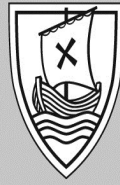


The Saltire



ST. ANDREW'S
EPISCOPAL CHURCH

March & April
2018

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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!

Vestry Considers Church Safety and Hospitality

By The Rev. John Rohrs

At our recent Vestry Retreat, we asked Vestry members to consider what helps them feel safe at church. Some responses highlighted physical safety, such as being familiar with their surroundings, knowing emergency plans and exit routes, and so forth. Other responses were more about emotional safety and connection, such as a sense of belonging to a communi-

ty, feeling welcomed and loved. These various responses underscored that feeling safe has to do with both physical security and hospitality. It involves emergency planning and preparation, as well as attention to how we welcome and care for newcomers and old-timers alike. In response to this discussion, the Vestry is working to adopt a set of safety procedures and emergency guidelines, while also undertaking a few specific projects to improve our hospitality.

The safety procedures and emergency guidelines will cover a host of relevant topics – everything from building security to power outages, from fire evacuations to medical emergencies, from taking shelter in a storm to dealing with a violent threat. These scenarios and others will be compiled in a simple guide – to be housed in the Narthex, the Kitchen, and the Parish Administrator's Office – for

See *Vestry*, on page 2



Traveling the Journey of Lent, Inside and Out

By The Rev. John Rohrs

The season of Lent, extending forty days before Easter, is a time of reflection and renewal. For many, it is a time of added contemplation and prayer, a time to take on a new spiritual practice or to give up a particular habit or luxury in order to focus our hearts on God. In that sense, it is a time of internal journeying.

On the other hand, we know intrinsically that our inner lives are often manifest in our outer lives. Contemplation leads to action. That's why loving God and loving our neighbors are two aspects of the same great commandment. During this Lenten season at St. Andrew's, we are offering a host of programs that invite us

See *Lent*, on page 2

Vestry, continued from page 1

staff, Vestry members, and others to reference as needed. It will include emergency numbers, a listing of emergency equipment, rally points for evacuation, and more. One new recommendation is the potential purchase of two defibrillators, for use in the case of a heart emergency. We are looking at cost estimates now. If purchased, these units likely would be located in the Narthex and in White Hall.

At the same time, we discussed the importance of hospitality. We reviewed the lead role that ushers and greeters play in helping everyone feel welcome. We also acknowledged that good hospitality requires all of us to be on the lookout for people who are new or visiting. One of the gifts of St. Andrew's is our friendly and affirming environment, but it still takes constant attention; we all need to remember to wear our nametags and to be sure that no one is ever standing alone at coffee hour or at a parish event. Good hospitality also reinforces the safety of all our parishioners, because we would be aware if someone was feeling ill or distressed, or otherwise creating cause for concern.

One specific recommendation related to hospitality is the need for improved wheelchair-accessible seating in the church. Right now, someone in a wheelchair has to sit out in front of the first pew, likely feeling rather exposed and not able to share a pew with family or friends. A new proposal would have us shorten an existing pew, perhaps the first row in front of the pulpit, so that one or two people in wheelchairs could sit comfortably within the body of the congregation, alongside family and friends. The Vestry is still considering different options and securing a cost estimate for the work, but we likely will move forward soon.

As always, if you have questions, concerns, or ideas related to church safety and hospitality, please let the clergy, staff or Vestry know. We are so fortunate to be part of a faithful congregation of folks who love and support each other at all times, and who readily welcome others into our church family. This important work is an extension of that.

Lent, continued from Page 1

to take part in both this inward and outward journey.

A collection of resources is available in White Hall and also on our church website to guide parishioners' private devotion. Harper Bathel created a meditation calendar for all ages, which is an especially great resource for families. We are also inviting all parishioners to take part in The Good Book Club, a daily practice of reading the books of Luke and Acts bit by bit throughout the Lenten and Easter season. Daily readings are available at www.goodbookclub.org or in White Hall.

Meanwhile, other offerings will help us direct our faith outward. On Sunday, February 18 at 2:00 p.m., we will gather in White Hall for our annual tradition of packing 12,000+ meals for Rise Against Hunger. It is always a great event for all ages. A few weeks later, on February 28, we will begin our week of hosting the Norfolk Emergency Shelter (NEST), to accommodate about 60 homeless guests. A four week Adult Forum series, running on Sunday mornings at 9:15 a.m. from February 25 through March 18, will highlight The Church in the Public Square. Special guest speakers will help us reflect on racial justice and dialogue, faithful concern for the environment and sea level rise, the role of the church in suicide prevention, and the state of inter-religious discourse today. A corresponding Lenten Supper Series, held in conjunction with Christ and St. Luke's on Tuesday evenings beginning on February 27, will bridge these themes explicitly, while connecting our spiritual lives with the realities and divisions of today's world. The Series is entitled Reframing Lent: Contemplation, Confession, Repentance and Justice in a Time of Upheaval. Sign up sheets for the Supper Series will be available in White Hall. Please join us during this holy season as we grow together in faith and in mission.

Sunday School

Join Us for St. Andrew's Children's Offerings - All welcome!

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

Our Sunday School is an opportunity each Sunday to explore your faith with your peers from 9:15 a.m. – 10:00 a.m. Each time we gather upstairs in room 204 and 208, we explore a new Bible story through discussion and interactive activities and learn an Episcopal term. Friends are welcome!

A special thank you to our teachers who taught block 3 and 4: Melissa Reese, Brett Bathel, Noelle Searing, Alison Dahl, Sheri Searing, Hadil Arusi, Sarah McBride, Jessica Chesson, Harper Lea, and Charlie Hinsch. Their focus was on Jesus' Baptism, The Disciples, The Lord's Prayer, Woman at the Well, A Storm, and the Centurion's Servant. A special communion offering for families in the church which was led by Kacky Bryant. A Parents' class on Baptism and Communion was offered for parents and led by The Rev. Marguerite Alley and Harper Bathel.

In March, our teachers will be Emily Goodman-Scott,

Ryan Reese, Ann Larkin, and Sue Gates. We will focus our time on the Transfiguration, The Greatest Commandment, and Holy Week.

Would you like to be part of this incredible ministry? We are still looking for teachers to complete our amazing group of volunteers in April 2018. Contact Harper Bathel at hbathel@standrewsnorfolk.org or call 757-622-5530 to find out more about this fantastic program!

Children's Calendar in March and April, ages 4 – grade 5 are invited:

Sunday, March 4 at 9:15 a.m.; Block 5 begins
Sunday, March 11 at 9:15 a.m.; Special Easter Project

Sunday, March 18 at 9:15 a.m.; Block 5

Sunday, March 25 at 9:15 a.m.; Block 5

Sunday, April 1 NO Sunday School (Easter)

Sunday, April 8 at 9:15 a.m.; Block 6 begins

Sunday, April 15 at 9:15 a.m.; Block 6

Sunday, April 22 at 9:15 a.m.; Block 6

Sunday, April 29 at 9:15 a.m.; Special Cooking Offering in the St. Andrew's Kitchen

Youth Corner

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

Open to grades 6th – 12th



Youth Corner (open to grades 6th – 12th)

EYC hosts NEST! - Sunday, March 4, 5:30 p.m. – 8:30 p.m.

Join us for this fantastic mission project where we host our neighbors in our community. Friends are welcome. Parents and EYC Leaders needed to help host from 5:30 p.m. – 8:30 p.m. and 8:00 p.m. – 11:00 p.m. Drop and pick up will be at St. Andrew's.

EYC Lenten Reflection and Easter Project: Sunday, March 18, 5:00 p.m. – 7:00 p.m.

Join us in White Hall as we have a discussion about Lent and work on an Easter Project for our church. Dinner will be provided. Friends are welcome.

An EYC Game Night: Sunday, April 8, 5:00 p.m. – 7:00 p.m.

Join us for a night of fellowship as we test our knowledge on the Bible and other fun games. A meal will be provided. Friends are welcome.

EYC goes to Top Golf: Sunday, April 22, 12:00 p.m. – 3:00 p.m.

Join us for an afternoon of fun and fellowship. A light meal will be provided. Friends are welcome. Cost is \$15. Scholarships are available.

AND... Mark your calendar for Diocesan Youth Weekend at Chanco!

May 18 - 20 – **May Weekend** for grades 6-12

For more information or to R.S.V.P. for events, contact Harper Bathel (hbathel@standrewsnorfolk.org or 757-622-5530).

Lent/Holy Week Worship Schedule

Lenten Supper Series

Beginning Tuesday, Feb. 27 our annual Lenten Suppers will be held here at St. Andrew's in White Hall at 6:30 p.m. On Tuesday, March 6 and 13 Christ and St. Luke's will be the location and the last one will be held here on Tuesday, March 20.



Music and Meditation Retreat, Saturday, March 10

Hosted by the Women of St. Andrew's and open to all, this retreat will feature meditative organ music coupled with instruction on practices of mindfulness and meditation. See the last page for more info.

Palm Sunday, March 25

Services at 8:00 and 10:15 a.m., beginning with the Liturgy of the Palms.

Maundy Thursday, March 29

At 6:00 p.m., we'll gather in White Hall to share a simple meal, just as Jesus did with his friends on the night before he died. 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, March 30

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 1

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 services. Children's Easter Egg hunt follows the 10:15 a.m. service on the front grounds.

CALENDAR HIGHLIGHTS

Lenten Supper Series at Christ and St. Luke's—March 6
at 6:30 p.m.

Women of St. Andrew's Lenten Retreat, March 10
Day light saving time begins, March 11

St. Andrew's HIV/AIDS/Cook-in, White Hall, March 11

Lenten Supper Series at Christ and St. Luke's—March 13
at 6:30 p.m.

Lenten Supper Series at St. Andrew's—March 20
at 6:30 p.m.

Vestry Nominations due for term 2018--2021, March 16

EVMS NEST week begins, March 28

Sandwiches for the Sandwich Ministry due by Noon, March 23 & April 27

Adult Forum

Will St. Andrew's be under water in 50 year's? - Skip Stiles, Director of Wetlands Watch, March 4

Soul Shop workshop for churches on suicide prevention—Michelle Peterson of the Sarah Peterson Foundation, March 11

Religious discourse in the public square—Kelly Jackson, Associate Director of the Center for Religious Freedom at Virginia Wesleyan, March 18

Acts of the Apostles, April 15, 22 and 29

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

Shaune Meredith

The Rev. Cameron and Paulette Fish

Vestry Updates

- At the January meeting of the Vestry, we approved a proposal from Viccellio Construction to repair the flat roof over the sacristy, which had leaked during the big snowstorm that month. We also noted the beginning of the work on the front walkway into the church, which is also being handled by Viccellio Construction. It will look great when it's done.
- The January Vestry retreat is covered fully in the lead article of this newsletter.

Vestry Nominations Are Open!

It is that time of year again when we prepare to elect a new Vestry class at our Annual Parish Meeting, which will take place at 9:00 a.m. on Sunday, May 6 in White Hall. Church members may nominate other parishioners for the Vestry by submitting names to Dennis Sipes, our Parish Administrator, or to our three person Vestry Nominating Committee this year. Any of those three will be glad to speak to you further about Vestry service. The deadline for nominations is Friday, March 16. Please ask permission first from anyone you hope to nominate. In order to serve, parishioners need to be confirmed Episcopalians and regular communicants and supporters of St. Andrew's.

Parish Prayers and Thanksgivings

Births: Scarlet Renner Catlin-Coyle, daughter of Andrew Coyle and Jennifer Catlin and granddaughter of Betty Wade and Tim Coyle born on Monday, January 29.

Deaths: James McCaw Pickrell, Sr., the father of Jim Pickrell and grandfather to Jimmy and Bobby, December 30.

Baptisms: Amelia Catherine Bota, Charlotte Elena Bota, Anna James Oelschlager, and Samuel Lawrence Sewell, Sunday, January 14

PARISH NEWS AND NOTES

Flower Delivery Ministry/Flower Arranging

Our parishioners and friends who may have fallen ill, lost a loved one, and those who are homebound receive a selection of the altar flowers delivered to them by parishioners after church. This ministry brings fellowship and a friendly face to those who appreciate it dearly. You may never truly know how much it

means to those whom you visit. To be a smiling face and join our flower delivery team, contact John Chappell at 935-6180 or jchappel-lodu@yahoo.com

Also, if you would be interested in arranging flowers for the altars, baptismal font or inside the church on Sundays and special occasions please contact Debbie Goode -Jones at

dgoodejones@gmail.com or Vanessa August at vra2002@live.com



Upcoming Children's Offerings

Flowering the Cross and Easter Egg Hunt

Easter Sunday, April 1

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 also be a Children's Easter activity in the Auditorium during the first part of the service. Following the 10:15 a.m. service, children are

invited to participate in our annual egg hunt. *Remember your Easter Basket!

Vacation Bible School Summer

2018, fondly known as "VBS"

Monday, July 16 – Thursday, July 19 9:00 a.m. to 12:00 p.m. at St. Andrew's for rising K – 5th graders

Adult and youth volunteers that

are interested in supporting this vital and fun ministry for our children please contact Harper Bathel at hbathel@standrewsnorfolk.org. 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 29. Our college students always appreciate this ministry!

Fundraisers to support our Peace Pilgrimage to Northern Ireland

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

Our pilgrims and their families will host
An IRISH Lunch!

Sunday, March 18 after the 10:15 a.m. service

Join us in White Hall for an Irish themed event which will be fun and fellowship for all ages. Our pilgrims will be your servers. You will have the opportunity to learn more about our peace pilgrimage. We will share the winners of our Silent Auction and more. There is no cost for this event, yet donations are welcome. Make checks payable to St. Andrew's with Peace Pilgrimage in the memo line.

Visit our **Silent Auction** in White Hall which will run from February 14 – March 18. We have some great items that include free babysitting and yard work by our teens, a handyman for a day, a night at the Virginia Stage Company, Elite Cakes gift certificate, a pizza night, a priest feast dinner, a math tutor, and more!

Be on the lookout for other ways to support our peace pilgrims which include sponsor a pilgrim display located in White Hall and a Restaurant day. We are grateful for your prayers and support!

Meditation & Music (WSA Lenten Retreat)

The Women of St. Andrew's are excited to announce their 2018 Lenten Retreat: An Introduction To Mindfulness Meditation. Mindfulness meditation involves the process of bringing one's attention to whatever is happening in the present moment. A sitting, walking, and an eating meditation will be practiced. Coupled with this will be a musical program of meditative organ music following the Lenten journey from the Transfiguration to the Easter resurrection. The retreat will be led by Ms. Sophie Rondeau, Technical Services Librarian at Virginia Wesleyan University and our own Stephen Leist, Director of Music Ministry. Sophie Rondeau has been a practitioner of mindfulness meditation for several years and regularly leads a meditation session at Virginia Wesleyan. The retreat is open to everyone. It will take place on Saturday, March 10. Registration will begin at 9:30 a.m.; coffee and juice will be available. The retreat will start at 10:00 a.m. A ticket is \$15 and includes lunch (there will be a vegetarian offering). Tickets will go on sale in White Hall on Sunday, Feb. 18. Seating is limited, so don't wait to sign up! If you have any questions, special dietary needs, or want to make reservations, please email Deane Sobol at staec.event@gmail.com.

Mark Your Calendars

St. Andrew's HIV/AIDS Cook-in: Our next cook-in will be on Sunday, March 11.

St. Andrew's Sandwich Ministry: Our next collection date of sandwiches for the Catholic Worker will be by Noon on Friday, March 23 and April 27.

Laundry Love: Our next Laundry Love events held at Soap's n' Suds, 2515 Colley Ave will be Thursday, March 15 and April 19.

Easter Flowers

Orders for Easter Flowers will be accepted through March 25. 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 _____



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Web: www.standrewsnorfolk.org

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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*
Eddie Brown, *Register*
Larry Brett, *Treasurer*

Drew Anderson
Jeff Barnum
Judy Blevins
David Branch
Susanne Council
Kay Dahl
Bill Davis
Jon Hanbury
Jim Kruger
Penny Lewis
George Pegram
Andy Stephenson

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 Bathel
*Director of Children's and Youth
Ministry*

Ashlee Erestain
Nursery Coordinator

JonMichel Sipes, *Sexton*

