

THE WAYFARER

December 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...

In my personal life, I am in the unenviable position of waiting for something I don't want to happen. It is something that I cannot change or make better, and it is inevitable. And that is not fun. So I have decided to apply Advent principles to the situation. In Advent, we wait--for Jesus to come again and bring peace, love and hope to our world. It is a joyful waiting because we know that what will come will be life-changing and redeeming and wondrous. Come Lord Jesus!!!

Waiting can be frustrating, but if we apply Advent principles, it becomes an opportunity, a discipline. And so, these are the things I am practicing as I wait. The first is Cultivating Preparation. I pray about all I can do in myself to be ready. What can I change, practice, be mindful of, that will make me best prepared to handle what is to come?

Secondly, I am Cultivating Detachment. Whether what we are waiting for is happy or not, we want to be sure we are not giving the event more weight or value than it deserves. More value than God. We don't want to worship or give power to the outcome. We want to be firmly grounded in the reality that God is our center.

Finally, I am Cultivating Hope. I am not letting go of the possibility of goodness and redemption, of new life that I can't foresee. I am putting the situation squarely in God's hands, knowing that is enough. I will not let my own limited sight prevent God from working miracles.

Pray with me this Advent season. We will find hope and new life in Jesus' coming. And we will live and love into the new opportunities life holds for us. Come Lord Jesus!!!!

Gayle+

FROM THE WARDEN'S DEN...

Penalty for excess baggage

Preparing to move is stressful, as you all know, and Bonnie and I are knee-deep in the middle of it right now. One of the strangest situations we're encountering as we go through our possessions and decide "what to take" is finding something which neither one of us remembers ever buying. "Never saw it before in my life," we declare together. Well, just where did it come from then? Planted by extraterrestrials, perhaps?

Cleaning out the house is one of those events which focuses the mind on all of the unnecessary "excess baggage" we clutter our lives with. Getting rid of it is in some ways a *spiritual exercise*; it makes one feel good to hand off things to the needy through charitable institutions.

Of course, too many possessions are one form of clutter to address. A far more important type is *spiritual clutter* – all of the excess baggage we accumulate in our lives which holds us back from being the free, spiritual beings God intends for us to be. Indeed, Jesus was never more direct than when he admonished his followers (that's us, after all!) to leave their homes taking nothing but the clothes on the backs and follow him. (I always wondered at the reaction *that* must have gotten from their wives.)

A couple of months ago, and in just the space of twenty-four hours, I was reminded of the damage this "excess baggage" Jesus warned us about can do in our lives. First, we ran into some old friends at a local restaurant during the "early bird" hour. Now, this couple never eats dinner before nine o'clock under normal circumstances, so we were pretty shocked to see them there then. Turns out, they had just come from the funeral of the woman's sister. Our friend had not talked to her only sister for many, many years – except through their attorney – and she found out about the death from a third party. Imagine finding out your only sibling had died from a third party! Those two had been battling over their father's estate for going on twenty years, and by the time the war was ended (by death), the legal fees had eaten up the whole thing. Instead of compromising, saving their relationship and sharing the money, they fought it out until the bitter end. Neither one got a thing out of it but grief.

Just the next day, I had lunch with a dear friend. In the course of our conversation, she related the estrangement she was feeling with her sister (yes, another sister). Arguments over child-rearing and even that old favorite, "who does Mom like best?" had placed a wedge between them and they were not talking anymore. What is it about *sisters*, anyway?

We all know full well that such excess baggage weighs us down and keeps us from being the people God wants us to be, and yet we too often fail to make the changes necessary to clear it away from our lives. Fortunately, we are about to enter the holy season of *Advent*, a time when the Church asks us to reflect on our lives and make the necessary adjustments in them to right the relationships which have somehow gone wrong. To *jettison* all that excess baggage and begin anew to live into the fullness of life as God's beloved children that we are. To be bright and shiny and *new* when we welcome our Savior on Christmas Day.

I hope that *you* will take the time to do some *spiritual housecleaning* this Advent – I guarantee that it will feel really, really good!

On behalf of your St. Thomas Vestry, I want to wish each of you – our friends and valued co-disciples – a Blessed Christmas and a New Year full of Hope, Promise and Peace.

-- Dave Warburton



St. Thomas Renewal Report

At this time, we are still collecting pledge cards!!! Please return yours if you have not already. Stay tuned for more complete information once we have heard from everyone. And thank you so much for your generous pledges!!!!



From the Junior Warden

The cold, blustery weather came in a hurry after a glorious autumn. Fortunately, the flower beds were put to rest in the nick of time. Unfortunately, the furnace wasn't heating, but it was easily repaired with a new thermo-coupling. Toilets continue to leak, light bulbs burn out, but my handy helpers are always available to take care of these things.

Right now, we are looking at our available storage space, and trying to make it as efficient as possible. There are areas that contain outdated items that need to be cleaned out, so I am asking for your cooperation in assisting me with that.

Also, if you notice something that isn't working or needs to be fixed, please let me know.

Have a safe and blessed Christmas!

Alice Amos, JW

ADVENT EVENTS

- Nov. 30: Make your own Advent Wreath
- Dec. 7: The Gospel of Mark, an Overview
The Role of Mary in the Episcopal Church
- Dec. 13: The Stations of the Nativity
Christmas Picnic 5:00 - 8:00 pm
- Dec. 14: Lessons & Carols at the 5:30 Service
- Dec. 21: The Greening of the Church
Youth Christmas Party
- Dec. 24: 6:00 pm Family Service
10:00 pm Choral Eucharist
- Dec. 25: 10:00 am Rite II Service
- Jan. 1: 9:00 am Rite II Service

Advent Program:

The Role of Mary in the Episcopal Church. What is your relationship to the mother of Jesus? How do you think about her? Do you pray with her? What does the church say? Come join the discussion about the role Mary plays in our spiritual lives. December 7th after the 5:30 service. Bring a dish to share.

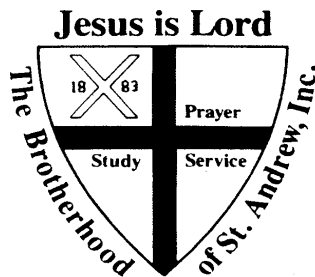
Advent Reflection:

You have heard of the Stations of the Cross. There are also Stations of the Nativity. On December 13, from 9:30 – noon, we will pray with the stations that commemorates Jesus' birth and early life. What does the Incarnation of Jesus mean to us? Come and reflect!



To all men of St. Thomas:

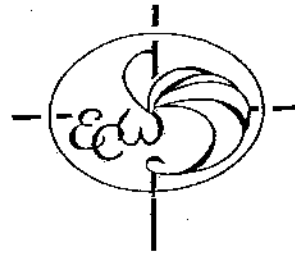
The Brotherhood of St. Andrew is looking for all men of St. Thomas to join us on each 3rd Saturday of the month at 9:30 A.M. for our fellowship meetings. It is a time of fellowship, prayer and projects. Please join us! Contact Dave Miller or the church for more information.



The Brotherhood of St. Andrew



Los Amigos Episcopales – Good news! Los Amigos received a gift of \$2000 from the Diocese of Ohio at the end of the diocesan convention on November 15. We will put this amount to good use in working with the critical school issues now in El Salvador. For information on the coming meetings, please see the Sunday bulletins. - Ruth Ihde **FELIZ NAVIDAD!!**



ECW

December is the month the ECW has our annual bake and craft sale. The monies from this sale and our various other money-raising activities are for the youth projects of St.

Thomas. The ECW is requesting bakery and crafts for our December 7th sale. By both contributing and purchasing, you are helping the youth of our Church.

New on our website: The “St. Thomas X-Change Corner”. Now you can buy, sell and trade household-goods on our website and help St. Thomas at the same time. On our new X-Change Corner, you can list items you would like to sell along with a digital photo of the item. All you need to do is e-mail the information to our Webmaster, Danielle Lusinchi at dlusinchi@prodigy.net.

Once your item sells, we ask that you donate 10% of the sales price to St. Thomas' ECW to help support our important youth ministries. Check out the ECW St. Thomas X-Change Corner today!

Please join us at our next meeting and Christmas luncheon at Wild Mango restaurant in the Great Northern Shopping Mall on Saturday, December 6th at 11:30

--Sonia Miller, President



DAUGHTERS OF THE KING

Watch for training sessions for prospective Daughters after the first of the year. The Order of the Daughters of the King is an international organization devoted to prayer, service and the spread of Christ's Kingdom. Of those three, prayer is our primary focus. This quiet ministry has blossomed in the last 3 1/2 years at St. Thomas, and we invite all interested women of the parish to join us. Women who become Daughters pledge themselves to a Rule of Life, which includes daily prayer for the parish, our rector and those who have requested prayers. Meanwhile, if you are interested, please see any Daughter or contact Linda Kinsey, parish chapter president, at kinsey2020@yahoo.com or call (440) 227-5026.



Youth Group

December 13: TORCH 12:45

December 21: Christmas Party!!

S.T.A.R



We are delighted with the great response the STAR concerts and lunch have received. In November, 105 guests were at the program, and 95 stayed to have a great lunch!

December 3, 2008 is the next concert, beginning at 12:15 P.M. This will be followed by a lunch of rigatoni, salad, bread sticks and yummy Cannolis!

Then pre-mark your calendar for January 7, 2009. Our first STAR lunch of the new year features stuffed chicken breast, rice and broccoli, salad, and desserts from the STAR bakers!

Please be sure to call the church office to make your reservation two days prior to the program so we can be sure to have enough lunch to serve all our guests!



OUTREACH

Thank you for so generously bringing food to church every time you come. As you know, the need is greater than ever and we all strive to help those less fortunate by bringing in any canned food or boxed potatoes and macaroni - what have you. Do you realize that when each person brings a grocery item with them to church it adds up to about 100 cans of food each week - an awesome thought. Remember Matthew 25:35 where Jesus said - whereas you have done it for the least of these, my brethren, you have done it for me.

We continue to collect, for both men and women, toiletry items such as soap, shampoo, toothbrushes, toothpaste and deodorant, as well as socks and new underwear for the duffle bags which will be distributed to area homeless. Contributions for this worthwhile project, which is sponsored by the Episcopal West Side Shared Ministry, must be received *no later than December 3rd*. Thank you!

--Pat Wielinski



FROM THE PARISH HEALTH TEAM

“Putting on the Armor”

Some of you know that I was for a number of years a pastor in the Lutheran Church in America. Back in 1972-73, I was serving as intern in a Lutheran parish in Rhode Island, as part of the requirement for ordination.

I was meeting informally with a group of college-age students one day when a young man named Paul asked me what time of day I usually spent time in prayer and study of Scripture. I told him that I normally had my quiet time in prayer and study before I went to bed at night, to which he responded something like “That makes a lot of sense, Clint. Put on the armor before you go to bed at night instead of in the morning when you need it to face the struggles and battles of the day ahead!” Ouch! I have never forgotten that comment from Paul, a young man who was very passionate about spirituality.

Paul, of course, was referring to the passage in Ephesians 6:10-11, which reads “Finally, be strong in the Lord and in the strength of His power. Put on the whole armor of God so that you may be able to stand against the wiles of the devil.” (New, Revised Standard Version). The apostle Paul then goes on to speak of the belt of truth, the breastplate of righteousness, the shield of faith, the helmet of salvation, and the sword of the Spirit, which is the Word of God. Quite a list!

These are two thoughts that came to me from this. The first is that we need to have a deep desire to grow in our relationship with God. Passionate spirituality must be our heart’s desire! Second, growing the spiritual life takes great discipline. We have to spend time with God daily, to put on the armor of study and prayer on a regular basis. Do we do it in the morning, the middle of the day, or at night? I must admit, I still struggle with my friend Paul’s admonition. I am an incurable night person, allergic to morning! I don’t know about you. But whatever time is best for you, desire the deepening of your relationship with God and discipline yourself to put on the armor of prayer and study!

In the weeks ahead, we will be talking about ways to develop the spiritual life. Please join us in the journey!

-- Clint Anderson, on behalf of the rest of the Parish Health Team: Jim Emigh, Chair; Helen Downie, Barb Halliday, and Eric Kluth.

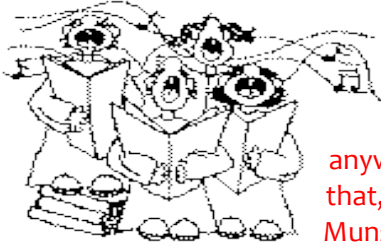


HONEY BAKED HAM SALE!

See Lynn Vincent for order forms, and please have all orders in by December 15th.



Unsung Heroes



This month I would like to salute our breakfast team. You make the best bacon anywhere. But aside from that, Jennifer Bender, Scott Munson Jr., and Bev Smith create lovely meals for us to share on the first Sunday of every month. They are up early working hard in the kitchen. And we are able to have some heartfelt fellowship because of this. Thank you so much to this culinary team!!! They make our lives sweeter, literally! Please offer them your thanks the next time you see them!!

-- Gayle

From the Heart of the Parish...

γ Prayers for Scott Munson Jr. He is in the Century Oak Nursing home. Pray that his circulation improves with treatment.

γ Prayers for Dot and Ted Miciak. Ted is in the Century Oak Nursing home. Ted has a problem with his memory, but a visit from one of his old friends would brighten the day for him! Dot is recovering from painful facial shingles that have affected her eyesight.

γ Prayers for Barb Yungwirth. She is taking chemotherapy for her lung problem.

γ Congratulations to Katie McGuire! Katie earned the honor of being one of the top students of the quarter at Polaris Career Center. For her efforts she received an engraved pen, a certificate of merit, and a gift certificate! Way to go, Katie!

γ A big thank you to Randy Molmen for the wonderful gourmet meal he cooked for our appreciative newcomers. Also, thanks to the kitchen elves who helped chop, slice, wash, serve and clean up! You know who you are!!

γ Thanks to Al Amos, for being there with your tools whenever anything breaks, bursts or runs out of power...you are the greatest!!

γ Thank you Marlene Carlsen, for handing out goodies to B.W. students as they head to class.



γ The ECW Craft and Bake Sale will be Sunday, December 7th. We need crafters and bakers! If you can help, call Sonia Miller at 440-826-1652.

γ A big thanks to our hardworking Vestry. They need our support in the prayerful decisions they have made to help us grow.

γ Walking to the altar as a group November 9th, pledge cards in hand, became a moving tribute to our faith in the future of our parish.

--Dody Sandt



Holiday Mail for Heroes



The Red Cross is partnering with Pitney Bowes this holiday season for the Holiday Mail for Heroes campaign. For the second year in a row, they're collecting holiday cards to distribute to American service members, veterans and their families in the United States and around the world. Pitney Bowes is generously donating technology, resources and postage to make this holiday card program possible.

The goal is to collect and distribute one million holiday cards to spread holiday cheer and facilitate thanks to these brave individuals and families.

Please send cards to this address, following the guidelines listed below:

Holiday Mail for Heroes
PO Box 5456
Capitol Heights, MD 20791-5456

Guidelines:

- All cards must be postmarked no later than Wednesday, December 10, 2008. Cards sent after this date will be returned to sender.
- Please ensure that all cards are signed.
- Please use generic salutations such as "Dear Service Member." Cards addressed to specific individuals can not be delivered through this program.
- Please send cards as opposed to long letters which delay a quick review process.
- Please do not include email or home addresses on the cards, as the program is not meant to foster pen pal relationships.
- Please do not include inserts of any kind, including photos, as these items will be removed during the reviewing process.
- Participants are encouraged to limit the number of cards they submit to 25 from any one person or 50 from any one class or group. If you are mailing a larger quantity, please bundle the cards and place them in large mailing envelopes. Each card does not need its own envelope.
- All cards received may be used in program publicity efforts, including appearing in broadcast, print or online mediums.

HEALTH MINISTRY

Genesis 2:8 "And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed."

Your Grandma Said it Best: Eat Your Veggies!

New research reveals that eating about 14 cups of vegetables a week raises blood levels of many protective antioxidants (which fight and reduce the risk of disease and preserve memory and learning capabilities). Numerous studies also link a higher veggie intake to a reduced risk of stroke, cardiovascular disease, cancer, type 2 diabetes, and obesity.

DARK GREENS

2 Cups per Week

Spinach, broccoli, romaine, mesclun, collard, turnip, and mustard greens

PAYOFF: Better lung health, stronger bones, a stronger immune system, lower blood pressure, reduced inflammation, and a healthier brain

ORANGE VEGETABLES

1 ½ Cups per Week

Carrots, sweet potatoes, winter squash, pumpkin

PAYOFF: Better vision, blood sugar control and lung health; high in cancer-fighting carotenoids

BEANS

2 ½ Cups per Week

Pinto, kidney, black beans, Lentils, edamame, chickpeas, tofu

PAYOFF: Lower rates of heart disease, high blood pressure, breast and colon cancers and type 2 diabetes

STARCHY VEGETABLES

2 ½ Cups per Week

White potatoes, corn, green peas

PAYOFF: The nutrients in this group range from vitamins A, C, B6 and folate, magnesium and potassium. Each vegetable is rich in unique antioxidants such as cancer-fighting isoflavones in peas and blood pressure-lowering kukoamines in potatoes.

WILDCARD

5 ½ Cups per Week

Artichokes, asparagus, brussels sprouts, cabbage, cauliflower, eggplant, green beans, mushrooms, onions, bell peppers, tomatoes, wax beans, zucchini

PAYOFF: This eclectic group ensures a broad spectrum of nutrients and antioxidants that protect every system in your body including beta-carotene in bell peppers and quercetin (a natural anti-inflammatory) in onions

submitted by Barb Emigh, RN

Reference: Prevention November 2008.

"Going for the Green"

There are so many possibilities for making "green" changes around Christmas time. In fact, Reverend Gayle touched upon a few in another article within this issue. Here are just a few more...



- Live Christmas tree? Check with your community for recycling options.
- If you *must* buy wrapping paper, look for some with recycled content. Same goes for paper greeting cards (send an e-card if you can!).
- Put your holiday lights on a timer.
- If you are entertaining in your home, remember that smoke from fireplaces and candles, as well as air fresheners, etc., can irritate those with allergies. Consider your indoor air quality!

Remember - Christmas is not about "stuff". If you think about that while shopping or decorating or what-have-you, you'll do right by our environment!

OUR ANGLICAN HERITAGE

The Glorious Revolution (1689-1691)

When James II fled England (in 1688) and *William of Orange and Mary Stuart* (and James' own daughter – so much for family loyalty) entered London to take his throne as joint monarchs, a new and final chapter in the century-long civil war in England began. Called the “*Glorious Revolution*” by the English ever since, in truth, it was neither *glorious* nor actually a full-fledged *revolution*. But it most certainly proved *vital* to the ultimate formation of the United Kingdom and its national Church.

Naturally, James did not take his rejection kindly, and neither did the very substantial numbers of Catholics in Scotland (home of the *Stuart clan*) and in mostly-catholic Ireland (which always chafed under English subjugation). James immediately set about securing the support of France in helping him regain his throne by military means. France (the strongest continental power of the time and under the rule of *Louis XIV*, the “Sun King”) was embroiled in a punishing war with the protestant powers of the *Low Countries*, joined together in an alliance known as the *League of Augsburg*. *William of Orange* (the new King of England) was the leader of the Dutch faction of the *League*, a staunch Calvinist protestant, and determined to divert England’s wealth and military power to the war against France. That was all part of the deal.

Uprisings against William and Mary broke out in both Scotland and Ireland, almost simultaneously. Scotland was predominantly a protestant (Presbyterian) country by this time, and so conflict, while deadly, was not nearly as widespread nor as dangerous to King William as what developed in Ireland. During his brief reign, James had taken steps to ameliorate the suffering of the Irish people under English domination (which dated to the 1650s and had resulted in English landlords owning much of Ireland’s property), so it was only natural that James was able to raise a significant army of support there to begin his fight to take back the English throne. He also enjoyed the financial backing of Louis of France and had a force of some 6,000 French soldiers to help with the invasion.

At first, the invasion went well, and James’ forces took city after town, recruiting angry catholic Irish partisans long the way. Eventually, after many skirmishes, this *Jacobite army* surrounded and put under siege the northern city of Derry, a key protestant outpost. After two months of siege, British warships finally arrived and ended it, routing the Jacobite forces. Soon after, King William himself arrived at Belfast (in the North) with a

force of some 36,000 troops (English, German, Dutch, Danish and Huguenots) and marched south, where the climactic battle of the uprising occurred on July 1, 1690 along the *River Boyne*. With their decisive force, the English prevailed once more, routed the Jacobite army and sent James himself fleeing back to France, where he lived out the rest of his life in exile.

While “mopping up” operations continued, a final encounter at *Limerick* also ended in the English army’s favor, and The *Treaty of Limerick (1691)* concluded the rebellion. Never again would Catholics mount a serious challenge to English protestant rule: the century-long struggle to determine which brand of Christianity would hold sway in England was finally over.

To this day, when we hear of the “*Orange Order*” marching to celebrate their protestant superiority over the Irish Catholics in Ulster (the northern six counties of Ireland), it is to these victories that they refer. Even three centuries later, anger and violence may still, from time to time, hold sway in that troubled land.

And in 1689, Parliament passed and William signed an *Act of Toleration* which allowed dissenting *protestant* denominations to operate more or less freely in England. Obviously, not so *Catholics*. The Church of England reigned supreme once more.



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



DECEMBER 5TH
STAR CONCERT AND LUNCHEON 12:15 PM

DECEMBER 6TH
ECW MEETING & LUNCHEON AT
THE WILD MANGO 11:30 AM

DECEMBER 7TH
ECW CRAFT AND BAKE SALE
ADVENT PROGRAM: THE ROLE OF THE VIRGIN
MARY IN THE EPISCOPAL CHURCH 7:00 PM

DECEMBER 9TH
VESTRY MEETING 7:00 PM

DECEMBER 11TH
FINANCE COMMITTEE MEETING 7:00 PM

DECEMBER 13TH
STATIONS OF THE NATIVITY 9:30 AM - NOON
TORCH 12:45
CHRISTMAS PICNIC 5:00 - 8:00 PM

DECEMBER 14TH
LESSONS & CAROLS AT THE 5:30 SERVICE

DECEMBER 20TH
BROTHERHOOD OF ST. ANDREW 9:30 AM

DECEMBER 21ST
THE GREENING OF THE CHURCH
AFTER THE 10:00 SERVICE
YOUTH CHRISTMAS PARTY IMMEDIATELY
FOLLOWING!!

DECEMBER 24TH
CHRISTMAS EVE
FAMILY SERVICE 6:00 PM
CHORAL EUCHARIST 10:00 PM

DECEMBER 25TH
CHRISTMAS DAY
RITE II SERVICE 10:00 AM

DECEMBER 26TH
THE OFFICE WILL BE CLOSED

NEW YEAR'S DAY
RITE II SERVICE 9:00 AM

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

