



# *the* CATHEDRAL MESSENGER

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

Vol. 10, No.14

July 18, 2004

## The Journey Continues

It has been only a couple of weeks since Mac and Kathie's departure. His office is empty and even though I still feel his spirit here, I am sensing a turning and a healthiness that I didn't expect. This parish is a strong, committed and vibrant community of faith and people are generously offering their gifts to keep it that way. The wardens and I continue to meet weekly as does the staff so that we can stay tuned in to each other and to your concerns. Please continue to inform us about illnesses and hospitalizations (we are not always called by the hospital) and about causes for rejoicing and answer to prayer. The discernment committee is beginning its difficult but exciting work...their names appear in this Messenger so that you can be personally supportive of them when you see them and hold them in your prayers.

Those who were present for Mac's last Sunday remember what a great spirit blew through that worship service – especially apparent in the closing beach-ball toss – and how wonderful it was to be together for that occasion. A number of folks have commented that combining the 8:00 and 10:15 congregations added to the joy of that liturgy. In light of that truth and in the interest of good stewardship of our resources, **we will be worshipping at one Sunday service for the month of August.**

Please help get the word out!

*Peace, and all good,*

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

### Services During August

Wednesday 7:00 a.m.

Holy Eucharist with  
laying-on-of-hands for healing

Thursday 12:10 p.m.

Holy Eucharist with  
laying-on-of-hands for healing

Saturday 5:00 p.m.

Informal Eucharist with  
Contemporary Music

Sunday 9:00 a.m.

Holy Eucharist with Hymns

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#### WEEKLY LITURGIES AT THE CATHEDRAL FOR THE REST OF JULY!

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.
Saturday:	Holy Eucharist, Rite II	5:00 p.m.

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# News and Events

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

Group discussion for The Confessor is July 21 at 7:00 p.m. in the Sherman Library . . . August 18 for Bury Me Standing.

## 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.

## Summer Sunday School

Attention parents and caregivers for children, ages 3-9: Summer Sunday School will begin on July 11 and run through August 15. For the four Sundays in July, we will meet at 10:00 a.m. in the kindergarten classroom on the first floor of the St. Stephen's School building; for the two Sundays in August, we will meet at 8:45 a.m. in the same location.

As always, committed and caring teachers are needed. If you think you might be available to teach for a week or two during the summer, contact Ellen and John Harles, 731-0394 or jetharles@comcast.net.

## I'm wondering what to do . . .

The summertime may be a chance for you to downshift the activity level but here at St. Stephens we are going pretty much full steam ahead with the lively tasks that keep us functioning as a community of faith. Messengers continue, mailings, services, projects and meetings. In the midst of it all maybe you wonder where you could fit in, how you might express your commitment to the church through your actions. Well . . . opportunities abound! Immediately, help is needed with some simple but crucial office tasks. Our secretary/office manager, Sami Lytle, could use some extra hands these next few weeks. If you have the time and inclination, please give him a call (236-4059) and make an offer. The choir will be starting up again in a month, Sunday School teachers are needed and plenty of other volunteer opportunities exist for you. Please let Daphne know if you feel called (or nudged) toward a particular ministry - we'll all be the richer for it!

## Weeders and Waterers needed!

Join the Cathedral Gardening Team and help keep our greenspace healthy and beautiful. With all the rain we've had, not much watering has been necessary . . . But the weeds will soon be flourishing! Thanks to all who signed up and who are contributing to the beauty of the cathedral grounds.

## Recital by Thomas Trenney – May 21, 2004

On May 21, 2004, Thomas Trenney, Director of Music Ministries and Organist at First Presbyterian Church in Birmingham, Michigan, gave a very well-received recital at St. Stephen's. Tom earned both the Service Playing and Colleague Certificates from the AGO before he was sixteen years old, one of the youngest ever to do so. In 2002, he received his Master's degree in Organ Performance from the Eastman School.

Tom's recital covered a satisfyingly eclectic range of compositions, beginning with Charles Ives' wonderful *Variations on America*. As Ives surely must have intended, Tom's performance was alternately grand, sassy, appropriately quirky, and a trifle funky at places. Next were two of César Franck's *Trois Pièces*, namely *Cantabile* and *Pièce Héroïque*, respectively. The combination of the French Trompette pipes and the Digital Oboe made a rich and beautiful solo reed, especially nice for the deliberate tempo Tom established for the beginning of the *Cantabile*.

Following was a nearly nine-minute improvisation on the theme, "Three Blind Mice," submitted by Peter Conte, who had once given Tom lessons at a Pipe Organ Encounter. Peter Conte is the organist at the Wanamaker Organ in downtown Philadelphia. After the intermission, Tom played Bach's *Fugue in G Major, the "Jig."* He used a light registration, and played at a rapid tempo, which provided more evidence of Tom's ability to maintain clarity while playing complex rhythms and demanding pedal work.

The last scheduled piece was Julius Reubke's towering, elegant, and demanding *Sonata on the Ninety-Fourth Psalm*. For an organist who can hold this piece together, it will use virtually all of the tonal resources of a large organ, and Tom's performance was electrifying.

In my nearly forty years in the Harrisburg area, I can't recall a more exuberant audience response as the last note of Reubke's *Sonata* ended. Those in attendance leaped up out of their seats to applaud. St. Stephen's 39 ranks of very good Möller pipes and its 63 ranks of Allen digital samples provided clean and elegant tonal resources throughout the great variety of registrations which Tom used for the recital.

For those who missed Tom's recital, there is a consolation prize. Tom will be at Trinity Lutheran in Camp Hill on October 29th, providing accompaniment to the silent film, *Phantom of the Opera*. I urge you all not to miss this opportunity to hear a magnificent young artist.

—David S. Messner

## Update from the "Mini-Discernment" Committee

Our group continues to work to engage a priest to serve as Interim Rector during the time that St. Stephen's goes forward with the discernment process for calling a new Dean.

We are moving forward and have been working to complete the necessary tasks required before we can formalize that call and introduce an Interim Rector to the St. Stephen's family. We hope that announcement can be made in the very near future!

Eugene N. McHugh

## Thank you (again!) for Christian Education Gifts

Although Daphne included in the last Messenger a thank you to everyone who shared their wisdom and energy in the Christian Education and Formation programs throughout the past year, I wanted to include my own thank you. First, I would like to thank Carolyn Patterson, who coordinated the Nursery Program. Second, I appreciated all the work that John and Ellen Harles did as coordinators of the Children's Education program, as well as their teaching of the preschool Sunday School class. I would also like to thank the other teachers of the preschool class, David and Dawn Hamaty. Thanks also go to the teachers of the primary Sunday School class, Joe and Erin Schuetz, and Helen Delano and Lisa Loring. I also wanted to thank Craig Wilson and Karen Weber, who taught the fourth and fifth grade class, and Shannon Powers, who taught the Middle School class. And although they didn't have many students, thanks go to Cathy Jones and Aaron Lichtenwalner for teaching the High School class. Finally, I really appreciated the people who contributed to the Children's Enrichment programs, which included Pete Powers, who did Kids' Choir; Frank Gingrich, Ginny Hoover, and Deb Reed-McHugh who did Godly Play, and Linda Shorey, who did both Book Club and coordinated the Adult Education Programs. We had a good year this past year, and we are looking forward to an even better next year!

Becky Tartline  
Chairperson of the CE&F Committee

### AND . . .

Many Thanks to Becky Tartline for her energetic and caring coordination of the Sunday School effort!

## Health Ministry – “All About Allergies”

Did you know that your immune system acts as your body's defense mechanism against countless invaders that are present in the air you breathe, the food you eat, even in the items you touch? Did you know that an “allergen” is an invader that causes an allergic reaction? What happens when your immune system is exposed to an allergen? Specific blood cells produce antibodies, which attach to the allergen causing a release of a potent chemical called histamine, which causes your allergy symptoms.

*Allergic reactions* can range from mild to life-threatening as follows;

Allergens touching the lining of the nose and eyes causing nasal congestion, itchy/runny nose, itchy throat, itchy/watery eyes

Allergens causing skin reactions from infections, certain foods, medications such as hives, swelling of eyelids, lips, hands, feet, tongue, inside of the throat

Allergens may produce increased inflammation and narrowing of the airway lining causing asthma symptoms such as coughing, wheezing, shortness of breath

Allergens can cause a potential life-threatening anaphylactic response, which occurs within seconds or minutes of exposure. Abdominal cramps, diarrhea, vomiting, difficulty breathing, severe decrease in blood pressure, weak/rapid pulse, fainting, etc. If you are at risk for this, your doctor instruct you on how to administer Epi-nephrine (Epi-pen) which you must carry with you at all times.

Common and not-so-commons allergens; Pollens, molds, animal (especially mammals), dust mites, insect bites/stings, latex, nickel sensitivity. Medications such as penicillin, sulfa, anti-seizure drugs (symptoms of a drug allergy can occur within minutes, hours or even several days. It's essential to know whether your drug reaction is an allergic response or intolerance. A food allergy involves your immune system and the release of histamine, where as a food intolerance does not.

*How to treat your allergies?* Your doctor may order the use of anti-histamines, decongestants, eye drops, nasal sprays or immunotherapy or desensitization shots after you have had allergy skin tests to narrow down the specific allergens.

Please take one of our FREE “Medical Information” cards located at the “Educational Corner” in the Narthex, fill it out and keep it in your wallet. It could save your life!

### Facilities Manager Asks

Just a friendly reminder to all committee chairs and members. Please remember to turn off the lights and lock the doors after your meetings are over. Thank you, Skip Demarkey, Facilities Manager.

**SHHHH!!!!**

**Silent Auction at the  
Seeds of Faith Bookstore**

**A Donation from the Collection of our  
Beloved Mac**

**Bids Accepted from now until Rally Day,  
September 12, to find a special home  
for this Bible.**

**1871 King James Bible  
with Apocrypha and Concordances  
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**Engraved wooden cover  
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221 N. Front Street  
 Harrisburg, PA 17101-1437  
 e-mail: [cathedral@ststep.org](mailto:cathedral@ststep.org)  
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***TIME-SENSITIVE MATERIAL***

**PARISH LEADERSHIP**

<i>Bishop</i>	Michael Creighton
<i>Dean</i>	To be determined
<i>Canon Pastor</i>	Daphne S. K. 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
<i>Finance Ministry</i>	Thomas Schmidt III
<i>Property Committee</i>	Joan Esham
<i>Environmental Stewardship</i>	Jeff Spangler
<i>St. Stephen's School</i>	Carol Lopus
<i>Acolyte Warden</i>	Greg Penny
<i>Church School Coordinator</i>	John and Ellen Harles
<i>"Seeds of Faith" Manager</i>	Kathyann Corl-Rodeheaver
<i>Altar Guild</i>	Margaret Messner
<i>Flower Guild</i>	Sandy Strohl
<i>Ushers</i>	Michael Frascella
<i>Nursery</i>	Carolyn Patterson
<i>Youth Ministries Coordinator</i>	Jonathan Frazier

**CATHEDRAL CALENDAR**

<i>July</i>	17	Safeguarding God's Children, 9:00 a.m.
	17	Saturday Evening Service, 5:00 p.m.
	17	Youth 6-12 Grade Pizza and games, 6:00 p.m.
	18	<b>THE 7TH SUNDAY AFTER PENTECOST</b>
	18	Lemonade Hour, 11:15 a.m.
	18	Helping Hands, 4:30 p.m.
	21	The Gathering, 7:00 p.m.
	23	Wedding Rehearsal Clarke/Klingler, 6:00 p.m.
	24	Wedding Clarke/Klingler, 3:30 p.m.
	24	Saturday Evening Service, 5:00 p.m.
	25	<b>THE 8TH SUNDAY AFTER PENTECOST</b>
	25	Lemonade Hour, 11:15 a.m.
	25	Helping Hands, 4:30 p.m.
	26	Seekers Bible Study, 1:00 p.m.
	27	Arts and Drama Committee, 6:30 p.m.
	31	Safeguarding God's Children, 9:00 a.m.
	31	Saturday Evening Service, 5:00 p.m.
	1	<b>THE 9TH SUNDAY AFTER PENTECOST</b>
	1	Blood Pressure Screening, 8:45 a.m.
	1	Lemonade Hour, 11:15 a.m.
	1	Helping Hands, 4:30 p.m.
	2	St. Stephen's School Board of Directors, 6:00 p.m.
	3	Outreach Coordinating Committee, 6:30 p.m.
	7	Saturday Evening Service, 5:00 p.m.
	8	<b>THE 10TH SUNDAY AFTER PENTECOST</b>
	8	Lemonade Hour, 11:15 a.m.
	8	Helping Hands, 4:30 p.m.
	9	Seekers Bible Study, 1:00 p.m.
	9	AIDS Community Alliance Dinner, 5:30 p.m.