

NET WORK

The Parish Newsletter of
St. Andrew's Episcopal Church

1502 Fourth Avenue
Phone (717) 843-3868

June 2017

York Pennsylvania 17403
Fax (717) 848-1778

Worship News

Sunday, June 4

The Day of Pentecost

8:00 a.m. Holy Eucharist Rite I

10:30 a.m. Holy Eucharist II

*Recognition of Sunday School Teachers
& High School/College Graduates*

J2A Sendoff



Sunday, June 11

Trinity Sunday

8:00 a.m. Holy Eucharist Rite I

10:30 a.m. Holy Eucharist Rite II

Sunday, June 18

2 Pentecost

8:00 a.m. Holy Eucharist Rite I

10:30 a.m. Holy Eucharist Rite II

Sunday, June 25

3 Pentecost

8:00 a.m. Holy Eucharist Rite I

10:30 a.m. Holy Eucharist Rite II

Pentecost Sunday June 4th

Pentecost, the 50th and final day of the Easter Season, celebrates the outpouring of the Holy Spirit upon the Apostles in the book of Acts, ushering in the beginning of the Church. Fifty days after Jesus' resurrection (and 10 days after his Ascension), the apostles were gathered together, confused and contemplating their future purpose and mission.

On the day of Pentecost, a flame rested upon the shoulders of the apostles and they began to speak in tongues (languages), by the power of the Holy Spirit. Thus, Pentecost is a time to celebrate two important realities: the Holy Spirit and the Church. Pentecost celebrates the official beginning of the Church. It is one of the twelve Great Feasts of the Eastern Church, second only in importance to Easter. Pentecost always falls on a Sunday, fifty days after Easter Sunday (inclusive of Easter Sunday).



The Liturgical color for Pentecost is *red*. As we celebrate Pentecost at St. Andrew's, we welcome you to follow the custom of wearing something red.

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Dear Friends,

I had unexpected and immediate neck surgery Friday, May 12th. With a walker and neck brace, I returned home the following day. It is anticipated that I will be out of the office 6-8 weeks. In the event of pastoral needs, please call the parish office.

Thank you for your thoughts and prayers. They have carried me through.

-David+

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Scripture Readings for June



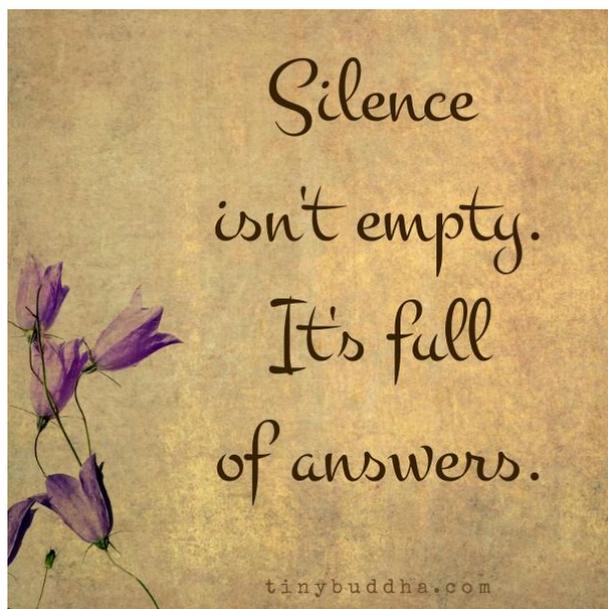
| | | | | |
|---------|-------------------------|----------------------|-------------------------|----------------------|
| June 04 | Acts 2:1-21 | Psalm 104:25-35, 37 | 1 Corinthians 12:3b-13 | John 20:19-23 |
| June 11 | Genesis 1:1—2:4a | Psalm 8 | 2 Corinthians 13:11-13 | Matthew 28:16-20 |
| June 18 | Genesis 18:1-15; 21:1-7 | Psalm 116:1, 10-17 | Romans 5:1-8 | Matthew 9:35—10:8-23 |
| June 25 | Acts 1:6-14 | Psalm 68:1-10, 33-36 | 1 Peter 4:12-14, 5:6-11 | John 17:17:1-11 |

Wednesdays — 10:00 a.m.
Holy Eucharist
has been suspended until July 5
due to David's surgery

PRAYERS OF THE PEOPLE
ARE NOW PRINTED IN THE BULLETIN

If there is someone you would like to include in the Prayers of Intercession, please call or email the Parish Office by 12 noon the Wednesday before. Their name will remain on the list for three weeks.
843-3868 – secretary@standrews.org

SILENCE - SOLITUDE



Silence
isn't empty.
It's full
of answers.

tinybuddha.com

We sorely need to learn silence. This is very difficult in our noisy world and our noisy lives. Have we forgotten what silence is? We need to learn to be quiet, “so silence can speak.” (Parker Palmer)

Once comfortable with silence we can learn solitude. Solitude is the opposite of loneliness. I contend that much of our private and social ills are rooted in loneliness. I contend that many of addictions, such as drugs, alcohol etc. are a response to the lack of insight and loneliness.

Loneliness is a great societal issue. It is endemic in our society. Loneliness draws us destructively into ourselves, whereas solitude releases us positively into the world.

Mice exposed to two hours of silence per day developed new cells in the hippocampus, a region of the brain associated with memory, emotion and learning.



Solitude is a settling time, a time for us to confront ourselves, to listen for the whispers in our lives that are masked by the shouts of others and our own loud voices. In solitude we confront the emptiness of silence as we listen for the whispers and hear nothing because our inner voices have been muffled by the deafening roar of our often frantic everyday lives. (p. 203)

Solitude is a way for us to get in touch with our spiritual selves, to touch our souls. In solitude we discover our personal truths, more profound than all the great truths of the experts. (p. 203)

In solitude we get in touch with ourselves, who we are, what we believe, and what we value. Palmer (1983) says, **“If knowledge allows us to receive the world as it is, solitude allows us to receive ourselves as we are”** (p. 121). (p. 203)

Experiencing solitude can be frightening, especially for people who seldom do. Sometimes, in the depths of solitude, we are bored and we wish that someone, anyone, would talk to us. At other times we are profoundly afraid and disappointed because we do not like the self we find. (p. 203-204)

But solitude is not enough. We also need community, the presence of others to learn. The offhand comment, the wordless expression, and the quick rebuttal give feedback on our ideas. Even if our immediate reaction is defensive and our feelings are negative, we can learn. Other people provide mirrors for us. In these mirrors we see ourselves. It is easy to dismiss our mirrors, particularly those that reflect what we perceive as negatives. We must learn to accept the reflection and try to see and hear, even if our immediate impulse is to reject the image. (p. 204)

Snippets from J. W. Apps, (1994). *Leadership for the Emerging Age: Transforming Practice in Adult and Continuing Education*. San Francisco: Jossey-Bass.

Time spent in
holy solitude can
silence the noisy
world ever at
work in our
minds.

-Nan Merrill

*Silence is the language God speaks
and everything else is a bad translation.*
— Thomas Keating

*Silence is the language of God;
it is also the language of the heart.*
— Dag Hammarskjöld

*Real action is done
in moments of silence.* — Emerson

Adult Education

*Bible & Bagels
is taking a break for the summer.
We will resume in the fall.*

*“All of humanity's
problems stem from
man's inability to sit
quietly in a room
alone.”*

*-Blaise Pascal, in his work
Pensée -*

*Lectionary Scholars
is taking a summer break,
They will resume Wednesday,
September 13th, at 11:00 a.m.*

*The topic will be
“Mere Christianity”
by C. S. Lewis*

RECENT ATTENDANCE

| | | | | | | |
|----------|-----------|----|------------|----|-----------------|---|
| April 30 | 8:00 a.m. | 26 | 10:30 a.m. | 54 | Wed.—10 a.m. | 7 |
| May 7 | 8:00 a.m. | 23 | 10:30 a.m. | 54 | Wed.—10 a.m. | 8 |
| May 14 | 8:00 a.m. | | 10:30 a.m. | 53 | No Wed. Worship | |
| May 21 | 8:00 a.m. | 21 | 10:30 a.m. | 58 | No Wed. Worship | |

Fellowship

“50 Shades of Grace” Women’s Social Fellowship Thursday, June 1st

All women are invited to take a few hours and treat themselves to an evening out with other women. “50 Shades of Grace” will have dinner on Thursday, June 1st at 7:30 p.m. at Crimson American Saloon on South Queen Street. Everyone is invited and church membership is not required. Bring a friend. RSVP by May 31st so I can reserve a table for us. Let me know if you need a ride.

“50 Shades of Grace” is a purely fun social group for women that meet the first of each month, regardless of the day on which it falls. The July 1st activity will be decided by the June attendees.

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I've recently gotten hooked on the PBS show "Home Fires" about the Women's Institute in England during World War II. So I read the history book by Julie Summers on which the TV series is based (which is in the York County library). The WI gave women in rural villages (who led extremely hard-working lives) social interaction with other women once a month. And then they did amazing things on top of their regular workloads to support their country during the war.

But what struck me most reading this book is the similarity of the WI and our St. Andrew's group of women, the “50 Shades of Grace.”

One woman wrote, the WI "had a feeling of extended family for me." The social and emotional support; the things they learned; the news they shared; the way they helped each other when needed. Our “Shady Ladies” have ALL that. We bring together women of any age. We join 8 o'clockers and 10:30 service goers. We enjoy a variety of activities.

As a WI member wrote: "You get drawn into it and that makes you want to encourage others to join. There is nothing you can tell a non-member to make her join. She has to appreciate what it can be, what it can mean to her, what it can do for her."

Lynne Kearnan

(717) 845-2087

Email: l_kearnan@hotmail.com

Outreach News

Birthday Church Offering – May United Thank Offering

Your gifts totaled \$155.00
Thank you for your generosity!

Birthday Church Offering – June House of Hope

Your gifts will be received Sunday, June 4th.

The purpose of the Birthday Church is to supplement or support various identified ministry needs in the diocese, our community and congregation.

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St. Andrew's Men's Club continues to sponsor the **All Pro Dad's Breakfast for Phineas Davis School**. Thirty-six youth and their male role model were served in May. The final breakfast for this school year will be Thursday, June 1st.

All Pro Dad's Breakfast is a simple idea with a profound impact. This breakfast, served in the Great Hall once each month September through June, is held before school creating an opportunity for children and their male role model to meet with others. During this time, they discuss a wide range of family topics, spend time together, create fun memories, and are equipped with resources to strengthen their relationship. The theme for June's breakfast is "Summer Renewal."

For more information, or if you are interested in helping with this outreach project, please contact Dan Rooney via email danrooney33@msn.com or phone 817-0530.

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Phineas Davis Backpack Outreach



St. Andrew's has completed the 2nd year of the backpack program at Phineas Davis. This year we delivered the backpacks to the classrooms with the help of students from grades 5, 7 & 8. This worked out to be a much better system. The volunteers this year were Harry Snell III, Deanna Garrett and me.

Joan Zanzinger

Bits & Pieces

A **CARINGBRIDGE WEBSITE** was created for Donna Peterson. This online space will be used to share health news, and you can write messages of encouragement in return. Please register with this free nonprofit service, then visit and follow the site to keep updated and show your support.

Visit:

Site Link: www.caringbridge.org/visit/donnacpeterson

Site Name: donnacpeterson



Should you have any changes in your address, email or phone numbers, please call the parish office (843-3868) or email Paula at secretary@standrewsyork.org.

We like to have our records as current as possible.

Parish Directory Updates

Telephone Updates

Donna Peterson

Remove home phone.

Dave Strausbaugh

Cell: 717-578-7539

Address Update

Henry Stambaugh

1404 Third Ave

York PA 17403

Remove

Jose & Jenni Per Otero

Dear St. Andrew's Congregation & Staff,

Thank you so much for your generous donations to Davis K-8's Bearcat Den. Your contributions will help countless families in need. We greatly appreciate your generosity.



©www.ClipProject.info

Sincerely,

Cristina Lutz

School Social Worker

Are We Chanting the FOMO Mantra?

Via [Eric Klein](#) - on May 26, 2016



What is FOMO?

FOMO is an acronym for “fear of missing out.”

It’s a state of mind that has become pervasive in this age of social media and instant access. So pervasive, in fact, that the acronym FOMO was added to the Oxford English Dictionary in 2013.

So, how does FOMO operate in daily life?

Let’s imagine that we’re eating a salad.

We’re enjoying it, but then we glance at our Instagram or Facebook feed. And there it is: a more perfect salad.

A salad that was hand-washed by chanting monks, anointed in holy oil and dusted with longevity-enhancing herbs gathered in the rainforest. A salad that someone else is eating. And we’re not.

We chew our pathetic lettuce.

We can barely choke it down. Our throat is constricted with grief, envy and hopelessness. Everything about our salad reminds us of how small our life is. How much we’re missing.

Welcome to FOMO-mind.

FOMO-mind doesn’t just ruin our dinner; it makes every experience a disappointment. FOMO-mind erases the present moment and replaces it with images—fantasies—of what we’re missing, how we’re lacking, and why we’re less than.

Even the world of spiritual practice is not exempt from FOMO-mind.

One of the amazing blessings of our time is that we have access, as never before in history, to sacred teachings.

With the click of a mouse, we can download texts and teachings that, for centuries, were only available to those few seekers able to leave their lives behind and enter ashrams, monasteries and full-time spiritual practice.

Not anymore.

We don’t have to climb mountains.

We can listen to the most esoteric teachings without getting up off the couch. We can hear mediations and dharma talks, and take yoga classes whenever and wherever we choose.

This access to spiritual teachings is an amazing blessing. And it presents a unique challenge—particularly in this age of FOMO.

When we’re lost in FOMO-mind, we can’t settle down.

We can’t settle into a practice and deepen our experience when we’re chanting the FOMO mantra, “What am I missing? What am I missing?”

The FOMO mantra reinforces a sense of dissatisfaction and disappointment, which *distracts us from the blessing of our present moment experience*—whether we’re chewing on a salad or meditating on a sutra.

It keeps us clicking.

Clicking from talk to talk. From workshop to workshop. From practice to practice.

Here’s how folks described FOMO in the Wisdom Heart survey:

I get distracted... start on one path, then oops there's another path, that feels right, oh, here's one that's interesting, hmmm.

I have access to a lot of meditations, so I sometimes do one and sometimes another. Does that make it harder to progress?

Hmmmm, indeed. Feel the power of FOMO?

Feel how skipping and clicking from practice to practice intensifies the experience of dissatisfaction?

How can we focus and go deep when we're chanting the mantra of distraction?

We can't. FOMO isn't designed for focus, depth or fulfillment.

And yet, FOMO brings a blessing.

What's the blessing of FOMO?

Hidden beneath the twitchy, superficial sense of "What am I missing?" is a deeper longing, an authentic dissatisfaction.

There is something real that our soul is seeking. There is something authentic that has caused us to collect all those spiritual books, courses, programs, workshops. It's that true longing that we're here, in this life, to satisfy.

But, FOMO doesn't allow us to feel that authentic dissatisfaction.

It doesn't let us settle in. To scratch our soul's real itch. To go deeper.

FOMO keeps us bouncing on the surface, so we can't experience the true and necessary discomfort that is part of the awakening process.

Yes, there is a true and necessary discomfort that cannot be avoided. As Viktor Frankl has written, "What is to give light must endure burning."

There is a burning dimension to the path.

FOMO-mind doesn't appreciate burning. When things heat up, it clicks away. But, that clicking away never satisfies.

There's a burning that arises when we heed and follow the call of our soul.

Everything heats up as we move more deeply into our life.

Our mind, emotions, body, relationships—everything becomes part of the fire. Everything is burning.

In the ancient language of Yoga, this fire is called *tapas*. It's the fire that accompanies times of transformation as we more fully embody authenticity, aliveness and awareness in our life.

The fire is not to be avoided.

The fire is there to teach us, purify us and transform us.

For the teaching, purifying and transforming to unfold, we can't click away.

Don't click away. Instead, be still. Open. Keep breathing.

Here's the practice: *Assent to the fire, and let it do the work.*

That's enough.

You don't have to do the transforming.

You can't.

You—the *conditioned* you—only knows the FOMO mantra in all its self-limiting forms.

As you settle down, the FOMO mantra may grow louder.

Just notice that. This is part of the process. You don't have to fix it.

The fire of awareness does all the work. Your role is to stay present. To allow that which is being burned up to do so.

What's burned up in the fire?

Outmoded self-images. Ways of imagining who and what you are, which includes ideas about what you're missing.

And as these self-images dissolve away, the fire reveals deeper teachings: *you are not your self-images*. You are not the ideas, projections, hopes or fears you have had about yourself.

Settle down. Open.

Listen to the fire that's burning, calling, whispering in your heart: *you can't miss out*.

NOTE: This is reflective of the image I like to suggest — that we need to re-discover stillness in order to feed and enhance our spiritual lives. Did not Jesus “get away” from others to be still and feed his soul?

—*David*†

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Dear Friends,

I would like to announce my resignation from my position as secretary at St. Andrew's Episcopal Church effective June 30, 2017.

After much prayer and consideration, I have decided it is time for me to retire.

It has been my joy to serve this parish and I feel blessed to have worked with David. Together, we accomplished the tasks and had fun in the process.

I will always treasure my time at St. Andrew's. I have learned many things, made many friends, and have created many memories that will stay with me forever. I will not be leaving the area, so hopefully our paths will cross again.

*Sincerely,
Paula*

June Birthdays

If your birthday is not listed, please call the parish office.

01 - Pamela Barse
01 - Lisa Drusedum
02 - Robert Wallace
03 - Ralph Myers
04 - Greg Sipe
06 - Nancy Bush
06 - Max Francis
06 - David Robson
06 - Madelyn Strausbaugh
10 - Matthew Bracher
10 - James Clark, II
13 - Victoria Clark
13 - Bert Myers
14 - Jennifer Fimiani
15 - Ridge Prettyman
16 - Christopher Breault
17 - Brody Newcomer
19 - Melissa Copenhaver
19 - David Sipe
25 - June Zerbe
26 - Olivia Gottsch
26 - Madison Kraut
28 - Anna Rice
28 - J. Westley Heinle
29 - Jack Ferguson
30 - Fred Stevenson

June Anniversaries

If your anniversary is not listed, please call the parish office.

03 - Charles & Noel Kraut
06 - Bill & Rosemarie Drusedum
11 - Joseph & Lisa Gandy
11 - Jack & Darlene Ferguson
16 - Timothy & Leigh Dalton
20 - Frank & Rosalie Youkers
22 - Sallie & Stephen Francis
26 - Tim & Anne Mackin
27 - Pamela & James Copenhaver

NET X WORK

A newsletter by and for the St. Andrew's community

Editors

Paula Beever
Nancy Bush

Contributors

Paula Beever
Bill Drusedum
Lynne Kearnan
Susan Reardon
David Robson
Dan Rooney
Mary Jane Watt
Joan Zanzinger

The Rt. Rev. Audrey C. Scanlan Bishop Diocese of Central Pennsylvania

Diocesan Mission Statement

We are partners in Christ with the love
of God on our lips
and in our lives.

Diocesan Web Site
www.diocesecpa.org

ST. ANDREW'S EPISCOPAL CHURCH

the Rev. Canon Dr. David J.
Robson, *Rector*
the Rev. Frederic G. Stevenson
Assistant Priest
Philip T. D. Cooper
Organist/Choir Master
Lee Ann Reardon
*Director of Children & Youth
Ministries*
Lee Ann Reardon
Nursery Attendant
Gregory Sipe, *Sexton*
Harry Snell III, *Senior Warden*
Chris Miltsch, *Junior Warden*
Susan Reardon, *Clerk of Vestry*
David Strausbaugh, *Treasurer*
Lauren Vanaman
Financial Secretary
Paula Beever
Parish Secretary

Vestry Members

Dave Garrett
Chris Miltsch
Eileen Sullivan
Kathleen O'Malley
Susan Reardon
Harry Snell, III
Gerry Davis
Alyce Peiffer
Bert Myers

*Peace is joy at rest.
Joy is peace on its feet.
- Anne Lamott*

NOTICE: Bulletin Deadline
Each week is Wednesday – 12 noon

Deadlines for the NET X WORK

June 15th for July newsletter
July 15th for August newsletter

Please mark your calendars
and be respectful of these deadlines.

**CHECK OUT OUR
WEBPAGE!
LIKE US ON
FACEBOOK!**

St. Andrew's Mission Statement

*It is our purpose to serve Christ and
his people through
faithful worship, study, ministry, and
mission,
so as to reflect God's love for all.*