



April 2013

Rector's Reflections

As I write this, we enter the final days of Lent and prepare our hearts for Holy Week. It has been a meaningful Lenten journey at St. Andrew's. Our spiritual focus over these forty days came from the theme of our first stained-glass window – "I Was Hungry and You Fed Me." In our Lenten Supper Program we learned about the facts and faces of hunger in our community and beyond, and through a series of events and activities we took action. Here are the numbers, which stand as a testament both to the harsh reality of hunger and homelessness in our midst and also to the generosity and commitment of the faithful members of this parish:

- 10,000 meals packaged during Stop Hunger Now event
- \$1300 raised and 12 (and counting!) boxes of food collected for the Foodbank
- 770 meals served to 55 homeless guests during NEST week
- 200 sandwiches provided for the Catholic Worker meal line
- 165 meals prepared for the families supported by Access AIDS Care
- 24 meals delivered to ForKIDS
- 10 advocacy letters sent through Bread for the World

Thank you to all who took part; this was a true communal effort and was such a tangible way to express our faith and love our neighbors. Many stomachs and hearts are full today as a result. And yet the challenge of hunger continues – not just physical hunger but spiritual hunger, a reality that comes into sharp focus as we enter Holy Week.

Jesus arrived in Jerusalem as a humble servant, the king of love, but he was greeted by malnourished souls whose response was fear and violence. This spiritual malaise continues today and is reflected in the pain of enduring poverty and injustice and war. Holy Week provides us an opportunity to recognize this problem. Faced with the memory of the Passion, we can choose to acknowledge the hunger within and around us and to see it as an emptiness that only Christ can fill. He is the Bread of Life. May we all fill our hearts in this coming Eastertide.

Faithfully,
John

Sr. Warden's Letter – Easter 2013

It is midway through Lent as I write this letter, but realize that it will be Easter when you read it. When I did an internet search for the word "Easter," hundreds of sites were displayed about Easter eggs, Easter bonnets and Easter bunnies. Now I like Easter egg hunts as well as the next person, but I was actually looking for information about the greatest of Christian celebrations.

With some persistence, I did locate many web sites devoted to the Christian observance of Easter, including the text of the Easter Sermon of John Chrysostom, Archbishop of Constantinople (400 AD). It strikes me that words uttered more than 1600 years ago in a very different time and place by an eloquent Early Church Father may resonate as loudly today as when first spoken. The sermon concludes:

"Christ is Risen, and you, o death, are annihilated!
Christ is Risen, and the evil ones are cast down!
Christ is Risen, and the angels rejoice!
Christ is Risen, and life is liberated!
Christ is Risen, and the tomb is emptied of its dead;
for Christ having risen from the dead,
is become the first-fruits of those who have fallen asleep.

Angels, evil ones, annihilation, empty tombs, first-fruits. Different words might be used today but ultimately finding the meaning of Christ's passion, death and resurrection involves questions to be asked by each of us. Finding answers is not so much a matter of intellect as a matter of faith— faith that the death of Jesus was a redemptive act; faith that Christ died to save sinners; faith that Jesus Christ rose from

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the dead on Easter Day and faith that when I die I will not perish but have everlasting life. Without the resurrection, Jesus' crucifixion and death would be the ugly ending to a rather bizarre story about a well-intentioned, out of place, trouble-making rabbi.

This year as I think about the resurrection, I pray not so much for answers to my many questions but for the grace to be more faithful in my questioning. I also pray for faith that no matter how many questions I ask and how many times I turn away from God that God loves me still, unconditionally and always.

On behalf of the Vestry, may the risen Christ bestow the peace of God upon each of you this Easter Day and every day.

Alleluia, Christ is risen. The Lord is risen indeed, alleluia.

Sincerely,
Tim Coyle

2013 Vestry Nominees

Hunter Brunick Benson

Hunter was baptized at Church of the Holy Apostles in Virginia Beach 33 years ago and remained a member there until she and her husband Mark joined St. Andrew's three years ago. Hunter was confirmed at St. Andrew's in the spring of last year. She has volunteered in the nursery and serves on the Sandwich Ministry while her husband, Mark, serves on the Stewardship Committee. Her older daughter, Vandy Grace, attends Children's Chapel and Sunday School while her younger daughter, Lydon, who was baptized at St Andrew's enjoys the nursery.

Hunter is a 2001 graduate of Flagler College and has a B.A in Business Administration. She is currently a stay at home mom caring for her two children.

Mavis Benz

Mavis was born in St. John's, Newfoundland and raised in the Anglican Church there. She became a

member of St. Andrews in 2002 after moving to Portsmouth from Chesapeake. The wife of a navy man, and traveling the world, she started attending St. Thomas' Episcopal Church in Great Bridge after returning to Virginia in 1980. While there she was a member of the Pastoral Care and Eucharistic Ministries, and also completed the four-year Education for Ministry Course. Since joining St. Andrews, she was instrumental in starting up the Pastoral Care and Eucharistic Visitors Ministries under the leadership of Julia Dorsey Loomis, has been its leader since its inception. Mavis is also a Lay Reader/Chalicer, delivers altar flowers, knits Prayer Shawls, and has been one of the Church Mouse buyers for the past several years. She graduated from Bishops' College in St. John's with a two-year certificate in Business and Office Management. She retired from Sentara Healthcare in 2002 after working for 15 years with several of Sentara's senior vice presidents as an Executive/Administrative assistant and office manager. Enjoying retirement life, she loves to travel, read, knit, spend time with the grandchildren, and is an avid picture taker.

Paul Kovalcik

Paul Kovalcik and his wife, Janet, have attended services at St. Andrew's for the past 6 1/2 years. They were received into the church in May 2010. Paul and "Jan" live in Portsmouth and have five children and six grandchildren. They have enjoyed meeting many of the congregation through the foyer group program and have volunteered for 4 years in the NEST Program. Jan also donates time at the Church Mouse gift shop.

Paul graduated from the City University of New York and Georgetown University Medical School. He is board certified in general and colon-rectal surgery and retired from the US Navy (Captain) in 1989 after 20 years of service. He was in solo practice of colon and rectal surgery in Portsmouth and Chesapeake for 23 years. Since January 2012, he has been a Medical Director for Anthem Blue Cross.

Paul is completing the third year of the EFM program and enjoys the fellowship of his classmates.

He is honored to be chosen to serve on the vestry and looks forward to serving St. Andrew's for the next three years.

M. Gregory (Greg) Murphy

Greg has been a member of St. Andrews church for the past five years and recently was accepted into the Episcopal Church after having been a member of Sacred Heart church since Baptism.

Prior to being part of St. Andrews, Greg was a counselor and sailing instructor at Camp Chanco, was part of a Happening retreat. Currently Greg assists with Sunday school and is on the Building and Grounds committee at St. Andrews. Greg is married to another St Andrews church member Elizabeth Murphy with whom he has two children, Clara and Maddie. The Murphy family is very excited to be part of such a great group of people and part of a wonderful church.

Greg is a native of Norfolk and grew up on Graydon Avenue in the Ghent area. Greg is president and founder of Coastal Inspection Services, LLC which is a private building inspection company. Currently he is vice president of American Society of Home Inspectors, on the alumni board for Norfolk Collegiate School and board member for The National Association of Mold and Remediation Inspectors. Greg is an avid mountain biker, skier and enjoys spending as much time as possible with his girls.

Greg is a 1999 Graduate of Radford University, majoring in Psychology and Biology.

Dennis Pendleton

All bios are posted on the Vestry bulletin board leading to White Hall.

The Value of Volunteers

Enough cannot be said about the value of volunteers to an organization, particularly small, non-profit organizations such as St. Andrew's. President Nixon created the first National Volunteer Week in 1974. The numbers of people who volunteer has increased by 60% since that time. And with that increase in volunteering came an increase in the impact that volunteering has on the organization. At St. Andrew's, volunteers cook and bake for the homebound and AIDS patients as well as church functions and the Flower Festival bake sale. And speaking of the Flower Festival, it takes an army of volunteers to set it up and then tear it down. Volunteers teach Sunday School, work in the nursery, and hold Children's Chapel. Volunteers help to stop hunger, build a habitat, provide the Eucharist to the homebound, visit the sick, polish the brass, clean the linens, serve the chalice, arrange the flowers – the list is broad and it is long. April 21 – 27 is National Volunteer Week. On Sunday, April 28, we will celebrate our volunteers with a special reception after the 10:15 service. Whether you have volunteered for a day or for a day each week, the time and talent you have given to this church is valuable beyond measure. You have provided the action needed for us to reach our goals and fulfill our mission. Plan to join us as we celebrate You - our Valuable Volunteers.

Adult Forum

“Christ Plays in Ten Thousand Places: Images of Jesus in Scripture, Culture and Experience”

Apr 7 – Images of Jesus in Scripture with Jay Lassiter

Apr 14 – Images of Jesus in Art

Apr 21 – Images of Jesus in Film

Apr 28 – Images of Jesus in Faith Experience

Sunday School Update

April is the last month of our Sunday School for this school year and it will feature special programs for our K-5th grade students. Our K-2nd grade class will enjoy a three week Communion Class led by Rev. Rohrs, Beth Miller, Anna Smith, and Kacky Bryant. Even though the Episcopal Church welcomes children to take communion after baptism, this class

will help kids better understand what the Eucharist is all about. Our 3rd-5th grade class will focus on what it means to be an Episcopalian Christian in a society with many traditions and worldviews. Our Upper Sunday School class welcomes middle and high school students through a neat video curriculum. This class has experienced great renewal this year so we hope you'll give it a try. Please see below for our Sunday School dates for April. All classes meet upstairs from 9:00-10:00am.

April 7 – No Sunday School

April 14 – Sunday School in session

April 21 – Sunday School in session

April 28 – Sunday School in session: last day

Children's Chapel & Nursery

- April 28 – The last Sunday for Children's Chapel
- Please thank these wonderful teachers for missing many-a-church service so our youngest members can worship
- Nursery needs spring volunteers. All adults and teenagers welcome!!!

Parents' Night Out sponsored by Ynot Pizza, April 12, 6-9pm

Go ahead and take a break, parents, and support our youth mission trip!

- Bring your kids ages 0-5th grade; non-church members are invited too.
- Cost is \$20 for first child and \$5 for each additional one.
- We will have an adult nursery staff.
- Pizza is provided by Ynot for children's dinner & Ynot is donating a portion of all sales from April 12 to our mission trip so go out to eat there!

Youth Group (EYC)

April 12, 5:30-9:30 – Please work our Parent's Night Out mission trip fundraiser

April 28, 12:30-6:00pm – GO APE ropes course and zip line adventure. Turn in \$15 per participant to register no later than April 12.

May 5, 9:00-10:00am – Youth Sunday Practice

May 12, 9:00-11:30 – Youth Sunday Practice and Service

Camp Chanco Summer Programs: Hear Ye, Hear Ye all parents and children (ages 8-18). There will be a Camp Chanco Open house, Thursday April 11 @

5:00 – 7:00 p.m. in White Hall. Learn all about the best sleep away summer camp in the area. Can't attend? Call KK West 489-5363 for information.

Women of St. Andrew's

SAVE THE DATE! Please plan to attend.

Rev. Andie Rohrs will host the next 'Wine and the Word' meeting in her home on the evening of April 10 at 7 PM. She has graciously invited the WSA to attend as well.

The Spring Retreat on April 20, 2013 will be from 10-2 in White Hall. The \$10 ticket will include lunch and an inspiring leader-speaker, Rev Julia Dorsey Loomis.

Watch for more information in upcoming Happenings and bulletins.

Outreach Ministry

Workday at the ODU Canterbury Center

On **Saturday April 20th**, there will be a workday at the **Canterbury Episcopal Center at Old Dominion University**. This is a joint project with all the Norfolk Episcopal churches to make repairs, landscape flower beds and make other improvements to the Center. There are excellent opportunities for everyone to participate including helping with some technical projects, painting, gardening or putting together lunch and snacks for the workers. It will be a fun day and a way to contribute to campus ministry! If interested, a sign-up sheet is located on the Outreach Ministry bulletin board or contact Kay Dahl by phone 489-3588 or by email kay.dahl@cox.net. More details to follow later.

Our Annual Blood Drive is Moving to May

Our annual blood drive is moving to May. Our next blood drive will be May 8th from 1:00 p.m. to 7:00 p.m. in White Hall. What can you do to get ready? Now is the time to make sure you eat iron rich foods. To get a list of these foods, you can go to the St. Andrew's web site at

<http://www.standrewsnorfolk.org/ministries/communty/index.html> or go to the Red Cross Web site at <http://www.redcrossblood.org/learn-about-blood/health-and-wellness/iron-rich-foods>.

Approximately 1 out of 3 people will need blood in their lifetime. Giving blood, therefore, is truly one of those rare opportunities we have to impact the actual quality of someone else's life. But it is a commodity with an expiration date so the need for blood is always there. Why do people fail to give blood? The 2 most common reasons are – “Nobody asked me” and “I'm afraid of needles”. We'll take care of the first reason with this article – your church is asking you to give blood to meet their goal of approximately 50 units of blood. This is an invitation that will be repeated. What about the second reason? Here are some suggestions that the Red Cross web site gives if you have a concern about needles.

Keep Your Eye on the Prize: Focus on the lives you may be helping to save by donating blood. By giving a single pint of blood, you may help save as many as three lives. You will feel just a slight pinch, and it's over in seconds. The difference you can make may last a lifetime.

Know What to Expect: Make yourself familiar with the blood donation process – this will help you feel prepared for each step. And feel free to ask questions if you want to learn more.

Indulge in Distraction: You don't have to look at the donation procedure. Bring a music player with you, read a book, talk with our staff or just close your eyes and relax.

Share Your Fear: When you arrive for your blood donation, tell the person who greets you that you are afraid of needles. Our staff will be there to talk with you and assist you during your donation.

Bring Moral Support: Many donors enjoy donating with a friend both for the moral support and for celebrating the good they've done together.

NEST Chairman

Grateful thanks to the more than 150 parish volunteers who cooked, served meals, washed dishes, staffed the registration desk, knitted scarves, stood overnight watches, put down mats and blankets, monitored smoking and donated toiletry items, washrags and socks for St. Andrew's NEST shelter week. Special thanks to Nash

Bilisoly, Billy Gullett, Jon Glass, Larry Brett and Steve Blevins, who served as overnight shelter managers. During NEST Week, we provided a safe and warm overnight refuge for some 55 homeless men and women from the cold city streets each night. As they left our shelter the last morning, many of our guests told me how much they appreciated our help. I shook their hands and wished them well.

The NEST shelter will return to White Hall the week after Easter, when it will be hosted by EVMS students. That will be the last week of shelter for the season, since NEST operates only in the winter months.

Now in its 20th year, NEST is an all-volunteer ecumenical program sponsored by some 25 churches and synagogues in Norfolk and Chesapeake. It receives no government funding or support. As we look toward the 21st NEST season, I hope everyone in the parish will consider how you can play a role in this important outreach ministry. Remember, we worship a homeless Lord.

And Jesus said to him, "Foxes have holes and birds of the air have nests; but the Son of Man has nowhere to lay his head." (Luke 9:58)

Jim Rhodes

A Concert for 'Stop Hunger Now' With Music by Jewels Wolf

Date: Friday, April 26th

Time: 6:30-8:30 pm (dinner and beverages will be provided)

Place: White Hall

Stop Hunger Now

Stop Hunger Now is an international hunger relief organization that coordinates the distribution of food and other life-saving aid around the world. The organization is driven by a vision of a world without hunger and a mission to end hunger in our lifetime by providing food and life-saving aid to the world's most vulnerable and by creating a global commitment to mobilize the necessary resources.

Jewels Wolf

Jewels Wolf has been a singer/song writer for many years. While his music may not be well known, he continues to share his music in various venues as the opportunity arises. Among the topics of his songs is social justice, the struggle for equality and an end to war.

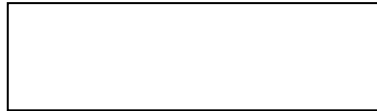
Donations will be accepted at the door. All proceeds will go to support the work of 'Stop Hunger Now'.

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
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The Rt. Rev. Herman Hollerith, Bishop of the Diocese of Southern Virginia
The Reverend John Rohrs, Rector
Larry Brett, Treasurer
Dennis Sipes, Parish Administrator
Dr. James Kosnik, Organist/Choir Dir
Richard Rigg, Youth Choir Dir
Elizabeth Harris, Nursery Coordinator
Molly Golski, Nursery Worker
Josh Stephens, Christian Ed Director/Youth Leader
JonMichel Sipes, Sexton
Steve Blevins & John Hudson, & Pat Garris, Assistants to the Treasurer

Parish Life

College Care Packages: The WSA will be collecting goodies for St. Andrew's college students' final exam CARE packages. Donations of homemade goodies, nabs, chewing gum, granola bars and other snacks would be appreciated. Please bring to the kitchen by Sunday, April 21 Also, if your college student's address has changed, please notify Dennis in the church office at 622-5530 or email dsipes.staacc@verizon.net. Contact Ann Dodson for more information. The college students always appreciate this ministry!

Sam's Scarf Project is warmly received: Right after Christmas, Sam Williams approached the Prayer Shawl Ministry and asked if they could knit some scarves for the NEST project. There was no particular goal to reach – just knit what you can. The request was sent out to the ministry members as well as to the members of the church and the result was astounding. Within the next 10 weeks, 90 scarves were knitted and given to the church! Our regular knitters went to work as well as some who had not knitted in a while or who had never knitted a scarf. Neighbors of our parishioners chipped in as well as friends from out of state. The church gives a very big THANK YOU to all who participated. Since we have enough scarves left over to seed the project for next winter, this will become an annual event. So, if you find yourself with nothing to do this summer, pick up some needles and knit a scarf! It does not have to be fancy, just about 18 inches wide and 4 feet long. Colors should be dark, yarn should be washable. Finished scarves can be dropped off at the administrative office.