

The AGAPE Newsletter

October 2009

Vol. 4, No. 10

Welcome



Please welcome and introduce yourselves to Karen Gaudet, our new Children's Christian

Education Coordinator. Karen comes to us having spent a number of years in Children's Christian Educator programs, including working with Godly Play classes. She has worked with churches of various sizes and understands the needs of each. Her training was from the Austin Presbyterian Theological Seminary, and she is an ordained minister of the Disciples of Christ Church. She looks forward to being a part of a progressive Christian community and the challenge that brings to providing appropriate materials for the children's programs. We are happy to have her and the gifts she brings.



Our next **Potluck Luncheon** **will be on Oct. 11**, not Oct. 4, following the 10:45

service. Please bring a dish to share. Food will be served prior to the showing of, **Corporate Control: The Land and Our Minds, Part II.**

The Importance of Husks

You often hear people say they are spiritual but not religious. It is true that religion is only the husk of the spiritual experience, but we must never underestimate the importance of husks for the growth of the seed.

When I was young I planted a watermelon seed in our backyard. I was so excited about the prospect of growing my own watermelon that I dug it up every few days to make sure it was still growing. When it finally got to the surface the watermelon was stunted and misshapen.

A husk protects the seed as it grows. It filters what gets into the seed. It helps the seed grow at its own unique pace. In the same way, religion should be a protective device for spiritual growth. We must not let the fact that religion is so often misused frighten us away from the important task it fulfills in the spiritual life.

While silence is essential to the spiritual life, spoken prayer can allow a community to share the silence between the words of that prayer. While spontaneity is essential to the spiritual life, having a set time to gather can be a safeguard against falling into our own individual habits. While intangible principles are essential to the spiritual life, concrete stories allow children to grow into those principles at their own pace.

In our culture it is common to mistake the husk of religion for the seed of a spiritual life, but just as we must never let the husk replace the seed, so we must never underestimate the importance of a husk.

Love,



Dear Church Family & Friends,

With the cold and flu season knocking at our door, it is important to consider the over-the-counter remedies that you and your family might routinely take to alleviate symptoms. The one medicine frequently used and often prescribed by health care providers is acetaminophen. Acetaminophen is the active ingredient in Tylenol.

Millions of people routinely take acetaminophen safely every day for reducing fever, aches and pains. It is an *excellent* drug with a *good* safety record when used correctly. There are recent studies suggesting that acetaminophen should be used with some caution due to the fact that this drug is metabolized by the liver and large doses can cause liver failure.

Below are some safety tips to keep in mind when using this medication.

- The current daily recommended dose is 4000 mg/day. There are new studies suggesting that this recommendation may be lowered to 3250 mg/day or 10 regular strength pills per day. If you are taking other over-the-counter remedies that might contain acetaminophen, be aware of how much acetaminophen they contain. If you are on a prescribed pain med such as Darvocet, Percocet or Vicodin they also contain 350mgm to 650mgm of acetaminophen in *each* pill. The dosing guidelines for children will be on the Health Ministry Bulletin Board during the month of October. Caution is advised also for children.
- If you are sick and not eating well, limit your intake of acetaminophen to 3000 mg/day. When you are not able to drink or eat normally, your liver is less effective in metabolizing this drug.
- If you drink 3 or more servings of alcohol a day, you should also limit how much acetaminophen you are taking. If you have a liver disease, talk to your practitioner before taking this medication.

When too much acetaminophen is taken by mistake, it can be difficult to be aware of the toxic effect on the liver. The early signs of liver failure can be confused with other flu like symptoms. The best advice when taking any medication is to read the label carefully. No drug is completely safe. Being aware of the possibility of side effects for all medication is important to ensure safe use for you and your family.

Love and Blessings,
Donna

*Take the time to pray-
It is the sweet oil that eases the hinge into the garden
So the doorway can swing open easily.
You can always go there.
Lynn Park*

Love and Blessings, Donna

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September Session Summary

Submitted by Wayne Rogers, Clerk of Session

Randy Cook reported for the Treasurer that we have a positive \$13,733 net income for the year to date. Tom Nichols gave a status of the hail damaged roof replacement, which is covered by insurance. The shingles will begin to be removed on Wednesday, Sept. 23.

Rev. Jim Rigby's speech at the "Real Voices for Change Forum" was very well received at the time and has generated multiple positive web site postings and e-mail responses. He is scheduled to speak at the NAACP state convention, Goodwill Training, SafePlace Training and a Peace Rally at City Hall.

This is a reminder that the election of St. Andrew's next class of elders (and one current vacancy) will be held at a Congregational Meeting on Oct. 4.

Session decided that the Fellowship Time after worship including snacks is valuable, but we do need a volunteer to coordinate those who will be providing the snacks (other than "Pot Luck" Sunday each month). Another opportunity for service is for a volunteer to coordinate the arrangements for our annual Community Thanksgiving Dinner, which will be held on Saturday, Nov. 21.

The next Mission Presbytery meeting will be held at University Presbyterian Church in Austin on Oct. 23 and 24. Our Commissioners will be Peggy Rackley and Babs Miller. Karen Gaudet, our new Coordinator of Children's Education was formally introduced to Session (although she was previously introduced to the congregation). She provided a very impressive set of initial priorities and activities; we are very fortunate to have her organizational skills, gifts of teaching and significant experience to enhance our Children's program.

Mark Nov. 14 on your calendar for a program of live entertainment and fundraising (for Live Strong Foundation) supporting the fight against cancer. This activity was initiated by Bobbie James and will be co-hosted by and held at St. Andrew's. If you are interested in helping out with the event, please contact Bobbie James at 797-5054 for more details

Artist Team



Thank you to everyone who attended the Telegraph Canyon show on Sept. 19. They performed an amazing and varied set of complex, artistic music and made many new fans. Thanks also to all of you who helped out in preparing for the show and cleaning up afterwards.

Our next concert will be Beaver Nelson on Saturday, Oct. 17. Beaver Nelson (www.beavernelson.com) is one of Austin's most beloved singer-songwriters. His songs are "works of depth and consequence, of life's mistakes and...lessons learned" (Jeff McCord - Texas Monthly Magazine). Nelson has consistently received great reviews and has garnered significant regional radio airplay. He played at St. Andrew's for our first concert in 2005 as part of Pop Stars! Dads Who Rock! His solo show is sure to be stupendous. Doors open at 6 pm and the show starts at 7 pm. Suggested donation \$10.

Save this Date!

Plans are underway for a contemplative mid-winter retreat January 8th and 9th. Look for more details in upcoming bulletins and the Agape News. If you are interested in helping, contact Yvette Shelton yshelton@austin.rr.com

Guardian Team



We are requesting donations to cover the improvements made to the Children's Church Wing. The restroom walls are freshly painted, we have new water saving toilets, new sinks and cabinets and new doors. The donation drive so far has raised \$3,007. We still need to raise \$5,633 to fully fund these improvements. To donate, just note on your check the funds are for "Children's Church". We will make sure your contribution is properly recorded. Thank you for your contributions to make this area more accessible, cleaner, safer and more ecological.



St Andrew's continues to enjoy a very favorable financial position through August. Net income was positive \$13,733.34. This was due in large part to the sale of stock for approximately \$10,000. This stock was given in late "08" and sold in August "09". In addition, expenses were approximately \$6,000 below budgeted amounts for the period.

Ambassador Team



A Last Sunday special event with Chris Hedges, author of *Empire of Illusion: The End of Literacy and the Triumph of Spectacle*, will be held Sunday, Nov. 8, 6-8 pm at St. Andrew's Presbyterian Church. It is sponsored by Third Coast Activist Resource Center, <http://thirdcoastactivist.org/>, MonkeyWrench Books, <http://www.monkeywrenchbooks.org/>, Workers Defense Project/Proyecto Defensa Laboral (PDL), <http://workersdefense.org/>. Tickets are \$11.50 (\$10 plus a \$1.50 processing fee). Proceeds go to the new Austin People's Community Center. Tickets available by calling or visiting: MonkeyWrench Books, 110 E North Loop Blvd or calling 407-6925

In his new book, *Empire of Illusion: The End of Literacy and the Triumph of Spectacle*, Pulitzer Prize-winning journalist Chris Hedges charts the dramatic and disturbing rise of a post-literate society that craves fantasy, ecstasy and illusion. He argues that we now live in two societies: One, the minority, functions in a print-based, literate world that can cope with complexity and can separate illusion from truth. The other, a growing majority, retreats from a reality-based world into one of false certainty and magic. Hedges looks at trends in entertainment, education, and public life to describe an age of terrifying decline and heightened self-delusion.

After Hedges earned a degree from Harvard Divinity School, he embarked on a reporting career that began in 1983 in El Salvador. After six years in Latin America, he spent seven years in the Middle East, most of them as the bureau chief for *The New York Times*. He also covered the wars in Bosnia and Kosovo, before joining the *Times'* investigative team covering terrorism.

Hedges was an early and vocal critic of the plan to invade and occupy Iraq. In May 2003 he gave a commencement speech in which he said, "We are embarking on an occupation that, if history is any guide, will be as damaging to our souls as it will be to our prestige and power and security." The Times reprimanded Hedges for "public remarks that could undermine public trust in the paper's impartiality" and demanded that he stop speaking about the Iraq war. Refusing to accept these restrictions, Hedges left the paper to become a senior fellow at The Nation Institute, write books, and teach. He is the author of *War Is a Force That Gives Us Meaning* (2002); *What Every Person Should Know About War* (2003); *Losing Moses on the Freeway* (2005); *American Fascists: The Christian Right and the War on America* (2007); *I Don't Believe in Atheists* (2008); and *Collateral Damage: America's War Against Iraqi Civilians* (2008, with Laila Al-Arian). Hedges has written for numerous publications including *The Nation*, *Foreign Affairs*, *Harper's Magazine*, *The New York Review of Books*, *Mother Jones*, and Robert Scheer's web magazine Truthdig where he publishes a weekly column.

Lecture followed by Q&A



The Fall 2009 Film Series will be "The Corporation" All screenings are on Sundays at 12:15 pm., after the 10:45 church service.

Is the current crisis of capitalism a temporary problem or do we face more fundamental flaws in our economic system? The documentary film "The Corporation" investigates that question through a detailed examination of that institution that structures contemporary economic life.

Provoking, witty, stylish and sweepingly informative, "The Corporation" explores the nature and spectacular rise of the dominant institution of our time. Taking the corporation's status as a legal "person" to the logical conclusion, the film puts the institution on the psychiatrist's couch to ask, "What kind of person is it?"

"The Corporation" includes interviews with 40 corporate insiders and critics -- including Noam Chomsky, Naomi Klein, Milton Friedman, Howard Zinn, Vandana Shiva and Michael Moore -- plus true confessions, case studies and strategies for change.

The film is based on the book [The Corporation: The Pathological Pursuit of Profit and Power](http://www.thecorporation.com) by Joel Bakan. For more information about the film, go to <http://www.thecorporation.com>

Oct. 11, Part II: [Corporate Control: The Land and Our Minds](#)

Discussion will be led by Carlos Perez de Alejo, the Community Outreach Coordinator for Third Coast Workers for Cooperation, an Austin-based cooperative development center.

Nov. 8, Part III: [Corporate Dreams and Nightmares: Citizen Resistance](#)



The St. Andrew's Food Pantry was last open on Saturday, Sept. 12, and even on a rainy day we had 42 clients walk in. They were welcomed with an opportunity to have a hot shower, hearty soup, cornbread, juice and fellowship. We gave out food for 71 people, including 27 children.

After doing a quick inventory, we are now in need of dried beans, spaghetti sauce, dry pasta, juice, jelly, soups, snack bars, cereals, canned meats, chili, rice in small bags, canned fruit, toilet paper and feminine hygiene products.

A gentleman said to one of our volunteers that St. Andrew's was the best place to come for food and assistance. While other places feed the body, St. Andrew's also feeds the soul by making people feel welcome and special. He said, "Your church needs to know you do good work." If you'd like to be a part of this hands-on Food Pantry experience you can sign up on the white board by the greeters' table near the front entrance of the church. The Food Pantry is open every second and fourth Saturday of each month. Yes, indeed, St. Andrew's, you do good work!!



Ambassador Team
seeking fun, cheery,
like-minded people
as volunteers for the
St. Andrew's Thanksgiving Dinner.

When: Saturday, Nov.21

Where: St. A. Sanctuary

Who: You!

What: Cook, clean, organize, host,
etc.

Please contact Karalei Nunn

kmnunn@1113architects.com

if you are able, willing, and ready to
participate!

Pastoral Care

"Fill Up Your Bucket, Self Care for the Spirit" will meet on the first Saturday of the month, Oct. 3, 8:30 – 9:30 am. You are invited to partake in an hour designed to help bring peace and joy into your life. This time of renewal, sustenance and discovery of spiritual pathways begins with quiet, gentle breathing, meditation, readings and music. We share conversation if the spirit moves us. We close with prayer and thanksgiving. Please join Barbara McCarty and Donna Rutherford for this time of community.



Educator Team



Each Sunday morning at 9:30 a.m., Jim Rigby teaches a lesson that is closely tied to that day's Lesson for Living.

Oct. 4 & 18: A Year Through the Bible/Babs Miller

Oct 11 & 25: Seeking Wholeness Within/Pam Wagner

Seeking Wholeness Within

People the world over engage in spiritual practices as a way (1) to get in touch with the divine within, (2) to calm themselves in a troubling world, and (3) to find and develop their own inner resources. Some meditate; others use yoga or read the Psalms.

Spiritual practices can be any activity that enriches our lives and brings us peace. Taking a daily walk, cooking, or simply sitting quietly in your own home all can be spiritual practices. It's not what you do, but how you view these activities and the "spirit" with which you undertake them. No matter your faith tradition or interests, or where you are in your life, dedicating time and space each day in a spiritual practice can offer people a new way to deepen their spiritual lives.

If you are interested in meeting with others about spiritual practices to get started and resources to help you along the way, Pam Wagner, a member of St. Andrew's pastoral care team, facilitates a group discussion on spiritual practices in the Adult Education Room at 9:30 am on Oct. 11 and 25.



Theology in Everyday Life meets the first and third Monday evenings of the month at 7:15 pm and ends at 8:30 pm. Topics are chosen to invite discussion of how our religious understandings are seen being lived out every day. Print outs of material are read or movies are viewed in advance and then talked about in the group. Discussions are lively and everyone is encouraged to contribute. Monday, Oct. 5, our subject is the made for TV movie, "A Rather English Marriage." After World War II two men whose wives die the same night in the same hospital room have distinctly different views of life. This is a story of how they come together through humility, respect and caring. Joyce Sloan (336-1800) has two copies of the movie to loan. Watch the movie and come join the discussion. All are welcome



The Poiema Book Study continues the study of Falling in Love with Mystery: We Don't Have to Pretend

Anytime by Richard F. Elliott, Jr. The next meeting will be Sunday, Oct. 18 at 5:30 p.m. at Poiema southeast of Manor. The discussion will center on an addition to Chapter 3 on Prayer. Poiema will provide the evening meal.

Contact Barbara McCarty for directions at 468-4012 or visit www.poiemacommunity.org.



St. Andrew's Bookstore

The bookstore is open the 2nd and 4th Sundays each month, following the 10:45 service.

On the 2nd Sunday, the bookstore is open as usual. There are sample books that were previously featured, and some books "to go."

On the 4th Sunday, a table will be in the foyer with samples of the books listed below. We will have information available on two ways you can purchase these books –

- 1) on-line through the church website at www.staopen.com using the Open Minds Books link, or
- 2) by the usual order form.

When you use the link on the website, a small percentage will come back to St. Andrew's.

Featured this month

(Prices are Open Minds Bookstore prices.)

These titles are books that are recommended by Pam Wagner, who is teaching the "Seeking Wholeness Within" Sunday School Class on the 2nd and 4th Sundays of September and October.

On Meditation

Open Mind, Open Heart: The Contemplative Dimension of the Gospel, by Fr. Thomas Keating, \$14.

This is considered to be one of the best introductions to a specifically Christian form of meditation.

On Spiritual Practice (Bookstore)

A Sacred Primer: The Essential Guide to Quiet Time and Prayer, by Elizabeth Neeld, \$13.

This primer is packed with ideas and inspirational recommendations for creating stillness and soul-tending devotion in daily living. At the end of each chapter, the author suggests specific tasks for helping the human more easily meet the divine.

Sabbath: Finding Rest, Renewal and Delight in Our Busy Lives by Wayne Muller, \$14

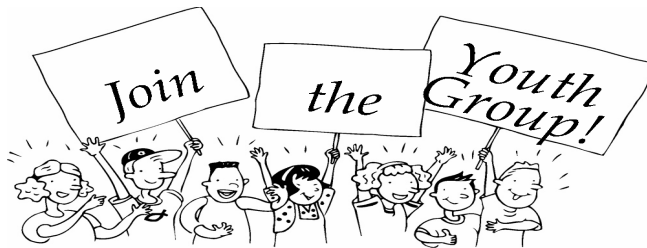
On Spiritual Practice (Online)

Practical Mysticism, by Evelyn Underhill, (\$15.44 with shipping)

This author is a leading authority on modern mysticism.

"To Go" Book:

Inclusive Language Bible, \$20, softcover. These are kept on hand, on an "as available" basis from the publisher. We now have softcover copies available. There were no hard covers available from the publisher at this time. This translation is by The Priests for Equality and is not currently available on website.



Calendar of Current Activities and Events for Youth

Sunday School- 9:30 to 10:30 am (ongoing) - Every Sunday we participate in group activities, games and discussions. A current long term goal of Sunday School is to create a story piece that we might share with others.

Sunday, Sept. 27 - Fall Welcoming Picnic- 11 am to 2 pm- Katherine Fleischer Park- All youth, and their families are invited. Also anyone that would like to help or become more involved in the youth activities. We will have a cookout and provide burgers, hot dogs, veggie versions as well and beverages. Condiments and side dishes are needed and encouraged. We will have lots of activities and games and also PRIZES! Welcome in the end of the 100 plus degree days with some great outdoor activity and learn more about the Fall activities.

WhateverWednesdays, 6:30 to 8 pm, Every Wednesday Sept. 16 through Nov. 18. We will have "art making" evenings - painting, theatre, movies, games, drum circle, activities that are compelling, artistic and community building for us – WHATEVER!

Friday Oct. 30, Halloween Horror FEST Lock-in- Youth will spend the night at the church if they dare. We will have dinner, scary movies, scary stories, scary activities and try to make it through the night

October Giving Project

We plan to raise money through an art auction (and we are defining art quite loosely here) to be held at the end of October. We want to give half the money to Emancipate and with the other half buy pet food for the food pantry so that people can have help feeding their pets.

St. Andrew's Presbyterian Church

Living and Sharing Progressive Christianity

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October 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Schedule 8:30 am Worship Service 9:30 am Sunday School for all ages 10:45 am Worship Service		Church Office Hours Monday – Friday 9 am – 1 pm Jim Rigby's day off – Fridays		1 9:30a Homeschoolers 6p Hatha Yoga	2 Round Table Dinners Barbara Green	3 8:30a "Fill Up Your Bucket" 3:15p 1st Saturday with Mike Manor Round Table Dinners
4 BP Screening World Communion Sunday	5 6p Hatha Yoga 7:15p Theology in Everyday Life Philip Wallingford	6 10a Bible Study John Bradley Sarah Gardner-Cox Brad Neal	7 6:30p Youth WhateverWednesday 7:15p Choir 7p NA Sunny Munro Joyce Sloan	8 9:30a Homeschoolers 6p Hatha Yoga	9 Ashley Kimey	10 10a 12:30 pm Food Pantry Open Aimee Wood
11 Potluck Luncheon 10:45 Congregational Meeting to elect new class of Elders 12:15 Film Series	12 6p Hatha Yoga Bob Bartlett Katherine Browder Rachel Iyer Dave Johnson Kathy Runyon Bryce Davis & Mikisha Hooper	13 10a Bible Study 7p AGAPE Teams Beth Davis Laurel Griffin Earl Palmer Charles & Cynthia Marslett Jill Gardner & Lee Cox Paula & Greg Ellis	14 7 6:30p Youth WhateverWednesday 7:15p Choir 7p NA Ross MacNames	15 9:30a Homeschoolers 6p Hatha Yoga	16 Ross MacNames	17 7p Open Ears Concert Chris Mele
18 Aubree Brown Deanna Clanton Nancy Keyes	19 6p Hatha Yoga 7:15p Theology in Everyday Life Taylor Richmond	20 10a Bible Study Julie Rocha	21 6:30p Youth WhateverWednesday 7:15p Choir 7p NA Terri Rivas	22 9:30a Homeschoolers 6p Hatha Yoga Jason Brownlee Ashley Reed Molly & Milton Guerrero	23 Joshua Adair	24 10a 12:30 pm Food Pantry Open Mickey Achacoso
25 Joyce McCormick Michelle & Mark Zabriskie	26 6p Hatha Yoga	27 10a Bible Study 7p Session Meeting Christopher Brice Bill Korbus	28 6:30p Youth WhateverWednesday 7:15p Choir 7p NA Pam Cook	29 9:30a Homeschoolers 6p Hatha Yoga	30 Youth Lock-In Ryan Beeber Holly Baker	31 Ed Kopas Gerald Gafford & Jeff Sralla