

THE NETWORK

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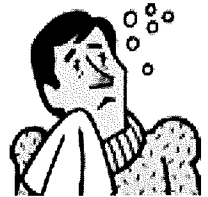
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Stuffy-Noses and Nasal Spray

– Jane Vaughan, R.N., Parish Nurse

Winter brings snow, cold temperatures, icy sidewalks and yes, clogged noses.



Many folks resort to nasal sprays to relieve impaired breathing. There is an apparent concern whether these nasal sprays are addictive. No, you cannot become addicted to a nasal spray. Addiction is a compulsive physiological need for and use of a habit-forming substance known to be physically, psychologically or socially harmful. Over-the-counter nasal sprays do not contain any habit-forming ingredients, and they don't cause the compulsive cravings that mark an addiction.

However, it is possible to develop a tolerance to nasal sprays. Nasal congestion occurs when blood vessels in the lining of your nose expand (dilate) such as due to a cold or allergies. Decongestant nasal sprays narrow (constrict) these blood vessels, reducing congestions and clearing your nasal passages.

After a few days of using a decongestant nasal spray, your nasal membranes may become tolerant (or less responsive) to the effects of the medication. As a result, you may need to use more and more of the medication to control congestion or your congestion may worsen if you stop using the medication (so-called rebound congestion). Some people mistake this as nasal spray addiction. But it really isn't.

If you develop a tolerance to decongestant nasal sprays, it isn't permanent. Stop using the nasal spray for several weeks to reverse your tolerance. In the meantime, talk to your doctor or pharmacist about other methods for reducing nasal congestion, such as oral decongestants, saline nasal sprays or steroid nasal sprays. These medications do not cause rebound congestion. Doctors recommend that you use a decongestant nasal spray for no more than three to four days in a row to prevent rebound congestion.



Annual Congregational/Corporation Meeting – Sunday, February 8

St. Andrew's Annual Congregational/Corporation meeting will immediately follow worship on **Sunday, February 8**.

Mission Team Directs February Second Sunday Offering to Mid-Ohio Foodbank – February 8

– *Tina Johnson*

No one should go hungry and yet thousands of people go hungry in our community every day.

For nearly 30 years, the Mid-Ohio Foodbank has been working with grocers, food companies, Ohio farmers, the USDA, and community partners to obtain food and distribute it to more than 500 food pantries, soup kitchens, shelters, after-school programs, and senior housing sites across central and eastern Ohio.

The Mid-Ohio Foodbank works with more than 500 partner agencies across a 20-county service area to provide food to the hungry. These food pantries, soup kitchens, shelters, after-school programs, and senior housing sites ensure the food the Foodbank provides gets to the people who need it most. And their impact is incredible: providing more than 43,000 meals each day.

- For every \$1 donated, the Foodbank is able to provide \$8 in food and groceries;
- Food requests from pantries are up 14% this year.

The special offering in support of the Mid-Ohio Foodbank will be received on February 8.

Organ Notes

– *Don Bogaards, organist*

The **Westminster Choir** Concert at Capital University in early January was an incredible program! Dr. Joe Miller, conductor, had a varied choral program from different periods of music. On that cold Friday night several people from St. Andrew Church attended the concert: Jerry & Mary Cole, Wayne and Mary Jane Matthews, Linda Rightor and her brother & sister-in-law, Rev. Phyllis Heffner, and Don & Carol Bogaards.

February 22, Sunday, at 3 p.m. **Philip Brisson** will play an organ recital at St. Joseph Cathedral, 212 E. Broad Street. Mr. Brisson is Director of Music at the Cathedral of the Assumption in Louisville, KY, and teaches at Bellarmine University. He earned the Doctor of Musical Arts Degree at the Eastman School of Music. Suggested donation for the concert is \$10.

February 22, Sunday, at 4 p.m. the **Handbell Choir** will be in concert at First Congregational Church, 444 E. Broad Street. This will be of interest for bell ringers and congregational members. There will be 13 ringers, 6 octaves of handbells, and 5 octaves of handchimes. It will include a newly commissioned work for handbells and organ. Either of these two concerts would make your Sabbath day more meaningful.

A Reminder – February 18

– *Dorothy Kraus*

The women of St. Andrew have been invited to join the Presbyterian Women's Group of Worthington Presbyterian Church on February 18 for a luncheon and program. Lisa Manley from St. Andrew will be the featured speaker after the noontime luncheon. Her topic will be *Leading A Resurrected Life*.

Reservations for lunch must be received by Friday, February 13, and may be made by calling the Worthington Church office at 614/885-5355. The cost is \$5.

A Day for Ashes

– article from Newsletter Newsletter, Feb. 2009

Since the Middle Ages, Christians in the so-called Western Church have observed Ash Wednesday (the seventh Wednesday before Easter) as the first day of Lent. On this day, in many churches, worshipers receive ashes on the forehead as a reminder of their sorrow for their sins. The ashes are often made by burning palm branches left over from the previous year's Palm Sunday.

Ash Wednesday

St. Andrew will hold Ash Wednesday worship on **Wednesday, February 25**, at 7:30 p.m. to begin the season of Lent.

The Significance of Lent

– article from Newsletter Newsletter, Feb. 2009

Lent is the fourth season of the Christian year. Its length is the 40 days preceding Easter Day, not counting Sundays. This means Lent always begins on a Wednesday, known as Ash Wednesday.

Lent commemorates Jesus' fast and temptation in the wilderness of Judea Province, which, according to the Gospel, lasted 40 days. Just as Jesus confronted his temptations during these 40 days, Lent helps Christians focus on our most basic need as sinners: forgiveness.

The only way our Lord's forgiving power can become effective in our lives is by our taking the initiative to confront our sins, confess them and repent of them. In short, Lent is a season of penitence and discipline.

Some Christians fast during Lent. This denial of bodily comforts can help encourage self-reflection about the need for Jesus' forgiveness.

Dorothy's Book List for Lent

– Dorothy Kraus

With the approach of Lent, the St. Andrew Library "staff" offers the following suggestions for reading and study. We offer a self-service sign-out, so stop Room 3 before or after church and "renew" your reading for the season.

- *The Seven Last Words of Christ: The Message of the Cross for Today* by Judith Mattison. The "seven last words" are the words spoken by Jesus from the cross: three from Luke, three from John, one from Mark. This small devotional work contains seven messages with questions for reflection, poems, and hymn texts. It would be appropriate to read one each week during Lent.

- *The Mighty Acts of God* by Arnold B. Rhodes, professor emeritus at Louisville Presbyterian Seminary. This revised edition of the popular textbook and guide for Bible study has been updated to include recent historical and theological research.

- *Listening to Your Life: Daily Meditations with Frederick Buechner*. Contains 365 excerpts from the works by Frederick Buechner, preacher, essayist, and author of more than 20 novels and works of nonfiction. They offer daily inspiration and wisdom in a gracious, engaging style.

- *365 Prescriptions for the Soul: Daily Messages of Inspiration, Hope, and Love* by Bernie S. Siegel, M.D. The author of *Love, Medicine, and Miracles*, now retired from the practice of medicine, has been a leading advocate of alternative healing and patients' rights for over 25 years. Siegel wrote this 2004 book as "a guide and resource for navigating the troubled waters and challenges of life."

- *The Gospel According to Harry Potter: Spirituality in the Stories of the World's Most Famous Seeker* by Connie Neal. An exploration into 50 themes that can be seen as glimmers of the Christian gospel. Neal includes references to the first four books in the *Harry Potter* series by J. K. Rowling.

- *The Birth of Christianity* by Joel Carmichael. Only after his execution was Jesus hailed as the Son of God.

- *This We Believe* by Stephen Plunkett. Eight truths Presbyterians believe.

OUT OF CHAOS, HOPE: Presbyterian Disaster Assistance Responds to Violence in the Middle East

– Tina Johnson

Presbyterian Disaster Assistance is responding to the Middle East in Gaza as a member of the Action by Churches Together (ACT) International alliance. The ACT response includes efforts by the Middle East Council of Churches' (MECC) Department of Service to Palestinian Refugees (DSPR), International Orthodox Christian Charities and other long-time PC(USA) partners as well as other ACT members with history and response capacity in the region.

(PDA information services provided the following situation update on the PCUSA Web site.)

PDA-supported Action by Churches Together (ACT) International was ready to launch a major humanitarian campaign inside Gaza on January 19, 2009, with the distribution of food, water, medicines and blankets. ACT is cooperating with local organizations and foundations in the region to carry out the dangerous distribution.

A recent ACT report confirms that food and medical supplies are reaching people affected by the conflict.

Dr. Andre Batarseh, director of East Jerusalem YMCA, is responsible for the distribution of food and medicine. On his trucks are 8,000 blankets, a very important part of the loads.

“People have run from their homes and seek shelter at schools or at friends or relatives. They have no cover during ice-cold nights. The blankets are life-saving, Dr. Batarseh says. The truck also contains 100,000 bottles of water and food for 25,000 people—everything from canned food and fortified milk to cooking oil and water.

Many organizations have left Gaza; among those left is ACT-member DanChurchAid (DCA). DCA is distributing vegetable baskets

and canned food in North Gaza. 85 percent of the people receiving assistance are children and more than half of them are female.

In addition to food distribution, ACT is distributing water-sanitation hygiene kits and is preparing psychosocial support for displaced and traumatized children. The organization has contributed this type of support to many responses, to help children return to normal life.

Over the years St. Andrew has supported Presbyterian Disaster Assistance through Second Sunday Offerings and the annual One Great Hour of Sharing offering.

To learn more about the denomination's response to the recent violence between Hamas and Israel, visit the PCUSA Web site at www.pcusa.org/worldwide/israelpalestine.

On-Going St. Andrew Projects

These are simple ways to “do mission.”

Save **Box Tops for Education** from General Mills and Betty Crocker products for Devonshire Elementary School. Campbell's labels are collected as well in a separate box.

Eyeglasses are collected by the Lions Club of America for their work to alleviate blindness. Scratches are removed, lenses cleaned and labeled for strength, and frames repaired by Lens Crafters, then distributed by the Lions.

Foreign and U.S. commemorative stamps (no flag or love stamps) are sent to Church World Service, which sells them to stamp companies; proceeds are used for hunger projects.

Canned and dry foods for NNEMAP (Near North Emergency Material Assistance Program) food pantry. The food is used to serve people on the north side of Columbus.

Empty computer-printer ink cartridges and toner cartridges are collected and recycled by Scout Troop 312, which receives a minimum of \$1 per cartridge.

Soda can tabs are recycled with proceeds going to our local Ronald McDonald House.

A Long Way From Eden

—Phyllis Heffner

As we enter a new year, we can make some resolutions to be better stewards of the earth. We can make minor (or major, if you wish) changes not only in the way we *treat* our planet, but in the way we *think* about all of creation.

An emerging theology (emerging over the last 50 years!) is called Process Theology. An accessible definition goes like this: *Process theology sees the universe as creative, interrelational, dynamic, and open to the future. In process theology, God is relational, present in every moment of our lives and in all entities and levels of being. The world is interconnected, in effect a giant ecosystem where what harms or blesses one, harms or blesses all.*

I can buy that. In fact, the more my faith matures, the more convinced I am of God's original blessing (not original sin) and of the kinship of all life. Our active and visible respect for Creation and all God's creatures is a corollary of that overarching belief.

In my Internet surfing I came across the web site of The American Jewish Committee that posts an energy pledge it refers to as "Ten Commandments for Responsible Energy Consumption." Along with keeping the Original Ten, these are worthy of our consideration as we resolve to be "greener" and to show reverence for God's created world in 2009:

1. Make my next vehicle purchase at least 25 percent more fuel-efficient.
2. Use mass transit as a travel alternative and carpool whenever possible.
3. Install compact fluorescent light bulbs in my home to save energy.
4. Use reusable bags at the supermarket instead of plastic bags.
5. Keep my thermostat cooler in the winter and warmer in the summer than in the past.

6. Purchase only Energy Star certified energy-efficient home appliances.
7. Contact my elected officials to encourage policies that promote American energy security, including alternative energy sources.
8. Ask my workplace, house of worship, and civic associations to adopt "green" energy practices.
9. Educate myself to look for more ways to reduce my dependence on foreign oil.
10. Pass this pledge along to at least five other people.

**Jane Vaughan:
Eight Years as
Parish Nurse**

—Phyllis Heffner



Eight years ago, Jane Vaughan came to the session with a proposal to establish the position of parish nurse, a position for which she was *volunteering*. She would not offer medical advice or make diagnoses, but prompt people to ask questions of their doctors and help them make informed choices. She would visit in person or by phone those homebound or in the hospital. She would offer monthly health information for the betterment of the congregation and bring to our attention programs and speakers to encourage us to choose wellness. She would be prayerful and faithful in using her training and experience in a church setting.

During these years, Jane has been true to this unique calling. She brings a generosity of spirit to this special position. She shows compassion and deep caring, and her attention and training is greatly appreciated by the many to whom she ministers.

Thank you, Jane, for all you have done—and continue to do—to encourage the healing Spirit of God to visit us and make us whole in body, mind, and spirit. We are grateful for your gifts and skills!

'First
Sundays'
Series
March 1



'Matthew: A Gospel for
the 21st Century'

E. Wray Bryant
Professor of Religion,
Capital University

The Gospel According to Matthew has it all: In the story of Jesus we see reflections of the concerns of first- and second-generation Christians drawn in an exquisite structure and organization by an extraordinary author whom we do not know. "Matthew" speaks to a diverse listening/reading audience in a turbulent time and culture that seems to have more in common with the 21st century than any of the other time.

Dr. Bryant is a professor of religion and Greek at Capital University. He is an extraordinary teacher and you will find his understanding and interpretation of Matthew and the relevance of this scripture for today insightful and powerful.

Don't miss this outstanding presenter.

Refreshments at 6:45 p.m. in the
Blue Room
Presentation from 7 p.m. to 8 p.m.
followed by questions and comments
Dismissal at 8:15 p.m.

All are welcome!

Presbytery of
Scioto Valley
Spring Fest
Conference –
March 7



Once again the Presbytery of Scioto Valley will be offering Spring Fest Conference at The Ohio State Drake Event and Performance Center. This year's theme will be *Still Reforming ... Should Everything Change?* On Saturday, March 7, nationally-known author Diana Butler-Bass will be the keynote speaker.

Morning workshop topics will be based on seven of the ten signposts of healthy, vital churches that Dr. Butler-Bass discusses in her book *Christianity For the Rest of Us*. In the afternoon discussion groups will gather to share their gleanings for the workshops and the morning plenary session. Following the discussions will be a follow-up plenary session with Dr. Butler-Bass.

Mark your calendars now for **Saturday, March 7**, 9 a.m. – 3:30 p.m. for what should be an enlightening and exciting experience for only \$20 in advance or \$25 at the door. So keep your eyes peeled for further details and registration brochures.

**Newsletter
DEADLINE**

**March NETwork Deadline
– February 15**

Deadline for the *March NETwork* will be Sunday, February 15. The collating/labeling day will be Tuesday, February 24, at 9:30 a.m.

Please bring articles to the church office or e-mail them to standrewpres@copper.net by **Sunday, February 15**. Also remember to submit dates for special events and changes in committee or team meetings. Thanks for your help.

Lectionary for the Lord's Day February 2009

February 1 – 4th Sunday in Ordinary Time

Deuteronomy 18:15-20; Psalm 111;
1 Corinthians 8:1-13; Mark 1:21-28

February 8 – 5th Sunday in Ordinary Time

Isaiah 40:21-31; Psalm 147:1-11, 20c;
1 Corinthians 9:16-23; Mark 1:29-39

February 15 – 6th Sunday in Ordinary Time

2 Kings 5:1-14; Psalm 30;
1 Corinthians 9:24-27; Mark 1:40-45

February 22 – Transfiguration of the Lord

2 Kings 2:1-12; Psalm 50:1-6;
2 Corinthians 4:3-6; Mark 9:2-9

February 25 – Ash Wednesday

Joel 2:1-2, 12-17 or Isaiah 58:1-12;
Psalm 51:1-17; 2 Corinthians 5:20b – 6:10;
Matthew 6:1-6, 16-21

January

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

March

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 1 9:15 AM Church School Classes 10:30 AM Worship 11:45 AM Worship & Liturgy Team	2 7 PM Scouts	3 7 PM Hospitality Team 7 PM Member Care Team 8:30 PM AA	4 10:30 AM Prayer Meeting 11:30 AM Bible Study 7:30 PM Adult Choir	5 7 PM Devonshire Civic Association	6	7 10 AM Women's Fellowship
8 9:15 AM Church School Classes 10:30 AM Worship 11:30 AM Annual Cong/Corp Meeting 11:45 AM Blood Pressures	9 7 PM Scouts	10 9 AM PSV/CPM 4 PM PSV/COM 8:30 PM AA	11 10:30 AM Prayer Meeting 11:30 AM Bible Study 7:30 PM Adult Choir	12	13	14 Valentine's Day 9 AM Men's Breakfast & Conversation
15 Newsletter deadline 9:15 AM Church School Classes 9:15 AM Bell Choir 10:30 AM Worship 11:45 AM Mission Team	16 Presidents' Day 7 PM Scouts	17 2 PM Presbytery Meeting @ Broad Street PC 7:30 PM Finance 8:30 PM AA	18 10:30 AM Prayer Meeting 11:30 AM Bible Study 7:30 PM Adult Choir	19	20	21 9 AM CLP Classes
22 9:15 AM Church School Classes 9:15 AM Bell Choir 10:30 AM Worship	23 4 PM PSV Council 7 PM Scouts	24 9:30 AM Newsletter collating 7:30 PM Session 8:30 PM AA	25 Ash Wednesday 10:30 AM Prayer Meeting 11:30 AM Bible Study 7:30 PM Ash Wednesday worship 8 PM Adult Choir	26	27	28