



September &
October 2014

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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.

Parishioners Embrace New Yoga Class



By The Rev. Andie Wigodsky Rohrs

"AAAAAAUUUMMMMM....." This is the sound that you might hear if you pass White Hall between noon and 1:00 pm on a Friday. It is not a strange animal or a malfunctioning air conditioner. It is not a noise from children on the West Ghent School playground. Instead, it is the collective exhale of the new St. Andrew's yoga class. "AUM," also written as "OM," is the sound in yoga that represents the Ultimate Reality, which Christians, of course, identify as God.

The yoga class began in July and has been a terrific experience thus far. It is taught by a new member at St. Andrew's, Eleanor Kootsey. Eleanor is a certified teacher in the vinyasa flow tradition of yoga that focuses on smoothly flowing, movements centered around inhaling and exhaling. Eleanor is also the

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spouse of Brenden, a medical resident at CHKD, and the mother of Tucker, the curly-headed blond two year-old you may have seen in the back pew on Sundays. In addition to teaching yoga, she works as a non-profit fundraiser.

Each week, Eleanor chooses a theme inspired by the week's lectionary readings or another verse or poem that has spoken to her in her own spiritual practice. She guides participants through breathing exercises, movement, and stillness to help them connect with their deepest selves and experience God through their bodies. In this sense, the yoga is as much a form of prayer as it is a form of exercise.

The class has been publicized as being suitable for beginners and for students of all ages and levels, and that has certainly been the case. St. Andrew's members ranging from youth group participants to people in their eighties have been attending, and the class has had an average of about 15 people each week. Some have added the class to their already routine practice of yoga, while others are trying yoga for the first time. As Eleanor demonstrates postures, she offers modifications for different abilities.

"I have heard about yoga for a long time and didn't know if it was anything I would ever be interested in because I couldn't bend in all of those directions. I still can't bend in all of those directions, but I am bending in more than I thought I could... and I feel good afterward." said Dean Rogis. He also noted that he enjoyed the meditation element of the class because "I was never one who was big on sitting around and meditating."

Mary Ellen Dechert has been practicing yoga for fifteen years and credits it for helping with her agility and range of motion in her older age. "This class is unique, though, in that it instills not only a feeling of spirituality, but a deep sense of Christianity and its relation to inner goodness," she said. She was especially grateful for the way that Eleanor recently wove the previous Sunday's sermon in to the class's mantra for the day.

The class is meaningful not only for its participants, but also for its teacher. For Eleanor, yoga is a means of walking the Christian path of heart trans-



formation. "I'm humbled by the vulnerability of the students who are willing to move and breathe through their physical, mental and emotional kinks to make more space for God." Eleanor has found that in planning each week's class, she is sitting more deeply with scripture imagining how it can be translated into a body/mind practice that will serve others. Working with people of various ages and abilities is also making her a better teacher. "Coming from a social justice background, I've wondered how teaching yoga can make a difference. Seeing 15 peaceful people at the end of class gives me hope for the world."

The new yoga class is a wonderful, new opportunity at St. Andrew's that celebrates the integration of the body and the spirit and is good for both. If you haven't already, consider giving it a try!

Sunday School Returns in September!

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 jessicachesson76@gmail.com or call 692-6867 to find out more.

Some important upcoming dates:

September 7 at 9:00 a.m.; Teacher Training and Orientation

September 7 at the 10:15 a.m. service; the blessing of backpacks

September 14 at 9:00 a.m.; Welcome Back Breakfast and Sunday School Registration

September 21 at 9:00 a.m.; First Day of Sunday School

September 28 at 9:00 a.m.; Sunday School

October 5 at 9:00 a.m. ; Sunday School

October 12; NO Sunday School (Columbus Day Weekend)

October 19: Sunday School

October 26 at 9:00 a.m.; All Hollow's Eve Activity

We look forward to seeing everyone on the 14th for registration! (Please note that if you cannot come that day you can register your child by contacting Jessica Chesson).

Sunday School Teachers

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 feel free to contact Jessica with any questions.

Please remember that if you have not completed Safe Church Training in the past three years you will need to do so by going on the Diocesan web site: http://www.diosova.org/safe_church and complete the online course.

Also, please mark you calendar for Sunday, September 7 at 9:00 a.m. We will have teacher training and orientation. The different units and other information will be distributed and there will be time left at the end to plan with your co-teachers.

Finally, Sunday School will begin on September 21 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!

Upcoming Youth Group Events

EYC Fall Kick-Off - September 14, 2014, 4-7 pm - City Scavenger Hunt!! Meet in White Hall at 4:00 to team up and compete in a fun search around the city. We'll return at 6:00 pm when parents will join us for a potluck dinner. Please bring a side or dessert to share.

Dinner and Ghent Area Ministries, Sunday, September 28, 5:30-7:30 — We'll meet in White Hall to share a meal together and to assemble meals for people in need to be distributed through Ghent Area Ministries.

OCTOBER WEEKEND AT CHANCO, October 10-12 (grades 8-12) – Get excited to spend a beautiful fall weekend at Camp Chanco, bonding with St. Andrew's friends and meeting new friends from around the Diocese! October weekend features great music, small groups, socials and games, meaningful discussions, a dance, and incredible worship. We'll leave at 6:00 pm on Friday and return around noon on Sunday. Registration details to come!

Halloween Fun... October 26 – Details to come!

2014 Flower Festival Volunteers needed



2014 Flower Festival November 1-2

In order to continue the success of the Festival,

WE NEED YOU!

Please contact the committee member listed below if you can help with cooking at church or provide baked goods, purchase and/or solicit flower dedications and program ads, make and/or solicit donations for the silent auction, recommend a vendor for the bazaar, and/or volunteer during the Festival.

BAKERY

Llew Roberts, 423-6310, llewroberts1@verizon.net

SILENT AUCTION

Amber Pickrell at 627-9258 or pickrell3@cox.net

VENDORS

Deane Sobol, 623-0796, sobold43@gmail.com

VOLUNTEERS

Ellie Ankerson, 623-0597

If you are interested in serving on the Committee and/or you have comments/suggestions, please contact Amber Pickrell at 627-9258 or pickrell3@cox.net.

CALENDAR HIGHLIGHTS

Sunday School Teachers Orientation,
Sept. 7 at 9:00 a.m. in White Hall

Blessing of the Backpacks,
Sept. 7 at the 10:15 service

Women of St. Andrew's meeting,
Sept. 7 at 11:30 a.m. in White Hall

Kick off Sunday Ministry Fair,
Sept. 14 at 9:00 a.m. in White Hall

Annual Women of St. Andrew's
Bella's Rummage/Book Sale,
Sept. 20 at 9:00 a.m. in White Hall

St. Andrew's Cook-in,
Sept. 21 at 8:00 a.m.

Adult Forum/Sunday School begins,
Sept. 21 at 9:00 a.m.

Outreach Ministries Committee Wine
and Cheese Reception,
Oct. 6 at 6:00 p.m. at the home of
Betty Wade and Tim Coyle

Women of St. Andrew's Dinner,
Oct. 10 at 6:00 p.m. in White Hall

Women of St. Andrew's Quarterly
Wine and Cheese Meeting,
Oct. 15 at 7:00 p.m. in White Hall

Annual Stewardship Breakfast,
Oct. 19 at 9:00 a.m. in White Hall

Welcome to our Newcomers!

Susan Burt

Kiki Glover and Mike Knickerbocker

Mandy and Bryan Rhodes

Alexandria Snyder; Landon, Brooke, and Lance

Margaret and Tom O'Bryon; Tom, Henry, and Anna

Linda Wilson

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!

Vestry Updates

At the August Vestry meeting, the focus time centered around a check-in discussion with The Rev. Andie Wigodsky Rohrs, upon the anniversary of her first year serving as Priest Associate for Family Ministry. The Rev. Wigodsky Rohrs shared some of the highlights of the past year, as well as some of the challenges, and she also noted preliminary plans for the year ahead. We also discussed how the arrangement is working for us to have a clergy couple serving together on staff—both how that is impacting the family life of The Revs. Rohrs and also how the parish is perceiving their work together. Vestry members expressed their support of The Rev. Wigodsky Rohrs' ministry and of this on-going arrangement.

At the same meeting, The Rev. John Rohrs and Doug Mitchell updated the Vestry on the work of the Organist/Choir Director Search Committee. They noted that we have received around 40 applications, which we narrowed down to nine persons who were selected for phone interviews. That narrowed the field further down to six candidates, each of whom is coming for a visit to St. Andrew's in the next few weeks. We hope to have a final recommendation for the Vestry later in September. Thankfully, we are in no rush because we have been in such good hands with Dr. Joe Khoury and Richard Rigg during this interim period.

The Vestry also discussed several pending repairs to the rectory property at 1010 Graydon Avenue, and the possible need to allocate funds for that purpose in the near future. As the discussion evolved, we determined that it might be time to reclaim the property to do more extensive repair work and make sure the house is refurbished well. We plan to tie this in to a discussion about potential future uses of the rectory, including possible use as a center for new outreach programming. We will involve the parish in the discussion that follows. The rectory lease is up at the end of April, and we have informed the tenants that we do not intend to renew their lease.

Parish Prayers and Thanksgivings

Births: Charles Bennett Dahl, was born on July 3 to Alison and Gorge Dahl
James "Kel" Keller was born on July 23 to Mandy and Bryan Rhodes

Deaths: Alice Councill, August 5
William Boyd Moore, August 12
Sarah Agnes Rentz, the grandmother of Missy Rentz and Kim Rentz Hardy , August 15
Jeanne-Marie van Erk Cancelliere, the grandmother of Jeanne Marie Tufts August 15
Barbara Smith Pardo, the mother of Becky Ruffin, August 18
Shirley Shepherd Garris, the mother of George Garris, August 19

PARISH NEWS AND NOTES

Food Bank Backpack Program



The Backpack Program is an initiative developed by the Foodbank of Southeastern Virginia to address the nutritional needs of children who are at risk of weekend hunger. These children, identified by school personnel, are discreetly provided backpacks filled with non-perishable food, to eat on weekends and school holidays.

There are 25 children at W. H. Taylor Elementary School that receive these bags. The cost of the program is \$100 per student, per school year, or \$50 each semester. Please consider partnering with The Foodbank of Southeastern Virginia and the PTA of W. H. Taylor Elementary School to provide backpacks for the 2013-2014 academic year. If interested in learning more about this program, please contact Hilarie Dayton, 615-5802, hilariewakefielddayton@yahoo.com



Women of St. Andrew's Upcoming Events

Two fun events are being planned by the Women of St. Andrew's. The first many of you know about: **Bella's Books, Bargains, and Bake Sale** will take place on **Saturday, September 20 from 9:00 a.m.-2:00 p.m.** Weather permitting, we will have some stalls outside, the rummage sale will be in the auditorium and the book and bake sale

will be in White Hall. Make plans to attend and find that special book or treasure meant just for you and take home dessert.

On **Friday, October 10, at 6:00 p.m.**, the WSA will hold a **Family Italian Dinner** night in White Hall. There will be a variety of good pasta dishes (meat, seafood, and vegetarian as well as Mac and Cheese for the kids),

salad, bread, wine and soft drinks plus dessert. Tickets for adults are \$15.00 and tickets for children 7-12 years of age are \$5.00.

Admission for children six years old and below is free. Tickets will go on sale the second week in September.

Volunteers Needed for St. Andrew's Coffee Hour

Coffee Hour follows the 10:15 service each Sunday. This is an opportunity to greet one another, learn who is new to the area and to the parish family. While the church provides the coffee and hot tea as well as the paper plates and napkins, it depends upon church members to "host" each event and provide the snacks.

The mantra is "simple goodies." Snacks can include cake, cookies or quick bread, fresh fruit and/or fresh veggies with a dip, chips with dip, pretzels, goldfish, crackers or nuts, and some soft drinks or iced tea or lemonade. The "hour" generally does not last past noon. For those who wish to serve as hosts, there is a

sign-up sheet at the "Information Desk" outside of White Hall. Guidance for hosting may be found in the back of the sign-up sheets. You may want to share the pleasure of hosting with a friend.

Foyer Dinner Groups Start Back Up

What today we refer to as foyer dinner groups was born in the Diocese of Coventry, England, in the aftermath of the massive destruction from the German blitz on London during World War II. The fourteenth-century cathedral was destroyed, but a ministry of reconciliation evolved from that destruction; and about 25 years later, in 1967, the staff of Coventry Cathedral began meeting in small groups to bridge differences, eventually giving these gatherings their present name. What they discovered were the strong bonds that formed

from this communal experience.

Foyer groups are strictly social events—sometimes dinners, sometimes brunches, sometimes in a home, apartment, or condo, sometimes a meal at a local restaurant. The only constant is the presence of good food and wine! Foyer groups are what the members of each group decide to make them. It is a chance to visit and socialize outside of church with people you already know, but more importantly, with people you do not know. There are no rules, and there surely is nothing that says you have to host a sit down dinner in your home.

Signup sheets are located at the Information Table in the hallway leading to White Hall. We'll 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 if you prefer to eat out. If you have any other requests, such as needing 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. The deadline is Sunday, September 28.

All Saints' Intercessory Prayer List Requests Are Due by October 28

All Saints' Sunday is when we remember in intercessions the names of all those who have been buried from this church since the last All Saints' Day. If you would like to list the names of others who have died, please list their FULL CHRISTIAN NAMES (no initials, titles, etc.) on the form below. Place the form in the offering plate or in the parish administrator's box in the library - or you may call the parish office at 622-5530.

Please print clearly, include your name & phone number in case there are questions about spelling, etc.

Your name:

Phone:

Christian Name(s) of deceased:

Invitation to the Outreach Ministries Committee Wine and Cheese Reception

The Outreach Ministries Committee is hosting a wine and cheese reception at the home of Tim and Betty Wade Coyle (1333 West Princess Anne Road) on Monday, October 6, 2014 at 6 p.m. All parishioners and friends are invited. Please come for some good food and drink and to learn more about how St. Andrew's reaches out to help in our community and throughout the world. There are many exciting and meaningful opportunities for you to be of service. Please join us on October 6. If you plan on attending, please call Betty Wade at 757-625-3182 or email her at nohits@verizon.net.

Parents of College Students

The Women of St. Andrew's send care packages twice a year (at exam time) to our undergraduate college students. **Please call or email the church office with your student's mailing address and email address!** The first mailing will go out right after Thanksgiving. **We don't want to leave anyone out!** Questions, contact Ann Dodson at 627-1353 or ann.dodson@cox.net.



ST. ANDREW'S EPISCOPAL CHURCH

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Web: www.standrewsnorfolk.org

Facebook: St. Andrew's Episcopal Church, Norfolk, VA

*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

*Sally Kellam, Sr. Warden
Dean Rogis, Jr. Warden
Larry Brett, Treasurer
Charlotte Zito, Register*

*Jim Affeldt
Hunter Benson
Mavis Benz
Elizabeth Evans
Carter Furr
Paul Kovalcik
Jay Lassiter
Greg Murphy
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Dennis Pendleton
Deane Sobol
Tristan Carter Warren*

St. Andrew's Staff

The Rev. John Rohrs, Rector

*The Rev. Andie W. Rohrs
Priest Associate*

*Dennis Sipes
Parish Administrator*

*Dr. Joseph Khoury
Interim Organist*

*Richard Rigg
Interim Choir Director*

*Jessica Chesson
Sunday School Coordinator*

*Ashlee Erestain
Nursery Coordinator*

JonMichel Sipes, Sexton