

The Saltire



ST. ANDREW'S
EPISCOPAL CHURCH

XX

November & December 2017

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!

In This Issue

| | |
|----------------------------|-----|
| <i>Sunday School</i> | 3 |
| <i>Youth Events</i> | 3 |
| <i>Flower Festival</i> | 4 |
| <i>Calendar Highlights</i> | 4 |
| <i>Vestry Updates</i> | 5 |
| <i>Newcomers</i> | 5 |
| <i>Prayers and Thanks</i> | 5 |
| <i>News and Notes</i> | 6-7 |

Getting Creative on Fifth Sundays

By The Rev. John Rohrs

One of the greatest gifts we have in the Episcopal Church is our tradition of sacred music and liturgy. In a time of constant change and distraction, there is something comforting and even counter-cultural about saying prayers and singing hymns that date back hundreds of years. There is a misperception, I believe, that young people are seeking more contemporary and entertainment-based forms of worship. Yes, it is true that some so-called mega churches are growing, but I also know a lot of people who are searching for something that feels more ancient and sacred. Many are attracted to the sound of choral music, the structure of written and spoken prayers, and the ritual of the Eucharist. In short, many people of all ages are drawn to the best of what we offer as an Episcopal church.

Having said that, because of the structure and repetition of our prayers, our liturgy at times can become almost too familiar. It is easy sometimes to say the words without letting them stir our souls. With that in mind, our Worship Committee and I have decided that we are going to try something new and get creative on a few scheduled occasions throughout the year. Specifically, on the fifth Sundays of the month throughout a given calendar year (there are usually four such Sundays per year), we will experiment in some way with our liturgy or music.

We will begin on Sunday, October 29, as we dedicate our worship to commemorating the 500th anniversary of the Reformation. We will skip December since it falls just after Christmas, but we will pick up again in April.

See *Fifth Sundays*, Page 2

Practicing Sabbath – Faith at Home

By Harper Lewis, Director of Children's and Youth Ministry

A few weeks ago, a book called *Faithful Families* by Traci Smith was passed on to me. I began looking through the book and stopped at a chapter called Sabbath. I began reading what this author suggests and here are some of the thoughts she shared that I think we could all meditate upon:

"I heard a compelling sermon on Sabbath once that talked about Sabbath as a rhythm throughout life. Just as the Bible commands us to have one Sabbath day out of the week, there are also Sabbath years mentioned. The preacher encouraged us to think also the other way. *'Isn't it possible to have Sabbath hours in our days,*

See *Sabbath*, Page 2

Fifth Sundays, continued from page 1

Thus far, ideas have included an instructed Eucharist to learn about the history and meaning of different parts of the service; a liturgy utilizing prayers from the church-sanctioned *Enriching Our Worship*; or alternative liturgies from other global Anglican prayer books. We may do a preacher swap or invite a guest from another tradition. We may even try a Bluegrass Mass or Taize service, or some other form of musical experimentation. If you have other ideas, feel free to pass them along.

Have no fear; we will remain within the bounds of our tradition. We will always stay true to the joyful, sacred worship that forms the heart of our life together. This will be a fun and occasional addition, not to mention a good learning experience. And who knows, we may hit upon something that becomes a new cherished tradition. For example, I now can't imagine our Christmas Pageant without our young people distributing communion as the closing act – but we only started that practice seven years ago! It is a good thing to grow in our capacity to love and praise God.



Sabbath, continued from page 1

or Sabbath minutes in our hours? This simple idea has inspired me for years to focus on the concept of a 'mini-Sabbath.' The idea is to train yourself and your faith to take as little as one minute of time to rest and recharge."

Research shows that creating sabbath reduces stress and anxiety in adults and children alike. Here is what the author invites you to do in your home:

With two different color notecards create notecards for each of the practices below. This piece will take about 15 minutes. Once the notecards are created leave them in a location you see often. Then when it is time for Sabbath set the timer for one or five minutes and practice the Sabbath item listed on the card.

One-Minute Sabbaths:

- Breathe in and out for one minute. As you breathe in, think to yourself, "I am breathing in God's love." As you breathe out, think, "I am breathing out worry and fear."
- Write down or say three things that you are grateful for.
- Read a psalm.
- Stretch as high as you can and then scrunch down as low as you can. Repeat for one minute.
- Take one minute to tidy up some space inside or outside. Notice how a tidier space helps you feel calmer. Squeeze hands in strong fists, then relax them. Repeat for one minute.

Five-Minute Sabbaths

- Close your eyes and listen to an inspiring piece of music.
- Sit down and drink a small glass of ice water. Don't do anything else.
- Do five minutes of yoga
- Write someone a thank you note or e-mail.
- Read a short poem and reflect on it. She suggests: Mary Oliver, Ann Weems, and Madeline L'Engle
- Take a five-minute walk.

Children's Ministry (grades K – 5th)

9:15 a.m. to 10:00 a.m. on Sunday mornings

Our Sunday School is off to a wonderful start as we explore learn a new Bible story and learn a new Episcopal term each week.

A special thank you to our teachers who taught block 1 Erica Hurlburt, Emily Scott, Sarah Black, Bug Gallagher, and Harper Lea. They focused on the Creation Story, Noah's Ark, and Abram's Call.

For block 2 our teachers will include Dianna Wassell, Charlie Hinsch, Lois Gail Davis, Mary Lou Crifasi, and Savannah Dunlap.

Would you like to be part of this incredible ministry? We are still looking for teachers to complete our amazing group of volunteers. Please e-mail Harper Bathel at hbathel@standrewsnorfolk.org or call 757-622-5530 to find out more about this fantastic program!

Children's Calendar for Sundays in Nov/Dec:

November 5 NO Sunday School (Flower Festival Weekend)

November 12 at 9:15 a.m.; Sunday School

November 19 at 9:15 a.m.; Cooking offering Sunday School in White Hall

November 26 NO Sunday School (Thanksgiving Weekend)

December 3 - Advent Wreath Making in White Hall at 9:15 a.m.; All ages

December 10 at 9:15 a.m.; Advent Lesson & Pageant Rehearsal at 9:15 a.m.

December 17 NO Sunday School – Pageant Dress Rehearsal after the 10:15 a.m. service



Youth Corner

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

Open to grades 6th – 12th



EYC: Sunday, November 5, 5:00 p.m. – 7:00 p.m. Program: Everyday Saints and Mission Project for Laundry Love Our youth and youth leaders will meet in room 207 for a night of prayer, discussion, fellowship, a mission project, and fun. Bring a snack to share.

EYC: Sunday, November 19, 4:00 p.m. – 7:00 p.m. EYC goes bowling!

Come for a night of community building and fun as we go bowling. Dinner will be provided. Drop and pick up will be at St. Andrew's.

EYC Christmas Party: Sunday, December 3, 5:00 p.m. – 7:00 p.m.

Join us for this fun night of prayer, fellowship, Christmas fun, and more. Dinner will be provided.

Mission of the Holy Spirit Christmas Party: Sunday, December 10, 3:00 – 6:30 p.m.

All youth are invited to come and create a night to remember for the members of Mission of the Holy Spirit as we gather for a Christmas celebration in White Hall. Join us as we create Christmas cheer, prepare and serve a home-cooked meal, have a visit from Santa, and share a gift with their children. Earn service hours!

AND... Register for these great **Diocesan Youth Weekends at Chanco!**

November 10-12 – **Happening #67** for grades 10-12

November 17-19 – **November Weekend** for grades 6-12

Contact Harper Bathel to register or with questions (hbathel@standrewsnorfolk.org or 757-622-5530) about any of these events or for more information. Our year's focuses will be on building community, mission, and exploring and growing in our faiths' together.

Flower Festival

Faith • Family • Fellowship • Festive • Friendship
November 3-5

Friday, November 3

6:00-8:30 p.m.

Community Party (& Childcare)

- 1 Featuring bluegrass band, *Hard Knox*
- 2 Food from local vendors
- 3 Fish Fry & Oyster Roast
- 4 Hot Apple Cider & Soft Drinks
- 5 Silent Auction with Themed Baskets
- 6 Children:
Ages 3 & Under; Childcare & Dinner
Ages 4-12, Activities, Movie & Pizza
- 7 Pre-Bazaar shopping at Christmas Mouse, Church Mouse & Village Bakery
- 8 Tickets \$25 (*Children 12 & Under Free*)

Saturday, November 4

9:00 a.m.-2:00 p.m.

Bazaar & Family Festival

- 1 Bazaar with Local Vendors
- 3 Shopping at Christmas Mouse, Church Mouse & Village Bakery
- 4 For Sale: Christmas Trees & Wreaths, Hand Held Bouquets & Pansies
- 5 Outdoor Pansy Grill with Breakfast & Lunch Specials
- 6 Sanctuary Music: Organ Demonstrations, 12:00 p.m., Virginia Beach Middle School Band & Orchestra,
Conducted by Richard Rigg

Sunday, November 5

All Saints Sunday

- 1 10:15 a.m., Festive Celebration of the Feast of All Saints
- 2 5:00 p.m. Choral Evensong *Followed by a Reception in White Hall.*

Calendar Highlights

Men's Monthly Breakfast, White Hall,
Nov. 1, 7:30 a.m.

HIV/AIDS Cook-in White Hall,
Nov. 12, 8:00 a.m.

FORKids Annual Angel Tree
Collection begin, Nov. 26

Advent Wreath Making with Parish
Breakfast, White Hall,
Dec. 3, 9:15 a.m.

St. Nicholas Day Children's Activities,
White Hall, Dec. 10,
following the 10:15 a.m. service

Advent Lessons and Carols Service,
Dec. 17 at 10:15 a.m.

Blue Christmas Service, Dec. 17
at 5:00 p.m.

This service is intended to be more meditative and is designed for people for whom the holidays may be difficult. There will be some periods of silence, and the Caritas Quartet will sing.

Christmas Pageant,
Dec. 24, 4:00 p.m.

Adult Forum - Sundays at 9:15 a.m.

New Testament, Part I—The Gospels
presented by The Rev. John Rohrs,
Nov. 12

New Testament, Part II—Paul's Epistles
presented by The Rev. John Rohrs,
Nov. 19

Stories of Advent & Christmas
Dec. 10

Stories of Advent & Christmas
Dec 17

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 wear your nametags during coffee hour so that we can all get to know one another better.

Jessica and William Horner, daughters Mills and Katie

Trisha and Scott Kern, daughter Katie

Jessica and Ryan Arnold, son Troy

Emily and Drew Dickinson, sons Billy and Ryan

Vestry Updates

At the September meeting, we welcome a new class of Vestry members and also elected officers for the year ahead. Molly Dey will serve as the Senior Warden, Page Lea will continue as the Junior Warden, and Eddie Brown will serve as the Register. Larry Brett continues as Treasurer, though he is not currently on the Vestry. Vestry members also signed up for their committee assignments.

At the October meeting, the Vestry gave approval for the Finance and Endowment Committees to pay off the remaining capital campaign loan (approximately \$40,000) using endowment funds. The loan is due in February of 2018, so the loan will be paid off by then. The plan is to pay those funds back to the endowment over the course of several years. The Vestry also gave tentative approval to a plan to replace the front entry walk into the church. The current terra cotta stone is cracked in several places and poses a tripping hazard; the new ground will be the same bluestone tile that is now in the columbarium garden and will give that whole front side a uniform look.

Finally, the Vestry also discussed the implementation of the Fifth Sunday program, mentioned in the lead article of this newsletter, as well as some other updates.

Adult Offerings

Our next **Men's Fellowship Breakfast** will meet on Wed., Nov. 1 at 7:30 a.m. in White Hall. The speaker will be Keene Black, who served as a first responder in Texas and Puerto Rico following the hurricanes there.

Women of the Way is our spirituality book group designed to address the needs and questions of women who are middle-aged and above. Our next meeting will be Wed., Nov. 15 at 6:30 p.m. at the home of Susan Woolfit (1017 Graydon Ave). We will discuss *Happiness Essential Mindfulness Practices* by Thich Nhat Hanh.

Parish Prayers and Thanksgivings

Births: Nora Jane Curtis, the daughter of Molly and John Curtis and granddaughter of Carole and John Duckett, was born on September 5.

Remi Olive Mitchell and Apollo Wayne Mitchell born on September 24, 2017 to Stephen and Alexandria Mitchell in Asheville, NC.

Miles Robert Hurlburt, son of Erica and Ryan Hurlburt and baby brother of Iris, was born on Oct. 17.

Deaths: Carol Scherrer who passed away on August 27.
EW First Class Danny Gray (USN), the step-father of Stephanie Brown, who passed away on August 28.
Joanne Pasquinelli, the mother of Dr. Larry Pasquinelli, who passed away on October 2.
Suzanne Griffiths Bower the grandmother of Charlotte Zito who passed away on October 14.

PARISH NEWS AND NOTES

Annual Angel Tree Will Benefit FORKids

In the coming month, we once again will collect new, unwrapped toys under an Angel Tree. See the list at the information table in White Hall or under the Christmas tree on top of the piano. The gifts will go to children affiliated with FORKids, a local service organization that works with homeless and at-risk children and their families.

To donate food items, please place canned goods and other non-perishable food items in the wicker

basket outside the parish office door, or look for the little red wagon in the Narthex of the church beginning Monday, Nov. 27. Each Sunday the collected presents will be brought in front of the pulpit as a symbol of offering during the 10:15 service.

Please note that all presents and food need to be in by December 11.

Mission of the Holy Spirit Annual Christmas Party Sunday, December 10

Have you ever thought ...
I sure wish there was some activity I could participate in that would help my children understand the true meaning of Christmas"? Well, friends, we have the perfect activity right here at St. Andrew's! It will warm your heart and offer your children a lasting reminder of the true heart of the holiday! This year, St. Andrew's will again host the family Christmas dinner and party for the families at the Mission of the Holy Spirit on the afternoon of December 10. The children and families there look forward to this event each year. While many children might

consider gift giving to be the highlight of Christmas, for most of the children and families at MOHS it is the family meal at the table. Their afternoon begins with carol singing in the church. They then have Eucharist celebrated by our own Andie Rohrs. After the worship service they come to White Hall for a wonderful traditional Christmas feast.

Volunteers are needed to:
(3pm) set up and decorate White Hall with the EYC,

(6pm)take down and clean up after the event, (2pm)help prepare food, (4:30)help serve food, (5pm)sit at the dinner table with small children so their parents can relax and enjoy their meal, (5pm)offer children's activities during and after the meal, (2pm)childcare during the worship service, join the caroling before the worship service. **Donations are welcome**. Please contact Deacon Marguerite (margueritesr@gmail.com) if you have any questions, suggestions or you would like to help!

College Care Packages

The Women of St. Andrew's send care packages twice a year (at exam time) to our undergraduate college students. Contributions of cash (for postage) and goodies are greatly appreciated. Individually wrapped baked goods, nabs, granola bars, nuts, candy, hot

cocoa mix, cookies, microwave popcorn, gum and Pop Tarts are all popular.) Please put your contributions of goodies in the church kitchen no later than Monday morning, November 28.
PARENTS: Please call or email the church office with

your student's mailing address, or call or email Ann Dodson, 635-0488 or ann.dodson@cox.net! If the address hasn't changed, let us know that as well. **We don't want to leave anyone out!**

Our After Church Ministry

What, you might ask, is the After Church Ministry? It is our Coffee Hour, a time for parishioners to meet and get to know one another, to discuss the sermon or other church activities, to reach out to those who might be in need. It is a time to welcome visitors and new members, to wish people happy birthday or congratulate those with a significant anniversary. It is a time for our church family to talk and bond. It is an invaluable part of our church tradition. And, as a church ministry, it depends on volunteers to be successful. There have been several changes in format over the last couple of years. Each month from September to June, a church ministry such as Pastoral Care, Outreach, or Music hosts a coffee.

These coffees are a little bit bigger than the average coffee since multiple people are bringing in food to share. Every 4-6 weeks, the church has a breakfast between 9:00 and 10:00 a.m. Breakfasts will range from continental, such as the Activities Fair Breakfast, to more formal, such as the recent Stewardship Breakfast. On those days, the after church coffee will consist of breakfast leftovers and maybe a few cookies to fill in. In the summertime, from July to September, we have Lemonade in the Shade. Volunteer hosts provide some cookies, fruit, and lemonade. This concept has now been carried into the rest of the year with Coffee and Cookies. We ask for volunteer hosts on the weeks when there is not a

ministry coffee, breakfast, or special coffee as we recently had for the Bishop. As in the summer, hosts will bring some cookies, a little fruit, and a soft beverage. Please think about joining this ministry and becoming a volunteer host. We would need about 35 individuals throughout the year. If many individuals sign up, they may only host a coffee every other year. And if you are concerned that you might be called to provide for other food events, don't. We do not use the coffee list to recruit for other activities. A descriptive brochure and sign-up sheet may be found on the table outside White Hall. We depend upon you to keep this tradition alive.

Christmas Flowers/Greenery Orders are due by Dec 15.

To donate flowers or greenery in memory or in honor of loved ones, please make your check payable to St. Andrew's Church for \$10.00 per name.

Flowers/Greenery given to the Glory of God and
 ' In loving memory or in honor:

Given by:



Christmas Pageant - Dec. 24, 2017 at 4:00 p.m.

ROLES:

Baby Jesus, Mary, Joseph, Gabriel, Innkeeper, King Herod, Wise Men, Big Angels, Scribes, Shepherds, Little Angels and Youth Choir

Rehearsal dates and date for issuing costumes to be publish via Weekly Happenings and Sunday Bulletins at a later date.

QUESTIONS:

Amber Pickrell
 627-9258 or pickrell3@cox.net



ST. ANDREW'S EPISCOPAL CHURCH

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*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

Molly Dey, Sr. Warden
Page Lea, Jr. Warden
Larry Brett, Treasurer

Drew Anderson
Jeff Barnum
Judy Blevins
David Branch
Eddie Brown
Susanne Council
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The Rev. John Rohrs, *Rector*

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

Dennis Sipes
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Stephen Leist
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Richard Rigg
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