyone know of a need for neonatal hats and booties? I have a pattern for those. Here are a couple of websites

- Chemo Hats: knit, crocheted and sewn:
<http://www.headhuggers.org/patterns/patterns.htm>
- Prayer Shawls:
<http://www.shawlministry.com/instructions.html>

Summer Line-Up

- ☀ June 1st Rosemarie Brokenshire
- ☀ June 8th Sandy Gardner
- ☀ June 15th Alice Amos
- ☀ June 22nd St. Thomas Church – Chapel
- ☀ June 29th Marlene Carlsen
- ☀ July 20th – Rosemarie Brokenshire
- ☀ August 24th – Alice Amos
- ☀ September 14th St. Thomas Church – Chapel



West Siders of St. Thomas

At the annual meeting, I announced that I would be forming a group of St. Thomas parishioners who live in Lorain County and the west side of Cuyahoga County. The purpose of this group is to bring these people closer together to minister to each other in whatever way possible, needed or necessary. By forming this bond, we also become stronger stewards of Christ and especially of St. Thomas.

I am happy to report that this satellite group is now established. We had an informal meeting at the Newmans where we discussed our goals, and a lovely social evening and dinner at the Brokenshires. Our next event will be a strawberry social, date and place to be announced.

If you live in this geographical area, and would like to be a part of this group, and have not yet been contacted, please e-mail me at agamos@centurytel.net.

Alice Amos

OUTREACH



I guess Gayle found out what 500 boxes of cereal looks like! It looks a little smaller than 589 boxes of cereal! Can you believe it? When the people of St. Thomas Church decide to do something, they really do it! We can't thank you enough. And the folks at Church Street Ministries thank you, too. The children who receive these boxes of cereal will be able to have breakfast

this summer once school is out. They had been relying on breakfast at school, and now they can have breakfast at home, thanks to you.

You know the story about the little boy who walked up to school one day when the school was closed for a holiday. All the doors were locked and the only person there was the janitor. The janitor told the little boy that there was no school today, and the little boy exclaimed, "But how am I going to eat today?" That's what 589 boxes of cereal is all about.

New Outreach

During the month of June we'll be collecting foods packed with protein! Peanut butter, tuna fish, oatmeal and beans, just to name a few. In July it's time to start thinking about back to school, so we'll be collecting school supplies. We appreciate your generosity and your willingness to provide these items to those in need!

Pat Wielinski



STAR

The last two STAR events of the season happen on Wednesday, June 2 and Wednesday, July 7. The June program features the return of the popular Ray Kasl, last year's hit musician, playing your old favorites! In July we host the 2nd annual sing-a-long that was so much fun last year!

Lunch in June will be assorted sandwiches and pasta salad. The July lunch will be tuna salad or chicken salad, with watermelon for dessert.

Please join us for a fun time with friends! Please make your reservations with Stephanie in the church office at least two days before each event.

First Church Childcare Updates

Work is being done on the playground, since Baldwin-Wallace needed our previous playground removed as of May 9th. Thank you for your patience during this process, we hope to be done in the next few weeks.

Our school year is winding down and our End-of-Year party is scheduled for Friday, May 28th. All our Pre-K and Preschool students and their families are invited to

this celebration. Progress reports were also sent home in May. This school year seemed to go so fast! Summer Camp starts in just a few weeks and we expect to be full this summer!

In other school news, we are very proud of Miss Jennifer and Miss Sarah, two of our Teacher Assistants who graduated from Baldwin-Wallace College this year, earning their degrees in Early Childhood Education. Miss Jennifer will stay with us part-time this summer as she starts her internship with Campus Crusade for Christ. In the fall, she will be doing Campus Ministry at Kent State University and Baldwin-Wallace College. Miss Sarah will be with us full-time this summer, and we hope she accepts our offer of a new position in the fall.

On Wednesday, April 28th, volunteers from St. Thomas handed out an entire lasagna meal for all 27 of our families and all the staff who attended that day. It was an amazing gesture of kindness and generosity and it brought some of our parents to tears. Thank you so much for your thoughtfulness. We are so blessed to have two amazing churches supporting us and caring for our families. Thank you!



Tutoring Program to Debut this Fall!!!

Thanks to the innovative work of Jim Emigh and Julie Kalbrunner, St. Thomas is going to host a tutoring program for school children and teens beginning this fall.

Continued....

The tutors will be Baldwin-Wallace College students who will work for us several nights per week. It will take place in the chapel. We hope to charge a very discounted rate that will pay the tutor and make a small but noble amount of money for the church. We have a committee of St. Thomas folks who are ironing out the details. Please pray that this provides both a needed service to our community's children and a little extra cash for the needs of our church.



HEALTH MINISTRY

Psalms 121:6-7 "The sun shall not smite thee by day nor the moon by night. The Lord shall preserve thee from all evil: he shall preserve thy soul".

Skin Cancer

Although people with fair complexions may be at greater risk for skin cancer, people of all races and ethnicities are susceptible. Overexposure to UV radiation from the sun or tanning beds not only causes skin cancer, but cataracts, premature aging and wrinkling of the skin. UV radiation is present even on cold or cloudy days!

One in five Americans is estimated to develop skin cancer in their lifetime; one American dies of melanoma almost every hour. Basal cell and squamous cell carcinomas are the two most common forms of skin cancer, but are easily treated if detected early.

The good news is that skin cancer can be cured if found and treated early! Here are some visible warning signs you should be on the lookout for:

Asymmetry – One half unlike the other half.

Border – Irregular, scalloped or poorly defined.

Color – Varied from one area to another in the same mole; shades of tan and brown, black, and sometimes white, red or blue.

Diameter – larger than 6mm (larger than a pencil eraser).

Elevation – The mole is raised above the surface and has an uneven surface.

Risk factors include:

A family history of skin cancer.

Personal history of one or more skin cancers.

Multiple or atypical moles.

Severe childhood sunburns.

A fair complexion that burns easily.

Important Sun Safety Tips:

Generously apply sunscreen with SPF of at least 15 which provides broad-spectrum protection from both UVA and UVB rays. Re-apply at least every two hours and after swimming or sweating.

Wear protective clothing such as long-sleeved shirts, pants, a wide-brimmed hat and sunglasses with UV protection. Seek shade when appropriate, remembering that the sun's rays are strongest between 1pm and 4 pm.

Avoid tanning beds. UV light from tanning beds can lead to skin cancer and wrinkling. Consider using a sunless self-tanning product instead.

Use extra caution near water, snow and sand as they reflect the damaging UV rays, increasing your chance of sunburn. Check UV, heat and air quality indexes. Drink plenty of water.

Remember to practice sun safety every day, all year long!



UNBINDING THE GOSPEL AT ST. THOMAS

Last weekend, Elaine Willis, Carole Pozek, Peggy Ryel and I trekked out to Pittsburgh for a meeting with churches who are planning to have a celebration of evangelism this fall. There is a process in Unbinding the Gospel that we are preparing to take place here at St. Thomas. During October and the beginning of November, we will be reading Unbinding Your Heart as a parish, praying together, praying individually. It is lifechanging!!! And it will change and grow this parish. Please be preparing your hearts for this e-vent! Our time in Pittsburgh only confirmed how important this process is, and how God is moving in it! Pray, pray, pray! Our evangelism committee is working so hard to make this a meaningful time for all of us. God has asked us to be faithful and we will be. And God will be faithful to us as well!

Gayle +

Community Garden

The scene is a hot Sunday morning. All the windows are open, encouraging a breeze to blow from the courtyard to the alley. Near the end of the sermon, Gayle says, "If you remember nothing else I say this morning, remember this..." *rumble, vroom, rumble, rumble, vroom!*

The disruptions of our worship by traffic in the alley might not be a problem any longer. Gayle has been talking with the City of Berea about giving us the land now used as an alley between Bagley Road and Liberty Street, so we can establish a community garden and grow produce for people who have too little food now. The Berea City Council agreed on May 17 to move the proposal forward to the Planning Commission. If all

goes as expected, the city will remove the asphalt and road bed, backfill with topsoil, and then transfer ownership of the land to us.

Several members of St. Thomas, Linda Kerbusch, Theresa Skalsky, Al Amos, and Marcy Molmen, have joined Gayle in discussing ways to accomplish this. At this time, our vision includes raised beds, some of which may be made available to St. Luke's, Cleveland, and the day care program that uses our building. Building the permanent raised beds will take some time, so to get started while plants still have time this summer to mature, we're seeking donations of used, leaky kiddie wading pools and barrels suitable for growing potatoes. In addition to potatoes, we hope to grow other root crops, pumpkins, herbs, and flowers.

It will be important to put a sign at each end of the former alley to tell people why the alley disappeared. So before we put our green thumbs to work, we're looking for people with silver tongues to suggest names for the garden. We're hoping for a creative (possibly humorous) name that reflects our goals of protecting the earth as God's creation and showing love for all God's children. Judging will be by the committee.

Sharpen your pencils now. Give your entries to members of the committee or email them to the church office by June 7. The winner will get the unparalleled satisfaction of seeing the product of his or her imagination displayed for all the world—or at least lots of local folks and some travelers—to see. Who knows—we may even spring for a tangible prize.

--Marcy Molmen

Summer Walking Program

Our walking program this summer will focus with a personal walking challenge where we will walk as Jesus walked from Nazareth to where Jesus was baptized along the Jordan River, to the desert, and back to Nazareth and Galilee where Jesus spent his 3 years of public ministry. It has been estimated that Jesus may have walked 21,525 miles in his lifetime, which is nearly the distance around the world at the equator. We can add our miles together each week and see how far we can go following in his footsteps. Stay tuned to your bulletin for further details!!



A Summer Prayer

Long warm days...

The pace of life slows...

A time for picnics and rest in the shade...

**Lord, help me to rest awhile in the cooling shade
of your presence.**

**Slow down my restless heart and fill me with
gentle compassion for all your people.**

Amen.

St. Thomas Vestry

Rev. Gayle Catinella, Rector

Helen Downie - Sr. Warden

Joe Ferline - Jr. Warden

Alice Amos

Tim Cooper

Carole Pozek

Marion Sewell

Rich Stowell

Peggy Zambounis

Sue Griffith - Clerk

Tom Halliday - Treasurer

Summer Fun at St. Thomas!!!

June

JUNE 2
12:15 PM STAR. CONCERT & LUNCHEON

JUNE 6
SUMMER WORSHIP SCHEDULE BEGINS
RITE I – 8:00 AM
RITE II – 9:30 AM
DEDICATION OF GREEN ALTAR SET
AT THE 9:30 SERVICE
CONTEMPORARY SERVICES:
SATURDAY – 5:30 PM
SUNDAY – 11:30 AM

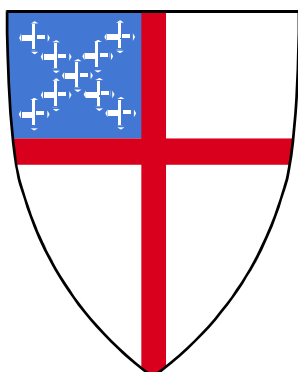
JUNE 12
5:30 PM BISHOP WILLIAMS REDEDICATES
THE ROSE WINDOW
POTLUCK DINNER FOLLOWS!

JUNE 25
MIDDLEBURG HTS. PARADE

JUNE 27
HAWAIIAN SHIRT SUNDAY!

JUNE 30
BISHOP'S BIKE RIDE ARRIVES IN BEREAL
5:30 PM BEREAL COMMUNITY MEAL

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



JULY

JULY 3
BEREA GRINDSTONE PARADE

JULY 5
BIKIN' & BAKIN'

JULY 7
12:15 PM STAR. CONCERT & LUNCHEON

JULY 11
50 YEAR MEMBER RECOGNITION SUNDAY

JULY 25
12:30 PM MALTZ MUSEUM TRIP W/LUNCH

JULY 31 – AUGUST 7
LOTTS CREEK, KY MISSION TRIP

AUGUST

AUGUST 2
FARMERS MARKET PRODUCE DISTRIBUTION

AUGUST 22
PARISH PICNIC AT BEREAL CHILDREN'S HOME
FARM
10:00 SERVICE , THEN LUNCH!