

"Follow me and I will make you
fish for people." – Mark 1:17

The monthly newsletter of St. Andrew's Episcopal Church
Connecting us in community and in Christ



July 2025

Try Silence for a Change

I had a wonderful experience in early May. For seven days, I attended a contemplative prayer workshop at Holy Cross Monastery in West Park, NY. During this retreat, we lived the monastic rhythm – mostly – participating in the five daily services of the order, keeping silent at meals, practicing the custody of the eyes... a particularly tricky thing for me to do, especially in silence, to resist the urge to make eye contact with passers-by, wanting to check in, smile, give a little wink, a little self-assurance of connection or friendliness even. Custody of the eyes presumes that all are always in contemplation, and that it would be a disruption of that contemplation even to expect eye contact!

And we engaged in contemplative prayer – three hours per day. For those of you who have never done such a thing, I can assure you that it is a unique experience. I have done what I would loosely define as contemplative prayer for a while, trying to carve out 10 or 15 minutes here or there for silence, especially around or before worship – but never this intensive or intentional, and never with a group of people. Sitting in silence for hours with 12 strangers is quite something, I can assure you.

For one thing, silence creates a lot of noise. Of course, there's the exterior noise that you notice right away... the sounds of the room, people breathing, stomachs gurgling... the sounds of a creaky old building, the sounds of a nest of birds in the eaves outside the window. And then there is the interior noise – the random thoughts and ideas that burst into your mind. These could indeed be random, but more often, at least for me, they tended to have to do with the action itself – am I doing this right? Should my breathing be more rhythmic? My nose itches – should I scratch it? Is the person next to me falling asleep? Am I falling asleep?

For another thing, contemplative prayer tends to dredge up deeper thoughts – anyone who has tried meditation knows this. This is the commentary of the conscience – the self-criticism or self-congratulation that we all engage in. It is the expectation that something profound will happen in the next 30 minutes of silence – which is usually frustrated – or it is the anticipation that nothing will happen, that the whole thing is pointless – which usually robs anyone of wanting to continue at all.

Contemplative prayer – any prayer, really – is hard. But does it have to be? Jesus, in the Gospels, teaches us that, when we pray, we are to go into our rooms and pray in secret, and the Father who is in secret will hear us. Jesus tells us to pray simply and modestly, not to make a show of it. I can't think of anything more simple or modest than sitting in absolute silence, with no words or thoughts, doing nothing more than contemplating God.

So, try silence for a change! Find a comfortable, quiet spot, set a timer (maybe start with 20 minutes), pick a short phrase or word that signals your consent to enter the contemplation of God, and then...go! As your attention wanders, return to the phrase or word, gently and kindly. At the very least, you will have 20 minutes of peace and quiet... at the very best, you will contemplate the presence of God. Either way, not bad!

Fr. Ted +

TREASURER'S REPORT, Julie Kwasnica, Treasurer



May 2025

	May	Year-to-Date	% of Budget	2025 BUDGET
Parishioner Contributions *	\$ 22,880	\$ 210,603	48%	\$ 443,000
Total Operating Income	\$ 26,337	\$ 236,251	48%	\$ 496,600
Total Operating Expense	\$ 53,077	\$ 245,158	42%	\$ 580,022
Surplus (Deficit)	\$ (26,740)	\$ (8,907)		

*Includes pledges, plate offerings, and special holiday offerings.

From the FINANCIAL SECRETARY, Michele Marini, Financial Secretary

Summer 2025

Dear Parishioners of Saint Andrews,

This is just a reminder that though our rector, Father Jeff, is off on sabbatical for the next couple of months, the work of St. Andrew's continues. Please keep those pledge payments current so that our good works may continue.

Thank you for your consideration of this request.



VESTRY UPDATE, Beth Jones, Clerk of the Vestry

June 2024

Notice of Intent to Amend St. Andrew's Bylaws

June 24, 2025

(Some text below is excerpted from a letter from our Vestry wardens. Please use the link below to read the entire letter.)

The Vestry (Father Jeff and twelve elected members) is proposing some changes in the church's Bylaws and Governing Documents. The major change involves a reordering of the articles in our current Bylaws, as well as a few updates and minor points of clarification, to conform to the guidelines of Robert's Rules of Order Newly Revised, our Parliamentary authority. The Bylaws were last amended in 2022, with two appendices added in 2024.

In accordance with the current Bylaws, a copy of the revised Bylaws containing the proposed amendments was posted on the bulletin board outside Canterbury Hall on June 24, two weeks before the Vestry will vote to adopt them. Please see below for links to digital versions of the **current** Bylaws, the proposed **amended** Bylaws, and a **letter from our wardens**, Sandy Schwartz and Andrea McCloskey.

We invite comments or other feedback prior to the next Vestry meeting on July 8. Please feel free to discuss these amendments with any member of the Vestry, and send any written comments to the two wardens:

Sanford Schwartz, Senior Warden (sanford.schwartz@gmail.com) and

Andrea McCloskey, Junior Warden (avm11@psu.edu)

Letter from Wardens: <https://bit.ly/WardenLetter>

Current Bylaws: <https://bit.ly/CurrentByLaws>

Amended Bylaws: <https://bit.ly/AmendedByLaws>

CHURCH BUSINESS

Office Closures

The church office will be closed on the following days:

Friday, July 4 (Independence Day holiday)

Friday, July 11 – Monday, July 20 (staff vacation)

Phone and email messages will be monitored during this time.



If you have a pastoral emergency, please contact Father Ted at (814) 360-6594 or ebcteddy20@gmail.com

For other church-related issues, please contact:

Sanford Schwartz, Senior Warden (sanford.schwartz@gmail.com) and

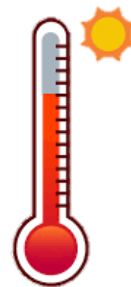
Andrea McCloskey, Junior Warden (avm11@psu.edu)

WORSHIP

Hot Weather Procedures for Worship

State College has experienced higher than usual temperatures recently and this will likely happen again over the summer, making temperatures in the church uncomfortable and possibly unsafe.

We will monitor the temperature forecasts each week and make the switch to Canterbury Hall for worship as necessary. This decision will be made by midday on Thursday. Please watch your email and our Facebook page for notifications.



Signs will be posted at both entrances to the church and in the building to direct worshipers. If you see a visitor, newcomer, or someone who looks confused, please help them find their way to Canterbury Hall.

Please dress for comfort and bring bottled water with you into the church during this hot weather.

SCHEDULE CHANGE for Arts Festival

Holy Eucharist, Rite II

Sunday, July 13

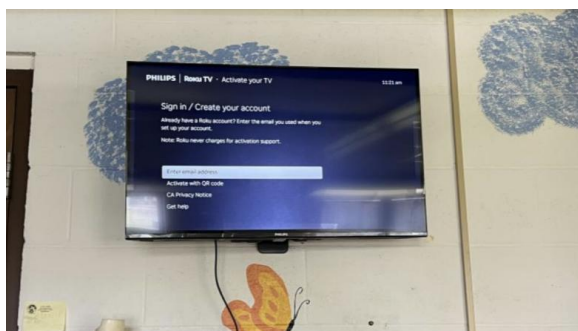
9 a.m. – ONE SERVICE ONLY

On the Sunday of the Arts Festival, July 13, we will have only one worship service at 9 a.m. There will not be a Fellowship Hour.

CHILDREN AND YOUTH

Summer Reminders from the CHILDREN'S PROGRAMS

We do not have summer church school classes, but our wiggle bags with books and stuffies are available for Sunday mornings all summer.



The nursery will be open and available, too. With the new Nursery TV, parents and

volunteers will have access to the livestream of our 10 a.m. service. We hope that adding a tv makes parents feel welcome and still a part of our community while they are with children in the nursery.

Volunteers Needed

"The Children's Ministry needs teachers/helpers! If you like children and want to be a part of our ministry, please let us know! There are a few clearances you need but it's an easy process and we can help you through it. We won't be having class over the summer so there is time to join the team!"

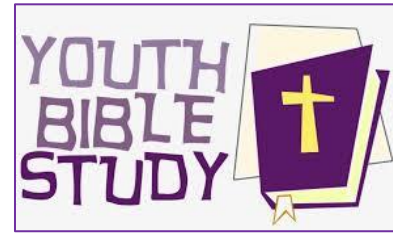
Contact Sarah Skvarla at children@standrewsc.org for more information."

Date Savers!

- August 24 will be the Blessing of the Backpacks and Devices - with Ice Cream on the Lawn! 🍦
- Kick off to the New Church School Year is September 7!

Youth Bible Study

Mondays this summer
7 p.m., Room 324
5:30 - 7 p.m. in Room 330



Every Monday through the summer, Father Ted will lead a Bible study for youth, rising 8th graders through recently graduated college bound, with pizza and fellowship!. You are welcome to bring a friend.

Each meeting will be a stand alone Bible Study. You don't need to worry about missing a week, but do let Fr. Ted know each week if you plan to attend. **R.s.v.p** or reach out to Father Ted at ebcteddy20@gmail.com.

CENTRAL PA FESTIVAL OF THE ARTS AT ST. ANDREW'S

Hydration Station

Thursday, July 10 – Saturday, July 12
10 a.m. – 8 p.m., Front Lawn

The Community Café will offer FREE ice water, lemonade, and iced tea to hot and thirsty festivalgoers on the front lawn. The drinks are free, but donations are gladly accepted. Last year, this was a very successful fundraiser for the Café. MANY volunteers are needed. Please sign up to help and support the mission of the Community Café at <https://bit.ly/CafeDrinkStation2025>



Any questions, please contact Scott Luzier at scottluzier@aol.com.

St. Andrew's Green Crew

Friday, July 11
9 a.m. - 12 p.m.

St. Andrew's is putting together a Green Crew during this year's Art Fest. Our team will be organizing the festival's trash and recycling on Friday, July 11, 9 a.m. - 12 p.m.

For those with teenagers, this is the perfect opportunity to get service hours. Everyone who helps receives a coveted Green Crew t-shirt!

Questions: Contact Marisa: mferger@psu.edu



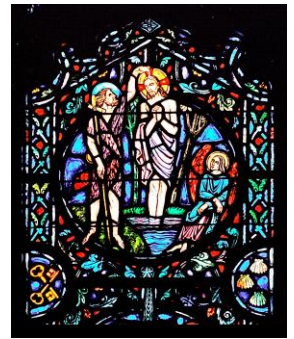
Sign up at : <https://bit.ly/ArtsFestGreenCrew2025>

Stained-Glass Window Tours

Friday, July 11 – Saturday, July 12

10 a.m. - Noon

Guides Cathy Dauler and Jason McCloskey will lead tours of our stained-glass windows that focus on the history, meaning, and artistry of these beautiful works of art. Even if you see the windows every Sunday, you are sure to leave with more information and an increased appreciation. The tours are free of charge.



Arts Festival Volunteer Opportunities

It takes more than 600 volunteers to bring the Arts Festival to life. If you have even a few hours to help there are openings for artist ambassadors, Green Crew members, information booth volunteer, ice and water crew, office help, and more. You can sign up for a shift at bit.ly/ArtsFestVolunteerSignup2025. If you have questions, contact the festival at 814-237-3682 or email them at office@arts-festival.com.

Festival Parking

Wednesday, July 9 -
Saturday, July 12

The business of the church does not stop during the Arts Festival and requires much of our limited parking, especially on Wednesday and Thursday. If you need to use our parking during the Festival (or any other time except Sundays,) please place a Sunday bulletin on your dashboard to identify your car as belonging to a parishioner. Pick up a copy at a Sunday service or in the church office. Parking is also available in the Trinity House parking lot (excepted where indicated as “Tenant Parking”) and courtesy of our neighbors in the KCF parking lot (at the intersection of F Alley and Nittany Avenue) weeknights after 6 p.m. and all day Saturdays and Sundays.

Performances at the Arts Festival

Any visit to the Arts Festival should include catching some of the great live performances that are part of it. For a complete list of performers, visit the Festival website at <https://arts-festival.com/>, but be sure to look for these talented members and friends of St. Andrew's when making your plans.

Wednesday, July 9

10:00 p.m. Sydney Friedman Park

Packard Highland Dancers

(Sian, Ruth, and David Packard, Kathryn MacIntosh)



Thursday, July 10

7:00 p.m. Blue Brick Theater

Happy Valley Improv Youth Show

(Andrea McCloskey)

Friday, July 11

7 p.m. & 9 p.m. Blue Brick Theater

Happy Valley Improv (Andrea McCloskey)

Saturday, July 12

11:00 a.m. Sidney Friedman Park

State College Municipal Band

(Melody and Andrew Chisholm)

3:00 p.m. Sidney Friedman Park

Zeropoint Big Band (Kevin Lowe, Rick Hirsch)

7 p.m. & 9 p.m. Blue Brick Theater

Happy Valley Improv (Andrea McCloskey)

7 p.m. Sidney Friedman Park

Ady's Latin Band (Kevin Lowe, Rick Hirsch)



ANNOUNCEMENTS

Our 2025 Poetry Contest is underway! The contest is open to all and there is no entry fee. Winning poems and selected other submissions will be published in a contest anthology and poets will be invited to participate in a poetry reading here at St. Andrew's in late October. Please consider entering and sharing your thoughts on our theme "Sanctuary." And help us spread the word!

In addition to poems, we are also seeking photos or digitized artwork on the same theme. No prizes will be awarded for these submissions, but they may be included in the anthology.

More information and submission details can be found at artsat.standrewsc.org along with previous prize-winning entries.

St. Andrew's Poetry Contest 2025

SANCTUARY

Submissions on this year's theme, "Sanctuary," accepted

June 23 to
August 29, 2025



Winning Entries Selected by

The Rev. Dr.
Vincent Joseph Kopp

PRIZES

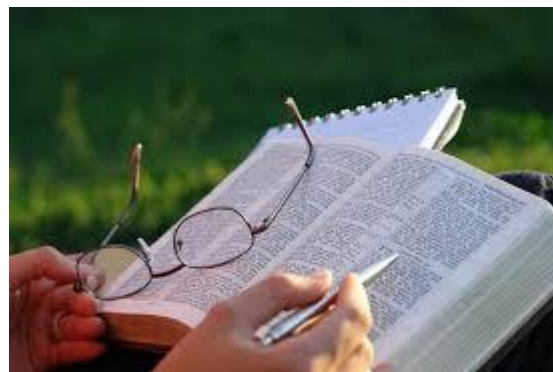
\$250	First Prize
\$100	Second Prize
\$ 50	Third Prize

Submission details at artsat.standrewsc.org

Our One Word Alternative Bible Study

July 2 and July 16
4:30 p.m., Room 325

Daughters of the King at St. Andrew's is hosting an alternative kind of Bible study this summer. All are welcome to join us on Wednesday, July 2, and July 16, at 4:30 p.m. in room 325 to explore the secular to spiritual connection for everyday words.



Using a method from Martha Johnson Bourlakis' book *Our One Word – Creating Spiritual Joy and Depth*, we will examine words like 'faith,' 'trust,' 'strength,' and 'love' and where they occur in scripture, in hymns, and in our personal encounters. At the July 16 session, Maggie Crispell will make the summary presentation on the word 'charity.'

No preparation is required, only a curiosity about the impact words have on us and our spiritual practices. Light snacks will be provided.

For additional information, please contact Michele Marini at 814-574-9639 or email Michele at michelemarini@comcast.net.

OUTREACH

Red Cross Blood Drive

Monday, July 28

10 a.m. – 3:30 p.m., Canterbury Hall

1-800-RED-CROSS (1-800-733-2767)
RedCrossBlood.org



The need for blood is critical. Please sign up today.

Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime. Only volunteer donors can fulfill that need for patients in our community.

Thank you for supporting the American Red Cross blood program!

INTERFAITH HUMAN SERVICES ONLINE AUCTION

Coming in September!



Start thinking about it!

Interfaith Human Services is preparing for its September on-line auction. What might you contribute? A handmade item? A weekend at your summer place? A gift card from your favorite retailer or service provider?

Next month we will provide forms so that you can describe your contribution with all its great features. Meanwhile, keep thinking.

UPCOMING



St. Andrew's Night at the Spikes

Saturday, August 23

Game Time: 6:35 pm

Cost: \$11 per ticket

St. A's Team Photo before the game - 5:30 pm!

Additional notes:

- Ike the Spike will visit us during the game.
- Close to Bathrooms, Food Concessions, Ice Cream & Beverages!
- **Fireworks** following the game!
- **Please sign up by August 2.**
- Our seats are easily accessible for all.
- Email Children@standrewsc.org with questions.

SIGN UP HERE.

Pay online at:

<https://onrealm.org/StAndrewsC/give/SpikesBB>

or by cash or check with "Spikes" in the memo line.



Email office@standrewsc.org with questions.

GROUPS, MINISTRIES, & COMMITTEES

This is not a comprehensive listing; regularly scheduled meetings and events are included only if they submitted an item for publication. For complete and updated listings, please check your Sunday bulletin or weekly email.

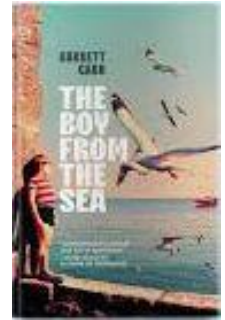
BOOK GROUP

Tuesday, July 22, 7 p.m.

1212 Inverary Place, State College

Julie and Jamie Breuninger will host the July meeting of the Book Club at their home at 1212 N. Inverary Place. The group will discuss *The Boy From The Sea* by Garrett Carr. Bring suggestions for future book selections.

The Book Group is open to all and newcomers and guests are always welcome.

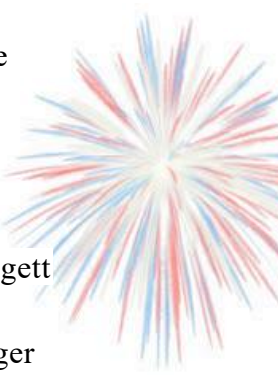


JULY BIRTHDAYS

HAPPY BIRTHDAY! If you have a July birthday and do not see your name listed, we probably do not have that information in our records. Please contact the office – we may be missing other information, too.



1 Kathy Hickner	10 Patricia Jackson	22 Jim Marchesani
1 Roxi Thoren	10 Julianne Ohashi	24 Carolyn Bechtel
2 Linda Wallace	12 Lucas Leakey	24 Lisa Hopkins
3 Linda Mace	14 Melissa Anderson	25 Denise Person
3 Michele Diaz	15 Kelley Paulsen	26 Penny Blasko
4 Sheryl Stout	16 Anna Jones	27 Dave DonTigny
4 Davis Pagett	17 Steven Smith	27 Russell Vaught
4 Mackenzie Pagett	19 Meira Minard	27 Craig Faller
6 Robin Bagby	20 Dee Pawling	30 Bennett Marini
6 Julie Breuninger	21 Jeanette Sabre	
7 Sarah Skvarla	21 Linda Selzer	



HAPPY BIRTHDAY! If you have a July birthday and don't see your name listed, we probably do not have that information in our records. Please contact the office – we may be missing other information, too.

Those For Whom We Pray

Erica, Molly, Walter, Marion, George, Teri, Jim, Janet, Mavis, Mena, Mickey, Milly, Bob, Joan, Kathy, Jeff, Ann, Pam, Joan, Jordan, Ty, Isa, Isabelle, Zahra, Eileen, Eugene, Kevin, Vicki, Diane, Sara, Emily, David, Frank, Robbie, Earl, Andy, Terry, Elisabeth, Jessica, Leonora, Alexandra, Isaac, Wilhelmina, Fran, Archer, Anne, Stephen, Nicola, Lydia, John, Becky, Andrew, Lena, JoLinda, Shiner, Cynthia, Gail, Aaron

Those in the Armed Forces and First Responders

Zach, Christie, Sean, Matt, Eric, Andrew, Zachariah, Cameron, Doug, Jack, Rob

Our Sister City in Ukraine

Nizhyn

SAINT ANDREW'S EPISCOPAL CHURCH

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