



# *the* CATHEDRAL MESSENGER

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

Vol. 10, No.9

May 9, 2004

## Welcome the Cows

From the window of my office I can see a bunch of cows across Front Street. I watched them be delivered by forklift off of the flat bed a couple of weeks ago and since then have had a chance to observe the community responding to these beneficent bovines in a variety of interesting ways. People are attracted to the riverside walk in greater numbers than in previous years . . . families with little children, couples of all ages and styles, single folks walking their dogs, tourists with their cameras, rollerbladers, joggers and bikers. They have smiles on their faces - unusual in itself - some stop and read the labels, the little ones climb and others pat. Certainly there is something remarkably appealing about life-sized cows brightly painted and with clever, punny titles.

Our cow (the one in front of St. Stephens) is named "Cow-temporary Rose". She is beautiful and looks as though she could just reach her head down and munch on the newly growing grass in our front yard. She looks content and draws people across the street just to get a closer look. I can watch from my window unnoticed. This morning a single lady came over with her camera, looked at the label, patted the cow's side, stepped back and took a picture. No one else was around. She stood there and then I could see her catch sight of the St. Stephens sign where we have the times of the services listed. She stepped a little closer as if to check the times. Oh cool, I thought, maybe she'd want to come tomorrow. Could our cow actually be inviting people to church? Just a few seconds ago a 30-ish man came by. He looked at the cow, looked at the sign (the big painted one), walked over and peeked into the cloister, then came around and looked down the Bishop's Way. HmMMMM, maybe!

Cows are familiar, comfortable figures, they exude a certain serenity, they are expressive and appealing . . . the perfect evangelists. Not threatening or scary, not judgemental or overwhelming. What they know, they share in peace. At our best, we, too, invite others quietly to meet God here in that way. We are a marvelous and colorful variety of faithful Christians and we offer here a community within which all kinds of folks can walk the gospel way of faithfulness and grace together. May we, by our witness, continue to be the means of God's peace and Jesus' love along this river.

*peace,*

The Rev. Canon Daphne S. K. Messersmith  
*Canon Pastor*

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### 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. |

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# News and Events

## “A Life Saving Tool”

Your Parish Health Committee under the medical direction of Dr. Gordon Arnold has developed a small, convenient, trifold “Medical Information” card, designed to fit into your wallet. It lists name, address, telephone number, emergency contact, physician and insurance information. There also is space for listing medications with dosages and frequency of use, current medical conditions, allergies and other pertinent information. The purpose of these forms is to have your health care information readily available, especially in an emergency situation. Carrying this could truly save your life as was in the case of Helen Hendrickson.

Allergic reactions to food occur when the immune system overreacts to a harmless food protein. As it tries to protect the body, the immune system produces antibodies that fight the food. The next time the same food enters the system, the immune system has learned to release large amounts of histamine and chemicals in an attempt to defend the body from what it believes is a harmful substance. A painful, annoying and sometimes life-threatening allergic reaction throughout the respiratory system, cardiovascular system, gastrointestinal tract and skin can occur. The reactions, which can begin a few minutes after chewing and up to two hours after ingestion, can range from mild to life threatening.

Although many foods can cause allergic reactions, some foods are known to be culprits; shellfish, nuts, peanuts/peanut oil, melons, strawberries, pineapples, other tropical fruit, corn, cow’s milk, wheat and other gluten-containing grains.

What to do? First of all know and avoid the foods you are allergic to. Second, your doctor may prescribe an “Epi-pen” for you. Learn how to use it and carry it with you at all times. Third, take advantage of the free “Medical Information” card available at the “Education Corner” in the Narthex. **Such a simple but life saving tool.**

## Blood Donor Update

This update is for the first quarter of 2004. With 25% of the year already past, only 11% of the Cathedral goal of 54 units of blood has been donated. The Parish Health Ministry again asks that all suitable donors consider joining the noble effort to donate blood. Following is the opening of a poem written by Packy Mitchell, an otherwise unidentified blood donor:

The radio ad pleads for blood donations  
Our blood bank supplies are all but gone through  
When tragedy strikes your family and friends  
My question is “**who’ll be there for you?**”

## CATHEDRAL PARISH TO HOST DIOCESAN CONVENTION

2004 is a very special year in the life of our Diocese. It is the 100th anniversary of the Diocese and special activities are being planned. As the Cathedral Parish in the Diocese we have been asked to be “hosts” for the Convention which is held on the campus of Bucknell University. This is an honor for us, but it also means a “SERIOUS CALL” for volunteers to assure the smooth running of this Centennial Celebration.

### Volunteers are needed for:

- ✠ There was a great response to “Convention Folder Day” on April 21. Thank you all for your volunteer help. NOW THE PUSH IS ON FOR MAY 20 and THE DAY OF CONVENTION (June 11) . . . Please read on
- ✠ **Envelope Day: FIVE (5) volunteers are needed on MAY 20 from 9:30-1:00 p.m.. Lunch will be provided. Assembly line work but it is more detail-oriented.**
- ✠ **Convention Day on Friday, June 11. Ten (10) volunteers need to be on hand for registration that starts at 8:00 a.m. on Friday. Accommodations are available at Bucknell at no expense to the volunteer. Work includes assisting with registration, serving as greeters, gatekeepers on the floor of convention and offering hospitality to those attending.**

**For more information and to volunteer, please call Pat Strohl at 796-2349.**

**Thank you for responding.**

## Inquirers Class is ongoing

We have begun! Our Inquirers class continues on Wednesday evenings at 7:00 p.m. for all those with some curiosity about church or faith. Join us any week in Mac’s office.

## Available at "The Seeds of Faith" Bookstore

The following two items are available at the bookstore and feature work by two members of the parish Jonathan Frazier and Bonnie Neher:

- ☺ Reproduction of the faith through the arts pen and ink drawing of the Cathedral of St. Stephen's – created by Jonathan Frazier for sale for \$30.
- ☺ Mothers Day Cards – Honor your mother by remembering her love while supporting the YWCA shelter for Women and Children. \$10 donation per card payable to the YWCA of greater Harrisburg. The photo card was created by Bonnie Neher.

## Save the Dates for the Season of Celebration

The last *Messenger* announced the scheduling of four events celebrating the service of Mac and Kathie McDowell to St. Stephen's. Here is some more information:

- Mac and Kathie will be honored at this year's annual parish picnic **June 20th** at Riverside Park Pavilion, City Island, from 12:00 noon to 3:00 p.m.
- On **June 25th** there will be a ticketed event at the Wyndham Hotel (formally the Marriott in Swatara Township) This will be an evening banquet with a program. Cost will be \$30 per person.
- On the McDowell's last Sunday at St. Stephen's, **June 27th**, we'll have a combined service at 9:00 a.m., followed immediately with a family parish brunch held concurrently in both the Undercroft and Uppercroft for **all parishioners**.
- In the tradition of "Cathedral Baseball" we will have a "Mac Day" at Commerce Bank Park (Riverside Stadium). A block of tickets have been reserved for the Harrisburg Senators game on the evening of **June 28th**. Tickets cost \$6 each.

We hope you will be able to participate in one or all of these special events so save the dates. A separate mailing will follow which will provide additional information on how to sign up for those events which require tickets.

## Life is the Music. Art is the Dance

Rosemary and Ted Webber are hosting the first in what they hope will be a series of fund raising parties other members of the parish will want to emulate. They are hosting an evening of live music, dinner and art May 22, 2004, 6:30 p.m. to 10:00 p.m. at their home 2401 Aspen Way, Harrisburg. String music by Hal and Felicity Fox will accompany cocktails and hors d'oeuvres and dinner buffet.

A new painting of St. Stephen's Cathedral by Ted will be donated for auction that evening.

They can accommodate twelve people so act fast to make your reservation. It is \$50 per person. All of the proceeds will go to St. Stephen's 2004 operating budget. To reserve make checks payable to: The Cathedral Church of St. Stephen. Mail it to Ted and Rosemary Webber, 2401 Aspen Way, Harrisburg, PA 17110-9694. (Call 671-1361 for more information)

## Mother's Day, May 9

The Outreach Committee, in conjunction with the YWCA of Greater HBG, is selling Mother's Day cards to benefit the women's and children's shelter. Featuring beautiful artwork by native HBG artist, Bonnie O'Neal Neher, the cards are also a wonderful gift in that your \$10 purchase will provide a night of shelter to a mother and her children in need. The cards are appropriate for all special mothers you may want to honor—aunts, grandmothers, sisters, daughters, friends. Available in the bookstore, or see Cathy Jones at Adult Forum.

## Sunday Forums through June 1

MAY 2004

*A 4-week series, featuring the "Good News," which is a model for small group conversation built on the gospel of Jesus Christ that was developed by the Episcopal Divinity School in Cambridge, MA in the aftermath of controversy and confusion following General Convention. Using material from the four gospels – Matthew, Mark, Luke and John – the Good News focuses on three central visions: Justice, Compassion and Reconciliation.*

May 9

"Compassion" – Led by St. Stephen's parishioner John Harles.

May 16

"We Are Familiee" – Members of Parents and Friends of Lesbians and Gays (PFLAG) will share their experiences with having a loved one who is gay or lesbian and with the Church.

May 23

"Reconciliation" – Led by the Rev. John Sivley, a counselor at Philhaven.

*Since the Diocesan Convention convenes in June, our last substantive forum will focus on what issues will be before the delegates in 2004.*

May 30

"Diocesan Convention Issues" – St. Stephen's Delegates

JUNE 2004

June 6

Forum wrap-up and evaluation. Please come and tell us how we did.

## Health Screening

5-Simple Health Tests May Help Save A Life! On Monday May 17th beginning at 9:00 a.m. at the Harrisburg Jewish Community Center, 5 important preventive health screenings will be done. For more information call 1-800-446-0925.



With the Orioles playing good ball so far this season and the Yankees appearing to finally show some life, interest has picked up on our outing to Camden Yards to see them play. Only 10 tickets remain for this game on June 22.

# Gathering 2004

## Shall We Gather at the River

Celebrating the Centennial Anniversary of the Episcopal Diocese of Central PA

**Who:** You, our Parish Family

**When:** June 12, 2004

**Schedule:** Ministries Fair Set-up 9:00 a.m.

Ministries Fair Open 9:45 a.m.

On-going Musical Entertainment 10:00 a.m.  
(Including a Hymn-sing)

Outdoor Eucharist 11:00 a.m.

Picnic Lunch 12:30 p.m.

**Where:** Shikellamy Park Marina  
Sunbury, PA  
(about an hour's drive)

**Bring:** Lawn Chairs

Desserts to be shared

**Provided:** Picnic lunch of hamburgers, hot dogs, ham and cheese sandwiches, macroni salad, lemonade - water.

Accessible Rest Rooms

Paths for walking, skating, hiking.

Leashed dogs welcome

The scenic Susquehanna River everywhere you look.

Carpooling is encouraged – friendly to the environment as well as each other.

A sign-up sheet is in the Narthex.

## Mark Your Calendars!

Please plan to join us here at St. Stephen's on Friday, May 21, at 7:30 p.m. to hear a remarkable young artist give a recital on our new organ. Margaret and I have heard Tom Trenney perform in person, and we would describe him as a prodigy. Tom earned both the Service Playing and the Colleague Certificate from the American Guild of Organists before he was 16 years old, becoming one of the youngest ever to do so. He won First Prizes at the 1997 Redlands Organ Festival Competition in California, the 1998 Ohio Federation of Music Club's Agnes Fowler Organ Competition, the 1999 San Marino Organ Competition in California, and many other competitions and awards too numerous to list, here. You get the idea. Tom Trenney is a remarkable talent, and you can hear him right here at our own Cathedral on our new organ at 7:30 p.m. on May 21, 2004. Don't miss this opportunity to hear a remarkable talent performing wonderful music on our great new organ.

David and Margaret Messner

## Needed

Did you know that the Parish Health Ministry takes blood pressures and distributes hygiene products to an average of 20 needy and homeless folks every other Wednesday at Downtown Daily Bread? We are in need of the following hygiene products so that we can continue to distribute the items to those less fortunate than us:

|               |               |
|---------------|---------------|
| Deodorant     | Shampoo       |
| Shaving Crème | Socks (White) |
| Gym Socks)    |               |
| Bars Of Soap  | Wash Clothes  |
| Combs         |               |

There will be a crate located in the Narthex during the month of May. Please contribute what you can to help this very important ministry! Thank you!

## ARTSFEST

Now the rubber hits the road!! It is time to sign up for a shift or two at the Memorial Day Weekend ArtsFest. Our food concession in front of the Cathedral is one of our major fund raisers . . . AND . . . many volunteers are needed for its success. SIGN UP NOW!! Thanks.

## The Gathering (St. Stephen's Book Group)

We are reading Search for God at Harvard by Ari Goldman this month. We will meet to discuss this selection on Wednesday evening May 19th at 7:00 p.m. Our choice for June is Changing Habits by Debbie Macomber. Read and join us!

**THE BISHOP'S COMMISSION ON RACISM** of The Diocese of Central Pennsylvania, along with The Central Pennsylvania Annual Conference of the United Methodist Church and the Lower Susquehanna Synod of the Evangelical Lutheran Church in America is sponsoring an anti-racism conference on Saturday, May 22 from 1-3pm at the Whitaker Center in Harrisburg, Pa.

## THIS FAR BY FAITH: CONVERSATIONS ON RACE, RELIGION AND RESTORATION



Our special speaker for the event will be Juan Williams, the author of the critically acclaimed biography, *Thurgood Marshall - American Revolutionary*, the late Supreme Court justice and the person who argued before the Supreme Court for desegregation of public schools. This year is the 50th anniversary of the landmark decision of Brown vs. The Board of Education.

He is also the author of the nonfiction bestseller *Eyes on the Prize: America's Civil Rights Years, 1954-1965*

Mr. Williams, one of America's leading journalists, is a senior correspondent for NPR's *Morning Edition* and a contributing political

analyst for the Fox News Channel and a regular panelist on Fox News Sunday.

Tickets are now available for purchase on [www.whitakercenter.org](http://www.whitakercenter.org), which is the website for the Whitaker Center.

Please visit our website: [www.diocesecpa.org/ministries/racism.html](http://www.diocesecpa.org/ministries/racism.html).

If you would like more information on the work of our commission, email us: [bcr@diocesecpa.org](mailto:bcr@diocesecpa.org)

1 hour panel discussions with questions and answers on: Religion and Racism; Corporate and Social Racism; and Economic Racism will follow the event.

## 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.

Visit our Web Site:  
[www.ststep.org](http://www.ststep.org)

*the* CATHEDRAL  
 MESSENGER

***THE CATHEDRAL CHURCH OF ST. STEPHEN***

221 N. Front Street  
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 Web Site: [www.ststep.org](http://www.ststep.org)

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***TIME-SENSITIVE MATERIAL***

**PARISH LEADERSHIP**

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

**CATHEDRAL CALENDAR**

|            |           |   |
|------------|-----------|---|
| <i>May</i> | <b>9</b>  | <b>THE FIFTH SUNDAY OF EASTER</b>   |
|            | 9         | Coffee Hour, 11:15 a.m.   |
|            | 9         | Transition Committee, 11:30 p.m.  |
|            | 9         | Helping Hands, 4:30 p.m.  |
|            | 10        | Seekers Bible Study, 1:00 p.m.  |
|            | 10        | AIDS Community Alliance Dinner, 5:30 p.m.                                     |
|            | 11        | Home and School Association, 5:00 p.m.  |
|            | 11        | Evangelism Committee, 7:00 p.m.   |
|            | 11        | Convention Delegates' preconvention meeting<br>at Nativity, Newport 7:00 p.m. |
|            | 13        | Finance Committee, 7:30 p.m.  |
|            | <b>16</b> | <b>THE SIXTH SUNDAY OF EASTER</b>   |
|            | 16        | Coffee Hour, 11:15 a.m.   |
|            | 16        | Transition Committee, 11:30 a.m.  |
|            | 16        | Helping Hands, 4:30 p.m.  |
|            | 19        | The Gathering, 7:00 p.m.  |
|            | 20        | Diocesan Convention Packet stuffing, 9:30 a.m.                                |
|            | 20        | Vestry, 7:00 p.m.   |
|            | 21        | Thomas Trenney Organ Recital, 7:30 p.m.                                       |
|            | 21        | Thomas Trenney Reception, 9:30 p.m.   |
|            | <b>23</b> | <b>THE SEVENTH SUNDAY OF EASTER</b>   |
|            | 23        | Coffee Hour, 11:15 a.m.   |
|            | 23        | Transition Committee, 11:30 a.m.  |
|            | 23        | Helping Hands, 4:30 p.m.  |
|            | 24        | Seekers Bible Study, 1:00 p.m.  |
|            | 25        | Arts and Drama Committee, 6:30 p.m.   |
|            | 28-31     | ARTSFEST  |
|            | <b>30</b> | <b>THE DAY OF PENTECOST</b>   |
|            | 30        | Coffee Hour, 11:15 a.m.   |
|            | 30        | Transition Committee, 11:30 a.m.  |