

THE NETWORK

ST. ANDREW'S EPISCOPAL CHURCH

St. Andrew's: Witnessing to the Good News of God in Christ.

Rector's Column

Dear friends:

Lent is described in the Prayer Book as "a season of penitence and fasting" as a preparation for the observance of Christ's passion and resurrection. Over the centuries various Lenten pieties have come in and out of favor. The point of these practices has always been to bring us into a deeper awareness of and into a closer relationship with God. But people being what we are – imperfect, self-justifying creatures – our pursuit of Lenten disciplines often becomes the end in itself. We put the cart before the horse. Keeping the Lenten fast can become more important than any benefit derived from fasting. We can convince ourselves that God will reward us, or even love us more, if we adhere to rules of our own making. When in reality, God's deepest desire is for us to receive God in the life given to us in Christ. That may be the hardest thing for us to accept – that our relationship with God does not need to be a struggle.

In his book, *The New Man*, Thomas Merton talks about the "Promethean struggle" that humanity engages in by trying to snatch freedom away from God in the same way the mythical Prometheus stole fire from Mt. Olympus. Such struggles may feed our egos for a time, but ultimately do nothing to feed our souls.

"Christians are not trying to steal something from God that God does not want them to have. On the contrary, they are striving with their whole heart to fulfill the will of God and lay hands upon that which God created them to receive.

And what is that?

It is nothing else but a participation in the life, and wisdom, and joy and peace of God Himself." (pp. 47-48)

You are the best judge of the health of your soul, and Lent is a good time for a check-up and, perhaps, some rehab. As you consider a Lenten discipline ask yourself what things in your life are helping you participate in the life, wisdom, joy and peace of God. Then find ways to do more of those things. Then ask yourself what prevents you from such participation. Those are the things you could consider giving up for Lent and, perhaps, for life. Then you will know freedom.

God bless,

Alan

From the Priest Associate

"Will you WATCH with me?"

Our Lord Jesus Christ asked his disciples to WATCH with him as he prayed in the garden at Gethsemane just hours before he was arrested and taken away ultimately to be crucified. From this has evolved the tradition of Keeping the Watch between the services of Maundy Thursday and Good Friday (April 10-11). In many Christian communities throughout the world, church members take turns keeping watch in quiet prayer in their parish churches. All members of St. Andrew's will have the opportunity to participate in this tradition in our church this year.

At the end of the Maundy Thursday Eucharist, the Blessed Sacrament of bread and wine will be taken in procession to the Chapel, our Altar of Repose where our watch will begin. You are invited to sign up for any half-hour or hour from the end of the service until midnight or from 6:00 am on Friday until our Good Friday service begins. From personal experience I can tell you that Keeping the Watch can be a most meaningful experience in the observation of Holy Week.

We ask you - please - to sign up for a time that you would like to keep WATCH. As many people as wish to do so can participate in the watch at any time, but we do want to be sure that every time slot has at least two people Keeping the WATCH.

The sign up sheets will be near the Chapel door and on the bulletin board outside the office.

Sally Webster, Priest Associate

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THE NETWORK

...is the 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 March-April 2009 newsletter is February 10, 2008.

Please send submissions to the church via e-mail to <communications@standrewsaa.org>, or call Kathy McPherson at the church at (734) 663-0518, ext. 200.

Receive *The Network* by email! To stop receiving paper copies of *The Network*, e-mail Kathy McPherson at <kmcpherson@standrewsaa.org>

Upcoming Events

Dinner and a Movie: Wednesdays in Lent

Beginning March 4, and running each **Wednesday evening through April 1**, Fr. Alan will host a Dinner and Movie program in the Parish Hall, sharing five films that though not religious in nature, speak of a matter of faith. In each of these films a character comes to know and express themselves as a unique individual. This sets these characters at odds with the expectations of those around them. Coming to know oneself as a child of God involves similar process of embracing the call of Christ which is often at odds with the expectations of society. Through five different film genres we will explore this journey of faith.

Beginning with Evensong at 6:00 pm, the evening continues with a potluck supper in the parish hall at 6:30 pm. (Fr. Alan will make a big pot of soup. Please bring a side dish, salad, dessert or bread to share.) After we have served ourselves we will

watch the movie while we eat. A time for discussion will follow the screening of each film. Due to the length of some of the films we will begin our viewing promptly at 6:45 pm.

Childcare is available but must be reserved through the church office by the Monday morning before the Wednesday screening.

Canterbury House is Coming to St. Andrew's

On **Sunday, March 22** the Reverend Reid Hamilton, Chaplain at Canterbury House at the University of Michigan, will be our guest preacher at the 8:00 and 10:00 am services. At the 10:00 am service, Fr. Hamilton will be joined by Stephen Rush and *Quartex*, who will bring their legendary Jazz Mass to St. Andrew's. Our connection with Canterbury House goes back to its founding and we are pleased to revive the tradition of a Canterbury Sunday. A special collection will be taken that morning for the support of the Episcopal ministry on campus.

Schedule of Movies

| | | |
|------------------|-----------------------------|--|
| March 4: | "High Noon" | (1952/Western/85 minutes/Rated-G) |
| March 11: | "Carousel" | (1956/Musical/128 minutes/Rated-G) |
| March 18: | "For the Bible Tells Me So" | (2007/Documentary/95 minutes/Unrated) |
| March 25: | "The Lives of Others" | (2006/Drama— German with English subtitles/137 minutes/Rated-R— this film contains brief nudity) |
| April 1: | "King of Hearts" | (1967/Comedy — French with English subtitles/102 minutes/Unrated) |

St. Andrew's Service Schedule:

Sundays at 8:00; 9:15 (Family Service); and 10:00 am
Holy Eucharist; Compline at 8:00 pm

Wednesdays at 7:00 am
Holy Eucharist (in the Chapel)

Wednesdays at 6:00 pm
Evensong (in the Chancel)

Thursdays at 5:30 pm
Holy Eucharist and Healing

Fridays at 12:15 pm
Holy Eucharist

First Saturday of the Month at 5:30 pm
Oasis Evensong

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

Book Discussion Group

Each quarter, the St. Andrew's Book Discussion Group meets for a one-night discussion. Our next gathering is **Tuesday, April 21**, when we will discuss "The Last Lecture" by Randy Pausch. The evening begins with a potluck supper at 6:30 pm in the Lounge. Over dessert and coffee the discussion will begin at 7:15 pm.

A lot of professors give talks titled "The Last Lecture." Professors are asked to consider their demise and to ruminate on what matters most to them. What wisdom would you impart to the world if we knew it was our last chance? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave - "Really Achieving Your Childhood Dreams" - wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because "time is all you have...and you may find one day that you have less than you think"). It was a summation of everything Randy had come to believe. It was about living. Copies of the books are available at Shaman Drum Bookshop, 313 South State Street.

Have it Your Way: Help With the Difficult Conversations at the End of Life

Have you thought how you want your last year of life to be? Have you communicated your wishes to your family, your physician and others? Please join us for a sensitive and informative panel discussion, with par-

Operating Revenue and Expenses

For the month ended 1/31/09

| Income | Actual Year-to-Date | Budget Year-to-Date | Over/Under +/-(-) |
|------------------------|------------------------|------------------------|---------------------------------|
| | | | YTD Actual vs. YTS Budget |
| Plate Offerings | 1,740 | 1,750 | -10 |
| Pledge Payments | 90,821 | 94,500 | -3,679 |
| Other Income | 131 | 150 | -19 |
| From Special Funds | 0 | 0 | 0 |
| Total Income | 92,692 | 96,400 | -3,708 |
| Expenses | | | |
| Diocesan Pledge | 6,776 | 6,776 | 0 |
| Other Outreach | 375 | 600 | -225 |
| Church Programs | 5,340 | 4,750 | 590 |
| Salaries and Benefits | 40,161 | 40,490 | -329 |
| Maintenance & Overhead | 14,952 | 17,561 | -2,609 |
| Total Expenses | 67,605 | 70,178 | -2,573 |
| Net | 25,087 | 26,222 | -1,134 |

Capital Campaign

Financial Status Report
as of January 31, 2009

| Income: | Since Inception |
|--------------------------------------|------------------|
| Pledge payments | 1,780,329 |
| Memorial gifts | 4,970 |
| From special funds | 237,203 |
| Grant | 4,615 |
| Investment Income | 33,526 |
| Total Income | 2,060,643 |
| Expenses: | |
| Consultant/ Architect | 285,893 |
| General Contractor | 1,111,110 |
| Other Project Costs | 59,862 |
| Windows Restoration | 159,418 |
| Contingency | 16,600 |
| Administrative and Miscellaneous | 56,378 |
| Total Expenses | 1,689,261 |
| End of Month Fund Balance | 371,382 |

ticipants Fr. Alan Gibson (St. Andrew's), Ed Goldman (UMHS attorney and TBE member), and Roxane Chan MS, RN (St. Clare). Participants of all ages and affiliations are welcome to attend.

The panel discussion is on Sunday, April 19, 4:00 - 6:00 pm, at St. Clare of Assisi/ Temple Beth Emeth, 2309 Packard, Ann Arbor; co-sponsored by Temple Beth Emeth and St. Andrew's and St. Clare of Assisi churches.

Financial

St. Andrew's now accepts credit and debit cards for donations through the website. Go to www.standrewsaa.org, click on "Online Donations" (located on the top left corner of the home page), then click on the purple "Donate" button. You may use this feature for a one-time gift or recurring contributions. Thank you!



Christian Formation

Church School Happenings: March and April

Carnivale Appreciation

Thanks to all the Church School classes and their teachers for making the Carnivale on February 22 such a successful event. Each class took extra time to prepare a booth or event. In addition, Church School mom, Val Oatley, once again captured the attention of the children with her face painting magic. The St. Andy's Band helped make the occasion festive. Of course the Carnivale would not be a success without FOOD. We greatly appreciate all the folks who brought in baked goodies for the annual Rite 13 "Cake Walk", and J2A is to be thanked for providing a delicious lunch. We hope you had a good time, and came away with some beads and other goodies.

Supper Theatre: May 9 and 10

March is the month in which we begin preparations for our annual Church School sponsored **Supper Theatre**.



We are happy to announce that this year the musical play will be our all-time favorite, "The Wizard of Oz". Fifteen years ago we began a new tradition at St. Andrew's - the Supper Theatre Musical, with a production of "The Wizard of Oz". This year we celebrate our 15th anniversary with this beloved story. There are roles for ALL ages, and we encourage intergenerational participation.

The first "get together" will take place on **Saturday, March 14**, 10:00 am to 12:00 pm in the Rainbow Room. We will have a potluck brunch to go along with the words and music, so bring something to pass and we'll supply the beverages.

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From the Deacon's Bench: Holy Week Services

On April 5th we begin the most important week in the church year – Holy Week. We hope you will be a part of it, either by reading a small part in the Gospel narratives, having your feet washed, or reading a lesson, but, most importantly, by being present as our community moves through the week towards Easter.

The traditions of Holy Week liturgies are thought to have begun in Jerusalem during the fourth century under the great bishop St. Cyril. The Easter Vigil was already in existence, this being the service where new believers were baptized and welcomed into the body of the church; but, by the fourth century the combination of more church buildings and the interest in Christian history had fostered new liturgies.

Around 380 AD a nun on pilgrimage from Spain, Egeria, came to Jerusalem and was fascinated to take part in a series of services held at various historic sites in Jerusalem throughout the week preceding Easter — then known as the Great Week. She was particularly impressed that the psalms and readings were appropriate to the time and place.

Egeria and her companions took the traditions from Jerusalem back to their own churches, and gradually, our own traditions of Holy Week evolved. We remember the events of the time preceding Jesus' crucifixion and we enter into them in a symbolic way. The Gospel story is the thread on which the events hang, as we move with Christ from event to event throughout the week.

We begin with **Palm Sunday, April 5th**. We will gather (hopefully outside) shortly before 10:00 am to get ready for the Liturgy of the Palms. We will read a short Gospel lesson and then bless and distribute the palms to carry inside the church as a remembrance of Christ's triumphal entrance into Jerusalem. The mood changes quickly once we are inside, when we read the Passion Narrative from St. Mark's Gospel. We invite you to be a part of this by reading a line or two as one of the characters in the drama.

On **Monday and Tuesday of Holy Week** there will be a 12:15 pm Eucharist in the church. **Wednesday morning** we will hold our usual 7:00 am Eucharist in the chapel.

Wednesday evening, 7:30 pm, we will have our Tenebrae service. This is a quiet, meditative service led by our choir. Tenebrae means shadows or darkness, and as the service progresses, we extinguish a series of candles, until only one is left. The last candle is hidden while the Good Friday collect is read, symbolizing the crucifixion, then a loud noise is made and the candle is replaced on its stand as all leave the church by its solitary light.

Thursday evening we will have our Maundy Thursday service at 7:30 pm in the church. Maundy comes from the Latin word, *mandatum*, referring to the new commandment in John 13:34. This is the service where we act out our Lord's example of servanthood by washing each other's feet. There will be someone in each of the three aisles with a stool and basin, and you are invited to come one by one to have your feet washed or to wash someone else's feet. (If you wish to have your feet washed, wear easily removable socks and shoes.) At the conclusion of this service, we 'strip the altar', taking away all the linens, cushions, vestments, and hangings to prepare for Good Friday, and leave the church in silence. We will then process to the chapel to begin our **WATCH in the Garden of Repose**.

On **Good Friday**, our liturgy of the day begins at 12:15 pm. We again read the Gospel Narrative of the Passion, this time from St. John's Gospel, and I urge you to be a part of that by reading a line or two. It is a powerful story to take part in on that day. Then come the Solemn Collects, special prayers that are only prayed on Good Friday, followed by the Veneration of the Cross. After the liturgy, which lasts about 45 minutes, there will be a quiet time before beginning the **Stations of the Cross** at 2:15 pm. This is a service of readings and prayers as we follow the cross around the church, stopping at 14 stations. At 3:00 pm, the bell in our tower is tolled, symbolizing the time of the crucifixion. You are welcome to come for all of these liturgies, or as much as your time will allow.

On **Holy Saturday**, April 11, there is a very short liturgy at 10:00 am, and then begins the preparation for the Great Vigil of Easter. This elaborate and rich observance of the resurrection is among the oldest liturgical practices of Christians. Our earliest recorded outline of the Vigil dates from 215 AD. A new fire is lit at the back of the church, and the new Paschal Candle is lit from it and carried into the darkened church, symbolizing the light of Christ. We will celebrate baptisms that evening, and celebrate our first Eucharist of Easter. It is a joyous service not to be missed. Bring a bell to ring if you have one!

On **Easter Sunday**, April 12, there will be two identical services at 8:00 am and 10:30 am as well as the regular 9:15 am Family service. Also on Easter Sunday, there will be plants available for delivery to our shut-in members. The Parish Visitors always need help in delivering.

Please speak to me if you would like to participate in the Gospel reading on Palm Sunday at 8:00 am or 10:00 am, or during the Good Friday service.

A blessed Easter to you all,

Svea

(continued from page 3)

Our rehearsal schedule works like this: until 3 weeks before the show, we only work on Saturdays (cast will determine the time), and one other day of the week. On Sunday, April 18, we will start adding days and meet more frequently, usually around 6:00 pm or so.

It's a great way to become involved in the community of St. Andrew's, and have fun at the same time. Look for the Journey to Adulthood program to serve another delicious feast during our Supper Theatre event to benefit their 2010 summer pilgrimage.

Treasure Boxes During Lent

The children were given little coin boxes the first Sunday in Lent. Our Lenten Offering is for our foster child, Nickenson Confident, of Jacmel, Haiti. On Sunday, March 29, we will have Mark Davis Craig as our Church School guest. He returns from Haiti in March, hopes to make contact with Nickenson, and will share some of his adventures with our classes. Remind your Church School member to help a child less fortunate by placing coins in the treasure box during Lent. Bring the box on Easter morning and place it in the cross outside the Chapel.

There is NO Church School on Easter Sunday, April 12. There will be extended childcare from 7:45 am until 12:00 pm. There will also be childcare offered during the Wednesday Tenebrae service, the Maundy Thursday Eucharist, on Good Friday from 12:00 pm – 3:00 pm, and the Great Vigil on Saturday evening.



Easter Egg Hunt: April 19 – It has been our tradition to have an Easter egg hunt during the second Sunday in Easter for the preschoolers thru elementary age children. Rite 13 will host this event. If it is too chilly, we will have the festivity indoors. But, weather permitting, the hunt will take place in our Church School garden.

www.StAndrewsAA.org

Journey to Adulthood News

“Before Dawn” – this short Easter play will be presented by the Journey to Adulthood program during the sermon time on **Sunday, April 26.**

Father Alan Gibson will lead the YAC (Young Adults in the Church) confirmation preparation during the month of March. The leaders of this splendid group of young people are Sarah Inwood, Norm Richert and George Watson. Confirmation will take place during Bishop Gibbs visit to St. Andrew's in May.

J2A is excited to be back in their own territory – the Rainbow Room. During March the group will host a luncheon for families to celebrate their “new” surroundings.

On the first Sunday in June, Rite 13 is preparing to have their first “Rite 13 Celebration” for members turning 13.

Marketplace: Vacation Bible Camp, June 16, 17 and 18, Tuesday thru Thursday. Parents – look at your early summer calendars. You will receive registration materials in April for this wonderful event, which takes place right after school is finished. St. Andrew's joins each year with First Presbyterian and St. Clare's to present this “hands-on” experience for children in elementary school. In addition to the learning experience and fun for the children, we hope that many of the adults will want to join in the festivities by helping with crafts, story telling, the drama troupe, or as tribal parents.

Carol Ferguson, our terrific coordinator, has been in the position for ten years now. It's time we pass the torch, and thank Carol for her years of dedicated service. Carol is one of the leaders of our J2A program as well, and wants to spend more time working with the youth at St. Andrew's. Thank you so much, Carol, for really making Marketplace come alive for so many people. Moe Fitzsimons and Bridgette Skaff have generously volunteered to share part of the new coordinator's responsibilities. We would like one more person to join their team. Could it be you? My email address: nheusel@standrewsaa.org

Faithfully,

Nancy Heusel

Music

Music Notes

Holy Week is the culmination of our Lenten journey, taking us from the palm-strewn road through the deepest valleys of betrayal and death before suddenly, as though turning a sharp corner in a rock wall, leading us out into sunlight and far-reaching vistas at Easter. To prepare for those final stages in our journey, on **Saturday, April 4** the Adult Choir, soloists Rose Mullins, Deborah Friauff and Alan Gibson and guest instrumentalists (all led by Deborah Friauff) will present a **special evening of music** that encapsulates the movement from Palm Sunday to Good Friday.

The program includes music for Palm Sunday, “Scatter Palm Branches” (“Streuet mit Palmen”) by Franz Tunder. There are two musical depictions Calvary: “Da Jesus an dem Kreutze stund” (“There Jesus stood at the Cross”) by Samuel Scheidt and “The Seven Words of Christ on the Cross” by Heinrich Schütz. Selections from the *St. John Passion* of J. S. Bach provide dramatic narrative as well as musical meditation. The music is thoughtful and thought-provoking, emotional and elegant, rich and profound.

While J. S. Bach (1685-1750) is extremely famous, the other composers on the program are less well known. Born 40 to 100 years before Bach, these were the musicians who brought the Italianate style to German church music, introducing new instrumentation and harmonization, writing with new expressive vitality, and pointing the way to the drama of the oratorio and opera. Heinrich Schütz (1585-1672) was the first German composer to have international stature; his influence was widespread and long-lasting, and his works are still powerful today. He was educated in music because a local ruler heard him sing in his father's inn; it took a long time for his parents to accept that he was not going to become a lawyer. Schütz's patron sent him to Italy to study with Gabrieli and, later, Monteverdi. “The Seven Words of Christ,” a late work, combine near-operatic passages with deep sensitivity to the biblical texts.

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Samuel Scheidt (1587-1654) was a younger contemporary of Schütz. The intimate sense of tragedy that animates his “Da Jesus an dem Kreutze stund” may have developed during Scheidt’s life in Halle: after the devastations of the Thirty Years’ War, the city was hit by the plague and all four of Scheidt’s small children died in one month. Franz Tunder (1614-1667) was the organist at the Marienkirche in Lübeck; he began evening organ concerts for businessmen waiting for the stock exchange to open (imagine) and reached out to new audiences by writing much new music in the style he had learned from Frescobaldi. Introduced in 1724 and revised over J. S. Bach’s career, the *St. John Passion* shows “a degree of continuing freshness, originality, and experimental radiance that makes the work stand out” (Christoph Wolff, *J. S. Bach: the Learned Musician*, p. 296). These musical treasures will enrich and deepen our Holy Week experience and prepare us for the breath-taking joy of Easter. Join us at **7:30 on Saturday, April 4 for Music for Passion Week** of the great German Baroque masters. —Donna Wessel Walker

Parish Life

Join the Altar Guild

The Altar Guild of St. Andrew’s invites the men, women and youth of the parish to join us in our mission to provide assistance to the clergy in preparing for eucharistic services and caring for the elements used in the services. Altar Guild has four rotating groups, each group taking responsibility for one week. The group on duty meets at the church on Saturday morning to clean and divide the responsibilities for the week ahead. For more information on the activities of the Altar Guild, please call Priscilla Gallinger at 669-8196 or email a2prisga@aol.com.

Readers Theatre: “Spoon River Anthology” by Edgar Lee Masters

The Saint Andrew’s Players invite you to a ‘Readers Theatre’ performance of “Spoon River Anthology” on Saturday, March 21, at 7:00 pm, in the chancel of St. Andrew’s.

Edgar Lee Masters wrote these hauntingly beautiful poems about small town

life in 19th Century Illinois. Set on a bare stage that represents the cemetery of Spoon River, these stories are of those who were born there, lived, loved and died in a variety of places.

The nine actor/actresses will portray over 50 characterizations, offering an amazingly varied array of roles. Both the solid and humorous sides of life are portrayed, with musical interludes and the free verse form of Masters. Four musicians will accompany the performance, playing and singing a variety of folk music from the period.

“A glowing theatre experience....A brooding and loving American folk poem brought to life on a stage.”

— *New York Times*

“A dramatic presentation reduced to its simplest terms...moving and beautiful.”

— *New York Post*

There is no admission charge but The Saint Andrew’s Players request that you consider a donation to assist in the purchase of new pew cushions in the church.

Outreach

Theology on Tap

Theology on Tap meets at 6:30 pm at the Ann Arbor Brewing Company, 116 E. Washington St., Ann Arbor. Starting at 6:30 pm, we order food and drinks with the program beginning at 7:00 pm.

March: On **March 8**, our guest is Eileen Spring, Executive Director of Food Gatherers. Food Gatherers exists to alleviate hunger and eliminate its causes in our community by: reducing food waste through the rescue and distribution of perishable and non-perishable food; coordinating with other hunger relief providers; educating the public about hunger; and developing new food resources. Eileen will be presenting the results of last fall’s survey about food security in Washtenaw County (including approximately how many people don’t have access to regular, nutritious meals, how many organizations give away food, etc.). We will be discussing how faith communities can help alleviate hunger, including through donating produce from community gardens. Please join us as people of faith tackle these challenging issues. All are welcome.

St. Andrew’s Community Garden

A garden provides an excellent way for folks to get to know each other and build community. We also hope it will be a place of contemplation, education, and peace. A Garden Group has formed that is hard at work figuring out a plan to present to the Vestry in March. Please contact Merilynne Rush at amrush@provide.net if you would like to be involved in this endeavor.

We envision a small garden the first year that provides some produce to Food Gatherers to help feed the local hungry. Eventually, we hope to make use of the extended growing season to be able to donate produce for 7 - 8 months of the year. The garden will be primarily maintained by a core group of committee individuals; we already have 15 people on our email list! Individuals and groups from the parish of all ages and abilities can volunteer as well, for anywhere from one to 100 hours. You need not have any experience. We’re hoping that others in the community (residents, high school students, breakfast guests and volunteers) will get involved at some point. We’ll be asking for donations from parishioners and area businesses to help us get started. Watch *The Network* and bulletins for more info. We hope you’ll join us.

Labyrinth Walk

On **Friday, May 29**, you are invited to join in a field trip to the Weber Conference Center in Adrian, Michigan, in order to walk the beautiful outdoor labyrinth on the grounds of the Adrian Dominican Motherhouse, an hour’s drive from Ann Arbor. Persons need not be members of St. Andrew’s to participate. The group will also visit other areas of aesthetic and historic interest there. The car pools will leave St. Andrew’s at 9:00 am and return at 3:00 pm. A buffet lunch will be available in the Motherhouse dining room for \$8.

A registration form will be included in the May-June Network and on the Information Table in May. Details for making reservations will be included.

For information call either Ann Garvin (734-663-4075) or Bernadette Pelland (734-769-9413). Car pooling is advised and Ann and Bernadette will drive. Quite a bit of walking on uneven ground is included—both in and out of doors. A printed guide and a verbal introduction to walking the labyrinth will be provided.

Parish Health

Walk to Jerusalem 2009: A Journey of Faith and Physical Exercise

For the third year, the Health Ministries will be sponsoring a virtual community walk to Jerusalem.

This year we will walk a total of 7,000 miles from St. Andrew's to Washington, D.C. on to the Canary Islands, Vienna, Tbilisi and then to Jerusalem. The goal is for each person and family is to achieve regular, sustained activity. Each twenty minutes is the equivalent of one mile.

Our virtual walk started the last week of February. If you haven't enrolled, take a moment to complete an enrollment form located at our table near the office. The Walk to Jerusalem booklet includes cards for reporting your total miles for each week and can be submitted in the offertory plate, e-mailed or left at the table. Our progress will be mapped and reported in the bulletin each week. We have chosen a slightly different route to Jerusalem this year which is 7,000 miles. This is slightly longer than last year. The "Walk" is a wonderful way to encourage healthy habits. Join us! Long sleeve tee shirts are available again this year with the St. Andrew logo for \$10.

Have you thought about:

1. Walking to work?
2. Using fat free milk?
3. Doing sit ups in front of the TV?
4. Drinking water before meals?
5. Walking during lunch hour?
6. Eating half of your dessert?
7. Taking stairs instead of an escalator?
8. Asking a friend to walk with you?
9. Walking briskly at the mall?
10. Varying your activities for interest and to broaden the range of benefits?



READY TO RIDE? BIKE SAFELY!

Did you know ... that when bicycles were introduced in late 19th century in England, they were accused of aiding and abetting "Sabbath-breaking"? (Until vicars started using them to keep tabs on their parishioners!)

... and that without Orville and Wilbur Wright's bicycle business, that our Presiding Bishop Katherine would never have earned her wings?

Come celebrate the First Day of Spring on **Saturday, March 21, at 2 pm in the Chapel**, as your EHM presents an overview of basic bicycle safety (for bicycle riders of all ages!) specific to the Ann Arbor area. Ann Arbor area cycling maps will be provided to the first twenty attendees. NOTE: you do **not** need to bring your bike for this workshop. Appropriate apparel and gear for visibility and safety will be demonstrated. As interest dictates, an organized group bicycle ride may be planned for a later date. See you in the Chapel and then ... on the roads!

MARCH IS COLORECTAL CANCER AWARENESS MONTH



Colon Cancer: Get the Test. Get the Polyp. Get the Cure. Fight the Most Preventable Cancer. The American Cancer Society (ACS) is asking members of the community to join in the fight against colon cancer by knowing the facts, knowing your risk, talking with your health care provider, and getting tested. The ACS recommends that adults receive colorectal screenings beginning at age 50—unless other risk factors or symptoms require earlier testing. For more information: <http://www.cancer.gov/cancertopics/types/colon-and-rectal>



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Holy Week: April 5-12

Palm Sunday

8:00 am Holy Eucharist
9:00 am Family Eucharist (Chapel)
10:00 am Liturgy of the Palms (Outside)
Holy Eucharist

Monday

12:15 pm Holy Eucharist

Tuesday

12:15 pm Holy Eucharist

Wednesday

7:00 am Holy Eucharist (Chapel)
7:30 pm Tenebrae

Maundy Thursday

7:30 pm Holy Eucharist
8 9:00 pm - 12:00 am Watch in the Garden of Repose

Good Friday

6:00 am - 12:15 pm Watch in the Garden of Repose
12:15 pm Liturgy of the Day
2:15 pm Stations of the Cross

Holy Saturday

10:00 am Liturgy of the Day
7:30 pm Great Vigil

Easter Sunday

8:00 am Festival Holy Eucharist
9:15 am Family Eucharist (Chapel)
10:30 am Festival Holy Eucharist

**All services are held in the
Church unless otherwise noted**

March-April 2009

St. Andrew's Calendar for the Month of March

For periodic updates, see: <http://www.standrewsaa.org/whatsnew/calendar.htm>

Events Recurring Weekly:

Sundays: 8:00 & 10:00 am: Holy Eucharist (C)
 (1st Sunday 10:00 am: All-Parish Liturgy)
 9:15 am: Family Eucharist (Cpl)
 9:45 am: Church School
 11:30 am: Greek Bible Reading (Lib)
 8:00 pm: Compline (C)
Mondays: 6:30 pm: Education for Ministry (L)
 7:30 pm: Alcoholics Anonymous (PH)
Tuesdays: 4:00 pm: Tea (L)

Wednesdays: 7:00 am: Holy Eucharist (Cpl)
 4:15 pm: Cherubim Choir Rehearsal (CL)
 5:00 pm: Junior Choir Rehearsal (CL)
 6:00 pm: Evensong (C)
 6:30 pm: Bell Choir Rehearsal (CL)
 9:30 am: Bible Study (L)
Thursdays: 5:30 pm: Holy Eucharist & Healing Service (C)
 7:15 pm: Adult Choir Rehearsal (CL)
Fridays: 12:15 pm: Holy Eucharist (C)
 7:30 pm: Alcoholics Anonymous (PH)
Saturdays: 9:00 am: Altar Guild Preparation

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|---|
| 1 <i>Episcopal Relief and Development Sunday</i> 9 & 11:30 am History Tour 11:30 am SASA(L) | 2 | 3 5:30 pm Outreach (L) | 4 6:30 pm Lenten Program: "High Noon" (PH) 7:00 pm Contemplative Prayer (LE) | 5 9:30 am Bible Study resumes meeting in the Lounge | 6 | 7 5:30 pm Oasis Evensong |
| 8 <i>Daylight Savings Time Begins</i> 8:30 & 11:30 am 2nd Sunday Blood Pressure Screening 11:30 am Church School Teachers Meeting 6:30 pm Theology on Tap | 9 6:30 pm Garden Committee (Cpl) | 10 6:00 pm Episcopal Health Ministries (L) | 11 6:30 pm Lenten Program: "Carousel" (PH) 7:30 pm History Group (L) | 12 | 13 | 14 10:00 am - 12:00 pm First "The Wizard of Oz" Meeting (RR) |
| 15 <i>Rota Deadline</i> 11:30 am J2A Re-dedication of the Rainbow Room (RR) 11:30 am Confirmation Class (L) | 16 | 17 6:00 pm Finance (L) | 18 12:00 pm Volunteer Luncheon (L) 6:30 pm Lenten Program: "For the Bible Tells Me So" (PH) 7:00 pm Contemplative Prayer (LE) | 19 | 20 <i>Baptism Registration Deadline</i> | 21 2:00 pm EHM Bike Safety Class (Cpl) 7:00 pm "Spoon River Anthology" Readers Theatre (Cn) |
| 22 <i>Canterbury Sunday</i> 10:00 am Jazz Mass 4:00 pm Ann Arbor Boy Choir and Organ Recital | 23 | 24 6:30 pm Vestry | 25 6:30 pm Lenten Program: "The Lives of Others" (PH) | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | (C): Church; (Cn): Chancel; (CL): Choir Loft; (Cpl): Chapel; (PH): Parish Hall; (L): Lounge; (LE): Lower Education Room; (Lib): Library; (RR): Rainbow Room |

St. Andrew's Calendar for the Month of April

For periodic updates, see: <http://www.standrewsaa.org/whatsnew/calendar.htm>

Events Recurring Weekly:

Sundays: 8:00 & 10:00 am: Holy Eucharist (C)
 (1st Sunday 10:00 am: All-Parish Liturgy)
 9:15 am: Family Eucharist (Cpl)
 9:45 am: Church School
 11:30 am: Greek Bible Reading (Lib)
 8:00 pm: Compline (C)
Monday: 6:30 pm: Education for Ministry (L)
 7:30 pm: Alcoholics Anonymous (PH)
Tuesday: 4:00 pm: Tea (L)

Wednesdays: 7:00 am: Holy Eucharist (Cpl)
 4:15 pm: Cherubim Choir Rehearsal (CL)
 5:00 pm: Junior Choir Rehearsal (CL)
 6:00 pm: Evensong (C)
 6:30 pm: Bell Choir Rehearsal (CL)
Thursdays: 9:30 am: Bible Study (L)
 5:30 pm: Holy Eucharist & Healing Service (C)
 7:15 pm: Adult Choir Rehearsal (CL)
Fridays: 12:15 pm: Holy Eucharist (C)
 7:30 pm: Alcoholics Anonymous (PH)
Saturdays: 9:00 am: Altar Guild Preparation

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|---|--|
| (C): Church; (Cn): Chancel; (CL): Choir Loft; (Cpl): Chapel; (PH): Parish Hall; (L): Lounge; (LE): Lower Education Room; (Lib): Library; (RR): Rainbow Room | | | 1 6:30 pm Lenten Program: "King of Hearts" (PH) | 2 | 3 | 4 9:00 am Baptism Prep (L) 5:30 pm Oasis Evensong 7:00 pm Holy Week Concert |
| 5 Palm Sunday 9 & 11:30 am History Tour 11:30 am SASA (L) | 6 <i>Holy Week: No Committee Meetings</i> 12:15 pm Holy Eucharist (C) | 7 <i>Holy Week: No Committee Meetings</i> 12:15 pm Holy Eucharist (C) | 8 <i>Holy Week: No Committee Meetings</i> 7:00 am Holy Eucharist (Cpl) 7:00 pm Tenebrae (C) | 9 Maundy Thursday <i>Holy Week: No Committee Meetings</i> 7:30 pm Holy Eucharist (C) 9:00 pm - 12:00 am Watch in the Garden of Repose (C) | 10 Office Closed 6:00 am - 12:15 pm Watch in the Garden of Repose 12:15 pm Liturgy of the Day (C) 2:15 pm Stations of the Cross (C) | 11 10:00 am Liturgy of the Day (C) 7:30 pm Great Vigil (C) |
| 12 Easter Sunday 8:00 am Festival Holy Eucharist (C) 9:15 am Family Eucharist (Cpl) 10:30 am Festival Holy Eucharist (C) | 13 Office Closed | 14 6:00 pm Episcopal Health Ministries (L) | 15 Rota Deadline | 16 | 17 | 18 |
| 19 11:30 am Easter Egg Hunt 2:00 pm PELAG | 20 | 21 6:00 pm Finance (Cpl) 6:30 pm Book Discussion/ Potluck (L) | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 6:00 pm Spring Welcome Dinner 7:00 pm Vestry | 29 | 30 | | |