



# the CATHEDRAL MESSENGER

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

Vol. 10, No.20

November 7, 2004

## On Front Street

What does it mean to be “in communion” with another person, another parish, or another Province? When we use a term like “the Anglican Communion” do we ever pause, if only briefly, to reflect on what the language and the vision both expect of us and offer us? By the roughest of estimates there are about 77 million Anglicans around the world, nearly 1/3 of whom reside in just 2 countries — Nigeria and Uganda. There are, in the United States and Canada combined, less than 3 million Anglicans in total. I have served parishes with 300 or more families actively involved in congregational life and I have served missions where 25 people on a Sunday morning was a “big turnout”. Still, and always, large or small, here and elsewhere, we are invited to return to the central question which God sets before us: how are we to live and breathe and have our being with one another? The vast, complex and ever changing Anglican world of which we are a part is neither ruled by a Magisterium nor dictated by rigid structure, and thus to be “in communion” is to receive a gift and to offer a gift, the gift of our fragile and faith-seeking selves. No entity, no law, no doctrine can force us to share and struggle and seek alongside one another. No hierarchy can compel us to get along just as no hierarchy can tell us that we may not. The gift of true communion is the opportunity to admit that none of us has all the answers and the each of us is made inherently stronger by the presence of an other, a person or place whose relationship with God and experience of the Holy Spirit can necessarily enrich our own by its very difference. Those wonderful and joyful learnings, a type of sharing which comes out of diversity and difference, can not be possible if we, in our broken and secular nature, opt out of communion. That spiritual growth in ourselves can not occur if we do not recognize and admire spiritual growth in others. Only you and I — never God — make the terrible and heartbreaking decision to forsake or shun our fellow men and women, all children of God as scripture reminds us. But likewise only you and I — always supported by God — have the power within ourselves forever to reach and stretch and risk and journey and forgive and learn as we seek the glory of the

Kingdom. We are given that option every day, in the most unlikely of encounters and engagements. We are asked to choose on behalf of God, on behalf of that which is life-giving, on behalf of that which reflects Christ in the world. We are asked to say “yes” to a model of fellowship and Christian endeavor which the wider world would do well to emulate and which a fractured society thirsts to receive. Quiet and reflective times lie just before us, as the season of Advent nears. I urge you to prepare not only yourselves but to prepare the community of which you are a part. I urge you not only to keep the faith but to share it as well. It is my deepest belief that only in so doing can you and I fully realize God’s true and abiding gift of communion in all our lives.

*In peace and faith,*

The Very Reverend Mark H. Hatch  
*Interim Dean*

**Diocesan Centennial Evensong**  
on  
**Sunday, November 28th at 4:00 p.m.**  
The preacher will be  
**The Rev. Dr. Nathan Baxter**  
Reception to follow!

### *Alzheimer's Disease*

#### **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](mailto: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.

#### **The Gathering Book Group**

The Gathering Book Group . . . next discussion to be held Wednesday, November 10 for [The Color of Water](#) by James McBride. Join Us! The selection for December is [The Barn at the End of the World](#) by Mary Rose O'Reilly. We'll meet December 7 to discuss.

#### **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.

#### **Capital Campaign Update – October 2004**

At the end of July, you received a letter explaining the need for additional pledges for our Capital Campaign. You were encouraged to support the renewed effort to reduce the sizeable mortgage that St. Stephen's Cathedral needed to assume to pay for the recent renovations. As of October 13, 48 gifts have been received for a total of \$49,005! Those who have responded to the request encourage all of you to consider the level of support that you can give and join us in the mortgage reduction. Whether your pledge is a new one or a renewal from the initial campaign, every dollar paid now will reduce the impact on the general budget. Can we count on your support?

Capital Campaign Co-Chairs,  
Margaret Messner and Lee Van Valkenburgh

#### **Children's Sermon**

Here is more information on the Children's Sermon topic of October 24: The financial planning ideas of 1. sharing with others, 2. saving for the future, and 3. spending on your needs and wants are found and explained in "[Prodigal Sons and Material Girls: How Not To Be Your Child's ATM](#)" by Nathan Duggan. This book also addresses clarifying your family's values and spending accordingly as well as advertising and media effects on our families. The website is [www.sharesavespend.com](http://www.sharesavespend.com), which has some excellent links for children, parents, and teachers.

November has been recognized as a special time for increasing national awareness of this disease that is affecting four million Americans. Research indicates that the symptoms are the result of the loss of nerve cell function in distinct areas of the brain. However scientists do not know what causes this malfunction. Genetic factors, viral agents and environmental toxins are all being investigated for their roles that they might play in causing the onset of this disease.

Alzheimer's disease is a progressive, irreversible brain disorder whose incidence rises sharply with advancing age. Symptoms of the disease include memory loss, confusion, impaired judgment, personality changes, and loss of language skills. As the disease progresses, there is an ever-growing dependence on others to perform even the most routine tasks such as bathing and dressing.

Although there is still no cure, the outlook for people with the condition has improved dramatically in the last decade. Today several different medications such as Reminyl, Exelon, Namenda and Aricept have been proved helpful in slowing the rate of disease progression in the mild to moderate cases. Experimental drugs Clioquinol, and Amphalex are showing some promising results.

Medication alone is not the only option for treating this disease. An exercise program of strength, balance and flexibility training can improve physical health and alleviate depression. Caregivers can also be taught behavioral management techniques.

That there's a link between cognitive health and the B vitamin niacin isn't new. A symptom of severe niacin deficiency is dementia. An average intake of 22.4 milligrams a day lowers your risk for Alzheimer's disease by 80 percent. Eating spinach, broccoli, cauliflower and other leafy green, cruciferous vegetables will also lower the risk. Obesity, high cholesterol and high blood pressure will increase your risk.

"Lord, I'm becoming forgetful, names, words, ideas whether I did this or that. Remind me Lord of my memory. Keep me sharp. But if it ever comes to that, let me forget everything except Jesus loves me this I know for the Bible tells me so and others love me even if I forget everything including their names." Joseph Bayley

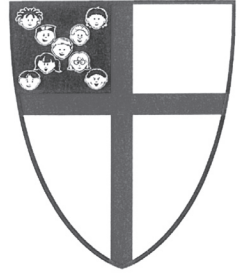
*From the desk of your parish nurse*  
Liz Fite, RN

#### **Gifts for the World**

Once again the Cathedral will offer you the opportunity to Give the World a Present this Christmas. What will it be? Food for the hungry? Peace? Warm homes and healthy living conditions? St Stephens is making it easy for you to give such a gift. At 9 AM on November 28, you can shop among booths offering contributions to charities the Cathedral supports. Join us on Nov 28 to see some old favorites and some new opportunities. After you select your gifts, you can make a gift card for your friend or family member to indicate the very special nature of the gift you are making this year.



**ST. STEPHEN'S EPISCOPAL CATHEDRAL**  
FITLY FRAMED TOGETHER WITH  
**ST. STEPHEN'S EPISCOPAL SCHOOL**



November 2, 2004

Dear Brothers and Sisters in Christ:

Every season of transition brings with it change and challenge. That which has lain fallow is now tilled, that which may have outgrown its place or fulfilled its mission is now rested, that which portends newness and hope is brought to the forefront, even in the midst of trying times. This autumn your Finance Committee, Vestry, and parish leaders have worked prayerfully and faithfully to address a number of complex issues which face St. Stephen's and its ministry. I am writing this letter to all of you so as to share the fruits of these spiritual labors and to give thanks for both past and present.

First, in an effort to consolidate the remaining indebtedness from the "Fitly Framed Together" capital campaign, the Vestry has consolidated the roughly \$1 million shortfall and project cost overrun into a 20 year note, held by Fulton Bank. We are living and growing into a special and beautiful building, a place whose ministry values are beyond price. This new mortgage will add slightly less than \$8000 per month, for the next 20 years, to the operating budget of St. Stephen's Cathedral. In light of this serious fiscal reality, we encourage our members to renew their pledges to the campaign, just as many members have already done. There is no masking the significance which this matter presents. However, please rest assured that the mission of the faith shall not be deterred by this financial responsibility and please know that the leadership of the Cathedral remains committed to managing this matter as effectively as possible.

Second, after very difficult but faith-filled and optimistic envisioning of the Cathedral, its needs, and its future ministry, 4 staff positions are to be permanently eliminated from the Cathedral budget, effective January 1, 2005. The Bookkeeper, Facilities Manager, and Sexton positions will cease to exist commencing in the next calendar year. Collectively, the 4 current employees whose jobs will be eliminated represent more than 35 years of service to God and to the Cathedral, here on Front Street. Needless to say, this has been an especially painful journey for all of us here, even as we proceed with the surety of God's guidance and the hope of God's future. I would fervently and prayerfully invite all of you to make an effort to share your thanks with Maria Brown, Henry Buckner, Skip DeMarkey and Donna Osborne as their lives and our lives now take new turns and enter new seasons of ministry.

I am acutely aware that these changes will necessarily be unsettling to some parishioners, just as they have surely been unsettling to staff and leadership. My prayer for all of us is to diligently keep our hearts set on the things above, to genuinely sow love in a broken world and in our very midst, to give "thanks" for that which has been, in the abiding optimism that greater things are yet in store. More than anything else, may you and I always seek to see the face of Christ in everyone we meet, and may everyone we meet see the face of Christ in us.

In peace and faith,

The Very Rev. Mark H. Hatch  
Interim Dean

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Harrisburg, Pennsylvania 17101-1437  
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# ST. STEPHEN'S CATHEDRAL FLOWER GUILD ANNUAL CHRISTMAS GREENS SALE

Each year the Flower Guild offers wreaths, greens, etc. for sale at a reasonable cost. Listed below are sizes, types, prices, etc. Please place your **PREPAID** order by **Sunday, November 28**. Make your check payable to "St. Stephen's Cathedral" and mail it to 221 N. Front Street, Harrisburg, PA 17101, place it in the collection basket, or give it to any usher on Sunday. Pictures of available items are on display in the Flower room.

**PICK UP YOUR ORDER ON SUNDAY, DECEMBER 5, NO LATER THAN 12:00 NOON**

## NOBLE FIR WREATH

Quantity	Size	Cost	Amount
_____	16"	\$10	_____
_____	20	\$12	_____
_____	24"	\$15	_____
_____	28"	\$20	_____
_____	32"	\$30	_____
_____	40"	\$48	_____

## MIXED GREENS WREATHS DECORATED WITH CONES

Quantity	Size	Cost	Amount
_____	18"	\$18	_____
_____	20"	\$21	_____
_____	24"	\$23	_____
_____	28"	\$30	_____

## OTHER ITEMS

Quantity		Amount
_____	Door Arch	\$20
_____	Door Swag	\$15
_____	Deluxe Yule Time Cheer Swag*	\$20
_____	Deluxe Mantle Piece - 48"*	\$30
_____	White Pine and Fraser Fir roping (25 ft. Coil Only)*	\$25
_____	Deluxe Mixed Cedar/Douglas Fir roping (25 ft.)*	\$35
_____	Cemetery Easel	\$3
_____	Burgundy Velvet Bow	\$3
_____	Red Velvet Bow	\$3
_____	Plaid Bow	\$3
Total Order \$		

NAME \_\_\_\_\_

HOME PHONE \_\_\_\_\_

\* New Item

## Please Help Support the Youth Group!

Do you buy groceries – we know you do! Now your grocery purchases can help fund the Youth Group activities. If you shop at **Giant Food Stores**, you can purchase a gift card from the Youth Group, which can be used at any Tops Markets, Giant Food Stores, Martin's Food Market, Stop & Shop, Bi-Lo, Super G or Giant of Landover. The gift cards are available for purchase in different denominations. You pay the face value for the card and the Youth group receives 5% of the face value. That card is good for the face value when presented at the store. Gift cards are available from Connie Wilson. Connie can be contacted in person or at (717) 534-0642 or c2wilson@comcast.net. If you shop at **Fox's Markets**, save your receipts and bring them to the collection envelopes located in the Narthex and the Uppercroft. The Youth Group will receive 1% of the value of collected receipts. This is an easy way to support the Youth Group, simply buy your weekly groceries and you raise money for the Youth Group!

This winter we, at St. Stephens, will be participating in the operation of the temporary emergency shelter for the homeless in downtown Harrisburg. The host churches are Market Square Presbyterian, Grace United Methodist, St. Patrick's Cathedral and St. Michael Lutheran. We will be helping by gathering volunteers for a week in February at Grace and a week in March at St. Michael's.

## Stewardship Season—A Time of Joy and Joyful Giving

St. Stephen's Season of Stewardship began with a joyful celebration on Sunday, October 24th when "Pursell's Raiders" returned to the Undercroft to serve a delicious breakfast in fond memory of their leader and our friend, Bill Pursell. Our sincere thanks go out to the breakfast coordinators, Chip Abrams, Wil Everhart, and, of course, Judy Clemmer, plus all the volunteers who made this event possible. The presence of Pat Pursell and her family added to the joy of this special occasion. Jeff Spangler's media show was a big hit as well.

During the services on Stewardship Sunday, Helen Hendricksen, and Harry and Karen Weber described so beautifully the true meaning of Stewardship here at St. Stephen's.

For those of you who have returned those blue and yellow "Time, Talent and Treasure" cards, we thank you most sincerely for your loving and generous commitment to the Cathedral. If you haven't yet completed the cards, we encourage you to do so. On Sunday, November 7, the Stewardship cards will be received and blessed at the altar as a sign of the Gifts we give to God. During this Season of Stewardship, please take time to really listen to the messages Jesus sends to us through the Gospel. We are called to love others, to be generous, and to share what we have with a sense of joy and thanksgiving.

## Homeless Shelter

This winter we, at St. Stephens, will be participating in the operation of the temporary emergency shelter for the homeless in downtown Harrisburg. The host churches are Market Square Presbyterian, Grace United Methodist, St. Patrick's Cathedral and St. Michael Lutheran. We will be helping by gathering volunteers for a week in February at Grace and a week in March at St. Michael's.

Many of you know first hand how important this ministry is. You know how good it feels to extend the hand of hospitality to people left out in the cold. And you know how, in the end, you find your own faith deepened by connecting face to face with people in need.

To support the operation of the shelter, we are asking you all to help either with your time or your financial contribution.

If you're interested in **volunteering** by staying on site for a night or more, please contact Daphne to get yourself on the schedule. Volunteers must be 18 years old or older. We will need 3 people each night. Daphne can give you more details about what's involved. She'll contact you closer to our scheduled time with specifics.

If you want to support the shelter **financially**, you may send a check to the church office, made out to Market Square Presbyterian Church (with DES in the memo line). We will also be participating in Shelter Sunday, November 14, when we and the other congregations involved will take up a special collection for your tax deductible contribution.

Last year over 250 people different folks found respite at the shelter. More than that number of volunteers experienced the blessing of doing the good work of the shelter nights. This is what God asks of us – to reach out to those in need and then know the joy and peace of having loved. Please help.

## Holiday Stop and Shop – November 22

Spend an evening browsing in the Uppercroft. Vendors will display their wares between 4:00 and 8:00. Avon, stamps, candles, Pampered Chief and much much more will be available through this special event sponsored by the school's Home and School Association.

If you would like to sell items or know someone who would, call Keldeen Stambaugh at 558-8373.

## T-Shirts for Sale!

Time to start thinking of Christmas presents!!! The Arts and Drama Committee is selling (diocesan) purple t-shirts with the handsome St. Stephen's logo in red on the front. The shirts are \$15, and we have them in ALL sizes from Youth to XXL. To buy your shirt(s), contact Marianne Russell (737-6430) or Rosemary Webber (671-1361). Remember, all proceeds are donations to defray the general budget deficit.

## Save the Date!

Please join us to make Advent Wreaths on Sunday, November 21 after the 10:15 a.m. service. More fun details to follow!

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

*the* CATHEDRAL  
 MESSENGER

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

221 N. Front Street  
 Harrisburg, PA 17101-1437  
 e-mail: [cathedral@ststep.org](mailto:cathedral@ststep.org)  
 Web Site: [www.ststep.org](http://www.ststep.org)

Return Service Requested

Non-Profit Organization  
 U.S. Postage  
 PAID  
 Harrisburg, PA  
 Permit No. 597

***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>Minister of Music</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>	Greg Penny
<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>Arts and Drama Committee</i>	Ann Elliott
<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>Usbers</i>	Michael Frascella
<i>Nursery</i>	Carolyn Patterson

**CATHEDRAL CALENDAR**

<i>November</i>	
7	<b>THE 23RD SUNDAY AFTER PENTECOST</b>
7	Blood Pressure Screening, 8:45 a.m.
7	Coffee Hour, 11:30 a.m.
7	Helping Hands, 4:30 p.m.
8	Seekers Bible Study, 1:00 p.m.
8	AIDS Community Alliance Dinner, 5:30 p.m.
9	Race for Education work night, 5:30 p.m.
9	Property Committee, 7:30 p.m.
10	The Gathering, 7:00 p.m.
11	Race for Education work night, 5:30 p.m.
11	Finance Committee, 7:30 p.m.
12	Youth Event, 6:00 p.m.
13	Holy Eucharist, 5:00 p.m.
14	<b>THE 24TH SUNDAY AFTER PENTECOST</b>
14	Coffee Hour, 11:15 a.m.
14	Helping Hands, 4:30 p.m.
14	Youth Group meeting, 6:00 p.m.
15	Arts and Drama Committee, 6:30 p.m.
16	Clergy Day with Bishop Creighton
16	Race for Education work night, 5:30 p.m.
16	Evangelism Committee, 7:00 p.m.
17	Personnel Committee, 7:00 p.m.
18	Vestry, 7:00 p.m.
20	Habitat for Humanity, 8:30 a.m.
20	Holy Eucharist, 5:00 p.m.
21	<b>THE LAST SUNDAY AFTER PENTECOST</b>
21	Coffee Hour, 11:15 a.m.
21	Advent Wreath Making, 11:30 a.m.