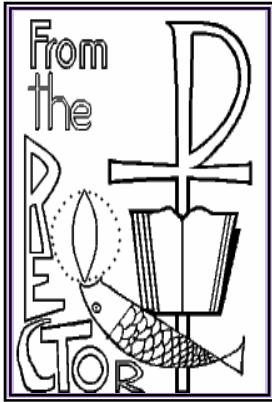


# THE WAYFARER *June/July 2007*

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

Phone (440) 234-5241 E-mail: [Stec1@sbcglobal.net](mailto:Stec1@sbcglobal.net)



*My dear Brothers & Sisters in Christ,*

*On June 3<sup>rd</sup>, we kick off a Summer of Spirituality!!!! There will be special events, special sermons, testimony, handouts and aids for prayer, and who knows what else??? It should be an exciting time to consider our life of prayer and what it means for us in our daily lives.*

*The Natural Church Development Church Health Team decided that before we could make choices about what we needed to develop our passionate spirituality, we needed more time to think about what that exactly means. And to get used to talking about it!*

*We each have grown into our ways of praying, worshiping and doing church. These ways aren't good or bad, but they might also not be everything that they could be. I am constantly asking God how I'm doing, and to help me do better in those areas. I confess I am not always open to what God asks of me, but I keep asking anyway. I know God loves me and that my desire to grow in my relationship with God is what ultimately matters.*

*In fact, this Lent I had a really important insight. I was asking God to help me pray more and feeling bad that I didn't pray more. And God answered my prayer by saying that I have a whole lifetime to grow closer to God and that I don't have to be perfect now. I just have to be willing.*

*So I ask you to come to this Summer of Spirituality willing! Willing to think about your relationship with God. Willing to learn some new things. Willing to take a deep breath and be open to change. Willing to think about how you and St. Thomas can do better. God could not ask any more of us!*

*What a blessing for me to grow with you!!!!*

*- Love, Gayle +*



## AN IMPORTANT MESSAGE FROM YOUR ST. THOMAS VESTRY...

We want to thank all of our fellow St. Thomas members for stepping up to the plate so magnificently during our recent "Kicker Campaign." It was, by any measure, an astounding success! *We received 99 responses to our urgent request for additional pledges, a 95% return rate, resulting in pledges totaling over \$25,000 – very close to 100% of our goal. WOW!!!*

We have been diligently watching our expenditures on your behalf. Our Treasurer, Tim Cooper, reports that we are tracking our 2007 parish budget closely, and rest assured we will continue to make every effort to keep our spending in line with it.

**As Summer approaches we want to ask you for one more favor: please make sure that you keep your pledge payments up-to-date.** With many of us taking off at times for vacation over the summer months, it's easy to let pledges fall a little behind. We simply cannot afford to let this happen, especially this year!

We know you will do everything you can to help so that we have the money on hand to keep up with our *on-going expenses* (which, unfortunately, do NOT take a vacation just because it's summer). One suggestion: if you are going away on vacation, please try to turn in your pledge payment before you leave. Just that one simple act will be a big help!

Thank you very much for your assistance with this most important matter.

*The St. Thomas Vestry wishes each of you a wonderful – and safe -- summer season!*

\*\*\*\*\*

*Don't forget to include St. Thomas in your will and estate planning.*

\*\*\*\*\*

### CAMPUS MINISTRY

*We had a fabulous year! Over 629 meals were served to Baldwin-Wallace College students and our support community! Thank you again to all who helped, and a special thanks to the Vincents, who I mistakenly forgot to mention last issue! See you in the fall!!!*

### Ministry Opportunity

*Do you enjoy working with children? We are in desperate need of Sunday School teachers. Might God be calling you to this ministry??? Please talk to Gayle if you are interested.*

†††††

### UNSUNG HEROS OF ST. THOMAS

Have you ever noticed how our sign is so inviting and lets us know all the things that are happening at St. Thomas??? Jan Smith is our sign man, and in all kinds of weather, he is out there making sure the world knows what we are doing! Thank you Jan!

Have you ever wondered where the donuts come from on Sunday morning? Mary Jane White picks them up for us every Sunday! How would we cope without donuts after church??? Thank you Mary Jane!

Just two more of the unsung heroes in the parish! Please thank them!

†††††

### CHANGES COMING TO OUR CHRISTIAN EDUCATION STAFF

Rev. Gayle announced to the Vestry at its May meeting that current Director of Christian Education, Trish Carmichael, will be turning the reins over to Mary Jane White effective at the end of the current school term.

A very special "thank you" to Trish for her years of wonderful service to St. Thomas in this vital ministry to our young people and an equally big "welcome" to Mary Jane for taking up where Trish has left off!

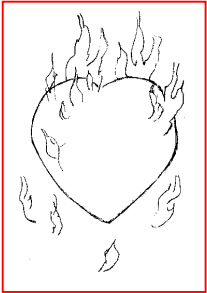
St. Thomas is indeed blessed to have such wonderful leaders in our midst!

†††††

### St. Thomas is Seeking a Childcare Provider

**That's right! St. Thomas is the recipient of a Childcare Grant and we are going right to you - our parishioners - to find that person. Sometimes word-of-mouth brings the best candidates - especially as far as our children are concerned. If you might know someone interested in providing childcare during the Sunday services, contact Gayle for further information! Please no parishioners!**

## FROM THE HEART OF THE PARISH



- ❖ Welcome to Debbi Huffman, our new Parish Administrator and a bittersweet goodbye to Sue Donohoe. A potluck luncheon was held on June first in Harkess Hall to honor both.
- ❖ Welcome back to Andrew Kilgore. It was great to see him in church without a wheelchair!
- ❖ Welcome to the new members of our usher team: Ed D'Amato, Ken Tisher and Marianne Schneider.
- ❖ Welcome back to LeeAnne Kosovich. We can't wait to hear of all her globe-trotting adventures.
- ❖ Welcome back to Lou Hardman, who recently returned from Florida, where she attended her sister's granddaughter's wedding. Lou represented her deceased sister during this special event.
- ❖ Congratulations to Clifford Hill who has relocated his business from Kentucky to Ohio.
- ❖ Congratulations to Erin David who has graduated from Baldwin-Wallace College with a degree in education.
- ❖ Congratulations to Lou Hardman who received an award for over 9,000 hours of volunteering at the Lutheran Home – Social Services Department!
- ❖ Thanks to our hardworking outdoor crew, our parish has great “curb appeal.” Dan McGuire, Philip McGuire, Tim McGuire, Anita Coleman, Laura D'Amato, Al and Alice Amos, Florence Mayer and Pat Wielinski deserve a large round of applause for their efforts.
- ❖ Thanks to the folks at St. Thomas for donating their time to assist at the Berea Community Meal the last Wednesday of every month at St. Paul's Lutheran Church...Thanks to our St. Thomas nurses and massage therapist for the informative display they have set up at the church.
- ❖ Ross and Katie Cline will be working at Cedar Hills this summer and Philip McGuire will be a first time counselor.
- ❖ Thanks to an anonymous donor we have a wonderful multi-purpose ladder.

- ❖ Thanks to a generous parishioner we have a park bench for the new space recently vacated by the pachysandra.
- ❖ Change of address: Bill and Grace Schulte, 645 Neil Ave., Apt. 116, Thurber Tower, Columbus, OH 43215. Their phone number is 614-228-6968.

- Dody Sandt



## BIKIN' 'N' BAKIN' NEWS

The St. Thomas Bikin' 'N' Bakin' Society kicked off the summer season on Memorial Day. We had 17 riders, fantastic weather, many breakfasters, and a wonderful time!

We will meet for our next ride and breakfast on Wednesday, July 4<sup>th</sup>. 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. (Some riders prefer a shorter ride and meet us along the bike trail part way 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! Please note, in case of rain, we meet at the church for breakfast.



Dear Smokers,

Thank you for cooperating with us as we try to interpret how the new smoking law affects St. Thomas. One of the things we have to prevent is any smoke coming in the windows and doors. So we have moved the smoking area to the parking lot. If anyone complained about the smoke and we were fined, it would be more than we could pay. So we walk a fine line here, and we hope that you realize we are trying to please everyone. We apologize for the inconvenience this causes. If you have any ideas about how to make this work better, please talk to Gayle! Thank you!!!



## **- from the Warden's Den**

*Greetings everyone,*

*As Spring slides fitfully into Summer (as it always does in NE Ohio), I'd like to share a couple of thoughts with you on ways to enhance your summer "re-creation."*

*Summer, it seems to me, is about more than hot weather and cold beer (or root beer, if you prefer). For Christians, it presents each of us with a wonderful opportunity to expand our understanding of our own spiritual nature, to learn more about our faith, to reconnect with family and friends, and all in the most pleasant of circumstances.*

*My first suggestion to you is to plan a modest summer reading program for yourself. I have done so for many years and found it to be always enlightening, often inspiring, and just plain fun. Here's what I do each year: I decide to read a book or two that I have always wanted to read but never got around to. Generally one of the classics, and having something to do with religion, spirituality or the human condition. Some of my choices have been pretty tough to get through, and one would be definitely enough for that summer. Other times, selecting something lighter allowed me to read several works. And while I liked some of these books more than others, I can honestly say that I don't regret reading any of them.*

*As we think about "passionate spirituality" at St. Thomas for our NCD program, I really believe that if each of us reads just one such book this summer, it will get us off to a flying start come Fall when we really begin to work on building up this vital area of our lives together.*

*My second suggestion for an uplifting summer involves a concept called "thin places." Some very wise people believe that there are special places in the natural world where the invisible barrier between the temporal world we live in and the divine world beyond our present grasp is thinner, less pronounced. Perhaps you have had a special feeling or sense while out in nature that one spot seems unusually conducive to reflection about*

*God. Or perhaps just a special feeling of closeness to the divine force which you don't find other places. When it occurs, it can be thrilling indeed, leaving you feeling peaceful and serene -- like an integrated part of God's great plan. And when you reluctantly leave the place, you leave refreshed -- re-created -- by the experience.*

*You don't have to travel far to experience "thin places;" I know of at least one right here in the Cleveland area, and I'm sure there are many more. Of course, viewing a great wonder like the Grand Canyon may do the trick, but it's not necessary; all it takes is an openness on your part to allow God to approach you. Anywhere. Any time. Any place.*

*I found a wonderful quote from William Wordsworth that catches the idea of "thin places" well, I think:*

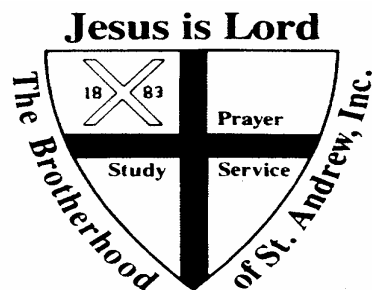
*...And I have felt  
A presence that disturbs me with the joy  
Of elevated thoughts; a sense sublime  
Of something far more deeply interfused  
Whose dwelling is the light of setting suns,  
And the round ocean, and the living air,  
And the blue sky, and in the mind of man,  
A motion and a spirit, that impels  
All thinking things, all objects of all thought  
And rolls through all things.*

*(...Tintern Abbey, 1798)*

*I hope that you will join me in opening up both your mind and your heart to God this summer, and allow God's love to re-create you in the months just ahead!*

*- Dave Warburton,  
Senior Warden*

† † † † †



**The Brotherhood  
of St. Andrew**

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

## HEALTH MINISTRY

**Revelations 9:10 “and there were stings in their tails: and their power was to hurt men”.**

Most of us really use good sense in avoiding insect bites: repellents, long pants, avoiding scented products, not putting out picnics until ready. Those of us who are allergic know to carry a prescribed allergy kit in the summer. However, sometimes we may have to use some common sense treatments:

- ❖ Move away from the stinging insect calmly and as quietly as possible.
- ❖ After contact with a caterpillar, apply tape or a commercial facial peel over the area to remove the broken-off spines.
- ❖ Remove the stinger with tweezers.
- ❖ One home remedy is to apply a paste of meat tenderizer to the bite.
- ❖ If your sting is in the arm or leg, lower the extremity to slow the spread of venom. Hours later, if swelling is present, you can elevate the limb to reduce the swelling.
- ❖ Apply an ice pack to a bite or sting for 15 minutes once an hour for six hours, keeping a cloth between the ice pack and the skin.
- ❖ An oral antihistamine such as Benadryl or Chlor-Trimeton may help relieve itching, redness and swelling (do not give to children younger than 1 year unless directed by your doctor).
- ❖ Hydrocortisone 1% Cream or calamine lotion applied to the skin may relieve itching and redness (not for children under 2 years).
- ❖ Try a non-prescription medication to treat your fever or pain such as acetaminophen (Tylenol), nonsteroidal anti-inflammatory drugs (ibuprofen, naproxen or ketoprofen), or aspirin.
- ❖ For tick bites, remove tick with tweezers. If the bite seems to develop into a “bull’s eye” ring formation, see your doctor immediately (possible start of Lyme disease).

Hope your summer is enjoyable and sting-free!

Submitted by Barb Emigh  
Reference: WebMD

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## St. Thomas Lending Library

Do you have a bunch of books that you've read and are now just taking up space at home? Bring them to St. Thomas and stash them on the shelves in the Adult Classroom Area for others to borrow and enjoy. No cards to fill out when you borrow and nobody telling you how long to keep them. Novels, cookbooks, even magazines are welcome. You may borrow what you like and return what you've read for someone else to enjoy. This will save you treks to the local library or bookstore. Ann Sullivan and Bev Smith have started the mini-library. Join us and read your extra hours away.



## Men of St. Thomas (MOST)

Join MOST as we go to Jacobs Field to see the Kansas City Royals take on the Indians on Friday, July 13<sup>th</sup>. Game time is 7:05 pm and it is a fireworks night!

Bleacher seat tickets are available for \$10. If more than 10 people are interested, there is an opportunity to have a buffet in the picnic area. The cost for the buffet would be an additional \$18.75.

For tickets or more information, please contact Chuck Housum.

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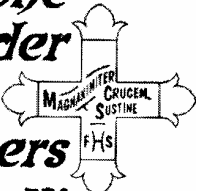
## OUTREACH



We will be collecting school supplies to be handed out at the Community Meal on July 25<sup>th</sup>. This will provide the children in our area with the necessary items to start back to school. Please bring whatever you can to the church during the month of July and we will distribute them. Crayons, looseleaf paper, 3-ring binders, pencils, pens, glue, tape, or anything else that the children would need for going back to school. A million thanks in advance for your generous support.

-Pat Wielinski  
Outreach Coordinator

# The Order of the Daughters of the King



## Daughters of the King Pennies for Malawi make a difference!!

You might wonder, as you drop your pennies into the plastic jug marked "Pennies for Malawi" whether your spare change really makes a difference. Believe me, it does! I recently spoke with a Cleveland Clinic doctor who has done mission work in Malawi. She assured me that this southeastern African nation can use all the help it can get. While on mission there, she ministered to some of the poorest of the poor. Many of the "clinics" had only dirt floors and no electricity. Patients were placed on mats, and she had to stoop and bend over literally hundreds of times a day to tend to her patients. The need is great, and although we cannot do everything, we can do something. Just recently our St. Julian of Norwich Chapter of Daughters of the King sent \$100 to Malawi. But remember, one penny buys one brick. Now that's a lot of bricks! We are so grateful to the generosity of St. Thomas parishioners and encourage you to continue getting rid of those pennies by placing them in the plastic jug right below the picture of Julian of Norwich in the vestibule.

Our next DOK meeting will take place at 9:30 a.m. Saturday, July 28. Please let us know if you are interested in becoming a member by contacting any Daughter or by giving me a call at (440) 243-2731 or e-mailing me at [lkinsey2020@yahoo.com](mailto:lkinsey2020@yahoo.com).

Meanwhile, our chapter will host the diocesan DOK assembly on Saturday, Oct. 20. You do not have to be a Daughter to attend. Watch the Wayfarer and the Sunday bulletin for details later this summer.

--Linda Kinsey, Chapter President



## KNOW YOUR ST. THOMAS FAMILY



### Janet Bell

Janet Bell was born at Lutheran Hospital and grew up in the West Park area

of Cleveland. She attended St. Patrick Elementary School and St. Joseph Academy High School. She graduated as an L.P.N. from the Jane Adams School of Nursing and as an R.N. from Kent State University. Janet was married in 1980 and is now divorced. Her first job after graduation as an L.P.N. was at University Hospitals. When she became an R.N., Janet was with the Visiting Nurse Association for ten years. She is now with Almost Family, a home care agency. Janet likes to take time from her busy schedule to read and garden. She moved to Strongsville shortly after the death of her parents. Their deaths were only separated by a few months. Her sister and brother-in-law are right next door. Janet was active in Ascension Roman Catholic Church. She was one of the first Youth Ministers in the diocese, but became disenchanted by the lack of priests, church policy that does not allow priests to marry and the church's refusal to ordain women. Janet looked us up in the phone book and discovered that we were just what she was looking for! Janet is in our most recent confirmation class, is studying to be a Daughter of the King and has become an active member of the E.C.W. We are so very glad that she let her "fingers do the walking" and it led her right to our door.

- Dody Sandt



## LOS AMIGOS EPISCOPALES



*Our project to purchase and convert a house to five classrooms (adjacent to San Andrés Apostol School in El Salvador) is going very well, we are happy to report. So far our efforts have brought us over \$5,500.*

*Many thanks to those of you who contributed items for us to sell at the Berea Citywide Garage Sale on Saturday, May 19<sup>th</sup>. This also was a very successful event.*

*The next meeting of Los Amigos Episcopales will actually be a committee meeting to help us finalize plans for our dance (to be held on October 19<sup>th</sup> in Cathedral Hall at Trinity Cathedral). We will need all members and newcomers to help in planning this extraordinary event. Our meeting will be Friday, June 15<sup>th</sup> beginning with a potluck supper at 6:30 in Harkess Hall.*

*We welcome you all!*

*- Ruth F. Ihde*



**Pulling Pachysandra for Fun & Profit**  
(Or, "A tisket a tasket, bring your own picnic basket")

Actually, it wasn't fun (just ask Dan, Philip and Tim McGuire)... and it won't be profitable (in the usual sense). But as our "Outside Project of the Year," it needed to be done just the same.

Your Landscape Committee (who wishes to remain anonymous to any pachysandra lovers out there) - at the urging of your Rector (who cannot remain anonymous) -- decided to *remove the pachysandra groundcover in the rear courtyard* (St. Andrew's) on the *left side* of the walkway as you enter the church (the air conditioner side), mulch the cleared area and *install several picnic tables* (which will be donated).

By the time you read this, the pachysandra will be gone and (hopefully) the mulch installed. Stay tuned for the arrival of the picnic tables - you will know them when you see them. At any time thereafter, feel free to come and have a picnic lunch in the bucolic surroundings of St. Andrew's Courtyard!



**...from the Landscape Committee...**

A huge thank you to Dan McGuire and sons who dug up ALL the pachysandra in the courtyard. This area will become "the picnic place".

Thanks also to Anita Coleman and Laura D'Amato for beautifying the front of the church, especially the area around the St. Thomas sign. Anita also planted the impatiens, donated by Ruth Ihde, along the back entrance. Their hard work and dedication to the beautification of the church grounds is very much appreciated!

- Alice Amos & Dave Warburton,  
co-chairs



**- from the Editor**

*Welcome to Deb Huffman! Deb is our new office administrator and she deserves an especially big "thank you" for putting together this issue of the Wayfarer as she is just getting settled into her new job!! I'd also like to thank Sue Donohoe for all her help getting me "into the groove" as editor of the Wayfarer.*

*Thanks to everyone who contributed articles for this edition. The volunteers who assemble the Wayfarer also deserve a nod of recognition.*

*Bea Gobert is this month's Postal Patron. Thank you, Bea! This gift helps defray the costs associated with printing and mailing the Wayfarer.*

*Every month, I ask people to consider switching to the email version of the Wayfarer. I am given lots of reasons why people don't want to change. I offer you several reasons TO change:*

*\*The email version is in color. It's much more enjoyable to read in this format.*

*\*You can print only the pages you want to keep for reference.*

*\*You can save the email version on your hard drive, a floppy disk, or even burn it to a CD! (You'll have a permanent record of it, but it'll take up less space than a printed version.)*

*\*You can help reduce the amount of paper used to create the Wayfarer.*

*\*You can help the church save money!*

*We had several people join our email list after the last issue. THANK YOU!! Please do consider adding your name to the list. If you choose to do so, please let me know by sending an email to [stecwayfarer@sbcglobal.net](mailto:stecwayfarer@sbcglobal.net).*

*Please note that the next edition of the Wayfarer will be a combined August/September issue. Be sure to look for it in mid-August.*

*--Laura D'Amato*

**St. Thomas Vestry Members**

Dave Warburton - Senior Warden

R. Janney Smith - Junior Warden

Elaine Willis - Clerk

Gary Cline

Joan Foster

Tom Halliday

Becky Shank

Troy Thomas

Lynn Vincent

The Rev. Gayle Catinella (Rector)

Tim Cooper (Treasurer)

## ST. THOMAS EPISCOPAL CHURCH –JUNE/JULY 2007

| Sunday   | Monday                          | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday                               |
|--|---------------------------------|--|--|--|--|--|
| <b>JUNE 17 Third Sunday</b><br>After Pentecost<br>8:00 Holy Eucharist-<br>Rite I<br>8:45 Coffee Hour<br>9:30 Holy Eucharist-II<br>10:30 Coffee Hour<br>2:00 Nursing Home<br>Serv.  | 18<br>7:00 Closed AA<br>Meeting | 19<br>6:00 Healing<br>Prayer Service<br><br>7:00 Ambassador's<br>Meeting         | 20<br>8:00 Women's AA<br>Meeting   | 21<br>10:00 Midweek<br>Eucharist<br><br>7:30 AI Anon |  |  |
| 24 Fourth Sunday After<br>Pentecost<br>8:00 Morning Prayer<br>Service<br>8:45 Coffee Hour<br>9:30 Morning Prayer<br>Service<br>10:30 Coffee Hour   | 25<br>7:00 Closed AA<br>Meeting | 26   | 27<br>5:30 Berea<br>Community Meal<br><br>7:30 Vestry Mtg.<br><br>8:00 Women's AA<br>Meeting                           | 28<br>10:00 Midweek<br>Eucharist<br><br>7:30 AI Anon | 29   | 30                                     |
| <b>JULY 1 Fifth Sunday</b><br>After Pentecost<br>8:00 Holy Eucharist-<br>Rite I<br>8:45 Coffee Hour<br>9:30 Holy Eucharist-II<br>10:30 Coffee Hour<br>12:00 Noon - Youth to<br>Swings-N-Things<br>HAWAIIAN SHIRT<br>SUNDAY | 2<br>7:00 Closed AA<br>Meeting  | 3<br>6:00 Centering<br>Prayer Service<br><br>7:00 Foster<br>Parenting<br>Meeting | 4<br>*OFFICE CLOSED*<br><br>7:30 am Bikin- N- Bakin<br><br>Berea Community<br>Parade<br><br>8:00 Women's AA<br>Meeting | 5<br>10:00 Midweek<br>Eucharist<br><br>7:30 AI Anon  | 6  | 7<br>9:00 am - Noon<br>Parish Work Day |
| 8 Sixth Sunday After<br>Pentecost<br>8:00 Holy Eucharist-<br>Rite I<br>8:45 Coffee Hour<br>9:30 Holy Eucharist-II<br>10:30 Coffee Hour   | 9<br>7:00 Closed AA<br>Meeting  | 10   | 11<br>8:00 Women's AA<br>Meeting   | 12<br>10:00 Midweek<br>Eucharist<br><br>7:30 AI Anon | 13<br>6:30 Los Amigos<br>Episcopales<br><br>Indians Game | 14                                     |

## *ST. THOMAS EPISCOPAL CHURCH –JUNE/JULY 2007, continued*

| <b>Sunday</b>   | <b>Monday</b>                              | <b>Tuesday</b>                                  | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b> | <b>Saturday</b>                         |
|---|--|---|--|--|---------------|---|
| <b>15 Seventh Sunday After Pentecost</b><br><b>8:00 Morning Prayer Service</b><br><b>8:45 Coffee Hour</b><br><b>9:30 Morning Prayer Service</b><br><b>10:30 Coffee Hour</b><br><b>2:00 Nursing Home Serv.</b> | <b>16</b><br><b>7:00 Closed AA Meeting</b> | <b>17</b>                                       | <b>18</b><br><b>8:00 Women's AA Meeting</b><br><br><b>Strongsville Community Parade</b>                            | <b>19</b><br><b>10:00 Midweek Eucharist</b><br><br><b>7:30 Al Anon</b> | <b>20</b>     | <b>21</b>                               |
| <b>22 Eighth Sunday After Pentecost</b><br><b>8:00 Morning Prayer Service</b><br><b>8:45 Coffee Hour</b><br><b>9:30 Morning Prayer Service</b><br><b>10:30 Coffee Hour</b>                                    | <b>23</b><br><b>7:00 Closed AA Meeting</b> | <b>24</b><br><b>6:00 Healing Prayer Service</b> | <b>25</b><br><b>5:30 Berea Community Meal</b><br><br><b>7:30 Vestry Mtg.</b><br><br><b>8:00 Women's AA Meeting</b> | <b>26</b><br><b>10:00 Midweek Eucharist</b><br><br><b>7:30 Al Anon</b> | <b>27</b>     | <b>28</b><br><b>9:30 D.O.K. Meeting</b> |
| <b>29 Ninth Sunday After Pentecost</b><br><b>8:00 Morning Prayer Service</b><br><b>8:45 Coffee Hour</b><br><b>9:30 Morning Prayer Service</b><br><b>10:30 Coffee Hour</b>                                     | <b>30</b><br><b>7:00 Closed AA Meeting</b> | <b>31</b>                                       |  |  |               |   |

## Summer of Spirituality!!! Prayer Questions!!!

*Q: Should I pray for myself or just others?*

*A: When you care about someone, you want to know all about their lives. In fact, we don't stay very long in relationships that are just on the surface and never get very personal. We want to share our lives and we want to hear about the other person's life as well. God is the same way. God wants to hear all about what is in your heart, your joys and your sorrows, your fears and your dreams.*

*Praying for others is intercessory prayer, and it should be an important part of our prayer time. We want to be lifting up to God the concerns we have about the world and the people in it. Praying for ourselves is a prayer of petition. In both cases, we ultimately submit ourselves to God's will being done, knowing that God's will for us is to be happy, healthy and holy people.*

*Q: How do I know how long to pray each day?*

*There is no formula for times or places or words. But the right answer to this question is never to stop! You can and should spend quiet time each day with God. I aim for 30-60 minutes and hope for the best. But that doesn't mean that when I am not "praying", I am not "praying". Our lives, our thoughts should always be focused on God. I imagine that the breaths I take are breathing God in, and stress out. Filling myself up with God over and over. This doesn't always work, so remember prayer is a practice, something that you are constantly attending to and pulling back into the forefront when it slips behind the latest crisis. Prayer is intentional practice.*

*More questions???* Put them in the prayer box!!  
*And thanks to our contributors!!*

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