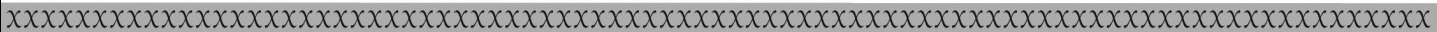


# The Saltire



ST. ANDREW'S  
EPISCOPAL CHURCH



**March & April  
2017**

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*The Saltire* is a bi-monthly newsletter of St. Andrew's Episcopal Church. Through feature stories, photographs and updates on events past and future, *The Saltire* provides a window into the vibrant life of our parish family. Historically, a "saltire" is the X-shaped cross associated with St. Andrew. For us, as for him, it is a symbol of faith and life!

**Practicing Lent: Remember, Reconnect, Renew**

By Harper Lewis and The Rev. John Rohrs

The holy season of Lent begins on Ash Wednesday with a service of remembrance. As the clergy impose ashes on our foreheads in the sign of a cross, we are reminded that "we are dust, and unto dust shall we return." In other words, we remember that we are children of God and that every moment of life is a gift.

This can be easy to forget in the midst of our fast-paced lives, juggling the various demands of work and family. During these forty days of Lent, we will embark on a journey together to remember, reconnect, and renew. It will be a time in which we are invited to focus intentionally on growing in our relationship with God and with one another.

As a congregation, we will engage in a special Lenten Supper Series related to the theme of the Rector's sabbatical this summer. Over the course of four weeks, and in conjunction with St. Paul's Episcopal Church, we will explore the ways in which we are living increasingly distracted lives in a digitally-driven world. We have never been more connected through smartphones and social media, and yet many families struggle to find time together, and the fabric of our society is fraying amidst political and cultural divisions.

On Wednesday, March 15 from 6:00 p.m. – 7:30 p.m., we will introduce the theme and engage in opening dialogue and conversation with The Rev. Scott Hennessy and The Rev. John Rohrs. On Wednesday, March 22 from 6:00 p.m. – 8:00 p.m. at St. Paul's, we will watch the award-winning documentary film *Screenagers*. On Wednesday, March 29, we will hear from The Rev. Jan Brown, an Episcopal deacon and a national expert on addictions. **See *Lent*, page 2**

**Art Show Draws a Crowd and Makes a Difference**

By The Rev. John Rohrs

The contemporary art show that St. Andrew's helped sponsor at Work | Release in January drew a great response from the community. On opening night alone, more than 1,000 people came to view the compelling pieces of art and join the dialogue about how we can work together across political and cultural divides to reduce gun violence in all forms.

Several associated programs provided opportunities for participants to dig deeper. Approximately 50 people attended a legislative lunch to learn about current gun laws and training programs for gun safety. A "Breaking Bread Brunch" also drew about 50 people and brought together police officers, community activists and faith leaders to build bridges of trust. Two programs provided training to about 75 people on suicide prevention. **See *Art Show*, page 2**

## *Lent, continued from page 1*

She will talk about the danger of digital addiction, and how the church can be a source of hope in building real community and relationships. Finally, on Wednesday, April 5, we will welcome Marsha Engle, a clinical social worker and expert on mindfulness, who will tell us about her innovative project to introduce mindfulness practice to schoolchildren. These last two sessions will run 6:00 p.m. – 7:30 p.m.

Additionally, on Saturday, March 18, we will welcome The Rev. MaryAnn McKibben Dana to guide us in a parish-wide retreat at the church. Several years ago, dismayed by the frantic pace of her life with her husband and three children, McKibben Dana embarked on a project: they would keep the Sabbath each week for a year, in hopes of slowing down and reconnecting with each other and with God. She will be with us to share her insights from that experience, and she will also preach at the 8 a.m. and 10:15 a.m. services the next day.

These Lenten programs will serve as a lead-in to an exciting “Summer of Connection.” This program was part of our church’s sabbatical application, and there is grant funding available for us to enjoy a small group ministry this summer through which we will pursue like-minded interests that help us unplug from the demands of life and spend time with one another. Groups might meet once or twice a month and go to the zoo or on a hike, to a cooking class or a baseball game. Stay tuned for more information and for a survey.

These programs are focused on building community, but Lent is also a time to focus internally and deepen our relationship with God. It is common in this season to adopt a Lenten practice – usually one of feasting or fasting. For example, you might fast from an unhealthy habit, from screen time or social media, or from thinking or sharing negative feelings. On the other hand, you might feast by praying more, by spending extra time with someone you care about, or by writing personal notes of thanks to those who have impacted you. To help you consider some different practices, we have prepared a mindfulness practice sheet for children and youth (and adults!). It provides a host of simple suggestions for pausing in the midst of our lives and making room for God and for each other. Copies will be available in the Narthex and in White Hall.

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## *Art Show, continued from page 1*

One training focused on clergy, while the other targeted hairstylists and bartenders, two professions also likely to hear about the struggles of others. Finally, a Community Forum on Mental Health brought out 135 folks, including many professionals, City Council members, School Board members, and other officials, alongside people impacted by suicide. The photo below is taken from the St. Andrew’s night, which was a fun and fitting way to cap off the show. Thanks again to Jim Pickrell, the Women of St. Andrew’s, and all who encouraged our support of this event. Stay tuned for the ways in which the conversation continues in the months ahead!



## Children's Ministry (grades K – 6<sup>th</sup>)

9:00 a.m. to 10:00 a.m. on Sunday mornings, upstairs

*Join us on Sunday mornings as we grow deeper in our faith as a community!*

### ***Our focus for Block 4 & Block 5 for March and April are:***

**K – 2<sup>nd</sup> grade** in room 208  
Moses Chronicles, Lent, and The Body of Christ

**3<sup>rd</sup> – 6<sup>th</sup> grade** in room 204  
Prayers without Ceasing, Lent, and  
Millennium Development Goals

*Our teachers for Block 4* are K – 2<sup>nd</sup> grade are Mary Ellen Anderson, Drew Anderson, and Kelly Weir and for 3<sup>rd</sup> – 6<sup>th</sup> grade are Ann Dodson, Deane Sobol, and Jackie Scott.

*Our teachers for Block 5* are K – 2<sup>nd</sup> grade are Dianna Wassell, Larry Passquinelli, and Mary Rippel and for 3<sup>rd</sup> – 6<sup>th</sup> grade are Lily Beachy, Mary Lou Crifasi, and Jamie Henthorn.

### ***Many thanks to our teachers in January and February:***

Sarah McBride, Heather Barnum, and Jen Cady, who taught K-2<sup>nd</sup> grade and to Ann Larkin, Lois Gail Davis, and Alison Dahl who taught 3<sup>rd</sup> – 6<sup>th</sup> grade. We also had two special children's offerings led by Kacky Bryant, Jon Hanbury, Ann Larkin, and Harper Lewis.

### ***Block 3's focus was:***

K – 2<sup>nd</sup> grade: Miracles of Jesus, a Communion Class, and a February Outreach Project

3<sup>rd</sup> – 6<sup>th</sup> grade: Miracles of Jesus and a February Outreach Project



## **Youth Corner: Open to grades 6<sup>th</sup> – 12<sup>th</sup>**

***Fellowship ... Faith ... Prayer ... Mission ...***

**Sunday, March 5**

**EYC Lenten Program and a project for Laundry Love**

5:00 p.m. – 7:00 p.m. in White Hall

**Sunday, March 19**

**EYC Lenten Program, 5:00 p.m. – 7:00 p.m. in White Hall**

**Sunday, April 2**

**EYC Surprise Outing** from 5:00 p.m. – 7:00 p.m. meet in White Hall

**Sunday, April 23**

**EYC**, time and place to be determined, be on the lookout for details by e-mail.

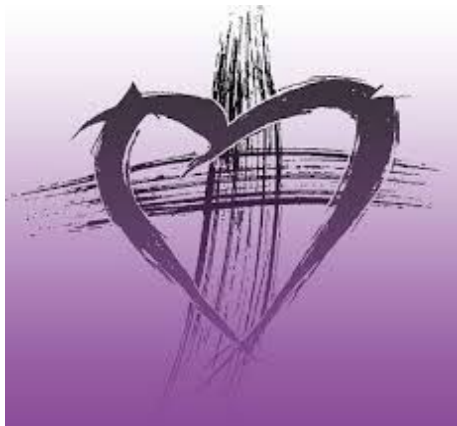
Questions or to R.S.V.P. for any of these offerings, please contact Harper Lewis at [hlewis@standrewsnorfolk.org](mailto:hlewis@standrewsnorfolk.org).

## Lent/Holy Week Worship Schedule

**Ash Wednesday, March 1,**  
Holy Eucharist with  
imposition of ashes,  
12:00 and 7:00 p.m.

### Choral Evensong,

March 5,  
Joint service at Christ & St.  
Luke's, 5:30 p.m.



**Palm Sunday, April 9,**  
Services at 8:00 and 10:15 a.m.,  
beginning with the Liturgy of the Palms

**Maundy Thursday, April 13,**  
Service at 7:00 p.m., featuring commemoration of the Last Supper and  
foot washing, and concluding with the dramatic stripping of the altar

**Good Friday, April 14,**  
Solemn Good Friday liturgy at 12:00 p.m. remembering  
Jesus' crucifixion. At 7:00 p.m., we gather for the Stations of the  
Cross, an ancient service that follows Jesus' final steps toward the  
cross and death

### Easter Sunday, April 16

Festival of the Resurrection, featuring great music and an explosion of  
lilies as we celebrate the gift of new and lasting life. Services at 8:00  
and 10:15 a.m., with breakfast served in White Hall between the ser-  
vices. Children's Easter Egg hunt follows the 10:15 a.m. service on  
the front grounds.

## CALENDAR HIGHLIGHTS

Ash Wednesday Services,  
Church, March 1, Noon & 7 :00 p.m.

Daylight Savings Time, March 12

Choral Evensong, Christ and  
St. Luke's, March 12 at 5:30 p.m.

Parish Lenten Retreat, 10:00 a.m.  
in White Hall

EVMS hosts NEST, March 22-29

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## Adult Forum

Feb. 26 Is the Bible True? (John)

March 5 No Adult Forum (Private  
School Spring Break)

March 12 Where is heaven, and how  
do I get there? (John)

March 19 How can a good God allow  
suffering and evil? (Andie)

March 26 Women in Scripture and  
Tradition (The Rev. Mary Hansley  
and Emily Zimbrick-Rogers)

April 2 The Ordination of Women  
and Beyond (The Rev. Mary Hansley  
and Emily Zimbrick-Rogers)

April 9 No Adult Forum  
(Palm Sunday)

April 16 No Adult Forum  
(Easter)

April 23 Matthew Fox and Creation  
Spirituality – Part 1 (Penny Moulis)

April 30 Matthew Fox and Creation  
Spirituality – Part 2 (Penny Moulis)

## Welcome to our Newcomers!

Please welcome our newcomers and help them feel at home. It helps to remember this rule of thumb for coffee hour and other parish events: spend the first three minutes introducing yourself to someone you don't know!

Also, remember to please wear you nametags during coffee hour so that we can all get to know one another better and build community.

Jordan and Rich Lister

Jennifer and Patrick Perrott

Madeline Williams

## Vestry Updates

- In January, the Vestry and Staff held a joint retreat to focus on planning for the Rector's sabbatical this summer. We discussed the logistics of worship coverage, pastoral care coverage, and administrative support. We also spent a lot of time planning the congregational activities that will tie in to the sabbatical's theme. These will be communicated through an Adult Forum series, the Lenten Supper Series and Lenten Retreat, and through a parish letter and Saltire article.
- Also in January, we slightly revised the 2017 annual budget to incorporate the latest information from year end 2016, including a modest budget surplus and the most recent pledge reports. We also received news of some failing joists in the ceiling of one classroom, so we budgeted for part of that expense.
- In early February, the clergy and lay delegates to annual Diocesan Council traveled to Williamsburg for that two day conference. The budget was passed without comment, as was the lone resolution—a new canonical resolution designed to aid parishes in crisis by providing the conditions and means by which the Bishop and Standing Committee can engage in meaningful measures of support. The Bishop gave an address which can be found on the diocesan website—[www.diosova.org](http://www.diosova.org), as can other information from the Council, including the material of the keynote speaker, The Rev. Canon Timothy Dombeck, who focused on stewardship as relationship building.
- Also, an early reminder that it is time to submit nominations for the Vestry. The deadline is Friday, March 17, and the five member class will be elected at our Annual Meeting on Sunday, May 7. In order to serve, parishioners need to be confirmed Episcopalians and regular attendees and supporters of St. Andrew's.

## Parish Prayers and Thanksgivings

**Births:** Kathryn Grace Lister, born Wednesday, Jan. 4 to Jordan and Rich Lister.

**Deaths:** Robert Burdell, father of Cecelia King, Nov. 15.  
 Elizabeth Lotz Brown, mother of Eddie Brown, Dec. 7th.  
 Helen Plaine, December 24.  
 Lucille Copeland grandmother of Beth Lloyd and great grandmother of the Taylor, Cole and Dane, January 22.  
 Wes Stiles, uncle of Alex Stiles, January 31.  
 Eve Williams, grandmother of Alex Stiles, February 1.  
 Charles Thomas, father of Wendy Nuzzo, February 2.

**Marriages:** Megan Lawrence Brett and Linwood John Funderburk, III on Saturday, January 14.



# PARISH NEWS AND NOTES

## St. Andrew's Cook-in

Did you know that St. Andrew's has been cooking and preparing complete meals for **Twenty Years** in support of ACCESS - AIDS Care Center for Education and Support Services? These meals are also shared with the sick and shut-in of St. Andrew's. In 2016, **over 1,500 meals** were cooked and frozen using food donated by parishioners of St. Andrew's! This year the cooking dates are: **March 12, May 28,**

**July 16, September 17 and November 12.** Home-made desserts are always appreciated as well! ACCESS was initially founded by the Diocese of Southern Virginia and was originally called Operation Amen and Full Circle Hospice Support Clients.

Checks made-out to St. Andrew's and designated "Cook-In" are always accepted. Volunteers are welcomed to help with the cooking and packag-

ing of meals which begins at 8:00 am in White Hall on the above listed dates.

St. Andrew's Cook-In Group also sponsors an annual fund raising dinner for ACCESS called "**Dinner is Served**". The Dinners are held each year throughout the community.

## Upcoming Children's Offerings

### Flowering the Cross & Easter Egg Hunt Easter Sunday, April 16

Children and adults are invited to bring a flower to "flower" the cross at the beginning of the 10:15 a.m. service. There will be a Children's Easter activity in the auditorium during Children's Chapel time. Following the 10:15 a.m. service, children are invited to participate in our annual egg hunt.

*For more details about these events or to volunteer, please e-mail Harper Lewis at [hlewis@standrewsnorfolk.org](mailto:hlewis@standrewsnorfolk.org) .*

### Vacation Bible School Summer 2017

Fondly known as "VBS" will be Monday, June 19-Thursday, June 22 at St. Andrew's for rising K-5th graders. Adult and youth volunteers that are interested in assisting with this vital ministry. More details to follow.



## College Care Packages

The Women of St. Andrew's will be sending exam "care packages" to our college students at the end of April. Contributions of cash (for postage) and goodies – such as (individually wrapped) baked goods, nabs, granola bars, nuts, candy, hot cocoa mix,

cookies, microwave popcorn, gum and Pop Tarts, are needed. Please put your contributions of goodies in the church kitchen no later than **Sunday, April 23**. Our college students always appreciate this ministry!

**PARENTS: Please call or email the church office if your student's mailing address has changed since last fall!**



## Choral Evensong for Lent, Sunday March 5

*By Stephen G. Leist, Director of Music Ministry*



On Sunday, March 5 at 5:30 p.m., the St. Andrew's Parish Choir will be

participating in a special service of Evensong at Christ & St. Luke's on W. Olney Road, joining with the choirs of Christ & St. Luke's and Eastern Shore Chapel. Conducting duties will be shared by me, Kevin Kwan of Christ & St. Luke's, and Martin Sunderland, who leads Eastern Shore Chapel. The music, combined with hymns, will be appropriate to the start of the Lenten season. Choral selections will include "God so loved the world," by Bob Chilcott, one of Britain's most exciting contemporary com-

posers, with the Magnificat and Nunc Dimittis setting by Henry Purcell (1659-1695). Also included will be the majestic cathedral anthem, "Blessed city, heavenly Salem," by Edward Bairstow (1874-1946), for many years the organist and choirmaster of York Minster in England. This is a unique opportunity for our choir to experience other conductors and sing larger-scale works that would not be possible on our own. It also allows us to enjoy the fellowship of other choirs and make new friends.

There is a tendency to call any evening service "Evensong," when by definition it is sung Evening Prayer. Evensong is one of the unique worship experiences the Episcopal Church and the

Anglican churches everywhere has to offer the world, and its nature allows the Church to reach out in a way that crosses boundaries. In many places, it is an attractive service to people who come from other religious traditions, or no belief at all, because of the combination of beautiful music and spoken word that does not demand a specific dogma. My own best memories of making sacred music are framed by this service, most notably the opportunities I have had to sing Evensong daily in English cathedrals. So, mark your calendars now to make plans to attend this unique worship experience.

### Easter Flowers

Orders for Easter Flowers will be accepted through April 10. Please use full given names (not Mr./Mrs., or other titles). Please make your check payable to St. Andrew's Flower Guild for \$10 per name. Drop your request in the offering plate or mail to the parish office. Flowers will be for both altars as well as in the Narthex and at the baptismal font .

In Memory of or In Honor of:

Name(s) \_\_\_\_\_

Given by \_\_\_\_\_

### Thank you from The Warren Family

For the last five months, our family has received a tremendous amount of love and support from the St. Andrews ministry and congregation. In fact, we have been overwhelmed and uplifted by the prayer and good wishes directed to us. During this very challenging time in our lives, we have felt continuously loved and cared for. Samuel has received so many blessings along the way to aid in his recovery that cannot be explained other than by faith and prayer and we remain hopeful that his progress will steadily continue. We wish to extend our sincere gratitude and appreciation to you all and ask for your continued support as we make our way on this journey.

- Tristan, Samuel and Catherine Warren



# ST. ANDREW'S EPISCOPAL CHURCH

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Facebook: St. Andrew's Episcopal Church, Norfolk, VA

*A neighborhood church with  
a heart for the world.*

**LABEL HERE**



## **St. Andrew's Mission Statement**

**St. Andrew's is a parish of worship, spiritual growth, acceptance and healing centered in the Eucharist. We reach beyond ourselves, striving to allow God to work through our hands as Christ's own. As a place of hope for all people, we celebrate with joy through grace our oneness in Christ.**

## **St. Andrew's Officers and Vestry**

Doug Mitchell, *Sr. Warden*  
Page Lea, *Jr. Warden*  
Molly Dey, *Register*  
Larry Brett, *Treasurer*

Drew Anderson  
Judy Blevins  
David Branch  
Eddie Brown  
Kristan Burch  
Susanne Council  
Jon Hanbury  
Jim Kruger  
Amber Pickrell  
Sheri Searing  
Andy Stephenson  
Mike Whitehurst

## **St. Andrew's Staff**

The Rev. John Rohrs, *Rector*

The Rev. Andie W. Rohrs  
*Associate Rector for Parish Life*

Dennis Sipes  
*Parish Administrator*

Stephen Leist  
*Director of Music Ministry*

Richard Rigg  
*Associate Director of Music Ministry*

Harper Lewis  
*Director of Children's and Youth  
Ministry*

Ashlee Erestain  
*Nursery Coordinator*

JonMichel Sipes, *Sexton*



