



January 2012



St. Andrew's Episcopal Church

The Tartan

A Message to the Parish

by Fr. Martin Yabroff



Almighty God, you have poured upon us the new light of your incarnate Word: Grant that this light, enkindled in our hearts, may shine forth in our lives; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

(Book of Common Prayer, p. 213)

Dear Friends,

After our Advent Sabbath and wonderful Christmas services, we begin the new year: shining forth the Light of Christ in our lives. There is so much for which to be thankful in this parish: our members and your welcome to guests; worship teams from Altar Guild, musicians, acolytes, Eucharistic ministers, ushers, fellowship, Sunday School and pageant leaders; and our focus on our Lord, the Scriptures, and our Episcopal/Anglican liturgy and spirituality. Special thanks to all who led and supported our 4 Christmas services in the space of 18 hours.

Our Vestry in December approved a balanced 2012 budget, supported by increased pledges (by 3.7%) and several new pledges. The Vestry also elected Skip Broadhead as our new Treasurer, beginning at the Annual Meeting. **Rory and Jill MacDermot (of our 8 o'clock service, son Dylan was confirmed this November) will become our new Bookkeepers, working closely with Donna Kolkman in this transition.** Our Annual Meeting will have special thanks for Wayne Mannie as out-going Treasurer, and Donna as Bookkeeper, as well as out-going Vestry members: Kit Adams, Virginia Gaub, and Sean Moody.

Please mark your calendars for our Annual Parish Meeting on Sunday, January 29, 2012, beginning with a single worship service at 9:00 am. The business part of the meeting continues after worship, downstairs for no more than one hour. We will elect vestry members and delegates, receive reports, and look ahead in mission.

On Tuesday, January 17, at 7:00 pm, Jessie (Smith) Vedanti, our **seminarian, will be ordained to the transitional diaconate at St. Mark's Cathedral, Seattle!** Car-pools will be arranged.

An Epiphany Adult Education class will be offered on four Mondays: January 23 & 30, February 6 & 13, from 7 to 8 pm. More information will be available soon.

Please read about the Mary's Hope Workshop being offered here in February on spiritual healing after childhood trauma. It is open to the community.

May the Grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with us all.

Senior Warden

By Ken Rhodes

The New year is upon us once again and there is much to be celebrated about 2011 and hope for the new year 2012. Due to careful spending and planning, the past year will be on budget and we certainly hope the next year will be the same. Many thanks go to Donna, Wayne, and the rest of the finance committee. **Wayne's and Donna's countless** hours and careful work are very much appreciated by the vestry and the rest of the congregation. They will be missed as they tackle new challenges. We wish them well.

There are new challenges also for me as I transform from a gainfully employed person to a **"What do I do now?"** person. My position with the city was terminated recently due to massive budget shortages within the City of Tacoma. Fortunately the city has a decent pension system so I could be in a much worse position. It is all very unsettling as one always hopes that retirement comes on your own timeline **and not someone else's. I leave with 29** years of employment.

Recent health issues in my extended family have caused me to be more appreciative of my own good health and a resolution to try and keep it that way. Yes, more hours on the treadmill, more in the pool, and more with a shovel and rake. At least I will have more time to accomplish all of these.

Please remember to come to the annual meeting on January 29. We have much to be thankful for and much to plan for the coming year and beyond. Thank you to all those pledging for the new year and for praying for our continued parish health and success. It has been my honor to serve you as Senior Warden this year.

Mary's Hope

Spiritual Healing from Childhood Abuse and Trauma IS Possible!

An adoptive mother asks, "Why is my son angry all the time?"

A survivor of childhood abuse asks, **"Why do I keep hooking up with people who abuse me?"**

The adult child of a suicide victim asks, "Why does God hate me? Why did God need my Mommy more than I did?"

People used to think that children 'just got over' pain in their childhood. As late as the 1980s, psychology text books taught that. Those of us who survived abuse, trauma, and difficult times in our childhood know better. The wounds we carry dog us-- in our home lives, at work, at play, and in our relationship with the Holy. Time didn't heal those wounds. Years of therapy may have helped, but there is still a hole, an ache, unanswered questions, and pain. Our family and friends may want to help, but they don't know how.

Mary's Hope Workshops, www.maryshope.org, an ecumenical non-profit organization dedicated to offering resources and support to nurture spiritual healing for survivors of childhood abuse and trauma, has answers. Since 2000, over 6200 people have attended their workshops and programs.

Mary's Hope will offer two events in February, 2012, hosted by St. Andrew's Episcopal Church, 7410 S. 12th Street, Tacoma, WA 98465. The first, "Overview of the Wounded Soul" on Saturday, February 4th, 2012, from 1:00 PM to 2:30 PM, will provide insights into how additional healing can help with the spiritual well-being of survivors of childhood abuse or trauma. This overview will offer an opportunity for people to ask questions and learn exactly what the full day workshop on February 18th can do for them. Registration is NOT required. A free will offering basket will be available.

Mary's Hope continued...

The second offering, **“Spiritual Healing and Recovery Introductory Workshop”**, on Saturday, February 18th, 2012, will run from 9 AM until 5 PM, with check-in at 8:45 AM. The cost of the workshop is \$125.00, with a special rate of \$100.00 for survivors of childhood abuse/trauma, foster/adoptive parents and return attendees. There is a limited number of \$50.00 Pay it Forward scholarships available for those who might need some help with the fees. We accept Discover, MC, Visa, checks and cash.

We encourage survivors of childhood abuse/trauma, and those who care for them: clergy, therapists, spiritual directors, victim service providers, family, and friends to attend. The workshop provides a safe, supportive environment in which to begin the spiritual healing journey. People from any—and no—faith traditions have found these workshops useful. This is about *spiritual* healing, not religion.

It is not expected that any survivor share his/her story.

REGISTRATION IS REQUIRED FOR THE WORKSHOP ON Feb. 18th. For further **information or to register, call St. Andrew's at 253-564-4402. Registration deadline is 3 PM Wednesday, February 15th.** We need a minimum of 15 participants to hold this workshop.

Volunteers for Mary's Hope

Hope Workshop February 18th could use two or more persons to help set up for lunch that day. All food will be provided, so it will involve setting out food and paper plates, beverages then making sure all is tidied up afterwards. Let Fr. Martin or Reberta Skinner know if you could help.

Rebate, Reward, Recycle- An on-going fundraising program

By Virginia Gaub

We now have an additional opportunity in this type of revenue building.

Bartels Drug Stores are now part of eScrip fund sharing charitable giving.

What you need to do: 1) Take one of the forms on the table in the Narthex.

2) complete the form as directed (you will **find St. Andrew's Episcopal Church** on the back, Make a check mark there to designate your giving)

3) Take the form to a Bartels Store. They **will issue a “B” caring card. The card will be linked to the phone number that you provide. It says an email is required but the manager told me “not really required”. If you do not have an email, you may use my email and I can relay any messages that may be sent to you.**

The store personnel will affix a sticker from the card that you are issued to the top of the form and THEY will process the form with eScrip.com. You do not need to mail the form or bring it back to me.

4) When you shop at Bartels, tell them **you have a “B” Caring card and give them either your card (if you carry it) or the phone number that you registered with the card.**

There are no special personal rewards or rebates or savings associated with the card. It is their way of registering customers that want to support a particular non-profit agency.

Please feel free to ask questions about this new part of the eScrip.com program.

THE COMMUNITY OUTREACH COMMITTEE

By Don White

The St Andrew's Community Outreach Committee met on December 18th to distribute the available funds for October and November of \$4946.49 and an estimated amount of \$2,500.00 for December. Please refer to the Church's Annual Report that will be available in mid-January of the exact amount distributed. The following organizations and funds were awarded money:

St. Andrew's Scholarship Fund	\$750.00
St. Andrew's Rector's Discretionary Fund	\$500.00
The St Andrew's Seminary Fund (\$495.00 + 10% of Dec allocation)	Approx. \$745.00

Heifer International	\$600.00
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This organization has been operating since 1944 to bring help, healing and hope to millions of impoverished families worldwide including the United States. Heifer International works in the area of livestock and agriculture to **developed programs that alleviate hunger and poverty.** During early Advent St. Andrew's Outreach Committee held a drive to collect donations for this organization. The people responded with donations of \$295.00. The Outreach Committee matched this amount from their 4th quarter allocation for a total of \$600.00. This was enough to give a gift of five goats. The gift of a dairy goat will supply a family with several quarts of nutritious milk each and every day.

Salvation Army	\$500.00
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Our donation is to the local post of the Salvation Army for the operation of their Tacoma area Food Bank during the Christmas season.

Jackson Street Food Bank	\$500.00
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As part of the FISH Food Banks of Pierce County, the Jackson Street Food Bank serves anyone who needs food in the West Slope Neighborhood of Tacoma. They provide a three-day supply of canned food and perishable food such as eggs, margarine, meat, and bread to anyone who comes. The Jackson Street Food Bank is an integral part of the life of St. Andrew's. **The food bank incorporates the St. Andrew's youth group into its operation. Our major partner in the Jackson Street Food bank is the Temple Beth El.**

Pediatric Interim Care	\$500.00
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The Pediatric Interim Care Center's Newborn Nursery, is a program that provides specialized, 24-hour care for drug-exposed and medically fragile newborns. Our donation is for their Foster Care Intensive Case Management Program.

Neighborhood Clinic- Tacoma	\$500.00
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The Neighborhood Clinic in Tacoma provides free medical care to patients who cannot afford or do not have access to healthcare. They focus only on acute or episodic illness by providing medication and initial healthcare. Our donation is for the medication program and support of salaries for the non-volunteer workers.

Mary's Hope	\$500.00
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This organization offers education and resources for spiritual recovery for individuals suffering from childhood trauma and abuse. Our donation is for support and to provide scholarships for the attendance of a one day **workshop that will be held at St. Andrew's on February 18, 2012 entitled "spiritual Healing and Recovery Introductory Workshop"**

The Pierce County Aids Foundation	\$500.00
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This Foundation, through education and service, prevents HIV infection, assists persons affected by HIV/AIDS, addresses related health problems, and combats associated stigma and discrimination. Our donation is for the general support of their service.

Tacoma Rescue Mission	\$500.00
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The Rescue Mission is a non-profit organization headquartered in Tacoma. Guided by its Christian heritage and belief in the human spirit, the Rescue Mission works with people at all stages of addiction, homelessness or other life challenges, offering proven services, support and facilities. Originally founded in 1912 to serve homeless men in Tacoma, the Rescue Mission has grown to serve women and children in all parts of Pierce County with six different shelters offering free overnight lodging, meals and case management services. Our donation will be used to defray the operating costs of these shelters.

Joint Base Lewis-McChord Air Terminal USO \$500.00

Tacoma Power Low Income Assistance Program \$500.00

Administered through Associated Ministries, this program provides assistance to low income families and single individuals who are customers of Tacoma Public Utilities. Support of this program is especially **needed during the winter months when power costs are a higher percentage of the household's income.**

Associated Ministries of Tacoma / Pierce County Approximately \$500.00 (remainder of the December allocation)

The Associated Ministries is a nonprofit group of Tacoma area religious organizations that have joined together for the Christian good of the people of Tacoma and Pierce County. Our donation is specifically donated to their Severe Weather Assistance Program which provides motel rooms for homeless people when shelters are full during freezing weather.

Advent Activities

Through our Saint Andrew's congregation, we were able to provide Christmas gifts for a family of three, mother, son, and daughter, from Phoenix Housing network. Thanks to Larry Phillips and fiancée, Judy for their shopping efforts. Saint Andrew's also provided 27 filled Christmas stockings that were distributed to the families living in the Salvation Army shelters. Thanks to Beth Broadhead for her creativity with our bulletin board and Margo Fleshman in furnishing the stockings. Thanks to all for your care in shopping.

Episcopal Church Women

By Virginia Gaub

Happy New Year 2012

By Cyndi Wolfer, RN, MSN

Parish Nurse

We will not be holding a meeting at **St. Andrew's in January. I hope you are** planning to attend the Regional Epiphany Luncheon on January 7th at All Saints Episcopal Church at 205 East 96th Street, Tacoma. Reservations can be made through Tuesday January 3 by calling All Saints Church office or Marie Evans or Judy Shepard.

On February 8, we will be meeting in the Ada Webb room at 12:45PM. Our program will be Susan Bondurant, a local artist who specializes in Medieval creations such as Icon, Calligraphy and other Illumination type art.

The new year has begun and many of us participate in the tradition of making a resolution or a goal to work on in the coming year. Generally these are related **to making changes in one's life. It is an** opportunity to reflect on the past year, to adopt a new habit or way of thinking and to make some choices for the year ahead. This does not have to be done during the start of a new year, it could be done on your birthday. What do you want to work on this year? What is important to you? It helps to break your goal down into small steps to be taken, to write it down, and to share it with a close friend or family member who can support you as you make changes. May you all have a safe, happy and healthy New Year. May your resolutions be attainable for you

Ultreya

By Reberta Skinner

The Cursillo community will meet on January 29 at 4:30 PM for Ultreya. Music, witness talk and fellowship, followed by a potluck at 5:30 PM

Please join us!

January Birthdays

- 3 Ann Strausbaugh
- 4 Kurt Johnston
Katy Rhodes
- 6 Flo Ball
- 11 Kathy Arthur
- 12 Dottie Smith
- 13 Bill Lubken
- 18 Pat Arthur
- 19 Jared Koch
- 20 Eric Younger
- 22 Adrienne Howe
- 31 Sam Fleshman

Celebrating Anniversaries

- 1-3-94 Steven and Megan Parsons
- 1-7-56 Bill and Darlene Howe
- 1-6 Greg and Ingrid Gaub
- 1-5-94 Richard and Helen Bednarczyk



Christmas Eve 2011

Annual Parish Meeting

Mark your calendars:

Our Annual Parish Meeting will be held on Sunday, January 29, 2012, beginning with a single worship service at 9:00 am.

New Vestry Members Needed
by Ken Rhodes, Senior Warden

Openings for three vestry members. Little or no experience necessary. Any age over 16. Three year commitment. Able to meet one time per month for two hours and other times as needed.

Benefits: * Keeping a great Parish running well and working with people who **love God and want to serve** * **“Inside information” on Faith Development, Finance, Stewardship and More!** * Learning to read Financial Reports * Having an occasional Night Out
Contact: Wardens, Rector, Current Vestry Members



January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8/10 Holy Eucharist	2 Office Closed NO Bible Study 8pm Alanon	3 10:30am AA 7pm AA	4 Noon Eucharist	5 7pm Glory and Praise Choir	6	7
8 8/10 Holy Eucharist	9 1pm Bible Study 6:30pm Alzheimer's Group Meeting 8pm Alanon	10 10:30am AA 1pm Finance 7pm AA	11 Noon Eucharist 6:30m Connections Meeting 6:30pm Youth Group	12 11:30am Assoc. Minis- tries Clergy Meeting 7pm PFLAG 7pm Choir Rehearsal	13 10am Weaver's Guild	14
15 8/10 Holy Eucharist	16 1pm Bible Study 8pm Alanon	17 10:30am AA 7pm Vestry 7pm Ordination of Jess Vedanti	18 Noon –Eucharist 6:30pm Youth Group	19 7pm Choir Rehearsal	20	21
22 8/10 Holy Eucharist	23 1pm Bible Study 7pm Adult Ed Class 8pm Alanon	24 10:30am AA 7pm Vestry 7pm AA	25 Noon –Eucharist 4:45pm Youth Group 5-7 Jackson Street Food Bank	26 9am-3pm Diocesan Clergy Day at St. Andrew's 7pm Choir Rehearsal	27	28
29 9am One Service Only followed by our Annual Meeting	30 7pm Adult Ed Class 7pm Alanon	31 10:30am AA 7pm AA				

* **St. Andrew's Episcopal Church**

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Tacoma, WA 98465

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RETURN SERVICE REQUESTED

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St. Andrew's

The Mission of St. Andrew's Episcopal Church is
to know Christ and to make Christ known.

Phone: 253-564-4402

Fax: 253-564-2961

Email: saintandrews@net-venture.com

Rector: Fr. Martin Yabroff

E-mail: yabroff@net-venture.com

Vestry Members

Clergy

Ken Rhodes, Senior Warden

The Rt. Rev. Dr. Gregory Rickel, Bishop

Skip Broadhead, Junior Warden

The Rev. Martin Yabroff, Rector

Kit Adams

The Rev. Edward A. Sterling, Associate

Jeffrey Boyce

The Rev. Kendall Haynes, Transitional Pastoral Associate

Virginia Gaub

Norbert Herriges

Staff

Ann Morgan

Linda Brice, Parish Secretary

Sean Moody

Naomi Shiga, Organist & Choir Director

Marian Warren

Sunshine DeGennaro, Youth Pastor

Finance Ministry

Tartan Editors

Wayne Mannie, Treasurer

Donna Kolkman, Rory and

Don Ramage

Jill MacDermot Bookkeepers