

The AGAPE Newsletter

January 2012

Vol. 6, No 1



Thank you to all who helped with and contributed to the Christmas Giving Tree this year. This Christmas, you helped 24 different families from the Workers Defense Project to

have food, electricity, and children's presents for the holidays. These are families suffering because of unfair employer practices like wage withholding, benefit denial, and workmen's compensation denial, and your contributions helped to make Christmas easier and happier for them. Gifts were given to 78 children (22 more than last year). Electric payments of \$50 and grocery cards for \$40 were given to 9 families who might not have had power and food for the holidays otherwise. And, \$60 grocery cards were given to 15 families.

Thanks to all who brought gifts for the children.

Thanks to all who donated to provide these families with electricity and groceries.

Thanks to everyone who delivered gifts on the 23rd and 24th.

This year, one family's gifts were delivered to a child at the hospital thanks to a note left by the deliverer and a phone call from a big brother.

Another little girl received a bicycle that was diligently concealed by mother and deliverer to be left by Santa under the tree on Christmas morning.

One mother shed tears of thanks for "giving us Christmas this year."

Your contributions and help make supporting these families during the holidays possible. Thank you to all for your support of the Giving Tree and the Workers Defense Project.

Sermon Series MLK: Radical for Love

Every year Martin Luther King Day becomes a little harder for me as I watch the powers that be remove another part of his prophetic message and attempt to turn him from prophet into cultural icon.

Our next sermon series will look at some of Dr. King's favorite biblical passages and the radical life to which they call us. There may be some change in the order, but topics will include:

"The worship God wants? Let justice roll!"

"The Jericho Road: why charity isn't enough"

"Love is the most powerful force in the universe"

"The importance of being maladjusted"

"Soul Force: Turning the other cheek as revolutionary technique"

"The importance of crossing the line: On not being a guilty bystander"

"America is on the wrong side of a world revolution"

"Living on the mountaintop"

Love, Jim


Thank You

The Staff at St. Andrew's wishes to let you know that they very much appreciated the Christmas Staff gifts you so generously gave us. Thank for the friendships you've extended so open-heartedly and we are looking forward to sharing the new year in your company!

Jim, Ilene, Karen, Donna, David, Diane, Wendy, Marilyn, TJ, Teresa, Rita, Susan and Elena.



1st Sunday
Potluck

1st Sunday Potlucks will begin again in February. Bring something to share and enjoy visiting with new or old friends. We hope to see you right after the 10:45 service on February 5.



Dear Friends,

Holiday gathering time is now mostly behind us. As we enter the New Year there tends to be a seasonal increase in allergies, colds and flu. This increase in illness can be the result of being in close contact with family and friends over the last few weeks. It can also be a result of increased stress and fatigue, or the change in weather along with the rising pollen counts. Many of us seem to become more vulnerable to illness at this time.

Often we want to feel better faster and the question of antibiotic use comes up. Are antibiotics necessary for this illness, will they help and can they be harmful if taken unnecessarily?

Below are some answers that might help you to decide when to take antibiotics:

- Most illnesses are caused by a bacteria or virus. Antibiotics can cure bacterial infection **not viral infections**. Antibiotics are necessary for the bacteria that cause strep throat, pneumonia and sinus infections.
- Antibiotics do not work on the common cold, cough or flu virus. When used on a virus, antibiotics will **NOT** cure the infection, will **NOT** make you feel better and will **NOT** keep others from catching your illness.
- If antibiotics are prescribed for a bacterial infection, take **ALL** of the medicine as prescribed. If you stop taking the medicine prior to completion, you will not be treating the entire infection. This can lead to resistant bacteria. Antibiotic resistant infection is serious and may necessitate a hospital stay to be cured.
- To avoid the threat of antibiotic resistant infection, take antibiotics **ONLY** when necessary.

Remember that when you are sick, antibiotics may not be the answer. Always contact your health care practitioner for consultation for a persistent, cold, flu, or cough. Calling your MD sooner is especially important for very young children, older adults and anyone with a compromised immune system due to other health conditions.

Love and Blessings for Health this New Year, Donna

*a New Year is moving in
just as surely as winter walks along
my God is moving in again....and breathes my life full freshness
Joyce Rupp*



The Hospice documentary, "Except for Six," deals with end-of-life health care as experienced by a patient and his family in their home. We will have a special screening of this film after worship on Sunday, January 15, starting at 12:15 pm.

Supportive information and a time for discussion will follow. Knowledge of end of life care is essential for all families. Join us as we share in the viewing of this inspiring and informative film. Light refreshments will be served.

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Steve Weikal

Clerk of Session
Marilyn Love



Fill Up Your Bucket, Saturday, January 7, from 9 to 10am in the Welcome Room. Start the New Year with an hour devoted to self-care. Join Barbara McCarty and Donna Rutherford to share prayer, music, meditation, and relaxation with friends from our St. Andrew's community. We welcome everyone.



Your Contributions at Work

We hope you noticed that St. Andrew's was a bit more 'shiny and bright' for the Christmas services. Some of our building maintenance funds went into waxing the floors and replacing burned out lights around the building and in the parking lot. Many members of the congregation and staff also pitched in to help make the place more presentable for the members and visitors who came during the holiday season. We are especially pleased that we now have regular maintenance support from Les Lovin, who we have contracted with to take care of those ongoing issues that are a basic part of building ownership – such as replacing air conditioner filters, fixing leaking faucets and undertaking minor repairs. More good things continue to happen – thanks to you!



This year there were so many people who were willing to usher and I want them to know how much they are appreciated. Here is a huge "thank you" to each and every one of you.

Wishing you all peace and happiness in the New Year.

Margaret Tolbert, Usher Coordinator



St. Andrew's
Garden Project

The St Andrew's Garden Group will postpone their meeting for January until January 8, following the 10:45 service. We will continue to meet each Thursday at 8:30am. If people want to work in the gardens but are not able to come at that time, feel free to contact Meredith Lancaster at 921-9725 or

mer_lancaster@juno.com if you want company while you work.

December Session Notes

At the December Session meeting it was voted to have some fundraisers to benefit the Janie Sphar legal defense fund.

1. A Gumbo Cookoff/Competition and dance will be held at St. Andrew's on Saturday, February 18, and all proceeds will benefit the Janie Sphar legal defense fund.

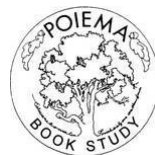
2. A yard sale will be held at St. Andrew's on Saturday, February 4, to cover any expenses required by the cook-off, the balance to benefit the Janie Sphar legal defense.

The coordinator for both events is Craig Headley.



Second Sabbath Sack Lunch and Song Circle: On the second Sunday of 2012 (January 8), TJ Griffin and Matt Hiland will host an

informal song circle following the 10:45 service. Singers and players of all skill levels are invited to bring their voices, instruments, and song books, and join in. There won't be a potluck that day, so if you want lunch, feel free to bring your own.



The Poiema book study will meet on Sunday, January 15, at the home of Jean Fox. We are studying *The Gifts of Imperfection: Let Go of Who You*

Think You're Supposed to Be and Embrace Who You Are, Your Guide to a Wholehearted Life by Brene Brown. We will discuss the Guideposts 6, 7 and 8: Cultivating Creativity, Play and Rest, Calm and Stillness (Letting Go of Comparison, Exhaustion as a Status Symbol, Productivity as Self-Worth, and Anxiety as a Lifestyle). We begin with a meal and fellowship at 5:30 p.m. and start our discussion about 7. All are welcome. It is not necessary to have read all or any of the material. Jean lives at 7215 Geneva Dr. 78723. If you have questions, call her at 512-926-1132 or contact Barbara McCarty at barbaraRMc@austin.rr.com. An offering for the meal goes to St. Andrew's food pantry.



**The Steel Wheels
with Susan Herndon
January 13, 7:30 PM**

The Steel Wheels are truly an Americana band, rooted in musical styles that explore the territories between blues and bluegrass, old-time sing-alongs and foot-stompin' fiddle tunes. They are subtle innovators who respect the past but whistle their own tunes, layering in rich textures and decidedly modern energy to forge a new sound. The band shines exceptionally in their live shows, exhibiting palpable chemistry, energy, and musicianship that inspire comparisons to The Avett Brothers, Old Crow Medicine Show, and The Legendary Shack Shakers. Their last album, *Red Wing*, garnered widespread critics' praise and was met with tremendous success on the radio. 2010 was a breakout year for The Steel Wheels with 5 nominations from the Independent Music Awards and numerous placements on "best of the year" lists. It spent 13 weeks on the Americana Music Association Top 40 radio charts, topping out at #15 as well as cracking the top 10 of the EuroAmericana charts. *Red Wing* ranked #70 of the top 100 Americana albums of 2010 and #2 of all independent releases (Americana Music Association).

The Steel Wheels are currently on their "Down Low Tour," which means that concert attendees get an exclusive opportunity to purchase their new album *Lay Down Lay Low* before anyone else – before it is even pre-released to radio!

Susan Herndon is an Oklahoma-based singer-songwriter whose latest album, the Lloyd Maines-produced *All Fall Down*, is a collection of songs that includes country, pop, blues, rock, reggae, bluegrass, jug-band, a ballad, a poetry-ramble, and a French song. The unifying thread being, "quite simply, she has one of the sweetest and most comforting female voices... of course it doesn't hurt that she's also a gifted songwriter."

Susan will open the show at 7:30 pm, and the Steel Wheels go on at 8 pm.



Sunday with Jim Rigby:

Each Sunday morning at 9:30 a.m., Jim Rigby teaches a lesson that closely relates to that day's sermon. Class meets in the sanctuary.

A Year Through the Bible

(Welcoming Room):

This class looks at how the Bible came to be, with an overview of each book of the Bible. The goal is to become more familiar with all the books of the Bible. You can join in at any point. The class meets in the Welcoming Room in the lobby on January 15. Babs Miller serves as convener.

All the Women of the Bible (Welcoming Room):

All the Women of the Bible (one at a time): So many of the stories we hear from the Bible are about men. Have you ever wondered about the women in the Bible? Peggy Stoll thought it would be fun and interesting to go through the Bible and, one by one, listen to women's stories--voices not always heard. Come and learn more about the Mothers of our faith. The class meets in the Welcoming Room in the lobby on January 8th and 22nd. Class is facilitated by Peggy Stoll.

Across the Threshold, into the Questions:

Discovering Jesus, Finding Self by Ted Voorhees and Caren Goldman (St. Andrews Library):

Across the Threshold, Into the Questions by Caren Goldman and Ted Voorhees is a thought-provoking book. The authors' penetrating open-ended questions are an invitation to interact with the gospel characters in a new and deeper way. Their personal stories show how the age-old tales are relevant today, and their choices of quotations allow the reader to see how people through history have engaged these same questions.

Class is facilitated by Art Rutherford and meets in the St. Andrew's Library weekly through January

All Classes begin at 9:30 am. There will be no Sunday School Classes on January 1.

Progressive
Library Christian
Reading Shelf



The shelf in the library, on the side left of the back wall, is dedicated to progressive Christian books/DVDs/reading materials. Each month we will feature new books and/or DVDs; we certainly welcome your suggestions and donations. (See Linda Rowold.) After they have been highlighted for a period of time the books will be mixed in with others in the library. Reviews are online and also on cards next to the books. The back side of the card is set up for check-out and books go back on the “progressive” shelf when you return them. For January we are featuring:

***Across the Threshold, into the Questions: Discovering Jesus, Finding Self* by Ted Voorhees and Caren Goldman**

From the first words of the first chapter of this thought-provoking book you'll find yourself underlining insightful sentences and scribbling notes about things to think about more deeply. The authors' penetrating open-ended questions are an invitation to interact with the gospel characters in a new and deeper way. Their personal stories show how the age-old tales are relevant today and their choices of quotations illuminate how people throughout history have engaged these same questions. It is excellent for discussion groups.

***The Book of Awakening: Having the Life You Want by Being Present to the Life You Have* by Mark Nepo**

The time when we walk in the shadow of death is, ironically, a time when we feel illuminated by life's true meaning. Poet and philosopher Mark Nepo has firsthand experience with this mystery. During his arduous recovery from cancer, he sought inspiration and guidance that would reflect his growing appreciation of life. Although this daybook is exactly what Nepo longed for as he struggled with a difficult disease, it can be appreciated by all readers. After each entry, Nepo offers a short list of suggestions or questions to help carry the essay into the day.

***Do Something!: A Handbook for Young Activists* by Nancy Lublin**

Here's a fist-in-the-air book for every young activist who wants to do something and change the world. Do Something! takes aim at the next generation of do-gooders. Written in a lively, in-your-face style, designed to be edgy and hip, it's the kind of interactive, educational book every parent will feel good about giving because it shows kids how to get involved, in language they understand. There are 33 action plans, touching on areas such as the environment, human rights, poverty, animal welfare, education, disaster relief—plus worksheets, facts, and outlines to help socially conscious kids create their own projects.



St. Andrew's Meditation Group meets from 6-7pm **Wednesdays** in the upstairs youth room. Meditation can help restore harmony and quiet restless minds, while leading us to deep insights. You may

arrive and leave according to your schedule and needs. If you have questions, contact Yvette Shelton at yshelton@austin.rr.com



Early morning meditation, Kundalini Yoga Style! Wednesday and Friday mornings-- starting promptly at 5am.

Facilitated by Peggy Stoll.