



The Bagpiper



St. Andrew Presbyterian Church

Suffolk, Virginia

February 2020

"SOUPER" BOWL SUNDAY **IS FEBRUARY 2, 2020**



Mission and Service Committee is collecting canned food and other non-perishable items for the annual "Souper Bowl" competition (AFC team vs NFC team). Show your support for the team you think has the best chance of winning the Super Bowl by depositing your canned items in either the NFC or AFC box located in the Atrium. The collection runs through February 2, 2020.

All items will be donated to the Suffolk Food Pantry at Suffolk Presbyterian Church.

Which team do you think will win? Wear your team colors on "Souper" Bowl Sunday.

ASH WEDNESDAY PANCAKE SUPPER

Wednesday, February 26, 2020

All-you-can-eat!

Eat in or take out!



The Presbyterian Men will host their annual Ash Wednesday Pancake Supper at St. Andrew on Feb. 26 from 5:30 – 6:30. The pancake supper is their largest fund-raising activity and donations will support various activities like St. Andrew youth mission trips. **Buy your tickets early.** Tickets are on sale in the atrium at St. Andrew for the Sundays before the supper at \$6.00/adult and \$3.00/child. We would prefer you buy the tickets before the event, but tickets can also be purchased at the church the day of the supper. Join us for this all-you-can-eat meal of pancakes, sausage, orange juice, milk and coffee. Come join us for the pancake supper and attend Pastor Gillian's Ash Wednesday service after the supper (details below). Please plan to come out to the event for some good food, good fellowship, and a good cause. Bring your whole family; invite your neighbors and friends.

If you have questions, contact **Dr. Daniel W. Henkel**, Presbyterian Men's Moderator, at dwhenkel@hotmail.com for more information.

ASH WEDNESDAY SERVICE

The first day of Lent in the Christian calendar falls 46 days before Easter. It is a time of reflection and preparation for the celebration of Christ's resurrection on Easter. This year Ash Wednesday is on February 26, 2020. Join us that day for a Pancake Supper at 5:30 – 6:30 (details above) and stay for Pastor Gillian's Ash Wednesday service for all ages from 6:30 – 7:00 p.m. that will include the imposition of ashes.

One Worship Service

The combined single worship service at 10:00 a.m. will continue in 2020.

Sunday School classes for all ages will meet from 9:00 – 9:45 each Sunday.

BEACH RETREAT
MARCH 8 – 15, 2020
Details on page 7.

UPDATES NEEDED FOR DIRECTORY

In preparation for updating the new printed Member Directory, please email the church office with any changes of address, email, or phone numbers including those for grown children living away from home. Please email updates to Beverly at standrew@standrewpres.us.

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IN THE BEGINNING



"In the Beginning", written by Judy Bander, is a continuing column, which tells the history of our church. Included are facts, stories, and "things remembered" by those who helped establish St. Andrew Presbyterian Church.

New Minister Begins

(1991)

Our new minister, **Dr. Roger Jackle***, began a systematic reorganization of church policies by recommending a wedding and funeral policy be written by the Worship Ministry. It was later passed by the Session. A New Member Class outline and a new Officer-Elect Training outline were also accepted by the Session. The Session considered working on a new pictorial church directory and a review of the church roll so the names of those who should be on the Inactive Roll could be considered.

On September 29, 1991 new Elders were elected for the class of 1994. They were Elders **Carol Carnegie**, and **Warren White**. Deacons for the same class were **Kenny Garrett¹**, **Joan Jensen** and **Ben Livermon**. **Whit Tucker** filled a position for the Class of 1992.

Plans for the 10th Anniversary of the organization of St. Andrew as a chartered Presbyterian Church would be planned by **Dr. Jackle** and **Vivian Smith**. This anniversary was to be celebrated on October 13, 1991, using a program done in calligraphy by **Elaine Livermon**.

The St. Andrew Presbyterian Church Mission Statement was approved by the Session. Communion began for shut-ins in their homes when requested.

*deceased, ¹ moved away

TEMPLE TIPS

*"Above all else guard your heart,
for it is the wellspring of life."*

~Proverbs 4:23

February is American Heart Month. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. One condition called coronary artery disease is a major risk factor for Sudden Cardiac Arrest (SCA), that is to say your heart stops beating. Other risk factors include heart arrhythmias, drug or alcohol abuse, heart failure and history of having had a heart attack.

People having symptoms of a heart attack (shortness of breath, chest pain/pressure, jaw or arm pain, nausea) should seek medical help quickly as this condition could lead to SCA. When the heart stops beating the blood stops flowing thru the body. This is an emergency and needs to be treated right away as brain death will occur in minutes. CPR should be initiated until the Automated External Defibrillator (AED) can be set up. The defibrillator delivers an electric shock to the heart in an effort to restore normal heart rhythm. AEDs are designed so that they can be used by untrained bystanders by following the written and audio instructions. With use of the cardiac pads the machine can monitor the heart rhythm and will deliver a shock only if indicated (you cannot accidentally shock someone). Delivering a shock to the heart should be done within minutes of the heart stopping. The chances of survival drop rapidly with every minute that passes when the heart is not beating. Thanks to those who have provided our church with these potentially lifesaving devices.

~Amy Gray, RN; Parish Nurse

AUTOMATED EXTERNAL DEFIBRILLATORS NOW AT ST. ANDREW

We now have 2 Automated External Defibrillators (AED) installed at church thanks to a group of dedicated members. One is just off the atrium, on the wall, next to the bride's room and women's rest room, across from the entrance to the nursery and toddler Sunday school rooms. The other one is on the wall in the educational building, first floor. An AED is a lightweight, battery-operated, portable device that checks the heart's rhythm and sends a shock to the heart to restore a normal heart beat. They are designed to be used by untrained bystanders to help people having sudden cardiac arrest. We have adult and pediatric pads. There was a presentation about the AED on January 26, following the Congregational Meeting. Here is a link to a YouTube video that explains how to use the AED

<http://www.youtube.com/watch?v=UDf1LGiTykY>

and a link to the American Red Cross about CPR and AED training <https://www.redcross.org/take-a-class>.

~Amy Gray, RN; Parrish Nurse



Dear Friends,

This year, 2020, is a leap year and also the year of the Olympics which are to be held in Tokyo. In 1968 the Olympics were staged in Mexico and one of the competitors in the marathon, representing his home country Tanzania, was a man named, John Stephen Awkwari. During the race Awkwari stumbled and fell, severely injuring his knee and ankle. The marathon was won by an Ethiopian who crossed the finish line a little after 7.00pm. Eventually all other competitors finished and were being cared for after their courageous run. As the remaining spectators filed out of the stadium their attention was drawn to a police car sitting at the gates with its sirens sounding. Limping through the gates came Awkwari. His leg was heavily bandaged and soaked with blood. Those who were still in the stadium began to cheer and applaud as this courageous man completed the final lap of the race. Later a reporter interviewed him and asked the question on everyone's mind, "Why did you continue the race after you were so badly injured?" Awkwari replied, "My country didn't send me 7,000 miles to begin a race; they sent me to finish the race."

Such grit and determination, an attitude of keeping going when all seems lost is admirable and inspiring. In Scripture, reference is often made to life being a race to be run, not only with determination, but also with faith and trust in God.

In the book of Hebrews, we read these words,

"Let us run with determination the race that lies before us. Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end."

There is a hymn based on these words;

*"Run the straight race through God's good grace,
Lift up thine eyes, and seek God's face;
Life with its path before us lies;
Christ is the way, and Christ the prize."*

Sometimes it can feel that we are limping through life. Like the runner, we can be somewhat bruised and battered from falls along the way, scarred from the hurts and the pains, broken by disappointments and weary from the blows that life can inflict.

What lifts us up is our faith that assures us that we do not run alone. By the grace of God we began life and by that same grace we will finish the race.

When the demands of the race are too much we hold onto the words of Paul when he wrote to the people of Philippi:

"I have the strength to face all conditions by the power Christ gives to me."

Life with its path does lie before us, the race will bring obstacles to be overcome, and along the way we may stumble and fall. But let us run the race set before us fixing our eyes upon Jesus whom we seek to follow, putting our faith in God and knowing that God will give us the strength to complete the race.

Blessings,
Pastor Gillian

PROPERTY COMMITTEE REPORT ON SECURITY SYSTEM AT ST. ANDREW

After more than two years of study and discussion, a security system has been installed in St. Andrew Presbyterian Church. Ongoing discussion with preschool directors, recommendations from the Safety Committee* and input from Session occurred prior to approval of this project. Even though St. Andrew is considered to be a very safe environment, this should provide an extra level of comfort. Cameras allow us to monitor parking areas, entrances, and the playground area. A TV monitor and recorder are located in the church secretary's office. This just gives us another reason to smile as we enter our church.

(*Thank you to the Safety Committee: Jeff Snyder, Angie Hillis-Baurle, Beth Lyon-Suhring, and Jim & Carol Carnegie, as well as representatives from the Property & Worship Committees (Danny Lovell & Doug Gordon) when discussions were enhanced by their presence.)

SESSION HIGHLIGHTS

(From the November & December 2019 Session Meetings)

- 1) Clerk of Session submitted to PEVA the "2019 Report of the Clerk of Session" for St. Andrew Church
- 2) The church raised 360 cans of Peas during our "Peas on Earth" food drive for Suffolk United who passed out our food, along with different food items provided by other churches, to the needy on the weekend before Thanksgiving.
- 3) In early 2020 we will be having a New Member Orientation session.
- 4) Property reported that the St. Andrew Hall Restoration Project is coming along well and the hope is to have it all completed in the next few months.
- 5) Session voted on, and approved, making a donation of \$2,000 from the Mission Endowment Fund to the Western Tidewater Free Clinic.

~Curtis Corl, Clerk of Session

ST. ANDREW MEMBERSHIP

If you are interested in becoming a member of St. Andrew Church, please contact Pastor Gillian at the church by calling 757-238-3550 or by email at pastorgillian1885@gmail.com. Her office mornings are on Tuesdays and Thursdays beginning at 9:00 a.m.

SCOTLAND TRIP IN 2021

Pastor Gillian is looking into the possibility of taking group from St Andrew to tour Scotland in 2021. This is in the very early stages of planning and she would like to know how many people would be interested in such a tour. It is most likely to be in late April or May 2021 and would be an eight night/nine day tour.

In order to make this a feasible proposition, the suggested minimum is for a group of 24 people. If you, or your friends, would be interested or would like more information, please contact Pastor Gillian at (757) 238-3550 (church) or pastorgillian1885@gmail.com.

ST. ANDREW'S WEEKLY WORSHIP AVAILABLE ON FACEBOOK

Don't forget: the church's Sunday worship service is livestreamed each Sunday on Facebook.

Can't watch it at the regular time? No problem! It's saved on the Facebook page, and you can watch it when it's convenient for you.

You're not on Facebook? Again, no problem! The St. Andrew page is open to the public, whether or not you, yourself have a Facebook account. Just search "St. Andrew Suffolk Facebook," or go to <https://www.facebook.com/standrewsuffolk/>.

~Beth Lyon-Suhring, Director of Christian Education

NEW CHURCH WEBSITE LAUNCHES

Over a year in the making, St. Andrew's new website launched the week of January 19, 2020. Our website design company, Doebank Designs, has given us a beautiful modern look, and the site is easy to navigate. Many of the pictures on the site are by photographer **Maggie Stoup** (former St. Andrew Preschool Director), who managed to capture the essence of who we are and what we're about.

Check out the new site at www.standrewpres.net

~Beth Lyon-Suhring, Director of Christian Education

St. Andrew Presbyterian Church Finance Committee Report			
For Year-to-Date December 31, 2019			
	<u>December</u>	<u>Year-to-Date</u>	<u>2019 Budget</u>
Income	\$47,755	\$515,906	\$527,828
Expenses	\$34,944	\$488,833	\$527,054
NET	\$12,811	\$27,073	
Current Assets			
Bank Assets	\$195,859		
Ed Jones Investments	\$74,985		
Total Current Assets	\$270,844		
Current Liabilities			
Earmarks	\$153,981		
NET Income	\$116,863		
		Mortgage	
		Balance	\$618,794
		Monthly Payment	\$5,200
		Endowment Funds	
		General Endowment	\$326,719
		Mission Endowment	\$159,487
		Total Endowment Fds	\$486,206
		~Clyde Harper, Endowment Funds	
<p>We are happy to report that St. Andrew showed a surplus of income over expenses for 2019 of over \$27,000. St. Andrew is very healthy financially. Total current assets exceed current liabilities by almost \$117,000. Our endowment funds total almost \$500,000 and they average over \$25,000 in annual investment income. We are also pleased to report that, thanks to your generosity, we have exceeded our 2020 pledge goal by about \$7,000.</p> <p>~Russell Richards, Finance & Stewardship Committee</p>			

The Nominating Committee’s recommendations for officers for the 2020 term were elected at the called Congregational Meeting on January 15, 2020. Those officers are: Session – **Heather Gregg, Sonja Morrell, Curtis Corl** (second term), **Rhonda Gordon** (second term); Diaconate – **Tom Endrusick, Hope Bradshaw** (second term), **Angie Ebell** (second term), **Lara Walker**.

Below is a listing of our officers, their term and committee assignments:

Session: Class of 2020

Angela Snyder: Welcome and Congregational Care
 Russell Richards: Finance & Stewardship
 Herb Bondurant: Mission and Service
 Susan Cox: Worship

Session: Class of 2021

Doug Gordon: Worship
 Sheryl Senter: Fellowship
 David McKercher: Mission and Service

Session: Class of 2022

Curtis F. Corl: Clerk of Session, Personnel & Office
 TBD: Property
 Heather Gregg: Christian Ed.
 Sonja Morrell: Welcome and Congregational Care
 Rhonda Gordon: Christian Ed

Warren White is the Disbursing Treasurer.
Whit Tucker is the Receiving Treasurer.

Diaconate: Class of 2020

Gary Meyers: Mission and Service
 Becky Nagy: Worship
 Jerry Moore: Property
 Karen Topping: Mission and Service

Diaconate: Class of 2021

Val Jacques: Fellowship
 Danny Lovell: Finance & Stewardship
 Marc Richardson: Personnel & Office
 Robert Bradshaw: Memorial Garden/Property

Diaconate: Class of 2022

Hope Bradshaw: Diaconate Moderator, Personnel & Office
 Angie Ebel: Christian Ed., Personnel & Office
 Tom Endrusick: Property
 Lara Walker: Welcome and Congregational Care



Thank you to all who contributed to the Joy Offering in December 2019. The total was \$675.

PRESBYTERIAN WOMEN



Circle Meeting/Bible Study: Tuesday, February 11, 2020 at 10:00 a.m. – Please join us for the St. Andrew Presbyterian Women Circle in the library for Bible study and light refreshments. Devotion presented by **Gloria Womble**. Lesson 6 of the Horizon Bible Study *Love Carved in Stone: A Fresh Look at the 10 Commandments* by Eugenia Anne Gamble will be led by **Lisa Cross**. Refreshments will be provided by **Sylvia Ryder & Val Jacques**.

UPCOMING PW EVENTS:

March 8, 2020 is “Celebrate the Gifts of Women” Sunday at St. Andrew. The theme this year is “Honoring Women’s Spirituality, Struggle and Survival.” Women of St. Andrew will participate that day as needed. A fellowship reception will follow.

March 25, 2020: PW will provide breakfast foods for the Kirk Night meal.

June 11 – 14, 2020: Synod of the Mid-Atlantic Presbyterian Women’s Summer Gathering at Massanetta Springs in Harrisonburg, VA.

eXtra Years of Zest (XYZs)

St. Andrew’s Senior Adult Group

With February being the month for love, the XYZs will share the friendship we have within our group by praying and “doing” for those who need extra support and friendship this month.

Write down the names of three people you know whom you think could use a weekly phone call. Then, just do it. Call each of them once a week just to check on them. Or send a card in the mail. Or get together for a cup of coffee or tea. So many ways for small acts of kindness can have a big impact.

So, give it a try. Commit yourself to 3 people for 30 days to call, send a card, etc. We can share what happened the next time we get together.

~Lisa Cross, Senior Adult Leader

Thank You!

Youth Chili Lunch in January: Thanks to everyone who donated food, paper products, and time for our Youth Chili Luncheon. Thanks to everyone who joined us for food and fellowship. With your generous support, we raised **\$400** for our mission fund! We look forward to a year full of service in Christ’s name.

~Angie Hillis-Baurle

PRAYERS AND SQUARES

Sharing Prayers and God's Love

Prayers and Squares group provides two ways for you to share God's love--give someone a Prayer Pocket Square or give them a lap size prayer quilt.

Prayer Pocket Squares are small quilted squares with one tie that you can send in a card or letter to a friend, or give to someone at work to show you are thinking of them and praying for them. No request is needed--you will find them in a container near the Welcome Kiosk. Take a moment to look at the squares and choose one to give to someone. Say a prayer, tie a knot, place it in a thinking of you card and give it. Let someone know you care and are praying for them.

Complete a request form for a lap size prayer quilt to give to a friend or family member. The forms are located at the Welcome Kiosk. Place the form in the mailbox in the office or give it to Frances Jornov. There are many completed quilts in our cabinet. What a special way to share God's love by giving a quilt to someone.

Prayers and Squares will meet on **Feb. 1 and 15**, from 10:00 a.m. to noon. Come join us to see what is involved in making the prayer quilts, help us with our prayer pocket squares and enjoy some fellowship time. We can use all helpers and you don't need to know how to sew. There are jobs that don't require sewing skills. If you want to learn to use a sewing machine, we can help you with that.

~Frances Jornov



Please remember in prayer the following members, and their family and friends, who have

recently lost loved ones:

- **Martha Shephard's** husband **Steve** lost his mother, Carolyn Estelle Shephard, on Thanksgiving Day, November 28, 2019.
- **Peter & Kim Stephenson** - Peter's mother passed away suddenly on November 27, 2019.
- **Marion Hale's** husband **Raymond** passed away suddenly on December 12, 2019. Raymond was an active member at St. Andrew serving on the Session at the time of his passing.
- **Brenda & Danny Lovell** - Brenda's father, Marion Harris, died peacefully on December 26, 2019. Mr. Harris was 97 years old and lived in Norfolk, VA.
- **Clyde & Bonnie Harper** - Clyde's 58-year old nephew passed away on January 4, 2020.
- **Deborah Banks** - Deborah's Uncle Charles passed away on January 20, 2020.

**ST. ANDREW CHURCH RETREAT
IN THE OUTER BANKS OF NORTH CAROLINA**

MARCH 8 - 15



Join your church family at a beach cottage located in Corolla, NC for a few days of Christian fellowship, shared meals, devotions, and free time for reading, shopping, sightseeing, and strolls on the beach. This is a great way to get to know your church family in a casual setting.

Location/Description Seaside Vacations, house # 1617, in Corolla, NC. Oceanfront! Lots of amenities: 9 bedrooms, 9.5 bathrooms, elevator, hot tub, keyless entry, recreational room, theater room, wifi and wheelchair accessible. Bed linens and towels provided and refreshed mid-week.

Each room reserved (\$175/room per half week) can be one person, friends, a couple or a family. Link to the cottage:

<https://www.outerbanksvacations.com/property/corolla-point-break>

Adult Retreat: Sunday afternoon, March 8 – Thursday morning, March 12. Great time for adults only. Led by **Pastor Gillian**.

Intergenerational Retreat: Thursday afternoon, March 12 – Sunday morning, March 15. Great fun for all ages, including families, youth, and adults! Leader TBD.

Cost for the retreat is \$175/room for half of the week; \$350/room for the entire week. (Check to St. Andrew; note – Beach retreat). A nonrefundable deposit of \$75 will reserve your room, with final payment due by Feb 23. Envelopes for your deposit/payment will be provided next to the sign-up sheet. Please give your checks to **Whit Tucker**, Receiving Treasurer.

Sign up at the Kiosk A sign-up sheet will be posted on the Kiosk in early February. Select your room when you sign up: 7 Kings, 2 twin beds, 2 pyramid bunks. Nine rooms in all.

If you have questions contact **Angela Snyder** or **Angie Hillis-Baurle**.

Bible Quiz*



The precise number varies depending on the Bible version, but roughly how many times does the word “love” occur in the Old and New Testaments combined?

- A. 200-300
- B. 400-500
- C. 600-700
- D. 800-900

Answer on the next page

From www.newsletternewsletter.com; February 2020, page 7.

FEBRUARY Birthdays

Katie West	3
Will Hendrickson	5
John Gillis	7
Ed Eichelberger	8
Mike Haverty	9
Meggan Schoenberg	10
Anthony Walker	10
Lara Walker	10
Tiffany Davidson	12
Wyatt Ellenor	12
Drew Parrish	15
Tina Zachary	16
Herbert Bondurant III	17
Michelle Endrusick	17
Candy Wolbrink	18
Steve Corum	19
Charlie Cutler	19
Deborah Banks	22
Mike Romanczyk	23
Rhonda Endrusick	24
Glen Fachin	24
Jenna Robb	24
Betsy Wonpat	25
Caitlin Fears	26
Robert Holt	26
Frances Robb	27
Jackson Ellenor	28

FEBRUARY Anniversaries

9	Sue & Lee Harrison
11	Mike & Kathy Romanczyk
28	Harry & Lisa Cross
29	Danny & Brenda Lovell

LOOKING AHEAD

March 8	“Celebrate the Gifts of Women” Sunday at St. Andrew
March 8 – 15	Church Retreat in the Outer Banks of NC
March 29	Preschool Sunday – Special Worship Service with refreshments & Open House following the service
April 1	Last Kirk Night
April 9	Maundy Thursday Service

THANK YOU FROM WESTERN TIDEWATER FREE CLINIC



Thank You Note

In December 2019, a donation of \$2,000 from St. Andrew’s Mission Endowment Fund was given to the Western Tidewater Free Clinic (WTFC). * Below is an

excerpt from a thank you note from Chet Hart, the Executive Director:

Your donation will help change the lives of those who visit the clinic “for critical medical, dental, vision, mental health, pharmacy, education, and specialty care services. Thank you so much for your generous gift that will help us improve the lives of many Suffolk residents. Blessings to you, Chet.”

*WTFC is a health home for uninsured, underinsured and underserved adults in Western Tidewater. For more info go to <https://www.wtfreeclinic.org/>

Newsletter DEADLINE

**Newsletter submissions for the
March Bagpiper are due on
February 16, 2020.**

Answer to the Bible Quiz: C

CHECK OUT THESE NEW BOOKS!

Need some help preparing your Sunday School lesson or diving deeper into your devotional reading? Wish you could learn more about the Presbyterian Church? Just looking for a good novel with which to relax? We’ve got you covered in the St. Andrew church library! It’s located in the office wing of the church, and we’d love for you to explore it. Here are a few items from the New Book Shelf:

- Those of you familiar with Gary Chapman’s “Five Love Languages” (Acts of Service, Words of Affirmation, Gifts, Quality Time, and Physical Touch) know how helpful it is to understand that different people respond to different ways of demonstrating love. Chapman teams up with Deborah Barr and Edward G. Shaw in our new book ***Keeping Love Alive as Memories Fade: The 5 Love Languages and the Alzheimer’s Journey***. This is a very practical book for learning how to discover the resilient power of love as a caregiver for someone with dementia.
- In April of 2015 Archbishop Desmond Tutu traveled from South Africa to the home of the Dalai Lama in Dharamsala, India to celebrate the Dalai Lama’s 80th birthday. These two spiritual leaders, who have each suffered untold hardships in their lives, spent nearly a week together talking together about how we find joy in the face of life’s inevitable suffering. The result was ***The Book of Joy: Lasting Happiness in a Changing World***. The book does not come across as a scholarly lecture or an unreachable spiritual exercise. Instead, it is the story of two elderly men who traded intimate stories, gentle teasing, laughter and tears as they explored what it means to be filled with joy.
- Maybe you’ve been taught not to question religion, to think that God can’t handle our doubts or our uncertainties. Take a look at pastor and theologian Peter Enns’ book ***The Sin of Certainty: Why God Desires Our Trust More than Our “Correct” Beliefs***. Enns reflects on times when his own sense of certainty was tested and encourages the reader that their own similar times may actually be opportunities to draw closer to the God who is in the center of our lives.

Find these and other books in the church library. Sign your name on the card in the back and leave the card in the marked basket. And, FYI: we have a wonderful children’s library on the first floor of the education building. Check that out, too!

~Beth Lyon-Suhring, Director of Christian Education