

The Saltire



ST. ANDREW'S
EPISCOPAL CHURCH

XX

September 2013

Friends,

Though I have been busy this summer getting established in my office and preparing for the fall, I am writing to you on my first *official* day in my position as the Priest Associate for Family Ministry. I am grateful for this new role, and I am doubly grateful for your willingness to accept me in this (somewhat unique) capacity.

Working with Jessica Chesson, our new Sunday School Coordinator, to put things in place for the year ahead has caused me to reflect recently on my own Sunday school experience. I remember the musty smell of the rooms in the old education building adjacent to my hometown Episcopal church, the stacks of children's Bibles that were probably fifty years old, and the tables marked by years of coloring and sticky from countless projects involving glue. I remember the motley crew of children my age who made up my church school class, especially Jason D. who could never, ever sit still. And I remember my teachers – Mr. Handy and Mrs. Caracrow in particular. Mr. Handy took us each week to Hardee's for sausage biscuits. I realize now that this was probably an effort to avoid answering questions we might have about God. Mrs. Caracrow was a plain, unassuming mother, but she inexplicably drove the fanciest car in town. This was a topic of much discussion with children and adults alike.

The fact that these are my memories of Sunday School suggests that the actual content of our classes was not particularly impressionable. I did not leave well-versed in the Bible, and my teachers were not great theologians or scholars. But my memories do indicate that I learned a few important lessons. I learned that you show up to talk about God each week. I learned that even if your best friends aren't in your class, your brothers and sisters in Christ are, and they are your church family. And I learned that there were adults in my congregation who cared about me and who took seriously the promise that they made at my baptism: to support me in my life in Christ.

As we begin this new program year, please consider how you can be a part of teaching the children and the youth of Saint Andrew's the same lessons. If you have questions about how you might be involved, do not hesitate to contact Jessica or me.

I look forward to a wonderful year together.

In peace,
Andie

Senior Warden's Letter

As we begin a new Church year, there is excitement and anticipation and much activity. One of the inspiring aspects of our life together is that so many parishioners give so freely of their time and talent to the glory of God, for the betterment of St. Andrew's and for the good of the wider community.

If you are new to St. Andrew's or if you have not been very active in the past, I invite you to become more involved this year. Whatever your interests, opportunities abound to be of service.

The Christian Formation Committee, the Mission and Ministry Committee, the Parish Life Committee, the Communications Committee and the Buildings and Grounds Committee are all looking for new members and would welcome your ideas and participation. If things monetary interest you, volunteer to help the Finance Committee, the Stewardship Committee, the Endowment Committee or the new Planned Giving Committee.

Consider joining the Choir, or the Bell Choir, or the Gospel Lights, or the Altar Guild, or the Women of St. Andrew's, or the Flower Guild, or take the Education for Ministry course (EfM). Support the HIV/AIDS Ministry. Work on the Flower Festival, or in the Church Mouse or in the kitchen. Give blood. Teach Sunday school. Volunteer in the nursery. Become an Acolyte, or a Lay Reader or a Chalice or a brass or silver polisher, or a Eucharistic Visitor or a Companion to the sick of the parish. Knit a Prayer Shawl. Provide transportation so that a shut-in can come to church on Sunday. Deliver the altar flowers after church to brighten someone's day.

Volunteer to help shelter the homeless this winter as part of the Norfolk Emergency Shelter Team (N.E.S.T.). Invite family and friends to package meals to help

(Continue on next page)

Stop Hunger Now. Make sandwiches sometime as part of the Catholic Worker Sandwich Ministry.

Advocate for social justice; support the Millennium Development Goals; get involved with a non-partisan group like the Virginia Interfaith Center for Public Policy or Bread for the World or Episcopal Relief and Development.

Come to Coffee Hour some Sunday or to a reception or other social event or just introduce yourself to someone you don't know.

Something on this list of activities and ministries probably interests you. Or maybe you know of a need here or in the community that isn't being addressed. Share your ideas and dreams. Find something that touches your heart and pitch in to share your gifts as you are able.

With all of us working together, this loving and caring community we call St. Andrew's will have a meaningful year of spiritual growth in service to God and our neighbor.

Sincerely,

Tim Coyle

Hello all,

Thank you so very much for agreeing to teach Sunday School this year. You are truly giving the children here at St. Andrew's a precious gift and it is most appreciated. Please do not hesitate to contact me with any questions or concerns. I am here as a resource for you and would be delighted to help in any way possible.

I wanted to let you know a few important bits of information. If you have not completed Safe Church Training in the past three years you will need to do so. This is easily accomplished by contacting Judy Rieken at the Diocese - jrieken@diosova.org with your name, address, and phone number. She will give you the website and password for you to complete this training online.

Also, please mark you calendar for Sunday, September 8th at 9:00 am. We will have teacher training and orientation. I will distribute the units and other important information at that time. If you are teaching the first cycle of classes and would like your unit earlier than that, please let me know and I can get it to you ASAP.

Finally, Sunday School will begin on September 22nd for those of you teaching the first cycle.

Thank you again for your valuable contribution to St. Andrew's. The children are so fortunate to have such wonderful teachers!

All the best,
Jessica
692-6867

Sunday School News

The beginning of a new year of Sunday School is right around the corner! We are still looking for a few teachers to complete our amazing group of volunteers. Please e-mail Jessica Chesson at jessicachesson@yahoo.com or call 692-6867 to find out more.

Some important upcoming dates:

September 9th at 9:00; Teacher Training and Orientation

September 15th at 9:00; Welcome Back Breakfast and Sunday School Registration

September 22nd at 9:00; First Day of Sunday School

September 29th at 9:00; Sunday School

October 6th at 9:00; Sunday School

October 13th; NO Sunday School (Columbus Day Weekend)

October 20th: Sunday School

October 27th at 9:00: All Hallow's Eve Activity

November 3rd: NO Sunday School

We look forward to seeing everyone on the 15th for registration! (Please note that if you cannot come that day you can register your child by contacting Jessica Chesson).

Dear St. Andrew's Family,

I hope you had a great summer and are excited to kick-off another church program year. I wanted to write you with an update and to thank you for all your support. Rosanna and I are settled in well at Sewanee. We are in a 3-bedroom duplex in a section of university housing that is for young professors and seminarians. In July, I set out to explore the 13,000 acre campus here known as "The Domain" and have enjoyed swimming in lakes, mountain biking, and hiking. I have much work to do still in that regard. I'm eager to get started with classes at the end of August. I will be taking Greek, Church History, New Testament, Old Testament, and Foundations of Christian Spirituality. Rosanna (or should I say, Dr. Couture) has been working since the end of June and is now scheduled for about 20 shifts per month of 12 hours each in the emergency department. She has ran central lines, set shoulders back in place, and intubated patients and much more. She loves her hospital (UT Erlanger) in Chattanooga and is renting a room nearby so she doesn't have to commute an hour each way when working. We are really excited to be here

though we miss you all, especially the kids. Thanks for all your support. Because of your generosity we've been able to settle in to our place and have funds for books and tuition. Visitors are always welcome. We have the same e-mail and cell phone numbers (our home phone is 931-598-3402) and our address is 157 Roark's Cove Rd, #2, Sewanee, TN 37375.

Keep in touch. With love, -- Josh

September 15 is Welcome Back Sunday

And with WBS comes our Activities Fair and a Parish breakfast. So please mark your calendar and plan to attend. This is the chance for you to sign up for Sunday School as well as to get acquainted with our many ministries. This is a wonderful time to learn about what your church offers to the parishioners and the community.

And if you have the time and desire, we have the opportunity for you to get involved. For those of you heading up our ministries, keep your eye out for emails regarding the set-up of this fair.

St. Andrew's Senior Choir

The Adult Choir of St. Andrew's is looking for a few volunteer choir members who would like to be part of our dynamic and spiritual music ministry. The Adult Choir rehearses on Thursday evenings from 7:30 pm to 9 pm from September through April. We sing at the 10:15 am Liturgy with a 9:45 am pre-Liturgy rehearsal. If interested, please contact Dr. Kosnik at 683-4068 or at e-mail address:

jkosnik@odu.edu.

Rehearsals will begin Thursday, September 12

Church Mouse Gift Shop Church Mouse Resumes Fall Schedule

Beginning Tuesday, September, 2 the Church Mouse Gift Shop will be open weekdays from 10:30 - 1:30, and after each service on Sundays.

Fall Foyer Groups

It is time again to sign up for Foyer Groups to meet in the fall. There will be a signup sheet at coffee hour the first Sunday in September and the following 2 Sundays. We hope newcomers will join as it is a wonderful opportunity to get to know people in your church. We will be asking for your email address (if

you have one) as well as phone number and address. We'll also want to know if you can host a meeting in your home. It is not necessary, but we need to know for planning purposes. You can also indicate you prefer to eat out. There may be enough people to form a dining out group. If you have any other requests, such as you'll need a ride, please indicate that on the sheet so we can coordinate transportation for you. Feel free to sign up via email: pkovalcik@cox.net or phone: 483-2715 if it isn't convenient to attend coffee hour. Please indicate your name, address, phone # and email address. Be sure I acknowledge your email. I don't want anyone to not be included. But keep in mind the deadline of September 15. This has to be firm. Hope many of you sign up. There is always an abundance of laughter, fellowship, and truly delicious meals.

Thanks! Jan Kovalcik and Susan Rogis

Ghent Area Ministry

Ghent Area Ministry (GAM) is a non-profit outreach organization dedicated to ministering in faith to those in need in the Norfolk community. The office is located at 1301 Colonial Avenue, across the street from Harris Teeter. The program addresses economic, social and spiritual needs. The GAM goal is to be a resource to people in need in their current life situations and to offer help overcome their hardships. They strive to offer a hand up, not a hand out.

GAM offers limited financial assistance, generally no greater than \$75 per situation, for rent, utilities (electricity, gas, and water), local bus transportation, travelers' aid, food, and prescriptions and medications. "Gently-used" clothing is distributed from The Coat Closet at no cost to the clients. Canned/boxed goods are distributed through the Food Pantry. A 30-day time limit between visits helps manage overuse and fraud.

The Ghent Area Ministry began August 1, 2000 as a collaborative charitable outreach ministry of fifteen congregations in the Ghent neighborhood of Norfolk that wanted to better meet the needs of the poor, distressed, underprivileged and homeless people who approached the various churches with frequency during the week. The desire to offer assistance was strong and the financial resources were available from the churches.

There were benefits to be gained for the churches and the clients from a centralized program. Social services knowledge skills were deemed necessary to best manage the requests which involved a great deal of time and put a burden on church staff in the individual churches. One point of contact also helped identify over-dependence and fraud and allowed for the identification of clients with serious needs so they could be referred to the proper community resources for more intensive and specialized services. For over ten years, the churches have supported an office within the immediate neighborhood of the churches, staffed with people having appropriate skills and experience to manage the program.

St. Andrew's is a member church of GAM and the Outreach Committee at St. Andrew's is committed to supporting this worthy organization. Not only does our church make regular financial contributions and support food and clothing drives, a member of St. Andrew's serves on the board of GAM. (Robin Kruger).

Volunteers are needed to serve on the board, help with client intake, answer phones, sort and organize clothing donations, and serve clients in The Coat Closet. Donations of gently used clothing for men and women can be dropped off at the GAM office. Donations of new men's' underwear, t-shirts, and white work socks are always needed.

The Annual Congregational Meeting of Ghent Area Ministry will be September 19, 2013 at Sacred Heart Church at 7:00pm. All are welcome to attend. For more information about Ghent Area Ministry, you may contact Robin Kruger, jkruger3@cox.net or call GAM at 622-0438.

The WSA is Creating a Cookbook!

The Women of St. Andrew's are preparing a cookbook called *Blessings From Heaven* that will feature favorite recipes from our members. These cookbooks will be published in the summer of 2014 and will contain special pages of interest, a table of contents, indexes of contributors as well as recipes, helpful cooking hints, and recipe categories with sub-categories. The cookbook is being created to raise funds for the special outreach projects supported by the WSA. In addition to that, however, they wish to

create a special book for all those in our church who love to read cookbooks, love to cook, like to cook or just plain need to cook - a book that will provide excellent recipes, great hints, as well as a nostalgic look back on some of the foods that have been prepared throughout our past century. So, please, be part of creating this treasure!

What types of recipes will go in the book? The WSA is looking for recipes that go across a wide variety of categories. The recipes should be time-honored, tried and true recipes which you have used for your family, the Foyer groups, for wine and cheese parties, for your children, for NEST, the bake sale - for any occasion where someone tasted your dish and said – *Yum, may I have this recipe?* Recipes that go back through the decades to 1911 are also needed for the cookbook. Do you have recipes from your mother, father, grandmother, great-aunt or beyond? Please consider submitting a couple of them to the book.

When you turn in your recipes, include any special notes, particularly as to the history of the older recipes. Let us know when the recipe started being used in your family – 1940's? 50's? Earlier? How was it used - during the week or for special occasions? In addition to notes about when the recipe was used, include notes that would help in the preparation of the food which are not really part of the recipe, e.g. what is the best way to slice corn off a cob?

The cookbook will have the following main categories: Appetizers & Beverages, Breads & Rolls, Soups & Salads, Vegetables & Side Dishes, Main Dishes, Desserts & Sweets, and This and That. The This and That category will have sub-categories which will include: Sauces & Marinades, Kid's Cooking, Brunches & Breakfast, Men's Cooking, and Pickles, Condiments & Chutneys. Sub-categories, of course, will depend on what is submitted. In addition, some of the recipes will be identified with a special symbol which will designate the following recipe characteristics: award winning, diabetic, freezes well, gluten free, heart healthy, holiday, hot and spicy, in memory, international, kid recipe, pet recipe, quick and easy, slow cooker, and vegetarian. The "in memory" symbol will be for recipes belonging to the cooks in our lives who are gone.

Because the cookbook is named *Blessings From Heaven*, each category divider will contain a blessing that is said before meals. If you have a blessing that has been used by your family for years, please submit it

and, if selected, your name will be listed as a contributor. You can email your blessing to [blessingsfromheaven.cookbook@gmail.com](mailto: blessingsfromheaven.cookbook@gmail.com) or write it down and place it in the Recipe Drop Box which is located on top of the mailboxes outside of Andie Rohrs' office or the one in White Hall on the sign-in table.

For specific and detailed directions on submitting recipes, see the Recipe Collection form. Copies may be found in White Hall or on our web site. There will also be many ways that you can help make this cookbook a great success. Besides recipes and blessings, the book will need those who would like to write a paragraph or two about our history, submit cooking hints, type recipes and proof-read them. If you are interested in helping, let us know by emailing us at [blessingsfromheaven.cookbook@gmail.com](mailto: blessingsfromheaven.cookbook@gmail.com) or contacting Deane Sobol at 623-0796.

Sam's Scarves to Touch More People

At the end of last year, Sam Williams went to the Prayer Shawl Ministry with the idea that we should knit scarves for those attending NEST. This idea was passed to the congregation and the project did very well in that we received 90 hand knitted scarves from our knitters and their friends outside the church. The scarves were distributed in March. The only problem is that March is towards the end of the winter season when nights can still be chilly but the brunt of the winter is over. This year, we would like to extend the program to reach more individuals earlier in the cold season. Our goal is to pass out 130 scarves to the guests of the Catholic Workers Sandwich line on the Saturday that our church sandwiches are distributed, November 23rd. Since we had about 25 scarves left over, we have a little bit of a head start. Whether you are an expert or a beginning knitter, knitting a scarf is as simple as doing a knit stitch from beginning to end. The scarves should be at least 4 feet long and made of dark yarn that is washable. Scarves may be deposited in a shopping bag which will be put out in front of the Church Office. Several patterns will be placed on the web site along with at least one pattern for a crocheted scarf. So get out your needles and hooks and pass the word to your friends. Deadline for getting the scarves to the church is November 10th.

Young Adult and Family Potluck

Let's kick off the school year with a get together! Come on Sunday, September 22 from 5-7 in White Hall and on the playground. Please bring dish to share if you are able. Child and adult beverages will be provided. Contact Andie Rohrs with questions ([andiewigodsky@gmail.com](mailto: andiewigodsky@gmail.com)).

Wine and the Word Fall Kick-off

Wine and the Word, the young women's fellowship group, will meet on Wednesday, September 11 from 7-9 pm in White Hall to catch up after the summer and to plan the year ahead. Bring an appetizer, dessert, or bottle of wine to share. Contact Margaret Blair with questions ([mtblair76@gmail.com](mailto: mtblair76@gmail.com)).

Ghent Churches Blood Sponsor Group Welcomes Freemason Baptist Church

Next year, Freemason Baptist Church will be joining the Ghent Churches in sponsoring blood drives. They will take over the July blood drive, formerly managed by First Presbyterian Church on Colonial Avenue. The next blood drive will take place at First Presbyterian Church on Wednesday, September 11 from 1:00-7:00. The Red Cross is currently putting out an emergency appeal for blood so donate if you are able. The best way to donate is to reserve a spot on-line by going to <http://www.redcrossblood.org/make-donation>.

GHENT BLOOD DRIVE SCHEDULE

September 11, 2013 First Presbyterian

November 13, 2013 Sacred Heart

January 8, 2014 First Lutheran

March 12, 2014 First Lutheran

May 14, 2014 St. Andrew's

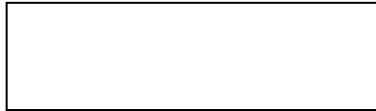
July 9, 2014 Freemason Baptist

St. Andrew's Episcopal Church
1004 Graydon Ave
Office: 1009 W. Princess Anne Road
Norfolk, VA 23507

Vestry

Tim Coyle, **Senior Warden**
Dean Rogis, **Junior Warden**
Charlotte Zito, **Register**
Jim Affeldt
Elizabeth Evans
Carter Furr
Sally Kellam
Robin Kruger
Jay Lassiter
Karen Mitchell
Wendy Nuzzo
Deane Sobol
Donald Swift
Tristan Carter Warren
KK West

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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. In our role as stewards of God's gifts we embrace a comprehensive concept of stewardship as central to our ministry. As a place of hope for all people, we celebrate with joy through grace our oneness in Christ.

Saint Andrew's SALTIRE

The monthly newsletter of St. Andrew's Episcopal Church in Norfolk, Virginia
Phone 757-622-5530
Fax 757-622-0812
Email: dsipes.staec@verizon.net
www.standrewsnorfolk.org

The Rt. Rev. Herman Hollerith, Bishop of the Diocese of Southern Virginia
The Reverend John Rohrs, Rector
The Reverend Andie Wigodsky Rohrs, Associate Priest for Family Ministry
Larry Brett, Treasurer
Dennis Sipes, Parish Administrator
Dr. James Kosnik, Organist/Choir Dir
Richard Rigg, Youth Choir Dir
Jessica Chesson, Christian Ed Director
Elizabeth Harris, Nursery Coordinator
Taylor Lloyd, Nursery Worker
JonMichel Sipes, Sexton
Steve Blevins & John Hudson, & Pat Garris, Assistants to the Treasurer

New Security Alarm System: For all those who have been issued a key over the last several years and you still wish to gain access to the building you must contact the parish office to coordinate with Dennis in person to be issued an alarm pass code by September 13. Along with the issuance of a pass code he will conduct a tutorial of the new system. Each holder of a key will be issued their own code this will allow us to monitor who enters the building, who may have failed to rearm the system and who may have set the alarm off. The system will be fully implemented (armed) beginning Monday, September 16.

New Website Calendar: We are pleased to announce that we have a new main calendar for our website www.standrewsnorfolk.org. Please check it out on the home page under the calendar menu button at the top of the page.

Photographers, lend us your skills! The Communications Committee is adding to its photo library and could use a little help from those of you who enjoy taking pictures. We'd like to call on you from time to time to take photographs of some of our special gatherings and events, such as the Flower Festival, Youth Group outings, Stop Hunger Now, Christmas Pageant rehearsals and more. Selected photos will be featured on our website, bulletin boards and in St. Andrew's collateral materials. If you'd like to assist, please contact Elizabeth Evans at 625-7068 or evansandglass@cox.net.

Mark your October calendar for the following dates: Bishop Holly here for confirmation, 10/6, Blessing of the Animals, 10/13 and Stewardship Kickoff Breakfast, 10/20