



THE WAYFARER

April 2008 Issue

A monthly journal for Christians who worship at St. Thomas Episcopal Church in Berea, Ohio
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Rector's Reflection...

I have noticed in the last few weeks that everyone I visit talks about gardens. It is just that time of year. So what that there are 4 inches of snow on the ground, or the wind is blowing or the rain seemingly endless. So what that we are pathetically sun-deprived!! Gardens are the topic that keeps coming up. Flower gardens past and present are dissected in detail and the bulbs are that due to appear any minute enumerated.

Favorite first vegetables to appear on the list of the ones that you eat before they even make it into the house are a compelling topic. The taste of those first snap peas, or green beans or maybe even a patient soul who waits longingly for that first cherry tomato, this is what people are dreaming about!

And who can blame them?? New life is such a wonder, such a joy! So filled with the promise of all that can be. No one has said they can't imagine that new life will happen. The whens and wheres are the only surprise.

In this season of Easter, a full 50 days of celebrating the joy that new life in Christ brings, we also remember how it feels to be recreated, how it feels to be hopeful and open to all life's possibilities. We can dream and plan and invest in excitement. Jesus is Risen, now anything can happen!

Let's be intentional about living that out! About recognizing the gifts and potential of this Christian community!! Not ignoring problems, but not being ruled by them. Let us be an example of hope and joy at St. Thomas! What a pleasure it is to be that with you!!!

Gayle+



FROM THE WARDEN'S DEN...

Greetings Earthlings! Do not be afraid; I come in peace. Yes, I'm back. Hard to believe, but my cohorts on Vestry elected me to another term as Senior Warden. What are the odds? What *were* they thinking?? You'll have to ask them...

So fasten your seatbelts once again as we prepare to blast off for another memorable year in the life of Berea's *premier* Episcopal parish (and galactic voyager), St. Thomas!

We have just concluded a meaningful (and early) Lenten season, culminating -- as it always does (don't you love happy endings?) -- in the greatest news ever given to humankind: the resurrection of Jesus Christ. Whoa! Just stop and think about that for a minute. And my special thanks go out to everyone who contributed to our Lenten-Holy Week-Easter programs; you are wonderful and they were spectacular!

Your Vestry is already hard at work considering ways to improve our wonderful parish and the vital work it does. We're thinking inside the box and outside it, too, to find effective means to grow our parish in both *numbers* and *spirit*. Since the planning process is just underway, I can't report on the specifics of the sure-to-be-exciting plans we will initiate, so stay tuned -- and feel free to let us know what *your ideas and dreams* are for St. Thomas over the next few years. It's going to be *that* kind of positive growth period here and we want -- and need -- *everyone's* joyful participation.

It's time for our potential to be realized as never before, and we are counting on *you* to help us make those dreams a *reality*!

Last month I asked you to send me your ideas on what our "*identity*" is at St. Thomas. Now, I'd love to report to you on all of the ideas I received in that regard. Unfortunately, though, I didn't receive a one. Zip. So, I'm asking again: how do you see St. Thomas? What kind of church *are* we? What kind of church *should* we be? We really need to know who we *are* before we can move on to becoming everything we *can be*, don't you think? Email your answers to me at dwarburton@prodigy.net. I'm waiting.

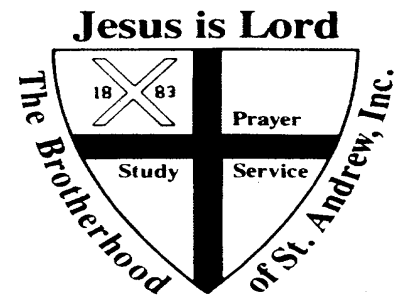
- Dave Warburton

Confirmation & Reception Class begins!

If you are a young person (age 14+) or an adult who would like to be a full member of the Episcopal Church, there will be an organizational meeting for a new class on May 18 at 9:30 a.m. One of the Bishops will be here on Feb. 22, 2009!!! The sacrament of confirmation is for all of those who as adults want to reaffirm and live out their baptismal promises. For those who have been confirmed in another tradition, reception into the Episcopal Church is also available. For those confirmed in the Episcopal Church but who have fallen away and would like to recommit, there is reaffirmation! Please contact Gayle if you are interested!



The Brotherhood of St. Andrew meets the third Saturday of each month at 9:30 am at the church. All men are welcome! Contact Dave Miller for more information at 440-826-1652.



The Brotherhood of St. Andrew

Youth Group News

The youth will gather on April 11 for the Spring Youth Gathering at St. Peter's Episcopal Church in Lakewood. Please let Gayle know if you are interested. For those who do not attend, there will be TORCH at Redeemer Lutheran Church on Saturday, April 12. We will gather at St. Thomas at 12:45. On April 20th, the youth group will go to LaserTag for some fun together. Please mark the dates on your calendar and watch for emails with more details.



Thanks to Eric and Carmen Kluth, Andrew and Amy Kilgore, Peggy Zambounis and Clint Hist for making the youth lock-in possible!! What fun for the kids and their friends!!! Thank you!!

In the Garden....

I don't know about you, but I can't wait to get my hands dirty in the garden. There will be a lot to do once the weather warms up, and I'm hoping that many of you will be inspired to help with the spring cleanup and planting of new flowers. Please let Anita Coleman or me know if you can help. Help is needed with pulling weeds, dividing plants, trimming shrubs, watering. It is a joy to see the results of our parish working together to make St. Thomas a beautiful place. Stay tuned for work dates.

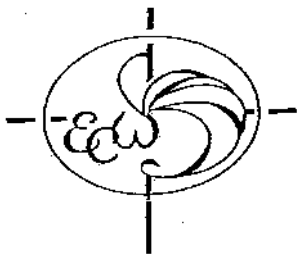


-- Alice Amos



Unsung Heroes

If I appreciate the efforts of one group of people, it is the check signers. Florence Mayer comes in every Thursday to look over our expenditures and sign the checks. She is so faithful, and fun to be around. We also have a list of people who can sign checks when we need them. Dave Warburton, Dave Miller, Jan Smith, Gary Cline and Gary Carlsen come and sign when I am not here or when there is midweek expense. They keep the business of the church going, and we are so grateful. Especially those of us who get a paycheck!! God bless you in this ministry!!!!



Episcopal Church Women

Because of our annual Rummage and Bake Sale, April 10-11, there will be no ECW meeting in April. The ECW is in urgent need of "rummage."

Now is the time to start your cleaning projects that you have been putting off this fall and winter. Bring your rummage any time from now and until the end of the sale. In addition, we need baked goods. The next meeting will be a Spring Luncheon on May 3. The ECW 131st Annual Convention is being hosted by the Cleveland West Deanery. More details will be presented at the luncheon.

-- Sonia Miller, President

From the Editor...

Hopefully, when you read this, the sun will be shining and spring will truly be on the way! Fall was always my favorite season, but every year I find something new to appreciate about spring.

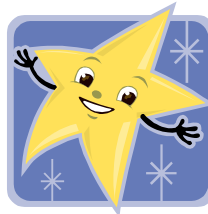
And speaking of appreciation, I want to thank everyone who has contributed to this edition of the Wayfarer: those who have submitted articles, Debbi Huffman for her expertise in putting things together and running off the printed copies, as well as anyone who helped assemble the print copies.

Please remember when you attend an event at St. Thomas that you can now recycle cans, #1 and #2 plastic bottles, and glass bottles and jars. Look for the box with the blue recycling bag just outside the door to the kitchen (near the sink).

Happy Spring!

-- Laura D'Amato, Editor

S.T.A.R.



Although "Snowed Out" in March, the S.T.A.R. Committee (St. Thomas Adult Recreation) remains active this spring. The April 2nd concert featured the B-W Brass Choir performing Bach. On the luncheon menu was Kielbasa, Perogis, and Sauerkraut with luscious desserts.

Next on the calendar is the May 7th concert featuring the Conservatory Faculty playing a Brahms Trio for horn, violin and piano. The luncheon will be pulled pork, potato salad and desserts.

The wrap up concert for the season will be a polka party! Al Machusac, the Polka Guy, will return this year for an encore performance on his accordion. Wear your Babushka, sing and dance along for an afternoon of fun! Lunch, of course, and desserts will be provided.

Just remember to call the church to make

reservations so we are able to accurately prepare the food. The number is 440-234-5241. See you for the fun!!!

OUTREACH COMMITTEE

EPISCOPAL RELIEF AND DEVELOPMENT is the network within the Episcopal Church in the U.S. (referred to as the National Church) that is responsible for developing Outreach endeavors for all of the Episcopal Churches as we work together to address the issues of those in need all over the world. For example, Episcopal Relief and Development (ERD) provided emergency assistance to communities in Ecuador affected by severe flooding. (This information was taken from the ERD website. When you see the letters ERD in some of the literature, this is what it stands for.)

Another recent example is here in the United States. On Friday March 14, a powerful tornado blew through downtown Atlanta uprooting trees, tossing cars, and downing utility lines. Episcopal Relief and Development has contacted the Diocese of Atlanta and assessments are underway to determine critical needs. Episcopal Relief and Development stands ready to respond, and offers prayers of support to all who are suffering as a result of the tornadoes.

Episcopal Relief and Development commemorated World Water Day 2008 on Saturday, March 22. The theme of this year's celebration was "Sanitation Matters!" Clean water is a basic necessity for human life, yet 2.6 billion people around the world suffer from daily water shortages and struggle to access safe drinking water. In developing countries, more than 4,000 children die each day from preventable, water-borne diseases such as diarrhea, hepatitis and typhoid.

Episcopal Relief and Development works in partnerships with communities, members of the worldwide Church and ecumenical agencies to build wells, water systems and latrines, educate communities on hygiene and sanitation and reforest watershed lands to protect natural water sources.

Episcopal Relief and Development (ERD) is addressing the Millennium Development Goals and here at St. Thomas we have been focusing on them as well. Through education and awareness programs we have tried to focus on one at a time and give it proper attention so that we can work together with the Diocese and the National Church to address these issues.

We will be presenting information, programs and reading materials in the near future to increase our awareness of the overwhelming need in the world. The more we learn about the adverse conditions that affect the lives of so many millions of people, the more effective we can be in addressing those issues and combating hunger, poverty, illness, and illiteracy in the world and in our community.

In addition, please read the message on our St. Thomas website called "Passionate about Justice" which we will feature in upcoming issues of the Wayfarer.

- Pat Wielinski, Outreach Coordinator



Los Amigos Episcopales – We welcome all to join us at our April 18 meeting, which will be a very invigorating program as we focus on plans for our October 17 dance and also work addressing envelopes. **WE WILL NOT HAVE A POTLUCK DINNER!** We will meet at 7:00pm on Friday, April 18 in Harkess Hall at which time dessert and coffee



will be provided. Do join us for enjoyable, stimulating meetings. See you all there.

Also, please look for the Los Amigos display in the hall on an upcoming Sunday!

- Ruth F. Ihde, President



Daughters of the King

Have you thought about becoming a Daughter of the King? Perhaps you'd like to learn more about it. If that's the case, we warmly invite you to attend an inquirers session right after the 10:30 a.m. service on April 13.

The Order of Daughters of the King is a prayer and service organization dedicated to the spread of Christ's Kingdom. We are called to a Rule of Life that includes daily prayer. We pray daily for the parish, our rector and any special prayer requests that come before us.

We gather monthly for meetings that include prayer and study.

If you have thought in the past about joining but wanted to learn more before taking the leap, please join us on April 13!

Just let one of the Daughters know you are interested so we can have materials ready for you.

-- Linda Kinsey, President,
St. Julian of Norwich Chapter

Remember St. Thomas in Your Will & Estate Planning!

Please say this prayer at 8:00 each morning. We will all be lifting our hearts to God to fulfill our mission to bring the love of Christ into the world.

Heavenly Father, as we celebrate the resurrection of our Lord Jesus Christ,
raise us, your faithful people, with Christ
and renew your gift of life within us.

Christ has opened to us the gate of everlasting life,
and we are filled with joy for the many gifts
that have been given to us.

Look with favor upon our St. Thomas community,
dear Father, and fill us with the Holy Spirit.

Bless this church in its work
so that we freely share our gifts
with those who are in need,
that we may never forget the sorrow,

pain and loneliness of others.

May we who have received Your gift of faith,
share in the new life of the Risen Christ.

We ask this through our Lord Jesus Christ. Amen.

by Barb Halliday

OUR ANGLICAN HERITAGE...

The Prayer Book of 1662, part one

It would be impossible to overemphasize the scope or importance of this seminal work in English ecclesiastical history. Building upon the magnificent language of its original authors (principally Archbishop Thomas Cranmer) and dating back to its origins in 1549, this revision of the standard liturgical text of the *Church of England* would remain its principal service book for over three-hundred-fifty years, only being supplanted in the late twentieth century.

For a long time, it seemed that it would never happen: its predecessor text was removed from all the churches in England by the puritans after the English Civil War and during the early days of the *Protectorate*, when the Church was dissolved entirely and replaced with radically different governance and worship. Yet there remained those who longed for a return to the old ways, and when Charles II reassumed the throne for the Stuart monarchy in 1660, one of the first items on everyone's agenda was restoration of the *Book of Common Prayer*. It would become known as *The Prayer Book of 1662*, the year of its adoption.

While the book leaned heavily on previous texts, especially the revised text (1559) of Cranmer's original from 1549, it reflected profound changes which had occurred to "religious England" in the hundred years since. While the new book tried to carefully maintain its catholic heritage, the Protestant Reformation had, by that time, found a secure home in the United Kingdom and the approved revisions reflected this fact.

Much of the order or presentation of "1662" is reflected in our own prayer book today. It is no accident that the reader will find a great deal familiar in the old text; *all Anglican prayer books ever since are, in truth, adaptations of "1662."* Our American book owes direct allegiance to the *Scottish Prayer Book* (it's a long story for another day), but the Scottish book itself is a very close and direct descendant of "1662."

After introductory sections on *Rules for Ordering* the services and proper scriptural readings throughout the year, the "1662" services begin (as they do in our own

book) with "the Daily Office" (i.e. Morning and Evening Prayer). Our own *Rite I* services follow these texts closely. Following *The Daily Office* is Cranmer's *Great Litany, Collects, Epistles & Gospels* to be read throughout the church year (unlike our current prayer book, the same readings were used on the same church calendar days year after year). We still use many of Cranmer's collect prayers today, most often verbatim in *Rite I* and modernized in *Rite II*.

The heart of the book then follows – *The Holy Communion*. While it had been Cranmer's hope that *The Mass* would remain the central Sunday service of the Church, by 1662 protestant feelings had long since overpowered this notion; indeed, by the mid-seventeenth century, this service had become a very occasional one. The *Daily Office* had firmly supplanted Communion as favored for Sunday use, and it would remain that way for the next three hundred plus years.

The order of the Communion service was as follows: *The Lord's Prayer, The Collect for Purity, The Decalogue, Collect for the Monarch* (butter up the leader!), *the Nicene Creed* (said in the first person), *The Offertory, the Prayer for the Whole State of Christ's Church, an Exhortation on Communion, General Confession and Absolution, Comfortable Words, The Great Thanksgiving* ("Lift up your hearts, etc."), *the Prayer of Consecration* – including what we now call the "*Prayer of Humble Access*" and not containing *The Invocation* (blessing of the communion elements – we follow the Scottish form which includes this passage), followed by another recitation of *The Lord's Prayer*. The people are then communed, say the *General Thanksgiving* and rise to sing the *Gloria in Excelsis* (in our prayer book, moved back to the beginning of the service from whence Cranmer had taken it in 1549), and the priest's *Blessing* (our *Rite I* uses this verbatim). All in all, most of the elements of this service are found somewhere in our current *Rite I* service, and amazingly, almost always using the exact same wording.

Next time, we'll review the remaining portions of this monumental liturgical work.

- Dave Warburton

YOUR 2008 ST. THOMAS VESTRY

Dave Warburton - Senior Warden

Alice Amos - Junior Warden

Elaine Willis - Clerk

Gary Cline

Tim Cooper

Tom Halliday

Becky Shank
Lynn Vincent
Peggy Zambounis
Rev. Gayle Catinella - Rector
Laura Pinney - Treasurer

HEALTH MINISTRY



Timothy II 4:17 *“Notwithstanding the Lord stood with me, and strengthened me...and I was delivered out of the mouth of the lion.”*

Hypertension

Known as the “silent killer”, hypertension sneaks up on its victims, often with no symptoms. You can feel perfectly fine and still have dangerously high blood pressure – high enough to bring on a stroke or heart attack. It can run in families. The only way to know if you’re at risk is to check your blood pressure regularly. The cause of high blood pressure is still unknown, but common lifestyle behaviors include too much salt in the diet, too much stress, too much weight, and too much alcohol. The good news is that high blood pressure is preventable. If you have it, with proper medication, diet and lifestyle changes, you can control it. James Reed, MD, and Neil Shulman, MD, leading hypertension experts suggest the following:

- ❖ Add more lean meats, fish, poultry, and nonfat or low-fat products into your diet. Increase potassium intake by eating more bananas, oranges, cantaloupes, leafy vegetables, and dried peas and beans. Reduce cholesterol by broiling, grilling, or steaming food instead of frying.
- ❖ Exercise and watch your weight.
- ❖ Reduce your salt intake to less than 2 grams a day.
- ❖ Drink less alcohol.
- ❖ Relax. Reduce the stress in your life. Enjoy a new hobby or other personal pursuit.
- ❖ Schedule annual doctor visits to monitor your blood pressure. If you are over forty and/or your pressure is higher than 130/85, have it checked twice a year.

-- Submitted by Barb Emigh