

January/February 2010

# THE NETWORK

ST. ANDREW'S EPISCOPAL CHURCH

Dear friends:

On December 12, Jeanne Marie Hansknecht was ordained to the sacred order of Deacons at St. Paul's Cathedral in Detroit. The exciting news for us is that Jeanne will be serving as Curate at St. Andrew's for two years beginning January 24! We have Bishop Gibbs to thank who has made available a grant from the McElroy Trust to fund nearly half the cost of this position. Our deepest gratitude goes out to Bishop Gibbs for this generous investment in the vocational support of the diocese's newest ordained minister and in the ministry of St. Andrew's.

The Welcome Committee is currently putting together some opportunities for you to meet Jeanne. Watch the Sunday bulletins for details. In the meantime, here is some basic information to help you begin to get to know her. Jeanne just completed her Master of Divinity degree at the Ecumenical Theological Seminary in Detroit. During her seminary training she was also a student in Anglican Studies at Huron University College in London, Ontario. Jeanne has a BA in Education from Michigan State and a MA in Education from Eastern Michigan University. In her professional life Jeanne has worked in the schools in Saline, Lincoln and Carson City, focusing primarily in special education and teaching students with learning disabilities. Jeanne served as a seminary intern at St. Paul's in Brighton, Canterbury House at the University of Michigan, and St. Joseph's Hospital. Additionally, she has been very active in her own parishes teaching young people and adults, most recently at Trinity Church, Bellville and St. Giles Parish, Orsett, Essex while her family resided in England for three years. Jeanne's husband, Blane and their four children live in Saline and will continue to worship at Trinity Church where they have been members since 2001.

During her time at St. Andrew's Jeanne's will serve as chaplain to the younger church school children and their families (I will continue to work with the teenagers), clergy liaison to the Outreach Committee and assisting Svea in her work with the Breakfast at St. Andrew's. Jeanne will also share with the other clergy in the pastoral and teaching ministries of the parish. Once Jeanne is ordained to the priesthood, hopefully sometime this summer, she will be added to the regular rotation of celebrating weekday and Sunday services. Over these past few months I have enjoyed getting to know Jeanne and look forward to welcoming this new colleague to St. Andrew's.

I want to thank the vestry for their approval of this appointment and all you for your financial support, which along with the support of the diocese has helped make all of this possible.

God bless,  
Fr. Alan

P.S. Jeanne has asked to be called Jeanne. If you prefer a title, she prefers Reverend Jeanne.

## St. Andrew's Service Schedule:

### Sundays

Holy Eucharist: 8:00, 10:00 am  
Family Service: 9:15 am (*Chapel*)  
Compline 8:00 pm

### Wednesday

Holy Eucharist: 7:00 am (*Chapel*)  
Evensong: 6:00 pm (*Chancel*)

### Thursdays

Holy Eucharist and Healing: 5:30 pm

### Fridays

Holy Eucharist: 12:15 pm

### First Saturday of the Month

Oasis Evensong: 5:30 pm

Childcare is available 9:00–9:45 am in the Kindergarten room (207) on the 2<sup>nd</sup> floor. A Nursery for infants through children aged 2 years is available during the entire 10:00 am service, located in room 204 (2<sup>nd</sup> floor). The older children are in class from 9:45 am until they join their families for communion later in the service.

## Table of Contents

Upcoming Events .....	2
Finance .....	3
Stewardship .....	3
Clergy Corner .....	3
Christian Enrichment .....	4
Music .....	5
Parish Life .....	5
Outreach .....	6
Parish History .....	6
Parish Health .....	7

## Upcoming Events

### Annual Parish Meeting

The Annual Parish Meeting will be held **Sunday, January 31 at 10:30 am**. There will be only one Holy Eucharist that morning which will be held concurrently with Church School at 9:00 am.

If you are a commission or committee chair or the chair of a group that meets on a regular basis and you would like to have a report of the group/committee/commission included in the Annual Report, please email it to Kate Riedel at [communications@standrewsaa.org](mailto:communications@standrewsaa.org) on or before Wednesday, January 13.

**New this year:** In an effort to conserve resources and contain costs, only a few paper copies of the *full* Annual Report will be available on the day of the meeting. Paper copies of the **parish financial report, the 2010 budget, and all items of business requiring a vote** will be available for all parishioners at the Annual Meeting.

The Annual Report will be posted on the parish website [www.standrewsaa.org](http://www.standrewsaa.org) on **Monday, January 25**. We encourage you to review it prior to the meeting and/or bring your own paper copy to the meeting.

### Volunteers Needed for Rotating Shelter January 25 - February 7

This year St. Andrew's will be hosting the Rotating Shelter from Monday, January 25 to Sunday, February 7. The Rotating Shelter uses a network of local churches to provide sleeping space for the homeless of Ann Arbor during the cold months of the year when there are not enough beds at the Delonis Center. Each night of the Rotating Shelter, we provide a warm place to sleep for 10-20 homeless men. This winter, the need is especially strong.

Two volunteers are needed each night from 8:30 p.m. to 7:00 a.m. the next morning. Each volunteer is responsible for staying up for half of the night, but can get some sleep during the other half. Please consider volunteering a night of your time. What better way to start the New Year than providing shelter for those in need?

If you would like to volunteer or need more information, please e-mail Patricia Bard at [pbard460@aol.com](mailto:pbard460@aol.com) or call (734) 677-4548.

### Carnivale!

To mark the end of the season after Epiphany, and the beginning of Lent, the Church School invites everyone to a Carnivale celebration on **Sunday, February 14** from 11:30 am to 1:00 pm in the Parish Hall. For more information on the Carnivale, see "Christian Formation".

### NOTICE OF VOTE ON BYLAW CHANGES

The Vestry gives **notice of a vote at the Annual Meeting** on January 31, 2010, **on proposed changes in the Church Bylaws regarding the Finance Committee**. The first change would increase the size of the Committee from three members and the Junior Warden (four people total) to six members and the Junior Warden (seven people total).

The second change would provide that the Chair of the Committee will be either the Junior Warden or another member of the Finance Committee appointed by the Vestry. The text of these proposals follows.

#### ST. ANDREW'S EPISCOPAL CHURCH BYLAWS PROPOSED REVISIONS

Material in brackets [ ] and **boldfaced** to be deleted.  
Material underlined \_\_\_ and **boldfaced** to be added.

#### ARTICLE X. COMMITTEES

10.01. Finance Committee. There shall be a standing committee of the Vestry known as the Finance Committee.

(a) Membership. The Finance Committee shall include the Junior Warden, *ex officio*, and **[three] six** additional adult communicants in good standing. Each year, no later than the March meeting of the Vestry, the Vestry shall appoint **[one] two** communicants in good standing to the Finance Committee for **[a] three year[s] terms**. A person is limited to serving two consecutive three-year terms. After serving two three-year terms, a person shall not be eligible for reappointment until the next year. Vacancies among the additional members may be filled by the Vestry at any time by appointing someone to fill the remainder of an unexpired term. A person appointed to fill a partial term is eligible for appointment to two full three-year terms.

(b) Chair. The Finance Committee shall be chaired by the Junior Warden **or by another member of the Finance Committee appointed by the Vestry for a one year term as Chair**.

### BreakFEST 2010

Coming to The ARK on Friday, February 26, at 7:00 pm, is BreakFEST 2010, a concert fundraiser for the Breakfast at St. Andrew's. To learn more about this exciting concert, see the advertisement on the back cover of this issue of the *Network* or visit [www.BreakFEST.org](http://www.BreakFEST.org).

### Christmas Offering Envelopes

Included with this newsletter are envelopes for your special Christmas offering. If you receive this newsletter electronically, you can still make a Christmas donation by going to [www.standrewsaa.org](http://www.standrewsaa.org).

### Ash Wednesday Services February 17, 2010

Holy Eucharist and Imposition of Ashes

7:00 am    12:15 pm    4:30 pm    7:00 pm

## Operating Revenue and Expense January 1, 2009 to November 30, 2009

			Over/Under
	Actual	Budget	YTD Actual vs.
Income	YTD	YTD	YTS Budget
Plate Offerings	36,538	34,650	1,888
Pledge Payments	642,365	663,093	-20,728
Other Income	9,266	18,050	-8,784
<b>Total Income</b>	<b>688,169</b>	<b>715,793</b>	<b>-27,624</b>
<b>Expenses</b>			
Diocesan Pledge	74,539	74,539	0
Other Outreach	28,471	29,475	-1,004
Church Programs	51,346	48,286	3,060
Salaries and Benefits	412,661	425,542	-12,880
Maintenance & Overhead	139,033	146,417	-7,385
<b>Total Expenses</b>	<b>706,050</b>	<b>724,259</b>	<b>-18,209</b>
<b>Net</b>	<b>-17,881</b>	<b>-8,466</b>	<b>-9,415</b>

## Capital Campaign Finances as of November 30, 2009

Income:	Since Inception
Pledge payments	2,189,519
Memorial gifts	4,970
From special funds	237,203
Grant	4,615
Investment Income	33,526
<b>Total Income</b>	<b>2,469,833</b>
<b>Expenses:</b>	
Consultant/Architect	303,693
General Contractor	1,487,914
Other Project Costs	78,208
Windows Restoration	227,718
Other Contractors	224,911
Administrative & Miscellaneous	77,651
<b>Total Expenses</b>	<b>2,400,096</b>
<b>End of Month Fund Balance</b>	<b>69,737</b>

## Clergy Corner

### From the Deacon

Thank you, thank you for your generosity - for all the pairs of gloves and mittens, hats and scarves, that appeared in our basket. You are, right at this moment, warming hearts and hands.

As another January rolls in, I think of a poem by Howard Thurman called "The Work of Christmas":

When the song of the angels is stilled,  
When the star in the sky is gone,  
When the kings and princes are home,  
When the shepherds are back with their flocks;  
The work of Christmas begins:  
To find the lost, to heal the broken, to feed the hungry,  
to release the prisoner,  
To rebuild the nations, to bring peace among people,  
To make music in the heart.

That is what we are about for the rest of this new year.

Blessings and love,  
*Deacon Svea*

### From the Priest Assisting

My thanks to all for their prayers, cards, offers of help and expressions of concern after my recent [hip replacement] surgery. I look forward to resuming parish duties in the near future.

*Fr. Charles Witke*

## Stewardship

### The 2010 Annual Giving Campaign

The Stewardship Committee wishes to thank each person who has already responded to the 2010 St. Andrew's Annual Giving Campaign. Everyone's participation and pledge is essential and deeply appreciated by the people that St. Andrew's serves. Your expression of faith and giving goes a long way to sustain and cultivate the St. Andrew's community and Christ's church in very real and measurable ways, especially during these uncertain economic times.

Every one of us feels the strain of our struggling economy. Yet it is precisely at these times when it is vital to continue and, where necessary, improve the ministries and activities our St. Andrew's community has identified as Christian priorities.

Your act of Christian stewardship is a sign of your acceptance of a personal ministry of love and sacrifice. Your sacrifice will deepen your relationship with God, and your commitment will advance the work of St. Andrew's.

The Stewardship committee wishes to express our sincere gratitude and deepest appreciation to those who spoke to us during Sunday services in September and October. These messages of the value and richness St. Andrew's adds to their lives were moving and shared by those who heard them. We want to equally recognize the members of the Vestry who took a very active role in the 2010 Annual Giving Campaign by personally reaching out to the congregation.

Each of us is personally asked by Christ to build and sustain the foundation he laid. The stewardship of Christ's Church is the

responsibility of all Christians. Christ revealed to us his genuine commitment to men and women through his love and resurrection. Likewise, your pledge of support is your sincere commitment to love and sacrifice. Your support and commitment is personal, your private prayer.

## Christian Enrichment

### **Church School Happenings**

In December our Church School members and our adult friends gave two wonderful Christmas presentations:

Following a gala Italian Spaghetti Supper on December 12 and a matinee on December 13 was "The Best Christmas Pageant Ever". This Christmas classic had a cast of 30 all of whom deserve applause for their dedication during the many long days spent rehearsing. The J2A students, teachers, and parents also deserve a round of applause and many thanks for their delicious supper.

Christmas Eve brought a cast of 50 together for our annual Christmas Pageant during the 4:00 pm service. I want to express my appreciation to all the families who were involved in this wonderful event, as well. Thank you, too, for the cookie donations that helped make our Candlelight Gathering following the service possible.

### **Christmas Gifts for All!**

The season was made especially bright for many both locally and abroad thanks to your help and generosity.

As a parish St. Andrew's gave generously to the Adopt-A-Family gift project while the Rite 13 class chose several names and went together on a shopping trip with their leaders.

Our second graders made and sold necklaces during a December coffee hour raising funds to buy two chicks through World Vision, which will then be given to a family as a lasting source of nutrition and income.

For over 50 years our Church School has sponsored a child through Plan (plan-international.org). The children again contributed their Advent Offering on Christmas Eve for our Foster Child, Nickenson Confident, of Jacmel, Haiti. Nickenson is now 18, and will leave our program this year. We have requested a young girl from Pakistan as our new foster child; we will learn more about her in the spring.

### **Annual Meeting & Church School**

On Sunday, January 31, the Annual Parish Meeting will be held following a combined 9:00 am service. There **WILL BE CHURCH SCHOOL** at 9:00 am that morning. There will be movies and food for the children in the Lounge during the meeting.

### **Second Annual Preschool Valentine Party**

The preschool children (those who attend the 9:15 am service and the 3/4's class and families) are cordially invited to a Saturday morning party. This tradition began last February to give the parents and children of that age group an opportunity to get better acquainted as well as a chance to have some fun decorating cookies, playing games, and visiting with each

other. Please don't miss out on this fun party **Saturday, February 6, 10:00 am - 11:30 am!**

### **Carnivale: Sunday, February 14**

To mark the end of the season after the Epiphany and the beginning of Lent, the Church School invites everyone to a Carnivale celebration on **Sunday, February 14, from 11:30 to 1:00** in the Parish Hall (Valentine's Day!!). Each Church School class will sponsor an activity: face painting, a cake walk, the fish pond, mask making, and games. There will be prizes as well as colorful beads for all! Lunch will be prepared by the J2A group. Most events are free, but there is a small cost for the Cake Walk and the lunch. Proceeds from these events are used for future Pilgrimages.

### **Ash Wednesday Children's Service: February 17, 4:30 pm**

Each year we have a special service for the children on Ash Wednesday. The Junior and Cherub Choir will sing at this service, which marks the beginning of Lent. The "Alleluia Scroll" will be created during the preceding Sunday at Carnivale, and buried in the undercroft of the church by the children attending the Ash Wednesday service. The word "alleluia" is not spoken or sung during Lent. On Easter Day the scroll will be resurrected and placed in the church.

*Faithfully, Nancy Heusel*

## Journey to Adulthood

### **Pilgrimage Update**

The Journey to Adulthood group has finally announced the destination for their upcoming 2010 Pilgrimage:

**SAN DIEGO, CALIFORNIA**

### **J2A Sunday**

Sunday, January 24 is "J2A Sunday" when you will learn more about us, the J2A Program and our plans for the Pilgrimage.

### **Thank You Parishioners!**

Many thanks to all of our wonderful parishioners that supported J2A's Pilgrimage fund-raising this fall. We sold *over 120 pies* in our annual Thanksgiving Pie Sale and had the opportunity to participate in the Silent Auction Luncheon which also provided us a generous contribution to the Pilgrimage fund. We also would like to thank Jim Cain and the Breakfast Program Board of Directors as well as the Silent Auction Committee for their support and donation to the fund. We had one other event, the Spaghetti Dinner at the "Best Christmas Pageant Ever" play in December in which our Romantic Italian theme gave a warm glow to the candlelit parish hall. We are so appreciative of all your support as we prepare for our Pilgrimage to San Diego in June 2010.

Carol Ferguson,  
J2A Coordinator

## Music

### Music at St. Andrew's

Our first special musical event of the year takes place on **Friday, January 15, at 8:00 pm**, and features our Rector, **Alan Gibson, baritone**, in recital, accompanied by **Deborah Friauff, piano**, performing Franz Schubert's monumental song cycle, *Winterreise*. This bleak song cycle traces a man's strange winter journey and intense feelings of rejection and alienation, leading to increasing madness and a yearning for the comfort of death. Schubert himself is quoted as saying that these songs affected him more than any others that he wrote. This promises to be a true "winter" experience in every sense of the word.

Our next concert on **Sunday February 14, at 4:00 pm**, is on the other end of the psychological spectrum! Entitled "*New Life*", this re-dedication concert is a celebration of the completed renovation work of our Sanctuary and Page Hall, and features many of our gifted musician parishioners, as well as the St. Andrew's Choirs. Come and celebrate the departure of construction dust, and bless our building with your own song of praise.

Finally, with the end of February begins the season of Lent. Our *Music For Contemplation Series, Part II* will begin on **Sunday February 21, at 7:30 pm**, followed by Compline at 8:00 pm. These half-hour musical presentations are intended solely for your spiritual enrichment, and together with Compline, provide a worship and renewal experience of one hour total. Whereas *Part I* featured organ music, *Part II* will feature vocal and choral music, and we are blessed to have many fine ensembles coming to bless our community with beauty. Please take advantage of this special opportunity to refresh your spirit.

*Music for Contemplation, Part II schedule*

February 21: **Deborah Friauff, soprano**, singing medieval *Gregorian chant*, medieval songs from the *Cantigas de Santa Maria*, and modern chant from the *Mass for St. Cecilia* by Lou Harrison.

February 28: **The Ann Arbor Grail Singers**, directed by Carmen Cavallero.

March 7: **The St. Andrew's Chamber Choir**, singing the *Lamentations of Jeremiah* by Thomas Tallis and *Miserere Mei* by Gregorio Allegri.

March 14: **The St. Thomas Schola Gregoriana**, directed by Timothy Tikker.

March 21: **The Vocal Arts Ensemble**, directed by Ben Cohen, presenting works by William Byrd and others.

March 28: **The Ann Arbor Cantata Singers**, directed by Warren Puffer Jones, presenting excerpts from J.S. Bach's *St. John Passion*.

## Parish Life

### Renovation Update

Dear Ones,

As you read this I am hoping that you will have a Blessed Christmas and a Happy and Healthy New Year.

When you enter the sanctuary on Christmas Eve or Christmas Day, if you haven't been there since before December 19th, you will see the fruits of the many months of restoration and enrichment.

Since our last update, the cavities between the exterior stone and the plaster and wainscot at the north and south walls have been insulated, making it more comfortable as well providing an energy savings. In October, the pews were sent out to be refinished. The wainscot on the north and south walls has been stripped and stained, as well as the balcony screen on the west wall and the sanctuary door frames. The cracked and broken vinyl tile under the pews and in the balcony was removed and replaced with hardwood flooring, which will also help improve the acoustics of the nave. In addition, the pews have new cushions more in keeping with the historic nature of the sanctuary.

Four of the Sanctuary chandeliers as well as two of the chandeliers in the balcony have been rewired. The remaining chandeliers will be completed in the new year. We have contracted to re-roof the five flat roofs on the Parish Hall Building in the spring of 2010. This work was planned for the fall, but was delayed because of weather.

We have been blessed that to date pledges have been paid on or before the time in which they are due and we have not, as yet, had to borrow from our line of credit with the bank. This is all due to your continued commitment and support.

In January or February the building committee will review the restoration project budget to see if there are any remaining items of those that had to be removed from the project originally, that can be accomplished with any funds that may remain.

Elsewhere in this issue, please see "Music" to read about our rededication ceremony to take place in the sanctuary on **Sunday, February 14**. We hope that we will "pack the house" to give thanks for the parish's generosity and continued commitment to this restoration of our historic structure.

*Kathy McPherson,*

for the Phase I Building Renovation Committee

### Book Discussion Group

The St. Andrew's Book Discussion Group will meet on **Wednesday, January 20**, to discuss Jerry Dennis' "The Living Great Lakes: Searching for the Heart of the Inland Seas." The evening begins with Evensong at 6:00 pm in the church, followed by a pot-luck supper at 6:30 pm in the Lounge. Over dessert and coffee the discussion will begin at 7:15 pm. This year's selection for the *Ann Arbor Reads* program is described as "the most complete book ever written about the history, nature and science of the remarkable lakes at the heart of North America." Dennis draws on his experience of a four-week voyage through the lakes on a tall-masted

schooner, as well as a life time of living near the lakes. The book is available at the Ann Arbor and Ypsilanti Public Libraries.

On Sunday, March 21 we will meet at 11:30 am to discuss "The Last Week" by Marcus Borg and John Dominic Crossan.

### **Parish Callers Annual Meeting**

St. Andrew's Parish Callers will hold their annual meeting on Saturday, February 13 at 10:00 am, in the lounge. As part of the meeting, Ruthanne Bourlier will be speaking about her role as chaplain at Glacier Hills retirement community.

Parish callers visit parishioners confined to their place of residence and accompany Glacier Hills residents to the monthly tea and Eucharist held in the chapel. For more information or to inquire about becoming a parish caller, please contact Julie Lewis at 662-9211 or [julieflore@yahoo.com](mailto:julieflore@yahoo.com)

### **Lenten Series Dinner and a Movie**

Beginning February 24, and running each Wednesday evening through March 24, the parish clergy will host a 'Dinner and Movie' program at the church, sharing five films that speak of matter of faith.

Beginning with Evensong at 6:00 pm, the evening will continue with a potluck supper in Parish Hall at 6:30 pm (Fr. Alan will make a big pot of soup. Please bring a side dish or bread to share.) After we have served ourselves we will watch the movie while we eat. A brief time for discussion will follow the screening of each film. Watch the Sunday bulletin and parish website for a listing of movies to be screened.

## **Outreach**

### **The Delonis Center**

The cause of homelessness, as we know, is poverty. And now more than ever, that includes the loss of jobs and homes. So often at the Breakfast we talk with someone who found a job or is still looking for one, but has barely enough money to keep his family warm and fed.

The Delonis Center has found more people in Ann Arbor in need of services than ever before. To meet the need for shelter the staff there set up additional beds, and is providing room for more men and women in the nightly Warming Center.

During the Winter St. Andrew's has been part of the Rotating Shelter. For two weeks we open the Parish Hall for twenty-five men to sleep peacefully in safety and warmth. Sixteen churches in the area have also been part of the program, and this year that number has increased to twenty-three churches. I've been quite impressed with the understanding and loving responses of the pastors, including the rector from St. Clare's. More than once those individuals remark about the care shown by St. Andrew's, and want their church to do the same.

The Delonis Center continues to provide daily medical services, including dental consultation and podiatry exams. They also work with over fifty local agencies to meet important needs, e.g. housing assistance, job hunts, and legal advice.

If you would like any more information about the Delonis Center, including opportunities to volunteer there, please don't hesitate to contact me at [jcpeirce@comcast.net](mailto:jcpeirce@comcast.net)

Jean Peirce

## **Parish History**

### **ATTENTION WRITERS!**

The History and Memorials Committee has been working on an update of "The History of St. Andrew's Church" which was written by Arthur Lyon Cross, published in 1906, and covered the first 75 years of St. Andrew's. A hundred years has passed since it was published and with them many important historic, political, and social changes that need to be preserved for future generations at St. Andrew's.

What we need are writers to take a topic file and write a narrative chapter of five to ten pages covering the material in the file. Each topic file contains all abstracted entries for that topic in chronological order. The files are available as print-outs in a three-ring binder and on CD or by email.

Based on abstracts from Vestry minutes from 1899-1996, the Committee and H.M. Hildebrandt have come up with 13 topics to be written:

Building and Maintenance, the College Program, Finance, History and Worship, Memorials and Gifts, Music, Organizations, Outreach, Personnel, Publications, Religious Education, the Vestry, and Women

If you are interested please either **come** to the History and Memorials Committee meeting on the second Wednesday of the month at 7:00 pm in the lounge (January 13, February 10), **call** Mark Hildebrandt at (743)663 2101, **or email** [hmhilde@comcast.net](mailto:hmhilde@comcast.net).

*To read a complete version of this article and to learn more about the topics available to be written about, as well as read Mark's wonderful article about our historic Pewabic Tile, please visit the History section of [standrewsaa.org](http://standrewsaa.org).*

## **Parish Health**

### **Soup Swap 2010**

There is nothing better than home made soup on a snowy, cold evening. There is nothing better than sharing your skills with others. Combine those two thoughts and now you understand "Soup Swap".

On **Sunday, January 17**, participants should bring six (6) one-quart containers of a single soup. Go wild and make something new or different. Include the ingredients on a label so that those who are sensitive to a single ingredient may choose wisely. Bring your soup frozen and exchange it for six individual and different soups after the 8:00 and 10:00 am services. More participants mean more choices! Soup Swap is an activity that now occurs world-wide on an annual basis and participants look forward to the swap each year and the

creativity this activity engenders. The **Episcopal Health Ministry** is pleased to host the Soup Swap 2010.

Local charities cannot accept our frozen soups, but participants may bring a can of commercial soup this same day to be donated to Food Gatherers.

## Walk to Jerusalem 2010

For the fourth year, the Health Ministries will be sponsoring a virtual community walk to Jerusalem. Remember last year? 105 people walked 6,000 miles to Jerusalem. Enrollment will occur during February Sundays before Ash Wednesday.

### What is it?

This year we will walk a total of 6,000 miles from St. Andrew's to Canada, Greenland, Wales and Avignon. and then to Jerusalem. This is the real, as the crow flies mileage. Jesus walked to Jerusalem for the crucifixion. Of course, Jesus didn't start from Ann Arbor, which is why this walk will be a community effort—we will pool our miles.

### What if I hate to walk?

Well, what do you like to do? We are giving equivalents for running, biking, swimming and any aerobic exercise. Also, you can use your pedometer totals if you would like to work towards a goal of 10,000 steps in a day. Any amount of exercise that you do each week will help us make our goal. There is no minimum amount that you must walk each week.

### Can I sign up my neighbor? Can we sign up as a family?

Of course, the more walkers, the better! Be sure to develop a way to report your neighbor's miles. You can report the total for your family each week as one report rather than separately.

### What do I get?

Well, hopefully healthier. But also, you and your family will receive a participant packet which includes ways to track and report your mileage, a prayer for the week and a health tip. You may also choose to receive occasional e-mails with health tips. St. Andrew's t-shirts will be available again this year.

### When does it start?

You may, of course, start walking at any time. However, the miles begin to count on February 14, the Sunday before Ash Wednesday. This gives us 7 weeks to complete our journey in time for Holy Week.

### How do I sign up?

You will need to get a participant pack with a participant number, either after Sunday services, at the parish office or by contacting a member of the Health Ministry Group beginning in January.

## Heart Health

Coronary heart disease is America's No. 1 killer. Heart disease traditionally has been seen as a "man's disease", but in fact it's the leading killer of women, causing more deaths than all cancers combined. Stroke is the No. 3 killer of both men and women, and is the leading cause of serious disability.

That's why the American Heart Association encourages everyone to reduce their risk factors, know the warning signs of

heart attack or stroke, and know how to respond quickly and properly if warning signs occur.

February is Heart Month, and Friday, February 5 is "Go Red for Women" day, part of nationwide efforts to raise awareness of women's heart issues. Everyone is encouraged to Wear Red! on Friday, February 5. Members of Episcopal Health Ministries @ St. Andrew's will be wearing RED on at our Ministry Fair Coffee Hour on Sunday, January 10, and will have information available about heart disease.

Blood pressure screenings for both men and women will be available after both services on Sunday, January 10 and February 8. For more information about heart disease and stroke, contact the American Heart Association: call (248) 827-4214 [www.americanheart.org](http://www.americanheart.org)

## Coffee Hour

On **Sunday, January 10** the Parish Callers and the Episcopal Health Ministries @ St. Andrew's will sponsor the Coffee Hour.

Please join us for Coffee Hour after the 10 o'clock service and learn more about both the Parish Callers and EHM. In addition to Wear Red! information, blood pressure screenings are available. You may bring unneeded or expired medications and they will be disposed of, safely.



...is the bi-monthly newsletter of St. Andrew's Episcopal Church of Ann Arbor, Michigan.

Articles are welcome, but may be subject to editing or abbreviation. The deadline for submissions for the January-February newsletter is December 10, 2009. Please send submissions to Kate Riedel via email at [<communications@standrewsaa.org>](mailto:<communications@standrewsaa.org>).

Receive *The Network* by email! To stop receiving paper copies of *The Network*, email Kathy McPherson at [<kmcpherson@standrewsaa.org>](mailto:<kmcpherson@standrewsaa.org>).