



July-August
2010



St. Andrew's Episcopal Church

The Tartan

A Message to the Parish *by Fr. Martin Yabroff*



Practicing Sabbath

O God, you will keep in perfect peace those whose minds are fixed on you; for in returning and rest we shall be saved; in quietness and trust shall be our strength.

--- Isaiah 26:3; 30:15

Dear Friends,

Like most good habits and ministries, Sabbath is something that takes practice. We practice Sabbath daily, weekly, and annually (Summer for many of us) by taking time to pause and reflect on our blessings, by stopping our rushing around to look at the people and landscape around us, by stopping to breath and sit and watch and rest, practicing thankfulness and expressing love.

Practice Sabbath by taking time every day to sit, even for 5 minutes, in your yard or looking out your window. Practice Sabbath by reading a Bible passage slowly and then sitting with it. Stop what you are doing and say a prayer – remember Johannes Eckhart's words: 'If the only prayer you ever said was "thank you," it would be sufficient.' Take time to acknowledge and listen to persons around you whom you may sometimes take for granted.

We live in God's time. We live in God's presence. We are stewards of God's wonderful blessings, even in the midst of messy and complicated lives. Remembering these things makes a difference in how we live with one another.

This is our July/August issue of the Tartan, in which we review the many activities of our parish and also remind one another to enjoy the rest and reflection time that comes for most of us during the summer. Summer can be a time for vacation excursions and for chores and projects we have put off until now.

Our summer highlights include our parish campout, July 23-25. Come for whatever part you can – we will

Continued on page 2

> **A Message to the Parish...**

Continued from page 1

have Communion and a Potluck Supper on Saturday evening. Megan and Sunshine will be organizing some family activities. Our seminarian Jessie Smith is in Tacoma for the Summer—I hope you can make contact with her. Other activities are listed within.

Let me share some wise words about Sabbath by Donna Schaper (a U.C.C. pastor, wife, mother of three, author and church executive) whose books explore Sabbath not as a specific day or time away from work, tasks, chores, etc. but as an attitude towards daily living. (This is particularly helpful for those with busy Sundays and summers.) She writes:

Sabbath is a way of living, not a thing to have or a list to complete. By observing it we become people who both work and rest, and who know why, when, and how we do either. We also recognize the occasions on which we do both at the same time. We know how to pray, how to be still, how to do nothing.

Sabbath people know that “our” time is really God’s time, and we are invited to live in it. We are living our eternity now – this Tuesday and Wednesday, this Saturday and Sunday. When we keep Sabbath, we pay attention to God’s invitation. We separate time into parts precisely to hold time together. ... Sacred time is not when we get our work done but all time, which we keep and honor by Sabbath living. We dishonor time by not taking our time. Not to keep Sabbath is like receiving a beautiful gift and forgetting to say thank you. It is like staring at a banquet and complaining that there is nothing good to eat. (Sabbath Keeping, p. 8)

I commend these words to you wherever you are finding yourselves this Summer,

> **A Message to the Parish...**

and I pray that your rest and recreation will be like leaven to inspire and renew all our days and months and years.

Meanwhile, dear friends, when you are in town, I look for you to share in summer worship. Our Sunday services continue through the summer as the heart of our mission and our life together in community. May God’s peace, which passes all our understanding, be with us all.

From Our Seminarian

by Jessie Smith

Friends,

It is a blessing to be here in the Northwest with my home parish, St. Andrews for the summer.

Coming back to a familiar faces and landscapes has been especially comforting after traveling in Israel/Palestine this spring. Despite suffering under Israeli occupation, the West Bank is full of warm, welcoming people, who allowed our group from Friends of Sabeel America, to stand with them to experience a bit of their everyday reality living under military control, which affects every aspect of life. There is so much to share with you about this trip; the holy sites of our faith, and the “living stones”, the people who shared the stories of their lives with us. I would love you to join me for a night of sharing and roundtable discussion at St. Andrews on Wednesday, August 4, 7:00 pm in the Ada Webb Room.

Continued on page 5

Sunday School Summer News

by Megan Parsons

Sunday School Administrator

After finishing strong this past spring, we now have time to reflect on our previous year and look forward to the next. During the Summer months, we are offering a single Sunday School class each Sunday, oriented towards young children, with older youth welcome to be helpers for the Bible story and activity. We also have activity coloring sheets and children's worship bulletins along with crayons, located in the Narthex. Please see me or Eve Yabroff if you would like to lead a class on Sunday this Summer.

The leaders of our Sunday school and Youth programs have begun planning for a few summer activities to do with our parish families. We would like to have at least one event in July and another in August. Activity ideas for all of our families include Putt-Putt Golf, swimming at the Fircrest Pool, and Roller Skating at the local skating rink. Dates, times, and other pertinent information are still being confirmed, however, we will be sure to get the information out in plenty of time for all who are interested in joining us!

Fr. Martin and I will soon begin looking at possible curriculum ideas for this next school year. An invitation will be sent out to all who are interested in participating with Sunday school, in the areas of teaching, curriculum, and planning, in late July or early August. Comments, suggestions, and creativity are always welcome!

We are excited with anticipation as we look ahead to future plans with our Sunday school program. I hope you have been enjoying the start of summer with love, laughter, and relaxation.

—Many blessings to you and your family!

Check out the new St. Andrew's website at www.saintandrewstacoma.org Thank you to Virginia Gaub and Holli Greer for their great work!!!

St. Andrew's Youth Group

by Sunshine DeGennaro

Happy Summer!

Once again a BIG thank you for St. Andrew's members. Due to your support we not only met, but exceeded our goal with the sock drive. Thank you.

Our 30 Hour Famine went well, though rather cold and wet! Once again we joined with the Mason United Methodist youth group. As a group we missed not being able to be outside...despite that we were able to grow and expand our knowledge of world hunger and poverty through several activities and games. The St. Andrew's youth raised over \$700. Way to go guys!!

For the months of July and August there are several social/community activities planned. Amongst them are movies, putt putt golf, time at Mother Earth Farm, BBQs and so on. Some outdoor activities will be weather dependent. Most all activities will be open to friends, so be sure to invite a buddy. Check out the calendar on the bulletin board. Most activities will be for the whole group, but some just for middle schoolers and some just for high schoolers.

—Blessings

Planning for the Inevitable

by Linda Brice
Parish Secretary

They are like trees planted by streams of water, bearing fruit in due season...

Psalm 1:3

On June 12, Bill and I attended the memorial service for Carl Knirk at St. Mark's Cathedral in Seattle. As many of you know, Carl had worked for the Diocese of Olympia for 12 years, and currently was the Canon for Planned Giving/Stewardship and Evangelism. For us, Carl was not only a wonderful leader in our diocese, but Bill and I also counted Carl and his wife Susan our friends.

Carl's memorial service was filled with all things Carl. Great jazz was played, a moving performance of *Pie Jesu* from a requiem was sung; we sang uplifting and joyous hymns—some new and some old. And because Carl loved all things New Orleans we clapped and sang to a robust organ rendition of "When the Saints Go Marching In" as Susan carried Carl's ashes out of the nave.

On the drive home, it occurred to me why the service reflected Carl and his passions. It was because Carl did as he has urged all of us in the diocese to do—he planned his service. I am sure Carl didn't think he would suddenly die at 65, but he planned what he wanted to take place, whenever he died.

Thinking about what will happen when we leave this earthly life is not something we want to do, but there are lots of questions to be answered when we die—Do we want a service? What kind of service? Where is all our stuff going to go? Who will be in charge when we die? We procrastinate, we give good reasons why we can't possibly think about all that now

—but guess what?—None of us gets out of this life alive, so why not plan for the inevitable?

There is an easy way to begin the process. In our church office, and in the narthex we have copies of the Life Planning booklet published by the Office of Planned Giving/Stewardship. In the booklet you will find all kinds of information that will be needed if you become ill or when you die—from health care directive to planning your service; from writing a Christian Preamble to your faith in your will to records of personal information.

I filled out my Life Planning booklet several years ago on the urging of Carl. But I also filled it out knowing that having the most valuable information in one place where my family can find it is a gift to them.

So my request to you, either to honor Carl and his life's work, or to honor those who will take care of your affairs when you die, don't procrastinate—start today—make plans!

For more information you can visit the Planned Giving website at www.ecwwgift.org.

> **Seminarian . . .**

Continued from page 2

This summer I am completing a requirement for my seminary formation; Clinical Pastoral Education (CPE), at St. Josephs Hospital here in Tacoma. CPE is a ten week intensive course in pastoral care in which the students are split between classroom time in the hospital, and clinical hours serving as a chaplain intern. My experience so far

> **Seminarian . . .**

has been very demanding, as good education often is, but also rewarding, as I am present with people as they, or their loves ones make transitions within or out of this life. Please pray for strength and wisdom for me as I pray to be an instrument of God's grace and love in the hospital this summer.

After a year of Seminary in Austin Texas, I have come to appreciate my home here with you, at St. Andrews and look forward to the rest of the summer together in worship, fellowship and seeking God. Thank you for your continued support of my seminary education and formation.

—Peace of Christ

Don't Forget the **All-Parish Campout** on **July 23, 24 and 25th** at Jarrell Cove State Park.

Mark your Calendars for a round table discussion and sharing of Palestine/Israel led by Jessica Smith on Wednesday, August 4 at 7PM in the Ada Webb Room.

CHURCH OFFICE HOURS

The Church Office will be opened the following days in August:

Monday—Closed

Tuesday—10-12 (Volunteer staffed)

Wednesday—10-3

Thursday—10-3

Carl F. Knirk Memorial Scholarship Fund

by Linda Brice

Parish Secretary

Carl Knirk was a leader in the Diocese's response to the New Orleans devastation after Hurricane Katrina- not only in the area of fundraising, but also organizing numerous groups who traveled to New Orleans to assist in the rebuilding of that city. A long term member of the TENS (The Episcopal Network for Stewardship) Board, Carl was also a national leader in the teaching of abundance, sharing both his passion around giving and practical ways to incorporate giving into one's life.

A fund has been established, on the recommendation of the Bishop, to assist people with the expenses associated with participating in disaster emergency response mission trips or to attend training workshops sponsored by TENS.

All contributions will be invested in the Diocesan Investment Fund, with dividends reinvested until scholarships are awarded. Both the contributions and earnings are available for assistance scholarships with the mandate that a minimum balance of \$2,500 be maintained, to insure that this is a permanent fund, available to respond to future needs. All wishing to donate can do so online by going to www.ecww.org, or may make out checks to the Diocese of Olympia, and note the Carl F. Knirk Scholarship Fund on the check.

St. Andrews in Pictures

by Virginia Gaub
Senior Warden

As St. Andrew's continues to promote and publicize the Parish, publishing photos becomes more important. We will soon be uploading new information to the website and plan to put on more photos of church activities. If you have taken photos of recent events, we welcome submission of photos to be included.



A call for photographers

If you have photography skills, we invite you to help by taking photos of events around the Parish.

Privacy concerns

We want to be open and responsive to the individual needs of members of the congregation in respect to privacy issues. Thus, we are asking that if you object to having your photo published in print or online, please inform the office. Parents, please inform us if you do not wish to have photos of your children published. We may or may not add identifying information to the photo publication. We will keep a list on file of people who have informed us of their desire to NOT have photos published and will abide by those wishes.

eScrip Rebate Program (Safeway)

by Virginia Gaub
Senior Warden

Mark your calendars for the 10% Goes Back to Schools program!

St. Andrew's Episcopal Church can earn 10% of your supporters' purchase amounts on thousands of participating products from August 11 through September 14, 2010.

While you shop at Safeway look for special signs indicating the product is part of the 10% program.

If you have not yet registered your Safeway Club card with online eScrip, please contact Virginia Gaub for information about how to register.

Salt and a Healthy Diet

by Cyndi Wolfer, RN, MSN
Parish Nurse

Salt, in the Bible, is mentioned as having many uses. Mark 9:50: "Salt is good: but if the salt have lost his saltiness, how can you season it? Have salt in yourselves, and have peace one with another"

While salt is needed by our bodies to balance the blood's acids and bases, and for the movement of electrical charges in the nerves that move our muscles, too much salt leads to weight gain, high blood pressure and heart disease

Sodium or salt consumption has continued to be a major topic in discussing nutrition.

Continued on page 8

Celtic Faire Planning Underway

by Rena Girard

CAN YOU BELIEVE IT???

St. Andrew's Third Annual Celtic Faire is in the planning stages. We have filled all of the coordinators in charge of the individual events and have had our first meeting. This is becoming a wonderful event that the St. Andrew's family is sharing with all of those around us. And again we thank all who participated either as a coordinator, presenter, and /or participant last year. It was a success!!

We will again be asking you for your help. Each chairman will be making contact with you if you helped last year.

Continued

Second Time Around Jewelry

While you are cleaning out your closets and drawers this summer, don't forget that the Second Time Around Jewelry Table will be at the Celtic Faire once again in October. We will take jewelry of any kind—costume jewelry, men's jewelry, kids jewelry, gold, silver, diamonds! Watches, mismatched earrings, broken necklaces.

Last year we raised and donated to St. Andrew's approximately \$1,000 from the sale of jewelry that parishioners and friends donated.

If you need more information or would like to donate, please contact Linda Brice.

> Celtic Faire . . .

Now is the time to decide stay with your previous committee or find another. Please prayerfully consider offering your help this year. We know that there were others that weren't sure how to participate. Since we don't know who you are, please feel free to ask one of us and we will gladly help you find the group that you would prefer.

Contact one of the following chair persons to get involved:

Celtic Faire Chair Persons

Co-Chairs:	Rena Girard, Liz Herriges
Tea Room:	Margie Hoffman
Lunch Room:	Eve Yabroff and Marian Warren
Sunday Dinner:	Ken Rhodes
Bakery:	Susan Rowe
Youth:	Sean Moody
Vendors:	Jeffrey Boyce
Jewelry Table:	Linda Brice
Advertisement:	Marilyn Baker
Spirituality:	Fr. Martin Yabroff
Ceilidh:	Rena Girard
Set-up/Clean-up:	Norbert Herriges



> **Salt and a Healthy Diet ...**

In the past, the National Institute of Health and the American Heart Association has recommended a diet containing no more than 2.4 grams (Approximately one teaspoon) of salt per day. This years recommendations from the Institute of Medicine, is that people need 1.5 grams daily for good health. According to Dr Amit Khera, the chair of the American Heart Associations' advocacy committee " If we cut sodium by just a little, by 1.2 grams a day, we would reduce stroke in the United States by 32,000, reduce heart attacks by 54,000 and reduce deaths by 44, 000 a year." Ways to cut down on your salt intake include limiting your intake of processed foods, checking food labels for sodium content, eating fresh or frozen vegetables, Do your health a favor and begin to cut down on your daily salt intake.

A Celtic Union:

How the Scots-Irish Shaped America

From the Bellingham Highland Games program, 2010

Submitted by Rena Girard

With only seventeen miles separating Scotland and Ireland, the two countries share a Celtic heritage. The Scottish Presbyterians who settled in Ulster (Northern Ireland) in the 1600's, moved on to North American later. Those Ulster-Scots who left the north of Ireland, became known as Scots-Irish.

> **Celtic Union ...**

Most of the Northern Irish Presbyterian families had been sailing from Ulster to America since the 1690's, but in the year 1717 the trickle became a torrent. In excess of 250,000 Scots-Irish left Northern Ireland to make a new home in America. The reason for this is due to both religious persecution and economic hardship. The Scots-Irish first settled in Pennsylvania and then moved south and west into the mountains regains of Virginia, North and South Carolina and points beyond. With the outbreak of the Revolution in 1775 the Scots-Irish were among the most determined army. George Washington said if the cause were lost everywhere else he would take a last stand among the Scots-Irish of his native Virginia. It was their sense of divine mission that was to help give shape to a new nation, supplying it with such diverse heroes as Davy Crocket, Daniel Boone, Lewis and Clark, Kit Carson, Andrew Jackson, Ulysses S. Grant, Theodore Roosevelt, Woodrow Wilson, Ronald Reagan, Bill Clinton and George W. Bush. Another contribution from the Scots-Irish is County music, the heart of the Scots-Irish culture. Writers such as Mark Twain, Horace Greeley, Edgar Allan Poe, Margaret Mitchell, and Larry McMurtry to name a few.

The Scots-Irish did not merely come to America, they became America.



JULY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
				1 5:30pm Discernment Meeting	2	3
4 8am/10am Holy Eucharist UTO	5 OFFICE CLOSED 7pm Alanon	6 10:30am AA 7pm AA	7 12 Holy Eucharist	8 6:30pm Celtic Faire Meeting 7pm Glory and Praise Rehearsal	9	10 ..
11 8am Holy Eucharist 10am Holy Eucharist .	12 6:30pm Alzheimer Support Group Meeting. 7pm Alanon	13 10:30am AA 7pm Finance 7pm AA	14 12 Holy Eucharist	15	16	17 9am-2pm Women's Cursillo Team Meeting (Puddicombe Hall)
18 8am Holy Eucharist 10am Holy Eucharist 11:30am Outreach Committee meeting	19 7pm Alanon	20 10:30am AA 7pm Vestry 7pm AA	21 12 Holy Eucharist	22	23 Church Campout at Jarrell Cove State Park	24 Church Campout, Eucharist followed by Pot- luck Supper
25 8am Holy Eucharist 10am Holy Eucharist	26 7pm Alanon	27 10:30am AA 7pm AA	28 12 Holy Eucharist 5-7pm Jackson Street Food Bank	29	30	31 9am-4pm AA Conference (Puddicombe Hall)

AUGUST 2010

SUN	MON	TUE	WED	THU	FRI	SAT
1 8am/10am Holy Eucharist	2 7pm Alanon	3 10:30am AA 7pm AA	4 12 Holy Eucharist 7pm Palestine/Israel Discussion	5	6	7
8 8am Holy Eucharist 10am Holy Eucharist	9 6:30pm Alzheimer Support Group Meeting. 7pm Alanon	10 10:30am AA 6pm Finance 7pm AA	11 12 Holy Eucharist	12 6:30pm Celtic Faire Meeting 7pm PFLAG	13 7pm Music Appreciation Night	14 ..
15 8am Holy Eucharist 10am Holy Eucharist .	16 7pm Alanon	17 10:30am AA 7pm Vestry 7pm AA	18 12 Holy Eucharist	19	20	21
22 8am Holy Eucharist 10am Holy Eucharist	23 7pm Alanon	24 10:30am AA 7pm AA	25 12 Holy Eucharist 5-7pm Jackson Street Food Bank 7:15pm Worship Committee Mtg.	26 7pm Choir Rehearsal	27	28
29 8am Holy Eucharist 10am Holy Eucharist	30 7pm Alanon	31 10:30am AA 7pm AA				

July Birthdays

- 3 Michael Dick
- 3 Lindsay (Koch) Ettinger
- 8 Susie Cameron
- 9 Tom Rowe
- 11 Judy White
- 16 Kaylie Rainer
- 21 Bill Brice
- 22 Tom Baker
- 22 Maggie Burdick
- 23 James Crowell
- 29 John Hickman
- 30 Molly Strausbaugh



Celebrating August Anniversaries

August Birthdays

- 1 Matthew Wolfer
- 2 Theresa DeGennaro
- 3 Kelly Gaspar
- 4 Fran Christiansen
- 4 Wynn Hoffman
- 7 Don Bishop
- 8 Vera Heritage
- 9 Sunshine DeGennaro
- 12 Tom Pickford
- 12 Emily (Yabroff) Bradley
- 15 Cynthia Johnston
- 17 Derek Ramage
- 18 Don Ramage
- 21 Bobby Dowlearn
- 21 Kaitlyn Gibbs
- 25 Thomas Yabroff
- 26 Nita Cameron
- 29 Margie Hoffman
- 30 Nancy Knudsen
- 30 Alex Yabroff
- 31 Martin Yabroff

- | | |
|---------|--------------------------|
| 8-3-91 | Brian and Karen Burdick |
| 8-5 | Tom and Marilyn Baker |
| 8-7-82 | Jim and Flo Ball |
| 8-21-71 | Bill and Jean Lubken |
| 8-23 | Tom and Gina Pickford |
| 8-28-68 | Tim and Mary Lowenberg |
| 8-30-96 | Noel and Laurie Shillito |



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

7410 South 12th Street
Tacoma, WA 98465

Non-Profit Org.

U.S. Postage

PAID

Tacoma, WA

Permit No. 512

RETURN SERVICE REQUESTED

*

*



St. Andrew's

St. Andrew's Episcopal Church is committed to knowing Christ and making Christ known by word, faith, and action.

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

Virginia Gaub, Senior Warden

The Rt. Rev. Dr. Gregory Rickel, Bishop

Ken Rhodes, Junior Warden

The Rev. Martin Yabroff, Rector

Marilyn Baker

The Rev. Edward A. Sterling, Associate

Skip Broadhead

Holli Greer

Staff

Dave Lester

Linda Brice, Parish Secretary

Patty Mannie

Dr. Jonathan Wohlers, Organist & Choir Director

Sean Moody

Sunshine DeGennaro, Youth Pastor

Martha Stanton

Megan Parsons, Sunday School Administrator

Finance Ministry

Tartan Editors

Wayne Mannie, Treasurer

Don Ramage

Donna Kolkman, Bookkeeper

Pam Tinsley