



the CATHEDRAL MESSENGER

The biweekly parish newsletter of The Cathedral Church of St. Stephen, Harrisburg, Pennsylvania

Vol. 10, No. 3

February 15, 2004

Whose Vision?

I don't know what I'd do without my glasses. The world is a blur without them but they do have a sense of humor and have fun playing tricks on me. I was walking back from the bank this afternoon and passed by the office of the Charles Schwab company. Glancing over at the glass door I saw that their business hours are printed on the door itself. I read: Brunch Hours 10:00-5:00. Hmm, I thought, isn't that nice, I didn't know that this investors company served brunch. It took a few more steps til I realized that the sign had said Branch Hours.

Maybe we see what we want to see. It was past lunch-time and I was pretty hungry so my vision was perhaps influenced by the condition of my stomach. So it wasn't really my glasses twisting words, it was my own filter, my own set of expectations, hopes and assumptions which colored the input. We do that a lot. Our vision narrows to include only that which we know or only that which we grew up with or only that which doesn't disturb.

Lent is coming around soon. It could just be that old tired purple season rolling around again, no alleluias, no glorias, little joy. Or it could be a chance to clean the glasses, broaden the sights, open the mind and soul to new ways of living with God and each other, new ways of knowing Jesus and refreshing our spirits with his presence. Read a good book, attend the Wednesday Lenten events, come to a retreat, set aside time and energy for your own faith-life and honor your growing relationship with God. We can never assume that we have our beliefs and understandings wrapped up neatly or even printed clearly on the door. God is the God of surprises, of change, of stretching, wondering and questioning. Our willingness to entertain those surprises sustains our discipleship. *Do not fear, come follow me* Jesus invites. Join your parish community as we celebrate Lent together!

Peace,

The Rev Canon Daphne S. K. Messersmith
Canon Pastor

WEEKLY LITURGIES AT THE CATHEDRAL

Sunday:	Holy Eucharist, Rite II	8:00 a.m.
Sunday:	Holy Eucharist Rite II, with Music	10:15 a.m.
Wednesday:	Holy Eucharist, Rite II	7:00 a.m.
Thursday:	Holy Eucharist, Rite II	12:10 p.m.

News and Events

Sunday Forums in February

February 15

“Faith and Fitness” Leader: Dan Stone, Wellness Coordinator, Central PA Rehabilitation Services and Messiah coach.

February 22

“Personal Spiritual Discipline” Leaders: Tom and Jeanne Leaman, long time St. Stephen’s parishioners

Thanks from the Parish Health Ministry

The Parish Health Ministry would like to thank everyone who graciously donated hygiene products during our January drive. Your response was overwhelming and very much appreciated by the folks at Down Town Daily Bread! The collection box will remain in the Narthex for a few more weeks so if you would like to contribute to this ongoing ministry, please use the box! A very heartfelt thanks for all of those who generously gave to this very important ministry!

Peace with Justice Ecumenical Advocacy Days – Washington DC, March 5-8

The Episcopal Church USA is among the sponsors of the March 5-8, 2004 second annual “Advocacy Days” event in Washington DC. Speakers, briefings on global concerns, worship, and advocacy training workshops are on the program. Issue “Tracks”: Africa, Asia, Latin America, Middle East, Jubilee and Economic Justice, and Nuclear Disarmament. Registration fee: \$125. All sessions Fri-Mon at the Arlington VA Doubletree Hotel. To register on-line, www.advocacydays.org.

New Vestry Members

At the annual parish meeting on February 1 the following four members were elected to the serve on the Vestry:

Joan Esham
Gene McHugh
Guy Patterson
Greg Penny

Thank you to all who took up the challenge and offered their names in nomination. Your leadership is a holy example to all!

Shrove Tuesday Pancake Supper

Pancakes, sausages, coffee and juice will be served from 5:00 p.m. until 6:30 p.m. Tuesday, February 24. Tickets are \$5 . . . children 10 years of age and younger are free. Tickets are available from Evangelism Committee members (Ted and Rosemary Webber, Pat Strohl, Bill Herr, Michael Frascella and Judy Clemmer).

Leave your Mark at the Cathedral on an Engraved Brick!

Take a look at the new Cloister area between the Cathedral House and the Cathedral. YES, your name (or a friend or relative) can be inscribed on a brick for \$100 per brick. Forms are available in the back of the church.

ECW Lenten Retreat

All women of the parish and diocese are invited to a time away at Camp Hebron from March 24 to the 26th. This is a wonderful opportunity to gather with Episcopal women in an atmosphere of sacred and quiet beauty. The cost is \$125 per person. The Rev. Elaine Silverstrim will lead the meditations and worship during our time together. Registration forms and information are available from Daphne.

Altar Flowers/Communion Elements

You may celebrate or honor loved ones or significant events by giving the Altar Flowers or Communion Elements for a particular Sunday. Your gift will be listed in the Sunday bulletin. The cost to give the Altar Flowers for a particular Sunday is \$30 or the Communion Elements is \$12.50. If you would like to sponsor Altar flowers/Communion elements for a particular Sunday please call Donna in the parish office at 236-4059 or email her at: Donna@ststep.org. Presently no one has signed up to give Altar Flowers on February 1, 2004. Communion elements dates are: February 1, 22, and 29. Please note that multiple memorials may given on any Sunday.

Parents and Sunday School Teachers

A superb opportunity to learn and reflect on ministries with children . . . Mark your calendars for March 6th, a Saturday when National Church leader Robin Szoke will be here at the Cathedral for a diocesan workshop from 9:30 to 4:30. It promises to be a day of growth and celebration of Kids in Church! Some of our acolytes will be taking part in the noontime liturgy and workshops will be offered to young people and adults in the morning and afternoon. More details will follow!

EDUCATION AND FORMATION OFFERINGS

LENT – 2004

The Christian Education and Formation Committee and its components (Adult, Youth, Children and Nursery), in furtherance of the goals under the new 5-year strategic plan and with the help of others, have organized a number of programs for Lent in 2004. Rather than “giving up something,” try “adding something” this Lenten season.

SUNDAY FORUMS

Lenten Bible Study using Lectionary Readings and a Visit with Daniel Simons

- Sunday, February 29th Lent 1 – Bible Study with Peter Powers
(Deut. 26:(1-4) 5-11; Romans 10: (5-8a) 8b-13; Luke 4:1-13; Ps. 91)
- Sunday, March 7th Lent 2 – Bible Study with Linda Shorey
(Gen. 15:1-12, 17-18; Phil. 3:17-4:1; Luke 13:(22-30) 31-35; Ps. 27)
- Sunday, March 14th Lent 3 – Bible Study with Linda Shorey
(Ex. 3:1-15; 1 Corinthians 10:1-13; Luke 13:1-9; Ps.103)
- Sunday, March 21st Lent 4 – Bible Study with Peter Powers
(Joshua (4:19-24) 5:9-12; 2 Corinthians 5:17-21; Luke 15:11-32; Ps. 34)
- Sunday, March 28th Lent 5 “Meet the Monk”
Former St. Stephen’s Canon Pastor Daniel Simons, now a brother at Monastery of St. John the Evangelist in Cambridge, MA, will take questions from the floor.
- Sunday, April 4th Palm Sunday – Bible study with Peter Powers
(Is. 45:21-25 or 52:13-53:12; Phil. 2:5-11; Luke 23:1-49; Ps. 22:1-21)

SATURDAY RETREAT

- Saturday, March 27 In the Uppercroft, followed by a Vespers service
from 1:30 p.m. to 4:30 p.m. Cost: \$15

“Taking it out of the Cloister” – Leader: Brother Daniel Simons, SSJE

How can the practice of monasticism inform and enrich our lives in community and our own personal, spiritual lives? Can monastic lives devoted to prayer and ordered by a Rule of life speak to our own needs as parish communities and as individuals? Can we too learn to live our prayers and to serve boldly with the gifts we have been granted? Join us for a retreat where we will explore those questions through conversation, reflection and prayer.

Brother Simons is a member of the Society of St. John the Evangelist, the oldest religious community of men in the Anglican communion. The Society has two houses in Massachusetts where they provide hospitality, lead retreats, offer spiritual direction, write, teach and conduct workshops. The Society publishes books on theology and spirituality through Cowley Press. Before joining SSJE, Daniel was Canon Pastor at St. Stephens.

To register contact Jane Bartholomew (jbarth@paonline.com; 717.238.5498) or Patrick Strohl (strohlpasa@aol.com; 717.796.2349).

WEDNESDAY EVENINGS IN LENT

(March 3, 10, 17, 24, 31, 2004)

Wednesday evening at St. Stephens for Lent 2004 will have something for everyone. The evening will begin at 6:15 with a soup and bread supper. Promptly at 6:45 the one-hour program offerings will begin. Compline will be held at 7:45PM. By 8PM, all will be on their way home! Note that childcare will be available for those 5 and under.

Program 1: Family Hour

An opportunity for families to join together in whole or in part for stories and activities. Organized by Becky Tartline and Karen Weber, this program will use stories from the ministry of Jesus and present day life, as well as accompanying cultural games and crafts to illustrate our responsibility and commitment as St. Stephen's parishioners to out reach. The focus will be on the March trip to El Hogar in Honduras.

Program 2: Youth Activity

Youth 4th grade and up are invited to work with Jonathan on the Stations of the Cross, which will then be used for the service held on Wednesday evening during Holy Week.

Program 3: Expand Your Understanding of Scripture or Faith

Two offerings will be offered for those in 9th grade and older who are searching and seeking a better understanding of the scriptures or their faith.

Offering 1: "Who Says So? Encountering the Authority of Scripture"
Led by the Rev. Gary Harke and Bonnee Lauridsen Voss

This offering will lead participants into an encounter with scripture as a source of authority for the Church and in their own lives. Each session will include readings, reflection, and discussion. Among the goals for the course: to enable participants to experience a diversity of methods of exploring and interpreting biblical scriptures and to encourage participants to reflect upon the authoritative claims that they allow scripture to make on their lives. This program originated with the Episcopal Diocese of California and the course materials are published by Leader Resources.

Offering 2: "The Changing Face of God"
Led by Jane Bartholomew and Canon Pastor Daphne Messersmith

Each week in this offering will begin with a 20 minute video, introduced by the Rev. Frederick Schmidt (a former Canon Pastor at the Cathedral), that will provide material for exploration of the question of "Who is God?" The videos feature renowned authors and scholars Karen Armstrong, Marcus Borg, James Cone, Jack Miles and Andrew Sung Park. These authors and scholars will take up the question and help us open our eyes to a God who can be seen as liberator or lover, as wounded and vulnerable. The materials for this program are published by Morehouse.

Locations for the above will be assigned the first night and will depend on the turnout. Compline will held in the Church, using the choir pews.

“Health & Wellness”

February is the month of valentines and appropriately named “Heart” month. I extend heartfelt, caring wishes to each one of you. It’s incredible how “fearfully and wonderfully” we are made. Did you know that the heart pumps about five quarts of blood each minute, roughly 2,100 gallons a day? The heart, which is continuously working (as opposed to other muscles which are often at rest), needs oxygen rich blood for its food supply. The coronary arteries are vitally important for supplying that blood. Over many years, the coronary arteries can gradually develop atherosclerosis, or “hardening of the arteries,” through fatty deposits along the inner lining of the walls. Most heart attacks occur as a result of small, unstable plaques that break open and lead to the formation of blood clots that suddenly block circulation to the heart. High blood pressure, elevated cholesterol levels, and smoking make these plaques more vulnerable to rupture.

Risk factors are anything that speeds up the process of developing heart disease. Those factors that cannot be changed are heredity, sex, age, and race. Those that can be changed are smoking, high blood pressure, blood cholesterol levels, diabetes, obesity, lack of exercise, stress, oral contraceptives, alcohol, and inflammation. Two risk factors that I would like to focus on are gender and inflammation. Men are more likely to have a heart attack or stroke than women of childbearing years. It is believed that female hormones have a protective effect against heart disease. After menopause or surgical removal of the ovaries, this protection is gone. Estrogen keeps the harmful cholesterol (LDL) levels lower and the good cholesterol (HDL) levels higher. It also keeps the blood vessels dilated. Usually, symptoms of menopause are enough to tell a woman that she is in this process but there is a blood test, follicle-stimulating hormone, which can be drawn to confirm this. There are high risk factors associated with taking “HRT” for more than five years. Alternative treatments, along with reducing your risk factors, are certainly very beneficial. A newly recognized risk factor may originate in a variety of places throughout the body, including excess fat. High levels of a chemical called C-Reactive Protein (CRP) may indicate an inflammation process, which can significantly increase one’s risk of heart disease. Atherosclerosis is now believed to be a process that resembles inflammation. Ever hear of homocysteine, fibrinogen and lipoprotein? Clues are emerging that their role in causing coronary heart disease may be significant. Visit www.medlineplus.gov. If you have a strong family history of heart disease, manage your cholesterol and regularly review your heart disease risk factors with your physician.

From the desk of your parish nurse,
Liz Fite, RN

Nursery Seeks Help

The nursery is also still looking for some supplies that people cleaning out closets may be able to pass on to us. Now that we have a nice TV/VCR, we’re looking for some suitable tapes for the toddlers and pre-schoolers to watch. Bible stories, music, family movies, Veggie Tales etc. would all be welcome. If your kids have grown up a bit and stopped watching these tapes in your house, maybe you can clear some space on your shelves and help us entertain the little ones at the same time. If you can help, please call Carolyn Patterson at 233-3545 or e-mail carolynj.patterson@verizon.net. Thank you! Help! Due to Lamy’s illness, we are in need of help to provide child care during the Wednesday evening services in Lent. If you or someone you know is able to help us out on a Wednesday evening in March, please contact Carolyn as soon as possible.

Seeds Of Faith (Our Reorganizing Bookstore)

Would You Like To Become A Sower of Seeds? The bookstore Staffing Committee is in the process of inviting volunteers to participate in this new venture. Volunteers will be asked to attend a one hour training session, either on February 29 or March 4, and to serve in the Seeds of Faith store one session every 4 to 6 weeks. These blocks of time will be either from 8:30 a.m. to 10:15 or from 11:15 to 12:15. Donna Burkholder will be in charge of scheduling. If you have not yet been called, and have an interest in helping in this area, please call any of the members of the Staffing Committee, as listed below. Prior experience, fingerprints, age documentation and CIA clearance are not required.

Donna Burkholder, chair
Kathyann Corl-Rodenhaver
Jonathan Frazier Warren Gillam
Tom Leaman

“The Gathering” book group meets Wednesday evening February 18th to discuss *The Red Tent*. 7:00 p.m. in the Chapter House.

Arts and Drama Committee meets on Tuesday evening February 17th at 6:30 in the Chapter House.

Another Lenten offering: The ECW of St. Luke’s, Mechanicsburg invites members of St. Stephens for a Lenten “Quiet Morning” of prayer and meditation with eucharist on Monday March 1st beginning at 9:30 Am at the church on Keller Street and Market in Mechanicsburg. Daphne will be leading this time of reflection.

Visit our Web Site:
www.ststep.org

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TIME-SENSITIVE MATERIAL

PARISH LEADERSHIP

Bishop	Michael Creighton
Dean	Malcolm McDowell
Canon Pastor	Daphne Messersmith
Parish Nurse	Liz Fite
Deacon Emeritus	Paul Williams
Facilities Manager	Skip DeMarkey
Organist-Choirmaster	Michael Shoemaker
Office Manager	Sami Lytle
Bookkeeper	Donna Osborne
Senior Warden	Craig Wilson
Junior Warden	Mary Jane Forbes-Schmidt
Vestry:	Gene McHugh
Helen Delano	Guy Patterson
Ann Elliott	Greg Penny
Joan Esham	Lynn Schadle
Gerald Garber II	Rosemary Webber
Warren Gillam	Bill Davis
Parish Treasurer	Paul Nickalls
Vestry Secretary	Jane Bartholomew
Worship Ministry	Becky Tartline
Education Ministry	Pat Strohl
Evangelism Ministry	Betsy Howell, Bill Ilgenfritz
Outreach Coordinating Ministry	Helen Hendrickson
Parish Health Ministry	Mary Jane Forbes-Schmidt,
Stewardship Ministry	Gerry Garber
Finance Ministry	Thomas Schmidt III
Environmental Stewardship	Jeff Spangler
St. Stephen's School	Carol Lopus
Acolyte Warden	Greg Penny
Church School Coordinator	John and Ellen Harles
"Seeds of Faith" Manager	Kathyann Corl-Rodeheaver
Altar Guild	Margaret Messner
Flower Guild	Sandy Strohl
Ushers	Michael Frascella
Nursery	Carolyn Patterson
Youth Ministries Coordinator	Jonathan Frazier

CATHEDRAL CALENDAR

February 15 THE 6TH SUNDAY AFTER THE EPIPHANY
 15 Vestry meets with Archdeacon Paul Donecker
 11:30 a.m. re: transition. Lunch will be served
 15 Coffee Hour, 11:15 a.m.
 15 Helping Hands, 4:30 p.m.
 17 Arts and Drama Committee, 6:30 p.m.
 17 Bookstore Committee, 7:00 p.m.
 18 The Gathering, 7:00 p.m.
 19 Vestry, 7:00 p.m.
 20 Wedding Rehearsal Dinner, Gingrich/Firebaugh
 6:00 p.m.
 21 Wedding, Gingrich/Firebaugh, 2:00 p.m.
 22 **THE LAST SUNDAY AFTER THE EPIPHANY**
 22 Coffee Hour, 11:15 a.m.
 22 Helping Hands, 4:30 p.m.
 23 Seekers Bible Study, 1:00 p.m.
 24 Shrove Tuesday, Pancake Supper, 5:00 p.m.
 25 **ASH WEDNESDAY, 7:00 a.m.–12:10 p.m. and 7:30 p.m.**
 25 School Financial Presentation, 9:00 a.m.
 25 Black History Presentation, 1:30 p.m.
 29 **THE FIRST SUNDAY IN LENT**
 29 Coffee Hour, 11:15 a.m.
 29 Helping Hands, 4:30 p.m.
March
 1 St. Stephen's School Board of Directors,
 6:00 p.m.
 4 Christian Education and Formation Committee,
 6:30 p.m.