



THE WAYFARER

March 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 Reflection...

"History belongs to the intercessors, who believe the world into being." This quote, from theologian Walter Wink, grounds us in the need for our prayer to be constant and heartfelt. Quite simply, the world depends on us. We lift up our prayers for the poor, our family, the sick, the church, all of our cares and concerns. And in doing this, we not only capture the attention of God but our hearts are captured as well. If we can pray for something, we can believe it, and if we can believe it, we can make it happen.

In this season of Lent, when we polish up our prayer life, maybe adding in more time or a new discipline, I encourage you to be sure that you are praying not just for a better life for yourself and those you love, but for a better world for everyone. Step outside of your usual list of intentions and add your hopes for peace, for justice, for equality, for the environment, for an end to hunger and homelessness and intolerance.

This Lent, one of the things I am doing is listening more to the news. I tend to avoid all but the headlines. It is so discouraging. But if I am not aware, I cannot know what to pray for. Where in the world is there war or disaster? Where in the world is there hunger and need? Where, if I am moved in my prayer, can I give my time or my money for real change? I have to pay attention to find out, and then I have to move into that place of pain with the grace and love and compassion of Jesus Christ so that a new reality can be possible. It takes energy, but who else will do it if we don't?!

If you have prayed for healing for yourself or others and experienced how amazing that can be, I encourage you to step out a little further and pray for healing between people, healing of the planet, healing of the great need in this world for a recognition of abundance. You can make a difference. Pray the world into the Kingdom of God!

Praying with you!!! Gayle+



FROM THE WARDEN'S DEN...

A Question of Identity: Who are we – where are we going?

In several recent instances, I have heard the phrase “St. Thomas’ identity” mentioned. As in, “we don’t want to change our identity.” And it got me thinking, “Well, just what *is* our identity as a parish?”

If someone outside St. Thomas came up to you and asked you to tell them what our identity is, what would you say? How do you see it? For that matter, how do you measure it?

One way would be to look at our parish budget: how do we allocate our (very) limited resources? For instance, we budget \$3,000 to help those in need in our community and around the world (*outreach*), yet we also budget \$1,500 to cover expenses for our choir (principally sheet music, I believe) to enhance our worship experience. The budget is full of such comparisons – take a look at it (you got a copy at the annual meeting).

One might assume from this one example that we place a high value on our worship; after all, we spend half as much on music as we do helping those in need. We employ a very fine and experienced organist at some expense to provide leadership for our music program, too. So, is *worship* key to our identity? We certainly value worship a great deal: our Sunday services are well attended, and no one could argue that they are not very, very beautiful and meaningful. And we did purchase that quarter-million-dollar organ didn’t we?

I am not “picking” on our worship, of course, only using it as an example. One could also certainly say that we place our emphasis – stake our identity – on pastoral care, since the greatest expense we have is our priest. We cover the salary for an office administrator and a sexton too; many parishes no longer can afford this luxury and depend upon parish volunteers to do those jobs. Is our support staff part of the “St. Thomas identity?”

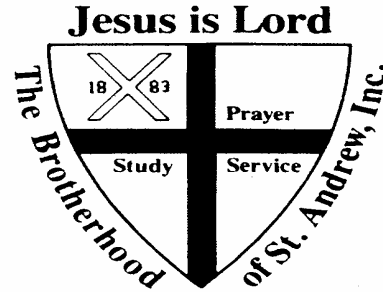
I would love to hear from you on this question. How do you see our parish identity? Worship? Outreach? Activities? Youth programs? Maintaining a beautiful building? Is our identity what you think it *ought* to be, or should we look at changing it to something else? We are always (whether we admit it or not) in a period of transition from where we *are* to where we are *going*. Tell me where we are and maybe we can decide if we are headed in the right direction. Send your

observations to dwarburton@prodigy.net or drop them off in the parish office. We’ll publish (anonymously!) the comments we receive in an upcoming *Wayfarer*.

The “FACTS” study I passed around last autumn found that parishes that know their identity – whose members can clearly state what the principal goals of the parish are in a few words – tend to grow. Those that can’t tend to shrink over time.

Let’s make sure we are on the *right* side of that study.

-- Dave Warburton



The Brotherhood of St. Andrew

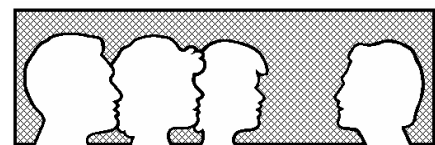
The Brotherhood of St. Andrew meets the third Saturday of each month at 9:30 am at the church. All men are welcome!

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



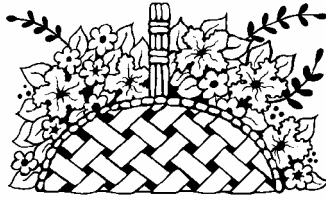
Young Adult Group Off and Running

In February, a group of people between the ages of twenty-one and forty years old, met for fellowship, great food and getting to know each other better. We hope to create a support community for each other and grow stronger in our faith and support of the church. Stay tuned to see what will happen next! We are excited about all that this great group of people can do!!!



In the Garden....

Spring is just around the corner. Yes, it really is! It is time to be thinking and planning our landscape projects for this year. In early March, I will be contacting all of you who helped in any way last season: planters, weeders, waterers, as well as those who have indicated that they would like to be a part of this landscape "beautification of St. Thomas" committee.



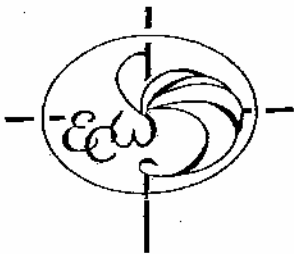
Also, The Landscape Committee will be featured on Sunday, March 30 in the foyer after both services.

-- Alice Amos



Unsung Heroes

This Lenten season, we have responded to the request of the parish by opening up the church during the day and in the evening for private prayer. I want to thank the people who have been opening the church between 7 and 8:30 pm so that you can come and pray. They have also been praying for you! These unsung heroes are: Carole Pozek, Peggy Ryel, Marcie Molmen, Laura D'Amato, Julie Kalbrunner, Gale Mette, Jan Bell, Clint Hist, and Tom Halliday! Thank you so much for your help in this ministry!



Episcopal Church Women

The March 1, 2008, ECW meeting is at 10:00 following Elaine Willis' presentation "What's New at the Library". Please

join us for this very interesting and informative presentation. We are now collecting rummage for our annual rummage sale, April 10-11. Your contributions for this sale are to be placed outside the Forum Room and again we are requesting no clothing.

Anyone that missed the Molmens' missionary trip to Liberia presentation and is interested in viewing the DVD, please see me.

-- Sonia Miller, President

BLUE-BAG RECYCLING

St. Thomas will once again be able to recycle pop cans (and other aluminum cans), water/beverage plastic bottles and glass beverage and food bottles/jars. Near the kitchen, there will be a trash container with a blue bag liner to collect these recyclable items. Please rinse items before placing in the container. Remove and discard in the regular trash any lids and neck rings from the containers. Only #1 and #2 plastics may be recycled.



If you have any questions, please contact Laura D'Amato.

Also - you will notice that Rey Magpoc was kind enough to make and install a rack to hang coffee mugs over the sink in the kitchen. You are welcome to bring in your own coffee mug for coffee hour and you can feel free to hang it on the rack every Sunday! This way we will avoid discarding all those Styrofoam cups! We just ask that you wash your cup after you use it. Barb Pertz will be making sure there is plenty of hot, soapy water on Sunday mornings for this purpose!

Thanks! Let's do our share to help St. Thomas be more environmentally-friendly!



Outreach

We are so extremely grateful for your generosity in bringing in your coats which were distributed to St. Luke's (Cleveland) and the Brookside Center. There were nearly one hundred with two trips being made to each location.

Thank you, also, for your generous response to the clay pot collection of loose change. We may have to get a bigger pot! (Actually, we do have two in case our pot runneth over!) This ministry will make a big difference in the lives of those less fortunate in our midst and in our community. You are truly living the Gospel (Matthew 25:35-45) where Jesus taught, "Whereas you have done it for the least of these, you have done it for me". We will continue this alms-giving of our loose change during the entire Lenten season. Thank you so much!

-- Pat Wielinski, Outreach Coordinator



Los Amigos Episcopales – We have been blessed with a very successful year 2007 (generous donations from many friends and a beautifully successful dance). We are looking toward the new year's work and are planning a trip to El Salvador. We need all new and old members to tackle our projects. In order to simplify our meeting schedule, beginning with the March 14 meeting in Harkess Hall, **WE WILL NOT HAVE A POTLUCK DINNER.** We will meet at 7:00pm, at which time dessert and coffee will be provided. Do join us for enjoyable, stimulating meetings. See you all there.



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

- Ruth F. Ihde, President



Hello. I would like to thank everyone for their financial support and prayers for my schooling at Ashland Theological Seminary. The school year is going well. The first quarter ended with me taking Person in Ministry, Person in Prayer and the Missional Church. Person in Ministry focused on life in the ministry and how to deal with the pressures of it. Person in Prayer focused on the idea of getting closer to God through prayer and looking at different aspects and methods of prayer. The Missional Church looked at the history of mission work and the cross-cultural church today. Now in the second quarter I am taking Church Administration, Communication Conflict in the Church, Old Testament I, the Pentateuch, and Race, Gender, and Sexuality in the Bible within the Black Church. The Church Administration and Conflict and Communication class is part of a cohort class that involves lecture in the morning and small groups in the afternoon. We learn as a group how not only to be leaders in the church but also how to deal with conflict in a Godly manner. The Old Testament class looks at God through the first five books of the Bible, especially God's grace. The Race, Gender, and Sexuality in the Bible class looks at these issues in the Black Church and how that looks in today's society. These classes have been both educational and transformational in my studies and my life. I thank you again for all your support and prayers through my education and training and the opportunity to share and apply this at St. Thomas.

-- Eric Kluth

Know Your St. Thomas Family Carole Pozek and Peggy Ryel



Carole was born in Parma and lived in Cleveland until she was nine when her family moved to Lakewood. Carole graduated from Lakewood High School. She attended Tri-C and Cleveland State University. Her first job after college was as a sales manager for a

vending machine supply company. Later, Carole was the regional sales manager for Omaha Steaks, until, on the way home from a meeting, her car was hit by a truck. She suffered two broken arms, one of which required extensive surgery.

On September 11, 2001, Carole was diagnosed with MS. Had she still worked for Omaha Steaks on that fateful day, she would have been in New York City. After her first diagnosis, Carole suffered white blindness and was wheelchair bound for two years.

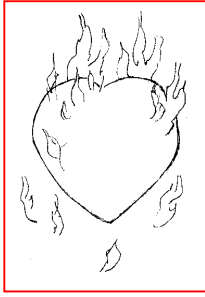
Peggy was born at Medina Hospital and grew up in Valley City. She graduated from Buckeye High School. She attended Tri-C, took flying lessons and has her pilot's license. Peggy was married in 1969, has two children; Scott, 34 and Amy 30. Peggy has always worked as a secretary and is currently employed (on medical leave) at Kaiser in Strongsville. Her husband died in 1988 when Amy was ten years old. Peggy and Carole met through Carole's mom and in 1991 they bought a house in Lakewood. Carole and Peggy raised the children together and have three (almost four) grandchildren. Lucky for us, four years ago, they moved to Berea and after some church shopping, found St. Thomas on our website. Their granddaughter, Abby, was baptized here on January 13th of this year.

Carole and Peggy are campers and have had a permanent campsite in West Salem for the past ten years. They also own a retired racehorse with the wonderful name of "If-You-Say-So."

Both Peggy and Carole are active at St. Thomas. Carole is an usher, a member of the flower guild and a Chalice bearer. Carole was instrumental in contacting nursing homes to begin the ministry of involving those facilities in our monthly luncheons after the B.W. concerts. Both Peggy and Carole are very active in S.T.A.R.. Carole also assists in the Lenten Stations of the Cross. Peggy is a Lector and serves as Carole's backup in all the ministries.

On October 21st, when coming back from closing up their campsite, Peggy and Carole were in a horrific car accident. They have been through so very much and are both facing more surgery in March. These wonderful, dedicated servants of our Lord need continued prayers.

From the Heart of the Parish...



- ❖ Prayers for the family of Walter Carpenter. His memorial service was February 15th at St. Thomas.
- ❖ Prayers for Linda Kerbusch. She is still having

problems with her ankle and had to have it recast.

- ❖ Prayers for Mary Jane White who had surgery on her shoulder as a result of a fall.
- ❖ George Segedi and his friend Lorraine will be traveling to Florida and the Caribbean this winter.
- ❖ Jeff and Katherine Puskas will be going to Florida. What a wonderful escape from this frigid weather!
- ❖ Congratulations to Jacob McGuire! He has been accepted into the Freshman Nursing Program at Cleveland State.
- ❖ Congratulations to Chuck Housum who has recently become engaged to his longtime friend and co-worker Ann Caldwell. The couple celebrated his birthday in January by visiting friends and family in Clearwater, Florida. They also visited the Universal Studio theme park in Orlando.
- ❖ Congratulations to Matt and Heidi Demaline. They have just purchased their first home. It is a lovely Craftsman built home in Lakewood.
- ❖ Mary Jones is at the Bradley Bay rehabilitation unit and is doing well.
- ❖ Congratulations to Lou Hardman. Her great-granddaughter Clare was baptized Sunday the 17th of February at Holy Spirit Church in Avon. Her parents are Dan and Jen Hardman.
- ❖ There is a letter from Susannah Bender on the bulletin board. That lucky young lady sends greetings from France and tells us that she will be going to Greece in the spring.
- ❖ Welcome to new parishioners: Clint Anderson, Mary and Jesse Banonico and their sons Jack and Kyle, Kim Basawil, and Amy and Eric Reed with their newly baptized daughter, Abby.



HEALTH MINISTRY

Psalms 29:11 "The Lord will give strength unto his people: the Lord will bless his people with peace."

The Health Team met and fixed our goals for this year:

- ❖ We will do a physical safety assessment of our church.
- ❖ We will continue with CPR/AED training until all parishioners desiring this certification are trained.
- ❖ A summer "healthy living" promotion is in the works.
- ❖ An updated emergency contact list is needed.
- ❖ Our first aid kits are being updated.
- ❖ A health needs assessment of our parish will be conducted.
- ❖ Under discussion was the issue of some fellow parishioners wanting to come to church but needing car rides. This team also wanted to thank those of you doing home visits.

You'll see all our parish nurses in action with these projects!

Improving Your Balance

As you age, a number of factors may affect your stability, including vision problems, loss of strength, side effects of medications, and many medical conditions such as Parkinson's disease, arthritis, inner ear abnormalities, or stroke. Some of these can be medically correctable, such as working with your doctor to adjust your medications. However, you can also exercise your sense of balance with:

- Many types of physical activity, including walking.
- Everyday balance exercises – Try rising up on your toes, or balancing on one foot, then the other while doing dishes, brushing your teeth or waiting in a check-out line. A more advanced exercise is to walk heel-toe, heel-toe, as if walking on a line. Do these exercises near something that you can steady yourself with if need be. Another exercise is to stand up and sit down in a chair without using your hands.
- Advanced balance training - these often involve use of a large, inflatable "stability" ball.
- Strength training – Regularly doing exercises to strengthen your muscles can help you achieve better balance and coordination.
- Tai chi – This form of Chinese martial arts consists of a series of gentle, graceful movements that help improve your balance and coordination. If you can't find a local class, consider renting or purchasing a video or DVD.

A recent study found that those who had routinely exercised or had been physically active throughout life had the best balance. Adults who had started exercising after retirement had balance nearly as good as those who had always been active. Those who had once exercised or been physically active and then stopped had balance nearly as poor as those who had never been active. Your balancing skills can significantly diminish if you're not regularly using them.

-- Submitted by Barb Emigh

Reference: Mayo Clinic Health Letter Nov.07.

OUR ANGLICAN HERITAGE...

The Restoration

On May 29, 1660, Charles Stuart returned to England from Holland to reassume the throne for the House of Stuart. This *restoration of the monarchy* was fraught with danger, of course: after eleven years of parliamentary/military rule; with no national Church in place for moral guidance; with an almost uncountable number of religious and political sects vying for supremacy, there was good reason for skepticism as to the future of a restored Stuart monarchy.

To tamp down some of these fears, Charles (II) issued the *Declaration of Breda* before setting sail for England. In it, the monarch declared a general pardon for most offenses which had led up to the execution of his father and a willingness to be open to different religious views upon his return. Non-Anglicans took some hope from the declaration, of course, but time would show that they were not always well founded. Still, after the disaster that had preceded it, the restoration was greeted by most with a great sigh of relief.

Having spent much time in preparation during exile, the high church party (known as *Laudians* after their martyred archbishop) quickly set about restoring the episcopacy of the Church. The many empty *sees* were filled with new bishops, carefully consecrated by existing prelates to maintain the important *line of apostolic succession*.

To placate the many *puritans* – to whom a restoration of monarchy was bad enough but restoration of a national church was *anathema* – Charles called a conference of church leaders from both sides to be held at Savoy Hospital, London in April, 1662, to iron out a “compromise” on their many intractable differences. Clearly, with Charles’ favor resting on the high church side, the puritans stood little chance of achieving any of their goals, and they didn’t. The puritans objected to, among other practices, the wearing of vestments by the clergy, kneeling for communion, calling clergy “priest” instead of “minister,” calling Sunday “Sunday” instead of “Lord’s Day” and the use of the sign of the cross in baptism. And all this in addition to their general distaste for a common prayer book or episcopacy.

The leaders in attendance listened politely (more or less) to the puritans’ concerns and then

proceeded to vote them down time after time. Shortly thereafter, a committee was formed to update and restore the *Book of Common Prayer* for the entire national church’s usage, and so it did. By Summer 1662, the committee had completed its task and presented to the king its seminal work. With his approval, the *Book of Common Prayer of 1662* was introduced by an *Act of Uniformity* and ordered into use throughout the realm beginning on St. Bartholomew’s Day (August 24), 1662. Those who would not conform to this restored usage were deprived of their clerical status in the church, and those who were not already episcopally-ordained had to agree to submit to such ordination immediately.

This new Prayer Book of 1662 would prove to be the official prayer book of the Church of England for more than three centuries. Because of its obvious importance to the entire Anglican Communion, my next article will be devoted exclusively to this master liturgical work.

- Dave Warburton

Accounting and Other Boring Stuff



The new accounting system is fully operational and works great. Debbi loves it and the Vestry appreciates the superior reporting capabilities that it offers. Thanks again to the Vincent and Miller families for this wonderful gift to the church.

The new system is capable of numerous things that the old system could not perform. For example, you can donate two rolls of stamps or a box of copier paper to the church and we can post that gift to your giving record. Additionally, you can now write one check for your pledge and include your flower donation on the same check. You do not have to write separate checks anymore. And....wait until you see the giving records. They will be easier to read and understand, which I am sure that you will all appreciate.

The following is the abbreviated version of the January 2008 Income Statement:

Revenues: \$15361.88
Expenses: \$18726.97
Net Loss (\$3,365.09)

-Laura Pinney, Treasurer

From the Editor...

It's hard to believe another issue of the *Wayfarer* is in your hands (or on your computer screen)!

As always, thanks to everyone who helped put this issue together: Debbi Huffman, the people who contributed articles, and the volunteers who get the print copies ready for distribution!

Remember, if you'd like to sign up for the email version of the *Wayfarer*, please send an email to me at stecwayfarer@sbcglobal.net

If you are receiving a print copy, please remember your voluntary \$4 contribution to help cover the costs of paper, etc. Thank you in advance for your support!

-- Laura D'Amato, Editor

YOUR 2008 ST. THOMAS VESTRY

Dave Warburton - Senior Warden

Alice Amos - Junior Warden

Elaine Willis - Clerk

Gary Cline

Tim Cooper

Tom Halliday

Becky Shank

Lynn Vincent

Peggy Zambounis

Rev. Gayle Catinella - Rector

Laura Pinney - Treasurer

Kneeling in Jerusalem by Ann Weems:

WE PRAY THIS DAY

O God, we pray this day:

for all who have a song they cannot

sing,

for all who have a burden they cannot bear,

for all who live in chains they cannot break,

for all who wander homeless and cannot return,

for those who are sick and for those who tend them,

for those who wait for loved ones and wait in vain,

for those who live in hunger and for those who will not share

their bread,

for those who are misunderstood and for those who

misunderstand,

for those who are captives and for those

who are captors,

for those whose words of love are

locked in their hearts

and for those who yearn to hear

those words.

Have mercy upon these, O God.

Have mercy upon us all.



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

