

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

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

**August 2024**

## The Moral Imperative of Sabbath Rest

After God liberated the Israelites from slavery in Egypt, God gave them the Law through Moses on Mount Sinai. The Law was intended to be a guide for living as free people. It was intended to give the people the ability to avoid falling back into any kind of slavery, either to any human force or to any other divinity that may lay claim to them. Among the laws was: "Remember the sabbath day and keep it holy." They were told not to work on the seventh day of the week. It is hard to imagine what that commandment meant to a people who had recently been enslaved. A day off! Every week! By commandment! They were used to being told what to do. They were told when to work, and I assume they were rarely told not to work. Now they had this commandment from their God, the God who had liberated them with a mighty hand, that they were to rest on the seventh day, every week.

We are inheritors of the Law. Jesus said he came not to abolish the Law, but to fulfill it. In many ways we are free from the many laws of the Old Testament, but the Ten Commandments are still upheld by the Christian tradition. The moral imperatives we find there still have bearing on us. We may not strictly observe the sabbath, as in we don't necessarily rest on Saturdays, but the concept of sabbath is something we should take seriously. During the summer, we often take time off from work. We rest, we travel, we have fun, we do things we would not normally have time to do while we are working. This is a form of sabbath. In fact, when this newsletter comes out, I will be enjoying a vacation.

When we as Christians think about sabbath rest, we often think about the well-known benefits of letting our brains and our bodies rest. Modern science has shown the wisdom of this ancient custom. We know that if all we do is work, we will burn out. The effects of burn out can be devastating on the individual, the family, and even on the organization you work for. So, we take our cue from God's commandment, and we take a day off from work, we take our vacations, we try not to be a workaholic. But we don't often focus on the moral aspect of this commandment.

To get to the moral sense of taking sabbath rest, I would mention another of the commandments: You shall have no other gods before me, and you shall not bow down to them to worship them. To make this connection, I will ask a simple question. Why do we work? I know, we have to work in order to support ourselves and our families. There is, however, a question of degrees. Working to survive, and even to thrive, is good. Working to the extreme either to earn more and more money, or to achieve some kind of personal fulfillment, can take us into dangerous territory. Which god are we serving? Is it the one, true God who cares about our well-being, or is it the god of greed, status, and power who is never satisfied. Jesus says that we cannot serve God and mammon. This is sometimes translated as "wealth," but it is presented in that context as a false god, a god with an insatiable appetite. It will take everything from us, this god of avarice, our time, our energy, our creativity. The sabbath commandment is a guardrail against falling into the worship of this god. More than the temptation

and the danger to the individual of worshipping the god of mammon, the commandment for sabbath rest is extended to those over whom the Israelites had power and control. In other words, they were commanded to give a day of rest to those who worked for them, even if they were not Israelites. God reminded them that they were once slaves and subject to merciless task masters. Therefore, they should show the same kind of mercy as God had shown them.

So, as Christians who do not keep many of the Old Testament commandments, particularly related to food and old cultural practices, and yet we should take seriously the commandment for sabbath rest. People are more than commodities. They are the beloved children of God. Enjoying sabbath rest and extending it to those over whom we have any influence helps us to remember that there are more important things than productivity. I hope you take the time this summer to enjoy a pleasant sabbath, AKA a vacation.

Fr. Jeff +

**TREASURER'S REPORT, Julie Kwasnica, Treasurer**



**June 2024**

	<b>June</b>	<b>Year-to-Date</b>	<b>% of Budget</b>	<b>2024 BUDGET</b>
Parishioner Contributions *	\$ 34,504	\$ 259,029	60%	\$ 432,500
Total Operating Income	\$ 36,376	\$ 276,214	60%	\$ 464,100
Total Operating Expense	\$ 39,090	\$ 279,695	50%	\$ 555,264
Surplus (Deficit)	\$ (2,714)	\$ (3,481)		

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

**VESTRY UPDATE, Beth Jones, Clerk of the Vestry**



**July 2024**

St. Andrew's Vestry met on June 9.

There will not be a vestry meeting in August.

The next vestry meeting is on Sept. 10 in Room 324 at 7 p.m. All parishioners welcome to attend.

## CHILDREN AND YOUTH

### Summer Sunday School

Summer Sunday School meets during the 10 a.m. service in the three classrooms on the second floor. All children are welcome.



If you have any questions, please email [Robin Bastress](mailto:children@standrewsc.org) children@standrewsc.org

## MINISTRY UPDATES

### FRIENDS OF MUSIC AT ST. ANDREW'S

#### Make a Joyful Noise

The Friends of Music at St. Andrew's had their first meeting on July 18. There was much discussion on the importance of the music program at St. Andrew's and the difference it makes in the lives of those who sing as well as those who get to experience the lovely harmonies. The students who have sung with our choir the past two years have truly become part of the fabric of our church. They attend coffee hour, Community Café, celebrations, and holidays with parish members. Our members attend the students' concerts and recitals and have hosted them in our homes. We are blessed to have these fine musicians as part of our church family and they are blessed to have a family while they are far from home. We are exploring additional ways we can support our student singers and finance the music program so that these friendships can continue.

If you would like to be a Friend of Music, please email Walter Wells at: [Waltermolly@gmail.com](mailto:Waltermolly@gmail.com) , Gwen Catchen at: [gwencecilia47@gmail.com](mailto:gwencecilia47@gmail.com) or Julie Breuninger at: [julieknits4@gmail.com](mailto:julieknits4@gmail.com)

## GREETERS

All Are Welcome Here

Greeter



Ministry

We were all new to St. Andrew's at one time. Do you remember those first few visits?

When Jamie and I first attended St. Andrew's we were still living in Indianapolis. My husband is an extrovert and so he did not hesitate to fill out a "blue card." Imagine how surprised we were to receive a handwritten note from Paige Andrews later that week! He told us about the congregation, his involvement in the church property committee and gardens. He shared about the love and fellowship within, and extending from, this congregation. We had decided to move to State College in retirement, but that was still a year or two away. You can bet our first Sunday in town found us in a pew at St. Andrew's and we can't imagine being anywhere else. We have found a home at St. Andrew's and hope that we can help others to find a home here, too.

Would you like to share your experience of St. Andrew's with others? Get to know those who visit with us and introduce them to others in our congregation? We are expanding our pool of greeters and would love to have you join us. Please reach out to Julie Breuninger at: [juliekknits4@gmail.com](mailto:juliekknits4@gmail.com) if you would like to be part of this important, rewarding and fun ministry.

## UPCOMING

### St. Andrew's Night at the Spikes

Friday, August 16

Game Time: 6:35 pm

Cost: \$11 per ticket

**SIGN UP HAS BEEN EXTENDED** to Tuesday, August 6, at 4 p.m.

**Come out to the Old Ballgame!**

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

Sign up [HERE](#) to reserve your seat!

#### Additional notes:

- Ike the Spike will visit us during the game.
- Close to Bathrooms, Food Concessions, Ice Cream & Beverages!
- Our seats are easily accessible for all.
- Email [Children@standrewsc.org](mailto:Children@standrewsc.org) with questions.

Tickets are \$11 each. You can pay with cash, check, or online at <https://onrealm.org/StAndrewsC/give/SpikesBB> You will be able to pick up your tickets at the church office beginning August 8.





## Picnic and Prayer in the Park

Sunday, August 18

5 p.m. at Tudek Park

400 Herman Drive, State College

On Sunday, August 18, we will hold our 5 p.m. eucharist at Tudek Park, Pavilion 1, followed by a potluck picnic dinner. The church will provide paper products, utensils, beverages, and cups. Please bring a dish to share if you are able. (Suggested contributions by last name: A-L, main dish; M-R, side dish; S-Z, dessert.)



## Blessing of the Backpacks

Sunday, August 25

Following the 10 a.m. service

In front of the church

Everyone is invited to bring their backpacks, laptops, briefcases or school and work bags of any kind to receive a blessing for the start of the new school year. This is a special reminder that God is with us as we go about the business of our days, and an important boost of courage as we enter new school and work routines.

The blessings will take place after the service in front of St. Andrew's and be followed by **ICE CREAM** on the lawn.



## Friday Films Celebrates Summer

Friday, August 30

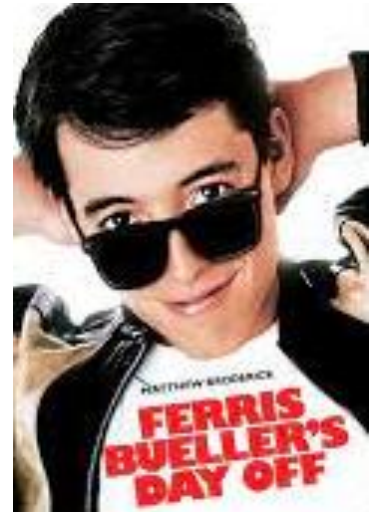
7 p.m., Canterbury Hall

(Snacks starting at 6:30 p.m.)

*Ferris Bueller's Day Off* (1986)

Rated PG-13

1h 43m



For the final film in their summer series, Friday Films presents *Ferris Bueller's Day Off*. This classic John Hughes comedy follows Ferris Bueller, a popular high school senior with an uncanny skill at cutting classes and getting away with it. Ferris, needing a day off, calls in sick, "borrows" a Ferrari, and embarks on a one-day adventure through the streets of Chicago with his two best friends. His nemesis, high school principal Rooney, is determined to catch him in the act. *Ferris* is packed with memorable scenes, quotes, music, and stars (Matthew Broderick, Mia Sara, Alan Ruck, Jennifer Grey, and Charlie Sheen.)

Snacks will be served at 6:30 p.m. and the film will begin at 7 p.m. The film is free, and all are welcome.

“Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”

- Ferris Bueller

“During the summer, we often take time off from work. We...do things we would not normally have time to do...When we as Christians think about sabbath rest, we often think about the well-known benefits of letting our brains and our bodies rest. Modern science has shown the wisdom of this ancient custom. We know that if all we do is work, we will burn out.

- Jeffrey Packard

## OUTREACH



### The 5th Annual Community Care Auction

Auction dates: September 9 to September 15

Donations needed: NOW

IHS is preparing for our 5th Annual Community Care Auction and is currently accepting donated items. They need new, handcrafted items, or gift certificates. "Experiences" are also great items. Things like tickets to events, sports, or a stay at a cabin/vacation property or timeshare will sell well. Items are needed no later than August 30.

For information or questions about donating items email Curt at [director@interfaithhumanservices.org](mailto:director@interfaithhumanservices.org) or call 814-234-7731.

Please bookmark the auction page and visit often to see the items being added. [AUCTION FRONT PAGE](#)

### IHS SPOTLIGHT AT BOAL CITY BREWING

Thursday, September 12

Boal City Brewing



Mark your calendar and plan to join us at Boal City Brewing for a night of music and fun with a spotlight on our Community Care Auction.

Watch for more details in the coming weeks.

[https://www.interfaithhumanservices.org/  
info@interfaithhumanservices](https://www.interfaithhumanservices.org/info@interfaithhumanservices)



## EDUCATION

### Education for Ministry (EFM) Opportunities

#### Are you looking to deepen your faith?

Are you hoping to understand how your personal experiences and beliefs bring you closer to God and God's people? Do you want to know more about the Bible, Christian Tradition, and Church History and what they mean to you here and now?

If "yes," EfM (Education for Ministry) may be for you.

EfM is a highly regarded Christian Formation program founded and administered by the School of Theology, University of the South, and designed for lay people. Through study, prayer, worship, and reflection, EfM seminar groups journey together through scripture, church history, and theology. While the offerings span four years, participants commit to the program one year at a time.





A seminar group consists of one or two mentors and up to twelve participants. The group meets up to 36 times during the course of a year. Years 1 & 2 study the Hebrew Scriptures, the Gospels, and the New Testament. Year 3 looks at Church History. Year 4 reads systematic theology, developing and enhancing their own practice.

During a weekly seminar, the group builds an intentional, faith-seeking small group by:

- Checking-in – how have group members encountered and responded to God since the last meeting?
- Worshiping – participants lead worship
- Reflecting theologically – after agreeing upon a shared focus, the group examines tradition and culture, paired with experiences and beliefs, concluding with implications for action
- Studying coursework – participants discuss insights, challenges, “aha” moments of assigned readings
- Offering and receiving hospitality – the group spends time in fellowship.

The goal is for members to understand their faith more deeply and put that faith into action.

Enrollment fee for 2024-25: \$350 (includes a \$10 processing fee). The *Reading and Reflection Guide (RRG)* workbook is included in the price.

Groups meet on-site and/or online. Either way, we are in-person.

Want to learn more or find a group? Contact Mary Novello, Diocesan Coordinator for EfM, at

[EfMMaryN@gmail.com](mailto:EfMMaryN@gmail.com),

or visit <https://diocesecpa.org/education-for-ministry/>

or <https://theology.sewanee.edu/education-for-ministry/>.



## 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*

### MEN'S GROUP

Tuesday, August 20, 5:30 p.m.  
Federal Tap House

St. Andrew's Men's Group gathers once a month at 5:30 p.m. for food and fellowship, usually followed by reflection on the Bible at about 6 p.m. Our August meeting will be a social gathering at the Federal Tap House on Fraser Street.

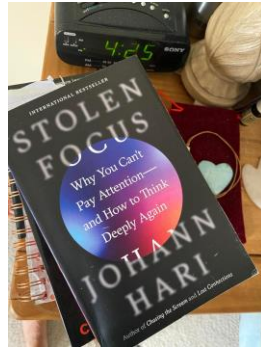
All men of St. Andrew's are welcome. Questions or requests for more information can be sent to Dennis Shea. [dennigshea@yahoo.com](mailto:dennigshea@yahoo.com)

### BOOK GROUP

Tuesday, August 20, 7 p.m.  
Room 324

The Book Group will meet in August to discuss *Stealing Focus* by Johann Hari.

*From Amazon:* Like so many of us, Johann Hari was finding that constantly switching from device to device and tab to tab was a diminishing and depressing way to live. He tried all sorts of self-help solutions—even abandoning his phone for three months—but nothing seemed to work.



So Hari went on an epic journey across the world to interview the leading experts on human attention. and learned how we can reclaim our focus. *Stolen Focus* will transform the debate about attention.

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

### KNITTING GROUP

Sunday, September 8  
Room 324, following the 10 a.m. service

Knitting Ministry returns September 8 following our summer hiatus. We meet in the library following the main service; Zoom also available.

Contact Anne Hoag, [anne.hoag@gmail.com](mailto:anne.hoag@gmail.com), to be added to the monthly email that includes Zoom link.

### PRAYER QUILT

Saturday, August 24, 12:30 p.m.  
Room 119

Room 324, following the 10 a.m. service

The quilters will meet in Room 119 to work on replenishing their supply of quilts. If you have any questions or are interested in joining the quilters, please contact Michele Marini at [michelemarini@comcast.net](mailto:michelemarini@comcast.net)

## Other August Meetings

Property Committee	Monday, August 5	8:15 p.m.	On Zoom
Staff Meeting	Tuesdays	10 a.m.	Room 131
Daughters of the King Board Meeting	Friday, August 9 Saturday August 10	3 – 9 p.m. 9 – 9 p.m.	Canterbury Hall and Church
Finance Committee	Monday, August 12	4:30 p.m.	On Zoom
Vestry	Tuesday, August 13	7 p.m.	Room 324
Worship at the Village	Wednesday, August 13	3 p.m.	The Village

## AUGUST BIRTHDAYS

**HAPPY BIRTHDAY!** If you have an August 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 Kayla Kroczyński	6 Sally Marley	16 Bryson Christopher
1 Duncan Lovisky	6 Tyler King	17 Walter Wells
3 Betty Bechtel	7 Kendall Mainzer	17 Sharon Rovansek
3 Garrett Mitchell	13 Steve Hopkins	17 Andrea de Carle
3 Rebecca Jackson	13 Darla Houseman	20 Liz King
3 Adolph Hoehling	13 Joan Bouchard	26 Milly Hopkins
4 Paul Hochreiter	14 Zach Paulsen	27 Thomas Valentine
4 Bob Ayer	15 Wendi Keeler	30 Melinda Pugliese
5 Dick Meyer	15 Ellie Harper	30 Gregg Rogers

### **Those for Whom We Pray**

Sandy, Joe, Erica, Molly, Walter, Marion, Teri, Janet, Mavis, Mena, Mickey, Pam, Carolee, Fiona, Jennifer, Joan, Don, Jordan, Ty, Isa, Ivonne, Zarah, Jim, Beti, David, Kevin, Vicki, Diane, Sara, Emily, Frank, Robbie, Andy, Terry, Ed, Mary Lou, Sharalee, Elisabeth, Janice, Eugene, Judy, Jane, Nicole, Michael, Tresha, Janice, Bob, Amy, Steven, Susan, Tim, John, Ingrid

### **Those in the Armed Forces and First Responders**

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

## **SAINT ANDREW'S EPISCOPAL CHURCH**

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