



THE WAYFARER

May 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*

From the Senior Warden's Den...Special Edition

Warm Spring greetings from the Warden's Den and your Vestry! Rev. Gayle has ceded her usual spot on the cover of *The Wayfarer* to me this month so that I can introduce our brand new strategy to grow St. Thomas into a more fully inclusive and active parish.

Your Vestry has been hard at work developing this protocol, and we are now ready to launch our vital initiative. "What can I do to help," you ask?? Rest assured, we will ask all members of St. Thomas who are able to assist us in this effort. Today, I'd like to outline briefly our plans and how you and your fellow parish members will (and must) fit into them...

First, your Vestry has adopted a "goal statement" (included elsewhere in this issue) stating our purpose for putting everyone to work on growing St. Thomas; I believe that it speaks for itself. Note that while we are emphasizing bringing more young people into our parish (they are, after all, the future), our real goal is making this special place welcoming to people of every age and stripe. No one must ever feel left out here ~ we aim to reflect the diversity of God's human creation in all its glorious variety!

Second, we will begin the discernment process so necessary to our plans by asking you to volunteer to join one of our new "Growth Discernment Committees." The job of these groups will be to evaluate the strengths and weaknesses of St. Thomas (internally) as well as both the opportunities and threats we perceive (externally). Then, we on your Vestry will evaluate the reports from the various committees and move to step three.

Third, two small new committees will be formed (as chosen by The Vestry) to prepare an action plan to implement the recommendations from the Growth Discernment Committees. This is where the proverbial rubber will hit the road: how do we, given our desires and resources, bring to fruition our growth strategy? Once approved, we will begin implementing this "Parish Growth Plan."

St. Thomas needs your help. I know we can count on receiving it in ample measure as we go forward with our plans. With God's help, we cannot help but succeed!

Faithfully,
Dave Warburton, Senior Warden

Rector's Musings. . .

Every morning when I walk these days I see something new. Early tulips, blooming trees, budding bushes. My favorite little stand of poppies is starting to sprout. I will watch them every day I pass by until those glorious red flowers burst forth for the short time we have them. Even though the basic landscape doesn't change, each day something is different, a new thing happens. And this is of God, who is not stagnant or unchangeable, but constantly recreating things!

In our lives, it is the same way. Each day is new, each moment is fresh. We can open our eyes to this or not. I now have 4 children who are legally adults. Things are changing. It is exciting to see them become the wonderful people they will be. Kids graduate, marry, have children. We age and hopefully grow wiser as well.

And it is the same at St. Thomas. New people join, others go. New programs and opportunities arise and old ones fade away. We work with God to be relevant and exciting and challenging, always seeking God's will, always recreating with God the Kingdom that Jesus established. Is there a right way to do this? Only in that we must be faithful!! Do we need to be anxious? Not if we truly believe that God is in the midst of it!!

Will change cause suffering? Sometimes. That is the nature of our Christian life. It is grounded in the cross, which means that we must sometimes bear what we don't choose. We cannot shy away from the cross. We must be grateful to love and serve as Jesus did.

I believe that change can be exciting and challenging and stimulating and lead to growth. I also believe that change will come, just as the tulips will bloom this spring and next. We can embrace it and make it into what we want it to be. Or we can miss the opportunities to work with God that it presents! Lots of changes are on the horizon here. Let's enjoy it!

Love, Gayle +

Confirmation Class Begins

If you are interested in joining the Episcopal Church and being confirmed or received, classes will begin with an organizational meeting May 18 at 9:30! Please join us!!! Talk to Gayle if you have questions!!!

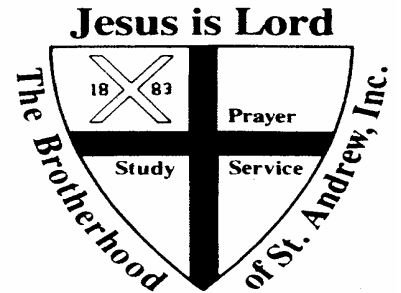
From the Junior Warden...

Saturday, May 10th will be the all-parish work "fun" day. Starting at 9:00 a.m., we will be preparing the grounds for plantings and cleaning areas inside the church building, including washing windows. The more people who participate the quicker the work will be accomplished and the lighter the load. Lunch will be served. Please sign up so that I'll know how many to plan for. Let's all join together to 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



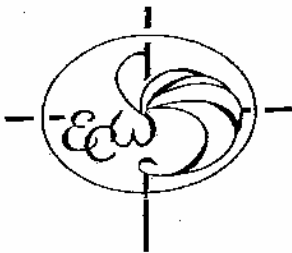
Grandparents Day



Are you a grandparent or do you act as one in the life of a child?? The youth group wants to thank you! Please join us for lunch on May 18 after the 10:30 service. A sign up sheet will be available so we know how many to cook for. We will have some good food, fellowship and fun!!!!

Unsung Heroes

Ever wonder how this building stays in such good shape? Ever wonder who organizes things to get fixed when broken? Ever wonder who gets called any time of the day or night if there is a question with the furnace or the stove or a leak or whatever? That person is the Junior Warden. The ones I have served with since I have been here have been absolutely fabulous, and I want to thank John Vincent, Dave Miller, and Jan Smith, who still come through over and over again in a building crisis! Our current Junior Warden is Alice Amos. She and her husband Al have already clocked more hours than we can count cleaning, organizing, and overseeing the maintenance of this building. I can't begin to list all that they have done, but if you pay attention, you will notice!!! Please thank both of them for all they do!!! Their dedication and service to this church are such a blessing!



Episcopal Church Women

The Rummage and Bake Sale was a huge success. On behalf of the ECW, I thank all the people that contributed their "rummage" and baked goodies and to those who helped set up, price, and sell the items. To Donald and Kathryn Elster who staffed the bake sale table during the two days of the sale, a special thank you. Last but not least, thanks to Dody Sandt for putting together the Rummage Sale.

The next meeting and last one until September will be a Spring Luncheon on June 7th, so watch the parish bulletin for details.

-- Sonia Miller, President

MDG's – an Outreach Project . . .

As recently-appointed outreach person in charge of Millennium Development Goals (MDG), I am presenting this summary of the church's involvement with this very appropriate and commanding program.

We have all heard, at least minimally, about "MDG's". Perhaps we have assumed that this is just another popular catch-phrase being used to attract our temporary attention to solve world political problems or to inspire churchgoers to "give more". Such is not the case. Originally, this is a United Nations idea asking developed countries to give 0.7% of their budgets to alleviate the serious problems of underdeveloped countries, according to the listing of the areas of their inadequacy. In the Episcopal Church, the project has been affirmed on both the national and diocesan level. Churches are being asked to give 0.7% of their budgets to *international* charity specific to attaining the MD Goals (the budget at St. Thomas allows for less than ½ this amount).

We have all seen the statistics lately: The US has 5% of the population of the world, but consumes 25% of its resources. Put another way, if we could grant everyone on earth an amount of resources equivalent to US use, it would require four planets - - but we have only one! An obvious corollary to this statement would be that not only do we need to share our bounty with the poorer countries of the world, we need to actually give up some of the luxuries to which we have become accustomed.

Over the next several months I will endeavor to outline how we at St. Thomas can effectively help in eliminating poverty, hunger, and preventable diseases; how we can address the issues of universal primary education, women's health and equality, environmental sustainability, and much more. Are you with me? I need your input too.

Our Prayer Book has known this all along: (page 388) "Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good." "Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory."

In the meantime, can you dedicate 0.7% of your income to the MDG international effort? How are you going to use your government economic stimulus tax rebate to be distributed in May 2008?

- Ruth F. Ihde

Remember St. Thomas in Your Will & Estate Planning!



From the Editor...

While Earth Day passed by in April, we really should make an effort EVERY day to support the planet. We're going to start a "Going for the Green" column which may help give you ideas to make changes in your own home. This tip ties in with the UN Millennium Development Goals (MDG), specifically goal #7 which is to "Ensure Environmental Sustainability". Look for this issue's tip elsewhere in the issue and if you have any tips to share, please feel free to share them with me (by email stecwayfarer@sbcglobal.net or by leaving a note in the Wayfarer mailbox outside the chapel).

Thanks to Debbi Huffman, those who wrote articles and anyone else who contributed in any way to put this issue of the Wayfarer together. Their work is truly appreciated!

If you are receiving a paper version of the Wayfarer, please consider making a \$4 payment to St. Thomas to help cover the costs associated with the newsletter. If you have already made such a payment, THANK YOU!

Happy Mother's Day to all moms and mothers-to-be!

– Laura D'Amato, Editor

"Going for the Green"

One of the easiest things to do at home is to reduce paper use. Let's face it, you probably get tons of junk mail, maybe you subscribe to a magazine or newspaper, perhaps your printer is no good!

Here are a few changes to make:

****Get your name off mailing lists – visit the Direct Marketing Association's Consumer Information and Preference Service website <http://www.dmachoice.org/consumerassistance.php> for information on getting off print (and email) mailing lists. They also have information on how to remove deceased individuals or individuals in your care from mailing lists. You can also call catalog companies directly to remove your name. This step is more time consuming, but it does work!**

****Pass along magazines to friends. Check with local schools to see if they can use your magazines or newspapers. Drop off magazines at libraries for their book sales or check with**

doctor/dentist offices, hair salons or local gyms to see if they want them for reading material. Just don't forget to remove your name and mailing address from any magazine that you pass on.

****Reuse the backs of paper – even junk mail. You can make your own scrap paper tablets by cutting such paper into manageable sections. This saves you money since you won't have to buy fancy tablets! :-)**

****RECYCLE - RECYCLE - RECYCLE! St. Thomas participates in the Abitibi Paper Retriever recycling program. When you come to church, bring your paper in for recycling! The bin is located in the parking lot and it is green & yellow. This program isn't limited to office paper, you can recycle newsprint, junk mail (envelopes too), greeting cards, catalogs, etc. Please don't put plastic bags in the bin – use a paper sack from the grocery. Also, make sure there is no metal, plastic, glass or trash. If your community has a curbside program, take advantage of it. Just remember that some of those programs are limited to newspaper only. If that's the case, remember to bring your other paper to St. Thomas to put in the Paper Retriever bin.**

****When shopping for printer paper (or even toilet paper), try to buy a product that has recycled content in it.**

Paper Recycling Contest

St. Thomas is enrolled in a contest to increase the amount of paper we recycle using the green & yellow Abitibi Paper Retriever recycling bin locating in the parking lot. If the amount of paper we recycle over the period May 1 through August 31 increases 20% (compared to the same time period last year), we'll receive \$250!!! Please be sure to bring your paper, newspaper, magazines, catalogs, and junk mail to St. Thomas for recycling during this period! Questions?? See Laura D'Amato.

Adult Forum!!!

Join me on May 17 at 11:00 at the Berea Band Shell to talk about and pray with God in nature!!! We will talk about how to do that and enjoy some practice! Please be a part of this!!



S.T.A.R.

The May 7th STAR concert and luncheon will feature faculty from the Baldwin-Wallace Conservatory playing a Brahms trio for horn, violin and piano. It will be followed by a yummy lunch of pulled pork sandwiches, potato salad and desserts.

The final STAR program of the '07-'08 year will be on Wednesday, June 4th and features Al Machusac, the "Polka Guy". He will play the accordion for our 2nd annual polka party! Come to have lots of fun and dance if you wish. Luncheon will be tuna, chicken salad, or egg salad croissant sandwiches with fresh fruit salad and, of course, desserts!

A special "THANKS" goes out to the STAR committee members, church members, and friends who so graciously gave of their time to set up, host, serve, visit, clean up, or bake for this year's programs. You have only to remember how many folks attended and how long these guests stayed to chat and share with friends over lunch, to know that you have made a positive difference in the St. Thomas and greater Berea community.

We look forward to another great year for '08-'09 beginning in September!

-- Julie Kalbrunner



Daughters of the King

The Order of Daughters of the King is a prayer and service organization dedicated to the spread of Christ's Kingdom. We are called to a Rule of Life that includes daily prayer. We pray daily for the parish, our rector and any special prayer requests that come before us.

We gather monthly for meetings that include prayer and study.

-- Linda Kinsey, President
St. Julian of Norwich Chapter

OUTREACH COMMITTEE

"Do you love me? Feed my sheep. Do you love me? Take care of my sheep. Follow me." (John 21:15-17)

These words spoken by Jesus to Peter are spoken to us as well. Because we love Jesus and intend to follow Him, we reach out to those who need care and offer whatever kind of help we have to give, always showing God's love to everyone we meet.

The Berea Community Meal on April 30th marked the one year anniversary of this important ministry. During this year we have seen people come together and form new friendships, looking forward to the fellowship each month. We have come to know by name the guests who attend on a regular basis. Those who serve on a regular basis have developed a camaraderie that unites us in this ministry.

The Community Meal began as an ecumenical outreach program supported by six churches in the Berea/Middleburg Heights/Brook Park area. We are very grateful for their willingness to be part of this group and to recognize that we can make a difference in the lives of those whom Jesus has asked us to take care of.

It's not just about the food - although that is a very important element - but it's not just the food. It is a time for God's people to come together and share some part of our lives. People arrive early and eagerly, share hearty laughter, share optimism, and share a meal. (The person in the wheelchair told his friends, "There are people a lot worse off than me. You just try to get by.") (Several people scrambled to help a woman find her lost keys.) (Some people will ask to take home an entree so they can have food tomorrow.) This is heart-breaking and spirit-mending all at the same time.

I encourage you to become involved in this ministry. It will change your lives because you will be doing what Jesus asks of us when he says, "Follow me".

-- Pat Wielinski, Outreach Coordinator



Los Amigos Episcopales - Many thanks to those who stopped by the Los Amigos display in the narthex this past Sunday. We thank you for your interest.

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 two meetings are on Friday, May 9 and Friday, June 13. See you there!

- Ruth F. Ihde

MEMORIAL DAY BIKIN' 'N' BAKIN'

The St. Thomas Bikin' 'N' Bakin' Society will start the 2008 summer season with the traditional Memorial Day bicycle ride with breakfast on May 26. 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 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 or 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 every one pray for good weather! Note: In case of rain we meet at the church for breakfast



HEALTH MINISTRY

Isaiah 26:3 *"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."*

Brain Fog

Research shows that neither aging nor senility is typically to blame for clouded thinking. Forgetfulness, attention lapses and other complaints about mental sharpness are more closely related to mood and general mental health. It could stem from an underlying medical condition or a drug's side effects, but most often it's a disturbance in sleep or mood, or simply the harried, stressful nature of modern life. If you've been feeling off your game, here are six steps you can take to restore mental clarity.

1. Step one should be a medical checkup: high blood pressure; chronic pain; chemical, hormonal (e.g. menopause), metabolic imbalances (which can be found with lab tests) may be the cause.
2. Review your medications: The list of drugs which MAY dull one's senses include opiate-based pain relievers, older antihistamines and certain antibiotics. 20% of cognitive impairment in older people is attributable to anticholinergics, which are used to treat asthma, stomach ulcers, urinary incontinence and other conditions. If you suspect that a medication is affecting your thinking, TALK TO YOUR DOCTOR about reducing the dose or substituting another drug. The list below can cause confusion especially in people who are older, weigh less than average or have kidney or liver problems.

ANTIARRHYTHMICS: digoxin (Lanoxin), disopyramide (Norpace)	ANTIBIOTICS,ANTIVIRALS: acyclovir (Zovirax), ciprofloxacin(Cipro), ganciclovir (Cytovene), metronidazole (Fl
ANTIHYPERTENSIVES: Clonidine (Catapres) beta blockers such as atenolol (Tenormin), metoprolol (Lopressor), propranolol (Inderol)	CORTICOSTEROIDS: methylprednisolone (Medrol, Meprolone) prednisone (Deltasone, Orasone)
GASTROINTESTINAL: cimetidine (Tagamet), diphenoxylate (combined with atropine in Lofene, Lomotil), dicyclomine (Bentyl), glycopyrrolate (Robinul), hyoscyamine (Anaspaz, Cystospaz), scopolamine (Scopace)	INCONTINENCE: oxybutynin (Ditropan), solifenacin (VESIcare), tolterodine (Detrol)
MUSCLE RELAXANTS; Cyclobenzaprine (Flexeril), Orphenadrine (Antiflex)	PAINKILLERS; Codeine (generic) Meperidine (Demerol), Pentazocine (Talwin), Propoxyphene (Darvon)
SLEEP: eszopiclone (Lunesta), zaleplon (Sonata), zolpidem (Ambien CR)	TRICYCLIC ANTIDEPRESSANTS; amitriptyline (Elavil), imipramine (Tofranil), nortriptyline (Pamlor)

3. Reboot your brain: Your body responds to stress by releasing a cascade of hormones that put all body systems on full alert. In the short term, that provides a surge of energy, heightened awareness and sharp focus so you can meet deadlines. But in protracted or very stressful situations, too many nerve cells fire at once. That's when you freeze. A whole lot of small hassles can have the same effect as a major stressor. So...do one thing at a time: avoid multi-tasking. Give your body a break: sleep, ask for support, use your vacation time.

4. Improve your sleep: Go to bed and wake at the same time each day. Avoid alcohol, caffeine, heavy exercise before bedtime.

5. Exercise: Physical activity improves brain function in the same regions adversely affected by stress and lack of sleep. Schedule an appointment with yourself to regularly exercise and make this a very high priority. No one else can keep you healthy!

6. Call someone: Interacting with other people and socializing is associated with a reduced risk of cognitive decline and dementia.

-- Submitted by Barb Emigh, RN

Taken from: Clearing Away Brain Fog. Consumer Reports on Health. March, 2008. Volume 20, #3.

OUR ANGLICAN HERITAGE...

The Book of Common Prayer, 1662 - part two

In our last session we covered the first sections of this magnificent tome, including the essential services of *Morning Prayer* and *Holy Communion*. Naturally enough, the sacrament of *Baptism* follows.

The 1662 Baptismal rite (“*The Publick Baptism of Infants*”) is rather lengthy – quite a bit longer than our present-day one – but follows along in much the same order. One interesting rubric (notation) is that “*if (the Godparents) shall certify (to the priest) that the Child may well endure it, he shall dip it in the water discreetly and warily...but if they certify that the Child is weak, it shall suffice to pour Water upon it...*”. The priest then signs the forehead of the child with the mark of the cross using *water*, unlike the *chrism* (oil) we use today. One can imagine a priest being brought up on ecclesiastical charges quickly for using such a *catholic practice* back in 1662!

Following the public baptismal rite is a *private rite* for children, to be used in the home when bringing the child to the parish church would be difficult, and a rite entitled, “*The Ministration of Baptism to Such as Are of Riper Years and Able to Answer for Themselves.*” Considering the general lack of personal hygiene in that age, one wonders just how *ripe* these older folks were when they arrived for the sacrament, and if soap was offered afterwards!!

Following the three baptismal services comes “*The Catechism,*” in basic ways similar to our own but with (as one might expect considering the cultural differences) emphasis on *personal piety* and *rote learning* of the articles of the faith, with little mention of doing public good (outreach, community involvement, etc.).

“*The Order of Confirmation*” follows along, our own service today very similar in form to it. Next comes “*The Form of Solemnization of Matrimony,*” a service (or variation thereof) you have no doubt seen, either in the Episcopal Church (pre-1970s) or in one of the many feature films depicting it over the years. It is the classic protestant marriage rite and has been liberally adopted by many other denominations. Charming and elegant, its language is unsurpassed in beauty, yet our modern sensibilities may (or may not!) lead us to wince when we hear the Bride told to “obey” her husband. Another anachronistic feature of the process followed by the 1662 Book required the parish priest to publish the “*Bans of Marriage*” at Service on the three Sundays prior to the wedding day, asking anyone who had an objection to the upcoming nuptials to speak up. This quaint practice fell by the wayside here in America only during the 1960s, obviously before the film, *The Graduate*, was released. ***Elaine!!!!!!!!!!!!!!!!!!!!!!!!!!!!***

Next comes a service for *visitation and communion* of the sick, and then “*The Order for the Burial of the Dead.*” Sickness in those days often took one from *visitation* to *grave* rather quickly...Our present Rite I burial service is quite similar to the 1662 version.

Next time we shall conclude our tour of the *Book* with some of its most unusual -- and now long-forgotten -- services. Until then, Cheerio!

-Dave Warburton

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

Mother's Day Prayer

**Loving God,
we thank you for the love
of the mothers you have given us,
whose love is so precious
that it can never be measured,
whose patience seems to have no end.
May we see your loving hand
behind them and guiding them.
We ask you to bless them
with your own special love.
We ask this in the name
of Jesus Christ, Our Lord.
Amen.**





GROWTH GOAL FOR ST. THOMAS

The goal of our growth efforts at St. Thomas is to glorify God and build God's Church by increasing membership.

This goal will be measured by an increase in new pledges totaling \$200,000 by 2011 and by establishing a diversity of membership ensuring that all people have community here, and that everyone's children and grandchildren feel welcome.

SUMMER SCHEDULE BEGINS JUNE 1st

Sunday Services: 8:00am & 9:30am

*No Sunday Evening Services or Sunday School
During this Time*

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

