



# Spirit in Motion

Parish Newsletter  
A Community of Hope Congregation

St. Bartholomew  
Episcopal Church

March 2010



Kenny Reichert (left) demonstrates the sealing device to Thay Wah (right) at the Help for Haiti food packing event. See p. 5 for related article.



Thank you to everyone who helped with the Ashtyn's Hope/Canavan Fund Spaghetti Dinner fundraiser! Approx. \$500 was raised!



This colorful display of post-its and posters was the result of the hard work of vestry & leadership at the recent retreat. See p. 2 for related article.



The ashes for this year's Ash Wednesday were prepared by Sunday's Christian Formation classes.



A gloomy day didn't prevent Jim Brand and Dave Bergles from hanging the purple cloth on the outdoor cross. Thanks to Dave & Dianna Stuckslager and Jan Watter for collaborating on making the cloth.

## See p. 6 for our Holy Week & Easter Schedule!

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## News & Notes

### Easter Egg Hunt

Once again, St. Bartholomew's Parish Life ministry will host an Easter Egg Hunt between the 8:30 and 11:00 services on Easter Sunday, April 4. You can help by donating leftover plastic eggs (the kind that open in the middle) and placing them in the labeled box near the Communication Center. Help is also needed stuffing the eggs. That will be done following the Maundy Thursday service (April 1, service at 7:00 p.m.). If you have any questions, please contact Ilse Frayer.

### Got Silverware?

Occasionally when we have larger events that include food/meals, we run out of silverware. If anyone has any gently used stainless steel sets of silverware, please drop them off in the kitchen. If you'd like a donation letter, leave a note in the office basket with your name and that you've made a donation. Thanks.

### Altar Guild/Sacristy Project

The Altar Guild is a group of wonderful people who give time, talent and treasure through their work in preparing the altar, etc. for worship. The growth of Children's Christian Ed. has meant the need to use the current sacristy as classroom space. The sacristy is a crowded area!

A new sacristy is planned for the area of the All Saints' Chapel. The new sacristy would hold all the items needed to be used in worship. The plan is to have more cabinets, a large sink and washing machine and dryer. The new sacristy will help the important work of the Altar Guild while helping solve some of our "growing pains". If you have any questions, please contact Kathy Diel, head of the Altar Guild, or Fr. Tom.

### Men's Group/Kitchen Project

The Men's Group has plans in the works for upgrading the kitchen. The need for kitchen renovations are driven by capacity and condition. The need for increased capacity is for larger scale cooking operations preparing for larger group functions and/or fundraisers. The scorched countertop and deteriorated cabinetry could and should be replaced when the larger cooktop and vent hood is installed. Stay tuned!

### Food Pantry

The Pewaukee Food Pantry would again like to thank everyone for their contributions toward the pantry items of the month. These donations have been a great help in stocking the pantry with much needed items. Watch for info. In the This Week and/or on the Communication Center for March's items.

### A Thank you from Fr. Andrew

As you know, HIV/AIDS is a big issue in the continent of Africa, and other places outside the continent. Holding our hands together, we can win the battle against this deadly disease.

I write to extend my gratitude to you all for the timely support you gave to the Malawi HIV/AIDS ministry last year through the wooden carvings bought. The big chunk of the money which was raised, went towards a program (we are doing) called, "Feed the People with HIV/AIDS," and a small amount was for administrative costs. The other programs we do involve the Orphans and Vulnerable children, the Youth, Churches and the elderly.

With the support, we managed to feed 25 people living with HIV/AIDS (PLWHAs). It touched my heart to see that among the beneficiaries were children aged not more than 10 years... some of these are also Orphans: Lord have mercy. Thank you all for helping prolonging the lives of our brothers and sisters.

May God bless us all as we pray for one another. Pray that we will get reliable transportation for the efficient operations of the Ministry. If you may need more info, please contact me on 262 646 6542 or write me an e-mail.

Mtendere (Peace), Fr. Andrew+

### Vestry Task Force

Did you know that St. Bartholomew has its very own task force? First, let's get an understanding of what a task force is. A task force is a unit or formation established to work on a single defined task or activity. While our task force was originally formed for a specific job, we quickly saw the value of this small group and expanded its role. But names have a way of sticking, so ours still applies.

After a series of self-evaluation meetings, the vestry authorized this task force to develop vestry leadership and organizational skills. Our goals are:

- To model healthy, principal-centered behavior
- To make suggestions regarding organizational concepts, people, and planning
- To provide support to the Vestry and individual vestry members.

The task force continues to be an active presence as vestry members strive to engage parishioners in the issues and dynamics of our growing suburban parish.

**Continued on p. 5...**



## Pastor's Pen

Early in March, Beth and I will visit sites important to the Christian faith located throughout modern day Turkey. The tour we are participating with is called a FAM or familiarization tour, offered to clergy and educators to equip and prepare them in leading others who would like to also tour these famous sites. Out of this experience, our intention is to lead a group in February 2011 through modern day Greece and Turkey, following in the footsteps of the apostle Paul.

Last May we took a group on a similar trip to Israel and the Holy Land. This experience helped open many of the stories of the Bible to deeper and more personal understandings. It has been interesting to see how this has not only been of benefit to those who were able to participate in the trip, but how their experience has helped open awareness and conversation for others throughout this community. I have noticed this happening in everything from conversations about the weekly Scripture readings, to sermon comments and most recently with the series that was presented on the Dead Sea Scrolls.

Keep your eyes out for an on-going series of programs we will be offering on the Apostle Paul and why Christians have ventured to these sites for the last 2,000 years.

In God's Peace, Fr. Tom

**Our journey will begin in Istanbul (Constantinople):** Byzantium town, founded by the Greeks around 600 b.c.e was renamed Constantinople after it became the capital of the Eastern Roman Empire under the emperor Constantine. In 1453, conquered by the Ottoman's, the city was again renamed "Istanbul" and made capital of the Ottoman Empire." Hagia Sophia (St. Sophia - Church of the Holy Wisdom ) is a dominant feature of the history and image of this ancient city. Other sites will include:

**Pamukkale:** Laodicea, about which is said: "I know all your ways, you are neither hot nor cold. How I wish you were either hot or cold! But because you are lukewarm, neither hot nor cold, I will spit you out of my mouth" (Revelation 3:15-17).

**Ephesus:** where St. Paul taught for two years (Acts 19: 10), and where he promised on his second journey, "I shall come back to you if it is God's will" (Acts 18:21).

**Pergamum:** The Acropolis, including the Altar of Zeus, which is said to be "the place where Satan has his throne" (Revelation 2: 13).

**Assos:** Ancient city from where Paul is said to have walked on his third journey (Acts 20: 13-14), and is said to have visited at least twice, first when he and Timothy had wanted to go in to Bythnia but were prevented by the Holy Spirit (Acts 16:8) and then on his way to Jerusalem, when he preached 12 hours without stopping (Acts 20: 11).

**Nicea:** Site where the 1st and 7th Ecumenical Councils were held.

**Cappadocia.** The first Christians escaped from the persecution of the Roman Empire in the 2nd century B.C. by living in the underground cities of Cappadocia have been hidden in these prehistoric underground cities. Also known as the "Land of the Three Saints" because of three remarkable theologians who are still collectively known as **The Cappadocians:** St. Basil the Great, his brother St. Gregory of Nyssa, and St. Gregory of Nazianzus..

**Philippi:** At the Gangitis River, Paul met a group of women to whom he preached the gospel. One of the woman was Lydia, a merchant of purple cloth -- Acts 16: 10-15.

**Thessaloniki:** Paul's letters to the "Thessalonians."

**Meteora Monasteries** - Meteora (hanging in the air). In the 800's AD Christian hermits arrived in this

region, initially occupying caves at the bases of huge natural spires and later building entire monasteries atop them (1300's).

**Delphi** - Delphi is the most famous cult site of the ancient world. The Temple Of Apollo is the central structure, containing the sanctuary of the oracles.

**Corinth:** Paul's letters to the "Corinthians."

**Athens.** Including the Acropolis and Mars Hill.

### Other Sites invaluable to understanding the history and context of this region:

- o The Intercontinental Bosphorus Bridge.
- o The crossing of Izmit Bay by ferry to visit Iznik.
- o Asklepium Sanctuary dedicated to Asclepius, who to the ancient Greeks was the God of Medicine. A son of Apollo, he was given the healing gift after his mother died at his birth. Dates of the 4th century B.C.
- o The Acropolis, including the Altar of Zeus, which is said to be "the place where Satan has his throne" (Revelation 2: 13).
- o The Trojan Temple - the world's steepest theater.
- o Topkapi Palace, imperial residence of the Sultans.
- o The Blue Mosque, famous for its six minarets as well as its interior blue tiles.
- o The Byzantine Hippodrome, where the chariot races were held.
- o The natural citadel of Uchisar with a panoramic view of the region.
- o The Zelve Valley.
- o The remains of the ancient city of Troy



MARY MAUER, RN

Yoga – Is it for me?

“Dear friend, I pray that you may enjoy good health. . .” 3 John 2

At the Health Ministry 2010 Wholistic Spa Day Kick-off last October many experienced and enjoyed yoga. Yoga is not only the world’s most ancient exercise-based health regimen; it is also the first non-Western alternative therapy to gain popularity in the United States. Yoga master Swami Vivekananda first demonstrated his amazing flexibility at the 1893 Chicago World’s Fair. Since then, yoga has become as American as the YMCA, which sponsors hundreds of yoga classes around the country.<sup>1</sup>

The word, *yoga*, comes from the Sanskrit *yuga*, meaning “to join.” It refers to the joining of the body, mind, and spirit in a disciplined union. To appreciate what yoga is, you should know what yoga is *not*. It’s not a religion, though it developed from Hinduism. It’s not calisthenics, though it works muscles and joints as well as – or better than – most other forms of exercise. And it’s not meditation, though its slow pace, deep breathing, and focus on the moment open a door to meditative relaxation. Yoga does not cure illnesses.

The basic principles of yoga are: proper exercise, proper breathing, proper nutrition, proper relaxation, and proper thinking.<sup>2</sup> Yoga has frequently been presented as a gentle exercise and relaxation therapy. It is used for stress management. Yoga is to be used in conjunction with conventional therapies for the improvement of different health issues.

Clinical research shows that yoga can improve physical fitness. Studies have shown that yoga can reduce stress and help relieve chronic pain. An important point to keep in mind when evaluating these studies is that the benefits came only with sustained, regular practice.<sup>3</sup>

The spiritual dimensions of yoga must be kept in mind. People who start yoga as a form of exercise may

find themselves exposed to its religious teachings, so it is important to explore the background of the instructor. There are many Christian yoga instructors that can teach its physical and emotional benefits, without the Eastern religious influences. Contact your doctor before beginning a new exercise regime.

Where can I learn how to do yoga? There are a variety of classes available in the Pewaukee area to learn yoga. If you would like to try West Wood Health and Fitness Center, please contact Mary, our Parish Nurse for a free 7-consecutive day pass. Yoga classes through health clubs are available on-line through [www.healthclubdirectory.com](http://www.healthclubdirectory.com). If you are willing to share an email address, you may choose to use [www.yogaclasssearch.com](http://www.yogaclasssearch.com). Shop around. Many places provide a free day pass or free class for beginners.

*Heavenly Father, You created in Your image,  
with a body, mind and spirit.*

*Help me to make healthy choices to keep my body  
in the best possible shape.*

*Guide me in the ways in which to enhance my health  
so that I may serve You more fully.*

*In Jesus’ most Holy Name, Amen.*

<sup>1</sup>Blended Medicine: Combining Mainstream and Alternative Therapies, Michael Castleman, 2000.

<sup>2</sup>Gentle Yoga: A Guide to Gentle Exercise, Lorna Bell, R.N., and Eudora Seyfer, 1987.

<sup>3</sup>Alternative Medicine: The Christian Handbook, Donal O’Mathuna, Ph.D., and Walt Larimore, M.D., 2001.

**MARK YOU CALENDARS**

**March 17, 11:30 a.m. Senior Luncheon:** All seniors are welcome to our monthly Senior Luncheon. The March theme is, well, look at the date! St. Patrick’s Day! Contact Mary Mauer if you have any questions and RSVP to the office.

**April 23 Spirituality in Aging Conference:** Presented by the Elder Ministries Committee of the Episcopal Diocese of Milwaukee on APRIL 23 at Country Springs Hotel. For more info. or to register, call 262.754.0525 or visit [www.spiritualityinaging.org](http://www.spiritualityinaging.org).

**April 24, 9:00 a.m. - 2:00 p.m. Community of Hope Retreat:** This spring retreat will feature Dr. Helen Appleberg, founder of Community of Hope. Watch for more details soon.

## YOUTH GROUP

The youth group along with the refugee ministry helped "Feed the Children" last month. (see photos on cover) It was a great time meeting the needs of so many without right now in Haiti. We packaged thousands of servings of food to prevent some of the starvation and rations of food in this decimated country. Also donated was a monetary donation, some from participants as well as an awesome donation from an anonymous donor. Thank you all for your support and service.

As you all may know this year's mission trip is going to be to Guatemala. We will be serving at the Agua Viva Children's Home in Chimaltenango which is outside of Guatemala City. We are currently reserving 40 airline tickets, half of which will cover the youth portion of the mission, and the remaining tickets are reserved for the adult portion of this mission trip. Yes it is open to the greater community to help come and serve as well. The youth will be on their own mission and the adults on their own as well, all within the same facility. It will be a life

changing experience not only for those we serve, but for those serving as well. We have put a large billboard up in the parish hall for all to see. On it is a sign up sheet if you wish to take this opportunity and experience mission work in Guatemala. If you have any questions as far as cost, the facility, or any other matter please contact one of the youth leaders below. Please also go on the web to [aguavivahome.org](http://aguavivahome.org) to see what is in store for us ahead.

We as a whole (the youth group) would like to thank all who have supported this program over the years whether it be monetarily, working the Bradley Center, or working the program itself, and all who prayed for its success over the years.

In closing we would also like to extend our welcome to any high school student that might be looking to hang, study and mission with this great group of students. It will help determine "the person God has created you to be."

Leadership: Paul O'Connor, Kim Killian, Matt Stock

### Continued from p. 2...

The task force members are Terry Bucheger, Barb Lentz and Jan Watter. Each person on the task force brings a different skill set to the table but we have one thing in common – a strong passion to work hard to help St. Bartholomew grow.

Since its inception, the task force has done a number of things. Our first initiative was to meet with each vestry member to help them answer five questions about their ministry area:

What is your mission?

Describe your work.

Who benefits from your work?

How do you define success and what does it mean to do a good job?

How does your work align with the Great Commission and the Mission of St. Bartholomew?

We presented the information we received and a number of recommendations to the vestry members at the 2009 Leadership Retreat. We also assigned a number of team-building tasks. The purpose of building a team for each

ministry area is that many things cannot be accomplished by people working individually. Collaboration between team members allows for better communication within an organization. It is a way of coordinating different ideas from different people.

Throughout the year the task force has "checked in" with vestry members to see how they were progressing with their team building tasks and to provide mentoring or coaching where needed. Additionally, the task force has presented regular updates of its activities to the vestry and sought vestry feedback in an attempt to model healthy, principal-centered leadership behavior. The intent of these activities is to focus on means of improvement, rather than reasons why something was not done. The emphasis is on celebrating the successes and resolving the challenges.

As we go into 2010, the task force kicked off the year by planning the Annual Leadership Retreat that took place in February. The theme for the retreat was "Making Connections to Make Disciples". The activities of the retreat centered around team-building, working together to achieve common goals and sharing ideas. Look for a more detailed description of the retreat activities in the new issue of the newsletter.

### March Birthdays

Dave Schmidt, Stanton Raasch, Mary Schaefer, MaryAnn Bussey, Fr. Tom Papazoglakis, Ryan Knuese, Kevin Stock, Peter Will, Sarah Salinas, Katie Salinas, Wilma Price, Shannon Brown

Kyle Carr, Rachel Knuese

Kris Stock, Bryan O'Carroll, Joe Hameister, Kelly O'Connor, Kaitlyn O'Carroll, April Kronshage, Katie Seymour, Pam Close, Jan Watter

### March Anniversaries

3/7 - Bill & Jackie Rheingans

3/19 - Jim & Wilma Price

To be added to the Birthday and/or Anniversary list, or to make corrections please contact the parish office at 262-691-0836 or [parishadministrator@stbartspewaukee.com](mailto:parishadministrator@stbartspewaukee.com)

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**SERVICE SCHEDULE:**

**SUNDAY**

**8:30 a.m. Holy Communion Service  
(Organ and Choir)**

**11:00 a.m. Holy Communion Service  
(Praise Band)**

**SATURDAY**

**5:00 p.m. Holy Communion Service**

**We're on the web!**

**www.stbartspewaukee.com**

**Join us for Holy Week & Easter!**

**March 27 & 28**

**Palm Sunday**

**Saturday, March 27 5:00 p.m.** Liturgy of the Palms and Holy Communion Service

**Sunday, March 28 8:30 a.m. & 11:00 a.m.** Liturgy of the Palms and regular Sunday services

**March 29**

**Seder Dinner**

**6:30 p.m.** Join us for a Seder dinner. \$15 per person. Contact Mark Batory for more info.

**April 1**

**Holy Thursday**

**7:00 p.m.** - Maundy Thursday Holy Eucharist, Stripping of the Altar

**8:00 p.m. - 6:00 a.m.** Prayer Watch in the Chapel: Sign up sheet is located on the Comm. Center for one hour shifts.

**April 2**

**Good Friday**

**5:30 p.m.** - Stations of the Cross

**6:00 p.m.** - Hot Cross Buns: Hot Cross buns have long been a symbol of Good Friday. Each bun has an icing cross on top to signify the crucifixion.

**7:00 p.m.** - Liturgy of Good Friday & Reserve Sacrament Communion

**April 3**

**Holy Saturday & Easter Vigil**

**9:00 a.m.** - Liturgy for Holy Saturday

**8:00 p.m.** The Great Vigil of Easter (in lieu of 5:00 p.m. service)

**April 4**

**Easter**

**8:30 a.m.** Easter Liturgy, Holy Communion Service with Organ & Choir; nursery available

**Easter Egg Hunt between services!**

**11:00 a.m.** Easter Liturgy, Holy Communion Service with Praise Band; nursery available