



the CATHEDRAL MESSENGER

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

Vol. 10, No.16

September 12, 2004

Impressions

During my last interim placement, at St. Matthew's (Terrace, BC), I often reflected on Psalm 121: "I lift up my eyes to the hills, from where is my help to come? My help comes from the Lord, the maker of heaven and earth." These lines held a special resonance for me in that lovely place, far from Pennsylvania, because I could look out the window of my tiny office and see, in all directions, massive snow-capped mountains crafted by the hand of the Almighty, in such an array that one's breath was truly halted. In the few weeks that I have now been lodged, quite magnificently, here on Front Street, my Psalm-seeking has led me to yet a similarly lovely natural vision, that from Psalm 46: "There is a river whose streams make glad the city of God, the holy habitation of the most high." Coast to coast, nation to nation, from the rivers to the mountains and back again, God is in us and in all we do. To feel that sense of connection not only to natural creation but to all the people with whom our lives intersect is to bask in the great breadth of the life of faith. It is to know, at every level, that something far bigger than us, bigger than St. Stephen's, bigger than even this Diocese or this nation is at work in the mystery which surrounds us. And it is to that mystery, to something greater, deeper, more awe inspiring and ultimately reassuring that we must always direct our prayers, thoughts and actions.

Periods of transition are never without anxiety, and yet, in my experience, they are always periods of great potential, much fruition, the reawakening of ideas and spirit, the renewal of friendships and the sowing of dreams. Times of transition, while not necessarily simple, are, in my experience, always an opportunity for risk-taking, reinvigorated offerings of time and talent and treasure, and

an ever deepening relationship with Christ. I feel enormously gratified and humbled to be a part of this journey alongside all of you. Please remember: We sojourn together, never alone. Our vision must be courageous and it must be truthful. We must remain fixed not on ourselves but on God. Our trust, ultimately, must be rooted in Christ and our confidence in the Kingdom must remain firm. In all that we do in the weeks and months which lie before us, may you never forget how much you are loved nor how precious and essential this ministry is to which we have now been called.

In peace and faith,

The Very Reverend Mark H. Hatch
Interim Dean

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

News and Events

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.

Learn to Dance

Looking for a Fall fun family Sunday afternoon? Chris Kemp, a St. Stephen's School parent, is offering dance instructions in everything from the Be-Bop to the Virginia Reel. This event will be held in the Uppercroft Sunday, September 26, from 4-6 p.m. Cost is \$10 per person, \$20 per family. Since this is a fundraiser, all proceeds will go to defray the general budget deficit. So, put on your dancing shoes, bring the family and join your fellow parishioners in a fun two hours.

Marianne Russell
Arts and Drama Committee

Headline News!

Please be sure to read the front page story in the current issue of *Tidings*. It is the story of The United Thank Offering, and as one contributor says, it is "an expression of thanks and joy." Our chance to be part of this remarkable ministry is coming soon. More details later.

Jeanne Leaman

Property News!

The Property Committee has been reconstituted by the Vestry with Joan Esham as Chairperson. The Committee meets on a monthly basis to review the property needs of St. Stephen's campus. Given that there are many "property" needs, the committee asks that when doing anything that involves the Cathedral properties (e.g. a recommendation to better utilize existing space or relocate furniture) parishioners should submit a written plan to the Property Committee for review. The Committee will then make a recommendation to the Vestry and the Vestry will then make the ultimate decision. The proposed plan should be presented to Joan Esham in advance of the monthly meeting. Ideally plans should be provided to Joan one week prior to the Property Committee meeting in order to receive timely consideration. It is not necessary for the plan author to attend the Property Committee meeting but you are more than welcome to present the plan directly to the committee. The committee meets on the 2nd Tuesday of the month at 7:00 p.m. in the 2nd floor Conference Room. Note that cleaning and maintenance requests can be made to any member of the committee at any time. Thank you.

Zirpa's Children

Jessica Clemmer had two Ugandan "Prayer Friends," but one of them, Zirpa, died recently, of AIDS. Her husband, Nevertheless, had died of AIDS a year earlier. They left three children. Jessica would like to make it possible for them to go to school, which will require \$200 a year for each of them for the next few years. Please look for their pictures at Rally Day, and help if you can. See Jessica or me for details. Thank you so much!

Tom Leaman

Bretons & Co. in Concert – St. Stephen's Cathedral – Sept. 23, 2004 – 7:00 p.m.

Dear parishioners,

We have invited a group of Celtic French musicians to present a concert on Thursday evening, September 23. They will appear in St. Stephen's School during the day, then present a collaborative concert that evening, including a few numbers done by our school children.

We are advertising the concert as a benefit for the capital campaign for our new school building; the suggested minimum donation is \$25 per family. In addition, a local businessman has offered his inventory of Celtic and other world music, which will be for sale as part of the fund-raiser. Here is your chance to have a fun evening that will help our capital campaign – please plan to attend!

The first set will end by 8:00 p.m. to allow the younger children to have an early bedtime. The second set will end around 9:00 or so.

Note: The group's appearance in Harrisburg is sponsored by the Susquehanna Folk Music Society, which has arranged a series of Breton events during the following week. There is a profile of the group at www.sfmsfolk.org, including a fabulous downloadable document with background on Brittany, Celtic music, and Breton songs and dances.

Please mark the date on your calendar!

Peace,
Daphne

Nursery

A big thank you to all who have helped out in the nursery this August while Awadia was on vacation and Eatimad started her maternity leave. If it wasn't for Becky, Bernadette, Connie and Ellen we may have had no nursery in August. Thanks for pitching in! I am also happy to report that Eatimad has had her baby - 1 1/2 lb Ahmed was born on Thursday, August 26th. Finally, we are still seeking assistance in the Nursery during Eatimad's maternity leave. If you or someone you know would like to help out on Sunday mornings between 7:45 and 11:45 a.m., please call Carolyn at 233-3545 or email carolynj.patterson@verizon.net. Thank you!

Foyer Groups

It's that time of year again to join a new Foyer Group. Sign up charts will be in the Narthex. Sign up for either family or adult groups. This is a wonderful way to meet for an evening of fun, food and fellowship. Groups meet once a month at members' homes, these evenings can be as casual or formal as the group decides. Many groups choose to divide the meal with the host providing the entrée' and participants each providing a course. There will be a kickoff reception Friday, October 15, 2004 at 7:00 p.m. in the Uppercroft, where you will meet your new groups. For additional information please call either Sharon Arnold (731-9395) or Barbara Gutekunst(540-8789).

Calling New Acolytes.

It's time to recruit new acolytes for St. Stephen's. Boys and girls age 10 and up are encouraged to join. Please see Greg Penny, or call him at home (657-3872) or email him (Pennyhouse@msn.com) for more information. Also, for all acolytes, the Acolyte Festival at the National Cathedral in Washington, D.C. is scheduled for October 9th. See Greg for details.

Celtic Music!

Reserve Thursday evening September 23 for a cathedral concert of lively Celtic music. Come on out at 7:00 p.m. and hear "Bretons & Co." a band from Canada whose spirited songs will get your feet tapping! This is an event planned to benefit the Fitly Framed Together Capital Campaign so your suggested admission donation (\$ 25 per family) goes to a great cause and you get to support live music! A parishioner will be selling new CDs of Celtic and other world music with those proceeds also going to the building fund. Join Us!

Habitat for Humanity

Calling for volunteers to help out with Harrisburg Habitat for Humanity on Saturday, November 20th. You don't have to be handy — though those skills are greatly appreciated. You just need to be willing to roll up your sleeves and plunge in to help prepare a place for people in need of housing. For more information and to volunteer, please contact Greg Penny, tel. 657-3872 or email at pennyhouse@msn.com. We usually work from 8:30 a.m. to noon. Sometimes, a few of us will continue into the afternoon. It's a great cause, especially when accompanied by friends from church.

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!

Visit our Web Site:
www.ststep.org

the CATHEDRAL
 MESSENGER

THE CATHEDRAL CHURCH OF ST. STEPHEN

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 e-mail: cathedral@ststep.org
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TIME-SENSITIVE MATERIAL

PARISH LEADERSHIP

<i>Bishop</i>	Michael Creighton
<i>Interim Dean</i>	Mark H. Hatch
<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

September

12	THE 15TH SUNDAY AFTER PENTECOST
12	Rally Sunday
12	Coffee Hour, 11:15 a.m.
12	Helping Hands, 4:30 p.m.
13	Seekers Bible Study, 1:00 p.m.
13	AIDS Community Alliance Dinner, 5:30 p.m.
13	St. Stephen's School Board of Directors, 6:00 p.m.
13	Arts and Drama Committee, 6:30 p.m.
14	Evangelism Committee, 7:00 p.m.
14	Property Committee, 7:00 p.m.
16	Vestry Committee, 7:00 p.m.
16	Choir Rehearsals, 7:00 p.m.
17	Informal Contemporary Eucharist, 5:00 p.m.
19	THE 16TH SUNDAY AFTER PENTECOST
19	Coffee Hour, 11:15 a.m.
19	Helping Hands, 4:30 p.m.
20	Discernment Committee, 7:00 p.m.
21	Back to School Night, 6:30 p.m.
21	Evangelism Committee, 7:00 p.m.
23	Bretons and Company Concert, 7:00 p.m.
23	Choir Rehearsals, 7:00 p.m.
23	Personnel Committee, 7:00 p.m.
24	Wedding Rehearsal Gallagher
25	Wedding Gallagher, 5:00 p.m.
25	Informal Contemporary Eucharist, 5:00 p.m.
26	THE 17TH SUNDAY AFTER PENTECOST
26	Blood Bank at St. Stephen's, 8:30 a.m.
26	Coffee Hour, 11:15 a.m.
26	Learn to Dance, 4:00 p.m.