



# THE WAYFARER

June/July 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...

I have another child graduating from high school this year (3 down, 3 to go!!!). That always brings mixed feelings, doesn't it? These major shifts that occur in life are filled with both excitement and anxiety. I am so happy for Jacob. I know he will blossom into a fine adult, one who will make the world a better place. It is time for him to explore life in a bolder way, with freedom to become the person God is calling him to be. I also really like having him around. I like knowing he is safe and what he is doing. Being his mom has been a real pleasure. The transition into an adult parenting relationship is unknown and murky.

Lately, though, I have been praying about anxiety as a failure of imagination. Isn't anxiety rooted in my inability to see more than a few possibilities for how things might go? There are a million potential outcomes for every future event, good or bad. I might only choose to see a few of those. I might only take the time to imagine the things that I can foresee in my limited experience with life.

But God is limitless, infinite and creative. God can't be confined by the limitations of my thinking. God's hopes and dreams and sense of humor have produced sunsets and mosquitoes, lilacs and toadstools, men and women and the Episcopal Church. Creatures and circumstances so vast and varied that it staggers our ability to comprehend it all. And if God can do that, there is no limit to how God can help me to manage the changes in my own life.

Let's not let a failure of imagination limit what St. Thomas can be, limit how we dream and hope about our future. Let us be sure that we are putting away anxiety and fear and thinking about HOW we can make things happen and not if. We have amazing possibilities! Let's take advantage of all of them!!!

Gratefully in service together, Gayle+

## FROM THE WARDEN'S DEN...

### ***A Gentle Summer Awaits You If You Want It***

One of the high points of my week (I lead a sheltered life, I admit) is opening my Monday *Plain Dealer* and reading the *Monday Moaning* column on page A2. Readers phone in their (usually) petty aggravations, dislikes and annoyances, and there are usually quite a few gems. Often, I'll read my favorites out loud to Bonnie while she is getting ready for her day and we howl at the comments. I can't help but marvel at how mean and petty people can be about the most mundane events they come across in their lives.

And it got me to thinking about us at St. Thomas. As your Senior Warden, I am, from time to time, the recipient of nasty gossip and uncalled for comments about fellow parishioners. And from time to time I encounter such a narrowness of view or vision it gives me pause. Now, I don't want to make this sound worse or more commonplace than it is, for it is fairly rare. But I *have* heard some things along the "warden's way" that I truly wish I had never heard. And it makes me sad each and every time it happens. I usually don't quite know how to respond, so I mumble something and try to move on as fast as I can.

I realize that as good ol' human beings, we Christians are prone to the same failings as everyone else. It's just that, as Christians, we are *also* called to rise above this ordinary level and seek to become *extraordinary people*, faithful in word and deed to, as St. Paul saith, "*the upward call of God.*" At least that's the goal, isn't it?

May I suggest that the next time you feel hurt or aggrieved by something you believe someone has said or done to you, not just here at church but everywhere in your life, you try to refrain from making matters worse by responding in kind? The less said – and the less spread – the better off we'll all be at St. Thomas, the better we'll all feel about ourselves, and the closer we'll be to becoming the kind of people Jesus wants us to be – that is, "*Christians.*"

*Summer* is a wonderful time to let go of those things which hold back our care and love for one another. The gentleness of the season, the beauty we see in nature all around us, the slower pace we trod -- and much more at this time of year -- all remind us of God's love for us and of the love God wishes us to show one another. It bears reminding from time to time that we are too richly blessed in both small matters and large to allow our insignificant differences and disagreements to interfere with the fabulous opportunities we are given each and every day to serve God by serving one another in peace.

*Choose to experience a gentle summer this year. Appreciate the many blessings in your life. Reflect on how God wishes to use you in the time ahead. Share your joy with others. Feel the love that surrounds you everywhere on every day by God's unending grace!*

-- Dave Warburton, Sr. Warden

## COMINGS AND GOINGS in OUR PARISH OFFICE -- and MORE

With regret, I must inform the parish that **Debbi Huffman**, our Office Administrator since last May, has resigned her position with St. Thomas effective June 30<sup>th</sup> for personal reasons. We thank Debbi for her dedicated service to the parish this past year and look forward to her continued involvement as a valued member of our church. Best of luck, Deb, and may God continue to take good care of you in your life's journey!

At the same time, we welcome her replacement, **Stephanie Busser**, who will assume her duties on June 1<sup>st</sup>. *The month of June will therefore be a period of transition*, with Debbi staying on to train Stephanie for her new role at St. Thomas. More info on Stephanie will follow soon...

In the meantime, please stop by the office any weekday morning to welcome Stephanie to our parish and wish Debbi good luck as she moves on.

Everyone is invited to a special "*Farewell Debbi/Welcome Stephanie Potluck Luncheon*" to be held at Noontime on Friday, June 13<sup>th</sup>. Please try to attend!

### ***And in "Green Eyeshade" territory...***

Our Treasurer, **Laura Pinney**, has resigned due to time constraints placed upon her by her new accounting job plus family responsibilities which will require her to travel more frequently back to Kansas. Laura, many thanks for your wonderful work, especially for installing our new accounting system! We wish you all the best in your new job, and look forward to your continued contributions to the parish in other capacities.

With Laura's departure as St. Thomas Treasurer, **Tom Halliday** has stepped forward and volunteered to assume this important position. His offer was accepted by The Vestry at our May meeting, and Tom will begin his duties immediately. Good luck, Tom, and thanks for taking on this vital parish task!

Whew! Now, let's all *pray real hard* that things remain stable for awhile!

-- Dave Warburton, Senior Warden



### *Unsung Heroes*

These last few weeks we have been searching for an administrative assistant/bookkeeper to replace Debbi, whom we will miss terribly!! Our personnel committee and several others have been mobilized to assist in the interviewing and hiring process. We had an impressive group of candidates and will have a final decision soon! Please take time to thank those who are helping to ensure quality service to this church in our employees. The personnel committee includes Alice Amos, Gary Carlsen, Ruth Ihde and

Pat Wielinski. Also helping with the interviews were Tim Cooper, Pru Hatch, Julie Kalbrunner and Barb Pertz. Last but not least, Kathy Puskas wrote the job ad! Thank you so much!!!

## From the Junior Warden...

A huge thanks to all who helped on "parish fun day". There were 15 enthusiastic workers who dug and transplanted and scrubbed and cleaned. Windows were washed, pews scrubbed, a new cutting garden created for the flower guild, perennials transplanted and a new garden planted along the alley side of the building.

A path had been created along the front of the church from people taking a shortcut from the adjacent parking lot. We are in the process of making it into a real path with stepping stones.

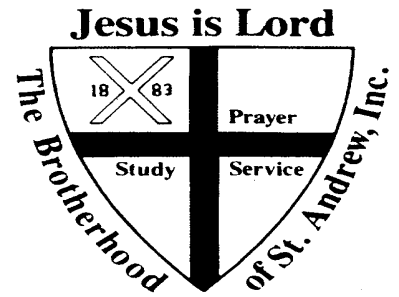
In other areas, the chapel sacristy has a new sink and countertop thanks to Bob Englund and Al Amos. Painting has begun in Harkess Hall with the kitchen being the first phase completed. Thanks again to Bob and Al, and also Jan Smith and Gary Carlsen.

The landscape is looking more beautiful as Ruth Idhe and Anita Coleman have planted begonias along the entrance walkway as well as in the front of the church on Bagley. I am so thankful for all of you who do so much to take care of and beautify St. Thomas!

-- Alice Amos



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

### Episcopal Church Women

All women of St. Thomas are members of the Episcopal Church Women. We operate through area local congregations then through the Diocesan ECW Boards, Provincial ECW and the National Board of ECW. Our Mission is to support all women in their Mission and Ministry in the world. Additionally our goals are to strengthen lines of communication through the Communiqué, which is the three time annually published newsletter, website, and diocesan and provincial visitation. These tools of communication keep us in touch with the ECW in our province, Province V, and the other United States provinces. Please join us when we meet on September 6, 2008 to learn more about this organization in your church.

-- Sonia Miller, President

*Remember St. Thomas in Your Will & Estate Planning!*

### From the Editor...

Let me extend a warm thanks to Debbi Huffman for all her help with this issue and over the last year or so. I wish her nothing but the best! I'd also like to welcome Stephanie Busser to St. Thomas! I look forward to working with her.

Many thanks to everyone who contributed articles to this edition of the *Wayfarer*. It's especially hard to do combined issues because it requires even more advanced planning than normal. Thank you contributors!

Happy Father's Day to all fathers and fathers-to-be!

-- Laura D'Amato, Editor

**"GOLDEN ANNIVERSARY ST. THOMAS-ITES"  
PLEASE IDENTIFY YOURSELVES!**

We are preparing a list of those members who have been at St. Thomas for fifty years this year (i.e. joined in 1958). If you are one of them, please notify the office so we can include you in our recognition plans. Thanks!

**"Going for the Green"**

Last issue, we talked about reducing paper use. This time around, let's focus on 5 simple ways to reduce the amount of other waste (trash) we generate.

- ❖ Use microfiber towels and cloth napkins, instead of paper towels and paper napkins. Microfibers towels are **really** absorbent and both can be washed repeatedly instead of being used once and thrown away. Avoid fabric softeners so they'll last longer.
- ❖ Look for products that use less packaging, especially when buying in bulk.
- ❖ Compost your food scraps. You don't need a large garden, you can use in a container. Or even give your compost to someone who *does* garden. There is a lot of information available on how to compost so don't be afraid to try it.
- ❖ Stop buying bottled water. The best option is to buy a stainless steel water bottle that you can refill at home, but you can also use a sturdy reusable plastic water bottle (such as a sports bottle).
- ❖ If you have something that's no longer of use to you, but could still be used by someone else, check out Freecycle.org so you can give it away. Or list it on craigslist.org if you want to sell it.

What do YOU do at home that works?? ... Email your ideas to [stecwayfarer@sbcglobal.net](mailto:stecwayfarer@sbcglobal.net) !!



**Millennium Development Goals – an Outreach Project**

It was my intention to discuss this month MDGs numbers one and two. However, considering the horrendous natural disasters of the past month, I will focus on goal number one: "eradicate extreme poverty and hunger in developing nations around the world". Certainly, Myanmar with its thousands of casualties from the cyclone would fit this description, but how can we help them when their government is refusing assistance? I have endeavored to find an agency that can help and, would you believe it, Episcopal Relief and Development is succeeding in this effort? In response to my inquiry, I received this message from Xerxes Eclipse, Director of Donor Services: "We've been in the country, working with our ecumenical partners since 2006. We already have systems for monitoring and assessment to make sure things

are done efficiently and properly. We work directly with community-based partners who can distribute supplies at the community level. We are aware of the very delicate political situation happening in the country, so we need to be very careful with how we're handling everything. The Anglican presence in the country is a minority, so it doesn't get the attention that other larger organizations are getting through the media. Given the horrible situation over there, we are able to make inroads, one community at time". So, if you want to help Myanmar, you can donate to ERD at [www.er-d.org](http://www.er-d.org), by phone at 1-800-334-7626, or by mail at ERD, 815 Second Avenue, New York, NY 10017. **PLEASE DO HELP!** The new tagline of ERD is "Healing a hurting world".

As we progress in our presentation of MDG's, I am interested in finding groups around the world (and I already can list many) who are working to attain these goals, but I really want to find groups known to members of our parish – groups with whom our parishioners have relationships. Please let me know if you are involved with international agencies, whom we might support.

- Ruth F. Ihde



**Los Amigos Episcopales** - It's been an interesting month: members of Los Amigos have traveled to Tiffin, Ohio to make a presentation at Old Trinity Church. We were very well received and hope to establish an enduring relationship with this church. On June 1<sup>st</sup>, we will be attending the 10:00 service at St. Matthew's, Brecksville, which is the blessing of books for El Salvador. One of our members will be traveling to El Salvador in June and

will take these Spanish children's books which have been collected by a Girl Scout at St. Matthew's. We are very thankful for these gifts and this interest in our projects

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 7:00pm with coffee and dessert in Harkess Hall. The business meeting follows. The next meeting is on Friday, June 13. See you there!

- Ruth F. Ihde



A great big “thank you” to all the wonderful cooks who helped make our students welcome, wanted, and a little closer to home. As we bid a sad farewell to our graduating seniors, we look forward to fall and the opportunity for new friendships...

-- Dody Sandt

## OUR ANGLICAN HERITAGE

### ***The Book of Common Prayer, 1662, part three***

*Having previously discussed the “meat” of this magnificent liturgical work, we now turn to those “occasional services” which add a bit of “spice” to the loaf.*

First comes one of the most interesting (and now de-listed) rites, *The Thanksgiving of Women after Childbirth, commonly called “The Churching of Women”*. Peculiar to our twenty-first century sensibilities, this rite actually survived in our own BCP through the 1928 edition. It is a Christian version of the “rite of purification and thanksgiving” given Jewish women after childbirth in ancient times. Indeed, our feast of the *Presentation of Christ in the Temple and Purification of the Blessed Virgin Mary*, commonly called *Candlemas*, and celebrated on February 2<sup>nd</sup> each year, honors this very practice: a new mother coming to the synagogue six weeks after giving birth (in Mary’s case, to Jesus) to be blessed and “purified” for the next conception. To this very day, there are those who feel that this rite should *never* have been removed from the Prayer Book and still feel the sting of its loss.

Next comes *A Commination or Denouncing of God’s Anger and Judgments Against Us*. This rite was rubrically charged to be used on Ash Wednesday after Morning Prayer. In many respects, it is the forebear of our current *Ash Wednesday Liturgy*, although quite different in tone. It begins with an admonition similar to the one we use today for the same purpose, but as was the case in many instances in that era, far more ominous in tone. *A litany of curses* follows, akin to a negative recitation of the Ten Commandments (my favorite one is “*Cursed are the unmerciful, fornicators, and adulterers, covetous persons, idolaters, slanderers, drunkards, and extortioners*”). That seems to cover just about everyone, don’t you think? This is “fire and brimstone” stuff as only the Puritan English of that period could do it!

The Psalter (The Psalms of David) follows, with notations for use at Morning and Evening Prayer throughout the church year.

Forms of Prayer to Be Used at Sea comes next, a vivid reminder of England’s storied navel prowess and a service to be used by Royal Naval vessels and other ships of the realm for centuries after. One can almost hear the fervent recitation of Prayers to be used in Storms at Sea as the RMS Titanic listed toward its icy grave back in 1912. And The Prayer to be said before a Fight at Sea Against any Enemy was to be often-used in the years after 1662 as England turned into empire. A form for burial at sea is also included in the rite.

*Ordination rites* for deacons, priests and bishops follow, then a brief rite for the *accession of a new sovereign, The Articles of Religion (1562)*, and *A Table of Kindred and Affinity* (a listing of who may not marry whom “relative-wise” in the Church – they were sticklers for such things back then).

Finally, a rite celebrating the demise of the “Gunpowder Plot” of 1605 (where pro-Catholic plotters led by Guy Fawkes attempted to blow up Parliament) and a rite of penitence over the execution of King Charles I, were quite naturally added at his son, Charles II’s order, both to recognize major events in the history of the Stuart dynasty. (These last two rites were removed from the Book in the nineteenth century.)

*The Prayer Book of 1662* remained the central liturgical guide in England for the next three hundred years. To this day, our worship is deeply imbued with many of the ideas -- and very cadences -- integral to it.

Next term we shall march toward the conclusion of the Stuart’s reign with a look at the climactic “Glorious Revolution.” In the meantime, enjoy your summer break!

-- Dave Warburton

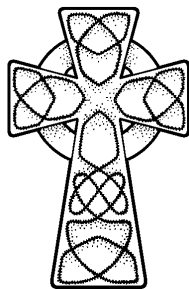
## **JULY 4<sup>th</sup> BIKIN’ ‘N’ BAKIN’**

The St. Thomas Bikin’ ‘N’ Bakin’ Society will meet for our next ride and breakfast on Friday, July 4. 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! **Note:** In case of rain we meet at the church for breakfast.



### Confirmation News

**Please pray!! We have 3 members of St. Thomas who are going to be confirmed or received at the Bishop's next visit in February of 2009. Please hold in your prayers Mary Canonico, Lorraine Haettich, and Adam Spencer. Praise God for this incredible blessing!!!**

if you are a beginning walker, do not be discouraged! Just take the first step! Paul made changes in his life. So can you! Paul believed in teamwork. He traveled with companions on each of his missionary trips. Individually as we walk during this program and with teamwork, we can meet the challenge of the number of miles Paul walked.

Paul was a motivated man before and after his conversion to Christianity on his way to Damascus (Acts 9). We are starting our program on June 1<sup>st</sup> and ending on August 31<sup>st</sup>. We will track total miles walked each week and place our footprints along the map that Paul traveled. This project will be kicked off by our Health team (headed by Mary Ann Cline) and will give instructions on getting started, setting your own personal and reasonable goals, recording miles traveled with and without a pedometer, a map and a table that will help you relate your walks to St. Paul's missionary words and travels, a calendar for recording and walking tips.

Read the benefits of walking: \*raises metabolism \*relieves stress \* slows aging \* reduces cholesterol \*burns fat \*lowers high blood pressure \*increases energy levels \*helps control diabetes \*reduces risk of some cancers \*promotes GI regularity \*strengthens bones \*improves mental alertness.

So let's commit to getting healthier this summer!

-- Submitted by Barb Emigh, RN, Health Team Co-ordinator

### HEALTH MINISTRY



*Psalm 15:1-2, 5. "O Lord, who may abide in your tent? Who may dwell on your holy hill? Those who walk blamelessly, and do what is right, and speak the truth from their heart..."*

#### Lighten up for the summer by "Walking with Paul"

As a parish, we are going to challenge ourselves with a chance to improve physical fitness this summer through a sensible walking program. Walking with Paul is a program taken from Trinity Cathedral which parallels Apostle Paul's second and longest missionary journey (A.D.50-51). Through teamwork we are going to match his 2,800 miles by walking or swimming (Paul sailed 700 miles).

Studies have proven that a minimum of 30 minutes of moderate activity on most days of the week will reduce the risk of heart disease, diabetes, cancer and obesity by 55%! It is said that a trip of a thousand miles begins with the first step; so

#### 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



## Prayer for Fathers

We ask your blessing on all those to whom you have entrusted fatherhood. May we show them love and affection today and all days. May your Holy Spirit constantly inspire them with justice and mercy, wisdom and strength, fidelity and love. We ask this through Jesus Christ, **AMEN.**



# Father's Day



## UPCOMING SUMMER EVENTS...

JUNE 22<sup>ND</sup> - HAWAIIAN SHIRT SUNDAY

JUNE 27<sup>TH</sup> AT 6:00 PM  
MIDDLEBURG HEIGHTS PARADE

JULY 3<sup>RD</sup> AT 6:00 PM  
BEREA PARADE

AUGUST 9<sup>TH</sup> AT 1:00 PM  
ICE CREAM SOCIAL & CAR WASH

AUGUST 10<sup>TH</sup>  
PARISH PICNIC  
AT THE BEREA CHILDREN'S HOME FARM

MARK YOUR CALENDARS!!!

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

