



THE WAYFARER

August/September 2008 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...

This year, I was a spectator at the Strongsville Homecoming Parade. It is a long parade, as some of you who have marched in it know. Two of my kids were in it, and tons of candy was thrown. Several churches had floats, and one of them was passing out free water, pop, and hot dogs. The most impressive effort by a church was a live band on a flat bed singing Christian music. They were really good musicians, enthusiastic and talented young people. They were singing a popular Christian rock song called "I am a Friend of God".

One of the men who was standing near me yelled at the float saying, "If you call me your friend (referring to the text of the song), then why don't you come mow my lawn tomorrow?" The people around him chuckled nervously and he felt he had scored a point against the church somehow. It was all I could do not to go up to him and say, "Hey, if I mow your lawn, will you come to my church?" Sadly, I was not brave.

But it got me thinking about how many people view their faith, and especially their church, as something that is for them, that they should be getting a return from. And in a sense that is true. But as all of you financial whizkids know, return is based on investment. You have to invest yourself in your church community first. And what you get back is not always quantifiable. The Holy Spirit, the love of Christ, and the peace of prayer can't be reduced to numbers on a scale.

Our members at St. Thomas are faithful and enthusiastic, and I think we all get a return from that in so many ways. And we also know that St. Thomas wouldn't be here without your time, talent and treasure.

Right now, we really need your treasure. Not extra, just what you said you would give us. Pledge collection is way down. We have had to borrow money to pay our summer expenses. We are under budget in what we are paying out, being very careful what we spend. But without your pledge income, we can't make it. Please bring your pledge up to date! We would appreciate any help you can give. I know these are tough financial times. Please just remember

that we get bills whether we get your pledge check or not.

And please pray for the church as we try to be good stewards of all we have!
Thank you for all you do as well!!! God bless us!!!! In faith and hope,

Gayle+

FROM THE WARDEN'S DEN...

Priorities at St. Thomas?

Greetings everyone! I hope your Summer is flowing along smoothly. It sure seems to be flowing along *fast*, don't you think? Soon it'll be Labor Day and we'll be starting up our full Fall program at St. Thomas.

With that thought in mind, I'd like to ask you a question: where does *Christian education* (or *formation*) fit into our priorities? We on the Vestry are busy discussing Sunday service times for the Fall season, and we always seem to end up trying to figure out when we can "do" Christian ed that morning. To me, it seems like we're trying to shoehorn "CE" into an already-packed worship schedule and that's too bad. Is there anything *more important* to us than seeing to it that our young people are properly instructed in the Christian faith??

Last month, I had the privilege of attending a "wardens meeting" at Christ Church in Shaker Heights. While there, we were given a presentation on their wonderful "CE" program, "*The Catechism of the Good Shepherd*," and all I can say is *WOW!* All of us stood there with our mouths open while their CE director explained it to us. I don't have the space to explain it to you here, but let me tell you, Christian ed is one *BIG* priority at Christ Church. They devote *two hours* to it each Sunday, and the unbelievably-outfitted *classrooms occupy probably half the space of the entire church!*

In fact, the program is so successful, they hold a special weekday version of it once each week and fill the available class openings with children from the outside community whose parents have discovered that the program is so terrific they want their children to participate in it even though they aren't Episcopalians. And *they pay a substantial fee* for the privilege!

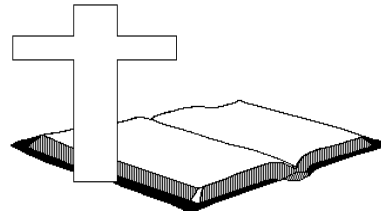
We can do this at St. Thomas, too, you know. All that's needed is for concerned members to step forward with a willingness to be trained in the program and commit to doing it. That's no small commitment, by the way, but what dividends that commitment would pay in the lives of our children! When you get a chance, ask Rev. Gayle about this fabulous program – she will *wax poetic* about it to you, believe me.

You know as well as I do that *living a Christ-like life* in our world is getting more complicated,

confusing -- and sometimes dangerous -- with each passing year. What greater gift can we give our children than making certain they are fully and properly equipped to enter that world as Christ-carriers?

If you have children or grandchildren who are *not* enrolled in our CE program, I urge you to enroll them for the Fall session. And make sure they attend class regularly. It will be the greatest gift you can possibly give them, don't you agree?

-- Dave Warburton, Sr. Warden



"Going for the Green"

Last issue focused on five simple ways to reduce waste. Here's another suggestion (courtesy of Lisa Masters):

Purchase and use canvas bags for your trips to the supermarket. They are much sturdier than plastic and you can often fit more in them (thus needing to carry in less bags). And obviously, by using canvas bags, you'll be saving paper & plastic. Store your bags in your trunk and you'll always be ready to shop (I keep mine up front so they're in my line of sight). Some stores offer incentives – a cash credit off your bill (Heinen's) or a chance to win store merchandise (Trader Joe's).



Also, when you grocery shop, think twice before putting every produce item in its own plastic bag. You can also have cashiers pack non-food items (soaps, cleaners) in one bag together – just be sure to ask them not to wrap each item individually in a plastic bag.

Lastly, those canvas bags can be used when going to the library or on other small errands

as well.

Send your "green" suggestions or comments to stecwayfarer@sbcglobal.net

--Laura D'Amato

From the Junior Warden...

Times they are a changin'. Yes, many changes are apparent at St. Thomas. The most noticeable is the color(s) of Harkess Hall. What a difference color makes! The area appears warm and welcoming, and I thank all of you who have given me positive feedback. A huge thank you goes to the crew of painters who devoted a few hours of their time for this huge task: Dan McGuire and sons, Tim Cooper, Gary Carlsen, Bob Englund, Jan Smith, and Al Amos.

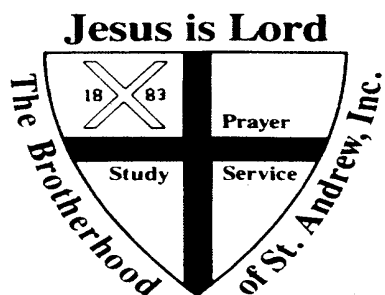
The storage cupboards which were in the hallway by the kitchen are now in the chair storage closet. They have been cleaned out and rearranged. One cupboard contains food items as well as small appliances, and the other cupboard is all paper and plastic products. Hopefully they will stay organized and you will be able to find what you need more easily. The S.T.A.R. and Flower Guild cupboards are also in this closet.

In the chapel sacristy, which is also the choir robing room, there is a new sink/cabinet/countertop with a tiled backsplash. Thanks go to Bob Englund, Al Amos and Gary Carlsen for that difficult task.

On the outside, the Landscape committee has been working diligently replanting, trimming, weeding and watering. The rain we have had in July has really helped establish the new plantings. Thanks to Peggy Ryel, Pat Wielinski, Anita Coleman, Bev Smith, Tim Cooper, Laura Gaba, Marcie Molmen, Ruth Idhe, and Al Amos for their continual maintenance of the gardens.

A brick tile path in front of the church is in the process of being completed. Thanks to Frank Scrant and Al Amos.

Alice Amos



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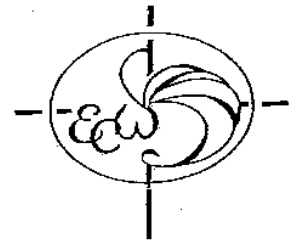
The Brotherhood of St. Andrew meets the third Saturday of each month at 9:30 am at the church. All men are

The Brotherhood of St. Andrew

welcome! Contact Dave Miller for more information at 440-826-1652.

Episcopal Church Women

ECW members in St. Thomas are dedicated to servicing the church in various ministries. There is at least one member in every ministry and outreach at St. Thomas with the exception of the Brotherhood of St. Andrew. Our Logo has four parts:



The Cross which represents Christ and our service to Him in the world, the Circle which stands for our hope for the wholeness in our lives, the out flowing lines from the center depict the many works of Episcopal Church Women going out into the world, and the intertwined lines represent our lives centered in Christ. This Logo sums up the mission, vision, and goals of our ministry.

The ECW, of which all women in the church are members, meets the first Saturday of the month. Our next meeting is September 6 at 10:00 am. Please circle the date and find out what we do as an organization in your church. -- Sonia Miller, President

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Los Amigos Episcopales - Do come join us as we plan for our splendiferous dance at Trinity Hall in Trinity Cathedral on October 17, 2008. Last year's event was such a grand success that we will be repeating our "Noche de Amigos" dance again this year. We need much help in the coming months so that this project will reap many scholarships for students in El Salvador. Meetings begin at 7:00 pm with coffee and dessert in Harkess Hall. The business meeting follows. The next meeting is on Friday September 12. See you there!!



Below is the dance information:

Noche de Amigos
An evening of Anglo & Latin music & dancing
BENEFIT DANCE FOR SCHOOL CHILDREN IN EL SALVADOR

When: Friday, October 17, 2008 7:00 - 11:00 pm
Where: Cathedral Hall, Trinity Cathedral
East 22nd & Euclid Ave.
(Free parking via Prospect Ave.)

Tickets: Adults - \$20
Students under 12 years of age - \$10

For tickets, please call:
Ruth Idhe 440-572-9425
Connie Hanson 216-283-4896
Victor Jimenez 216-338-2948

Music by DJ Vic, Salsa dance instruction, refreshments, cash bar.

Sponsored by *Los Amigos Episcopales*

- Ruth F. Ihde

HEALTH MINISTRY



Proverbs 3:5-6 *“Trust in the Lord with all thine heart; and lean not unto thine own understanding.”*

Shingles (Herpes Zoster)

Shingles is caused by the same virus that causes chickenpox. Once a person has had chickenpox, the virus can live but remain inactive, in certain nerve roots within your body for many years. If this virus becomes active again, usually later in life, it can cause shingles. The risk for shingles increases as you get older. It can affect anyone who has had chickenpox at any time, but a weakened immune (defense) system caused by cancer or certain drugs can increase the risk. The first signs of shingles may include itching, tingling, or burning. A few days later a rash of fluid-filled blisters appear (usually on one side of the body or face). Localized zoster is contagious after the rash erupts and until the lesions crust. (Because the virus does not live on dry surfaces for long, you would not get it from second-hand clothing, for example.) The blisters may take 2 to 4 weeks to heal. Long-term pain may result if the virus damages certain nerves. Prompt treatment with oral antiviral agents, steroids and analgesics are prescribed to decrease the severity. A vaccine to prevent shingles is recommended for all persons over 60 years old who have no contraindications.

Ref: CDC.gov. and Merck.com submitted by Barb Emigh, RN



CHRISTIAN EDUCATION

As we prepare for another year of Christian Education, I want to thank those dedicated teachers who worked with us the past year-- Debbi Huffman (elementary age group), Dan McGuire (junior high, middle school) and Lois Leonard and Eric Kluth (high school). Maryanne Cline worked with our pre-school age group during coffee hour. And I

certainly don't want to forget those who handle the Children's Chapel—Peggy Zambounis, Heidi Demaline, Laura Gaba, Etta Scheu, and Roanne Lisi (I hope I haven't missed anyone).

Also, a big thank you to Anita Coleman, who handled our crafts and did a wonderful job on the banner you see displayed in the front of the church.

Now we need to prepare for the coming year. Church School will resume on September 7. We are making a few changes. Classes will meet after the 10:00 service. Students will process out following the service, get their donuts, and report to their classrooms. In order to make this happen, we need both teachers and students. Hopefully our current staff will continue, but we need a few more. The goal is to have 2 teachers for each class. We also need more students. We are hoping that the later time will make it easier for some to attend. I feel that Christian Education is a vital part of our program at St. Thomas. Please help us to make this happen.

Mary Jane White
Christian Education Director



**BIKIN' 'N' BAKIN'
LABOR DAY, SEPT. 1**

The St. Thomas Bikin' 'N' Bakin' Society will end the summer season with the traditional Labor Day ride and breakfast on September 1. Bikers will meet at 7:30 a.m. at the overlook in the park, near the park entrance off Barrett Road just north of Bagley Road. We'll ride through the park to Detroit Road, then over to Rocky River Park on the lake shore (total distance about 15 miles). Breakfasters will meet at 8:45 a.m. at the park. After breakfast, we ride back to the overlook. Note: some riders prefer a shorter ride and meet us along the bike trail partway to Detroit Road. Others may prefer to ride only one way and arrange transportation back from Rocky River Park.



If you plan to ride please see or call Bob Englund (440-243-4098). If you'd like to join us for breakfast, call Mary Lee Stowell/Peggy Zambounis (440-234-1006), and help plan our menu.

This is one of the more popular activities of the St. Thomas family. Newcomers, give it a try!

And everyone pray for good weather like we had on July 4! **Note:** In case of rain we meet at the church for breakfast.



STAR News

Your **STAR** (St. Thomas Adult Recreation) Committee is finalizing plans for the 2008-09 activity year, but the dates of those events are set. Please mark your calendars to reserve the dates for terrific luncheon entertainment by Baldwin Wallace College Conservatory students and special guests, followed by lunch. All this is without charge and open to the public as well as St. Thomas parishioners.

We hope to see you at some or all of the following dates, (all beginning at 12:15 pm)

- WEDNESDAY:**
- September 3, 2008**
- October 1, 2008**
- November 5, 2008**
- December 3, 2008**
- January 7, 2009**
- February 4, 2009**
- March 4, 2009**
- April 1, 2009**
- May 6, 2009**
- June 3, 2009**
- July 1, 2009**



OUTREACH

FOOD PANTRY - Now that school is beginning, it is extremely important for the children to have enough food to carry them through. It would be wonderful to have cereal for them to eat in the morning, and peanut butter or tuna to make a sandwich for lunch. Please be as generous as you can. The need is so great and your generosity is greatly appreciated.

- Pat Wielinski



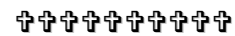
CEDAR HILLS 2008

I think, officially, that from the 20th to the 25th of July, St. Thomas was duly represented at Cedar Hills. Gayle Catinella was the camp priest, with Katie Cline, Ross Cline, and Susannah Bender working as counselors. Mary Lee Stowell was the camp nurse, and Ian Carmichael, Martin McGuire and Shane Wilson were our campers. Marcie Hist and Dody Sandt came along as volunteers.

Mary Lee and Marcie presented Deacon Peter Nielson and his wife, Laura, with a memory quilt that they had put together from camp t-shirts dating back to 1995. The quilt is a beautiful testimony to the thousands of children represented by all those years and has been hung in the main lodge of the camp.

Cedar Hills was, as always, a heartwarming, fulfilling and fun ministry. It is also a special opportunity to see the world through the eyes of children, who, were it not for Cedar Hills, we may never have been blessed to meet.

- Dody Sandt



From the Editor

Welcome and thanks to Stephanie Busser, our new office administrator! Getting the *Wayfarer* ready for distribution is not an easy task. Stephanie does the layout for the newsletter that you read. She also runs off and oversees the mailing (when needed) of the print copies and sends the email version to the distribution list. It's a big task & very much appreciated!

Thanks to everyone who contributed articles for this combined issue. It's hard to write articles when the events are a month or more away! Be sure to check the Sunday bulletin for more details as the date of an event approaches.

Enjoy the rest of summer – cooler temperatures and changing leaves will be here before we know it!

- Laura D'Amato
Editor

Remember St. Thomas in Your Will & Estate Planning!

OUR ANGLICAN HERITAGE

Life under Charles II: an uneasy calm pervades the land

With the restoration of the monarchy and central Anglican Church authority (including the new *Book of Common Prayer, 1662*), a nervous sense of calm radiated from London across the English countryside. The Stuart's Roman Catholic proclivities were well known, and although Charles II was careful to say all the right things and act as supreme head of the re-established Church, serious doubts as to his *real* religious feelings remained. And with good reason: Charles had negotiated a secret agreement (*The Treaty of Dover*) with the King of France before assuming the English throne. In it, he promised to restore Roman Catholicism in England, renounce the English Church upon his deathbed and convert to Catholicism. Had this fact been known at that time in England, of course the throne would *never* have been his – *the restoration* would not have occurred; *Dover* was an elaborate, carefully crafted and very well-hidden ruse drawn up to gain the support of France during Charles' reign. And, in that, it worked – for a time.

Once enthroned, Charles and his ministers acted swiftly to consolidate power (realizing that any vacuum would invite opposition). At the king's behest, Parliament passed legislation which became known altogether as the *Clarendon Code*. A *Corporation Act* (1661) required any government office holder to renounce previous religious allegiance, swear to not take up arms against the king, and be a communicant in the C of E. Next, the *Act of Uniformity* required the use of the new prayer book for all services (1662), and the *Conventicle Act* (1664) forbid anyone over the age of sixteen from attending any worship service using liturgy contrary to that required by the C of E. Finally, in 1666, the *Five Mile Act* forbid any nonconformist minister to live or visit within five miles of any place where he had previously worked.

To firm up this iron-clad protestant control, in 1673 Parliament passed the *Test Act* which required all civil and military office holders to receive only C of E Holy Communion, renounce the concept of *transubstantiation* (the hated Roman doctrine of the Eucharist), and to take oaths of supremacy and

allegiance to the king. This act was very specifically aimed at *James, Duke of York*, Charles' brother, heir to the throne, and a staunch papist. Then, in 1682, the details of the *Treaty of Dover* (described above) leaked out, and the situation began to deteriorate rapidly.

Before trouble could reach a head under Charles, he died (February 6, 1685) – true to his word a Roman Catholic -- and was soon succeeded by his overtly Catholic brother, James. James' coronation was indeed a strange affair; being Catholic, he refused to receive C of E Communion and the entire coronation service was rewritten for him to exclude it. Indeed, it is hard to imagine how James could have gotten off to a worse start!

Sadly, it was a harbinger of things to come: yet again, religious hatred was about to boil over in England. But before we plunge into those bloody events which climaxed in Ireland in the summer of 1690, we shall discuss some of the astounding scientific, religious and political ideas which emerged during the reign of Charles II. 'Till next time! -- Dave Warburton

YOUR 2008 ST. THOMAS VESTRY

Dave Warburton - Senior Warden

Alice Amos - Junior Warden

Elaine Willis - Clerk

Tom Halliday - Treasurer

Tim Cooper

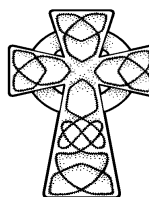
Becky Shank

Rich Stowell

Lynn Vincent

Peggy Zambounis

Rev. Gayle Catinella - Rector



UPCOMING EVENTS...

AUGUST 9TH AT 1:00 PM
ICE CREAM SOCIAL & CAR WASH

AUGUST 10TH
PARISH PICNIC
AT THE BEREA CHILDREN'S HOME FARM

AUGUST 27TH AT 5:30
BEREA COMMUNITY MEAL AT ST. PAUL
LUTHERAN CHURCH

SEPTEMBER 1ST
LABOR DAY
OFFICE CLOSED

SEPTEMBER 14TH
BEREA ARTS FEST
"SET SAIL WITH ART"

SEPTEMBER 20TH
PARISH PIG ROAST

MARK YOUR CALENDARS!!!

It's Harvest Time!



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

