

The AGAPE Newsletter

February 2012

Vol. 6, No 2



In place of the regular 1st Sunday Potluck, on **Feb. 5**, the youth of St. Andrew's

will prepare a Souper Bowl Sunday luncheon for the congregation. There is no fee but donations are welcome.

Each NFL Super Bowl Sunday, many people host parties with abundant food, friendship, and fellowship. At the same time, over 1 billion people around the world go hungry. The Souper Bowl of Caring is a youth-led ecumenical and grassroots movement that unites youth under a single cause: to end hunger.



All committees, established and new, are about to have their first meetings of the year. If you have already agreed to serve on one of the

committees, put **Feb. 12** on your calendar now! If you haven't already agreed to serve, but think you might like to work with one of the committees, put February 12 on your calendar now!

There'll be a **potluck lunch** after worship that day, then all the new committees will be formed. We need lots of folks with different gifts - please join us in the ministry of St. Andrew's Presbyterian Church.



Come join us in the St. Andrew's sanctuary at 7pm on Ash Wednesday, **Feb.**

22. The worship service will be brief and contemplative. Imposition of ashes and/or anointing will be available at the conclusion of the service for anyone who wants to participate in those ancient rites which traditionally mark the beginning of Lent.

A Tale of Two Frogs

(This is a post from my new blog: jimriqby.org)

There is an old preacher's story about two frogs who fell into a vat of milk at a dairy. The first frog was very smart and instantly concluded the situation was hopeless. "The walls of the vat are too tall. The dairy workers are off for the weekend, and we can only swim for a few hours." Resigning to his fate, the smart frog relaxed and drowned. The other frog kept pumping her legs. That Monday morning when the dairy workers found her, she was floating on a pad of butter.

When we look at the current situation in the world, it would be easy to play the role of the first frog. Our economy still appears to squeak like an old balloon about to pop. The rich nations block any real progress on climate change, and there is no reason to believe that developing nations will show any more foresight than did we. It is hard to argue with a pessimist these days.

At the same time, out of the margins of the world, a revolution has arisen. Workers with almost no political power, organized to take over their factories. Unschooled farmers have co-operated to build new economies that experts could not imagine in their old models.

I am inspired by the story of the band that continued to play as the Titanic sunk. Those were people who knew what it means to be a human being. We all die. Species die. Planets die. The only question is whether we will be at our post when that day comes. But the irony is that politics are not always logical. We have no idea what will happen as a result of such activism.

It is the best of times, it is the worst of times. As we head into what logic tells us will be our apocalyptic demise, who knows what results might come from individuals living by universal principles and collective action? Like frogs in a vat of milk, we introduce new possibilities when we keep churning.

Love, Jim

Feb. 1, 8, 15, Jim will be leading a noon class at Seton Cove on the pre-Christian roots of Christianity called, "Miracle of the Ordinary". For information call 451-0272 or visit www.setoncove.net/programs/classes/the_miracle_of_the_ordinary.



Dear Friends,

Many of us begin the New Year with the resolution to eat healthier and lose weight. After about a month or so, our resolve can lessen and it gets harder to keep that resolution. If you have diabetes or are at risk for diabetes due to borderline blood sugar or if you have

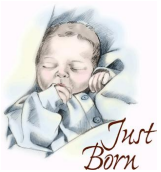
high blood pressure and cholesterol, this combination increases your risk for heart disease. By making dietary changes and losing some weight you can make a difference in your overall health and decrease your risk for heart disease. Here are a few dietary tips that might help:

- **Limit Sodium** – if you are over 50, have diabetes or high blood pressure, the recommended limit is 1500 mg/day. Avoid processed food, take the salt shaker off the table and eat more fruit and vegetables.
- **Know your Fats** – your diet is your key to heart health. Limit saturated fats and trans-fats. Good fats are derived from plants such as olive oil, avocados and nuts. Polyunsaturated fats are found in soybean, safflower, fish and walnuts and are also good for you.
- **Choose Meat Wisely** – Beef and lamb are high in saturated fats. Try to select lean meats such as skinless chicken, turkey, pork. Avoid bacon and sausage. Eat less meat each week and strive to eat fish, whole grains, beans and tofu for protein on most days.
- **Pick the Right Kind of Dairy** – look for low fat cheese, milk and yogurt.
- **Picture your Plate** – half of your plate should be non-starchy vegetables, the remaining plate quarters lean protein and whole grains. Have meat be the side dish not the main event.
- **Cook and Shop With Care** – how you cook your food is important. Grill, sauté, bake. Be sure to measure fats. Know what you need to buy before going to the store. Plan menus ahead and keep it simple and easy.

The more you practice healthy eating habits, the easier it becomes. Involving the entire family can help to make this a lifelong commitment for everyone.

Love and Blessing, Donna

*Our bodies are our gardens, to which our wills are our gardeners.
William Shakespeare*



Janet and Jim Rice are the proud grandparents of Xaver Wilton Rice who was born on Jan. 11, 2012. Parents are Thomas and Joan Rice of Katy, TX. He is probably already wrapped up in a beautiful quilt made by grandmother, Janet.

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Bob Murray
Julie Rocha
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Brian Ward
Steve Weikal

Clerk of Session
Marilyn Love



Fill Up Your Bucket February gathering time will be different from our usual first Saturday. We will meet **Thursday, Feb. 2 at 7 pm**. In March and April we will resume our first

Saturday time slot of Saturday, March 3 and Saturday, April 7. We meet in the Welcome Room from 9 to 10 am.

This is a special hour devoted to self-care. Join Barbara McCarty and Donna Rutherford as we share in this time of relaxation and reflection through prayer, music, meditation and readings. We welcome everyone.

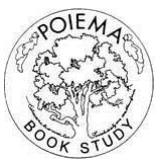


Help is needed on first or second Sundays with fellowship cleanup!!

In order to continue Sunday Fellowship following worship, regular, reliable cleanup volunteers are needed on the 1st and 2nd Sundays of each month. We ask for a 6 months commitment for one Sunday a

month, with renewal option, of course!! (Two volunteers are needed for 1st Sunday, as it is Potluck Day.)

Contact: Martha Rogers at rogers33@swbell.net or note on the worship registration tablet.



The Poiema book study will meet on **Sunday, Feb. 19**, at the home of Jean Fox. We will complete our study of *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 9 and 10: Cultivating Meaningful Work, Laughter, Song, and Dance (Letting Go of Self-Doubt and "Supposed To," Being Cool and "Always in Control"). 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.



New Team Forming
- Library Services

Would you like to be a part of a new team that is forming to broaden the scope of our church library services? The Progressive Christian Books Team, which has been purchasing and putting monthly book selections on display, has determined there is much more that can be done to expand our Library, and invite you to help form a new and different team to continue making purchases of new books and find the best ways to meet the needs of our church family. If interested, contact Art Rutherford or Linda Rowold.



Meditation Group

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



Shawl Ministry

A Note To Members of St. Andrews' Prayer Shawl Ministry: Have you seen all the new yarn?

There are new colors and combinations to get your creative juices running. It would be fun to see some shawls and baby blankets knit or crocheted in stripes, either measured or just randomly placed.

Either way they will clearly add some pizzazz, just the thing to lift low spirits. If you still prefer to use all solid colors by all means use whatever makes you most comfortable but if you are a bit adventurous then help yourself to the color mixes.



Lessons in Living

Looking For Sermons in Print? Look in the church foyer, locate the circular brochure holder near the office window. Copies of Lessons in Living from the pastor's current series, "MLK: Radical for Love," are available for those who might enjoy reading a sermon or sharing them with a friend or prospective member – perhaps someone who is homebound. These are also available on the church's website: staopen.com



Church Yard Sale

Time for a little “Early Spring Cleaning”? We are having a Church Wide Garage Sale, Feb. 4 to raise funds for both the Janie Spahr Legal Fund and the Cajun Gumbo Cook-Off (see related article)

Anyone wishing to be involved can participate in a number of ways:

▶ You can bring your Garage Sale items to the church Friday night, Feb. 3, to set up and sell your goods on Saturday, **Feb. 4, 8 am – 1 pm**. “Sellers” agree to donate part of their proceeds to the church for the causes listed above.

▶ You can bring your items and have the volunteers sell the donated items giving the full proceeds to the church for the causes listed above.

▶ You can volunteer to show up, set up, sell, or clean up.

It’s going to be great fun for a great cause! For information, contact Craig Headley craigheadley@yahoo.com (512-573-5324) or June Oliver at joliver8@austin.rr.com .



Cooks, Cake Makers, Rice Ruffians, Mardi Gras enthusiasts and other assorted participants and by-standers! St. Andrew’s is having a celebration! To honor our friend, Janie Spahr, we are having a Gumbo Cook-Off, **Feb. 18, 6-8:30 pm** here at the church.

Several people have volunteered to compete in a grueling competition to see who can make the best Mardi Gras Gumbo around! It should be quite a festive evening.

Prizes will be given to the best cooks, and also to those who dress up in their best Mardi Gras costumes and beads. There will be music and the chance to visit with each other, as well as meeting with Janie. Janie will be at church the following Sunday morning, but Saturday evening gives us the opportunity to visit with her and each other in a more casual atmosphere.

The dinner is free, but we are open to receive donations that all go toward Janie's Legal Fund. This is both a fundraiser, but more importantly, it is a "Friend-raiser". Any questions or ideas, feel free to contact Craig Headley (craigheadley@yahoo.com) .

* Kudos to Sharon Mock (again!) for volunteering to be in charge of set up and break down for the event. She did great work on the Thanksgiving Dinner and we know this will turn out just as well. Consider, however, volunteering to help with this effort. At last check, Sharon did not have a great number of people signed up to help so far. Although the Ambassador Team is sponsoring this, it IS an "All Church Event" and we want to offer everyone the chance to contribute. Set and clean-up are a great chance to do this. Reach Sharon at her e-mail address: somock@yahoo.com

* June Oliver is working hard to plan and set up the Yard Sale on Feb. 4, 8 am - 1 pm (with set up starting around 7 am) to raise funds for the decorations of the cook-off and any extra funds go towards the Janie Spahr’s Legal Fund. If you have items that can be donated for the sale, want to help the day of the sale, etc. let Craig or June know! Another tremendous effort on June's part! Thanks, June! (joliver8@austin.rr.com)

* Matt Hiland (info@openearsconcerts.com) will be in charge of music for the evening, in whatever form it ends up arriving. This is a tough time of year to get music and help for events like this, and Matt is doing a great job of wrangling what we need for the evening. Make sure you offer to help if this is where your gifts lie.



The One Great Hour of Sharing Offering will be taken up on **Palm Sunday, April 1**. During Lent, starting Feb. 26 there will be Fish Banks for the children to fill.

Donations to One Great Hour of Sharing are shared by Presbyterian Disaster Assistance, Presbyterian Hunger Program, and Self-Development of People. This year's theme is **"Sharing Brings Joy to Others, to God and to Us**. OGHS will be a reminder that through the simple act of sharing, we are blessed and experience God's abundance in surprising ways. Just as we trust our OGHS programs to respond to the needs of the world's poorest and hungriest people, those programs can only do so to the extent of our generosity. So give strong consideration, when making your gift this year.



\$\$ Money Matters \$\$

Pledges for 2012 exceeded our expectations! Thank you for making that a reality. The budget

for 2012 was presented to the Session for their approval on 1/24/2012 and all programs were fully funded as requested. Also, the staff will receive a small pay increase for 2012.

Did you know that most banks and credit unions will make a payment directly to St. Andrew's using Bill Payment services? We get many checks in the mail directly from our donor's banks. It saves time, saves you money (no checks to buy and the bank pays the postage) and is a secure way to insure your donation makes it even if you cannot be here. Check with your bank or credit union to see if they offer this service.

Does your employer offer a company match on your donations? St. Andrew's has received company match donations from Dell through this program. Check with your employer to see if they offer a matching program.

Please let me know if you have questions concerning our finances. I'd be happy to help you understand where your donations go. Peggy Rackley, Treasurer

Ambassador Team Announcements

Faith in Action Event - Save the dates: **April 27 and 28** for a weekend gathering on economic justice and faith. Sessions will outline contributions theology can make to our understanding of social justice and highlight organizing efforts in the community that are putting principles into action. Beginning Friday evening, theologian and social critic Gary Dorrien <http://www.utsnyc.edu/Page.aspx?pid=351> will speak on "Breaking the Oligarchy". Saturday morning will feature, Joerg Rieger, <http://www.joergrieger.com/> professor at Southern Methodist University followed by presentations from the Workers Defense Project and Cooperation Texas. Lunch will wrap up the event with a conversation on faith and justice with Gary Dorrien and Joerg Rieger.

Stay tuned for more details of this event sponsored by University United Methodist Church, St. Andrew's and Third Coast Activist Resource Center.

Thursday, **March 1, 7 pm** at St. James' Episcopal Church, 1941 Webberville Road, Rinku Sen speaks on "Creating Spaces of Belonging: Reflections on Community, Culture and Conflict" Rinku Sen, a national leader in the racial justice movement, will speak on "Creating Spaces of Belonging: Reflections on Community, Culture and Conflict." Sen is president and executive director of the Applied Research Center <http://www.arc.org/> and the publisher of [Colorlines.com](http://colorlines.com). [http://colorlines.com/](http://colorlines.com) She is a columnist at the Huffington Post and a frequent commentator in print and broadcast media.

Sen is the author of *Stir It Up: Lessons in Community Organizing*, a primer on best practices in community organizing; and *The Accidental American*, a book about Moroccan immigrant Fekkak Mamdouh, who co-founded the Restaurant Opportunities Center <http://rocunited.org/> in the aftermath of September 11.

Prior to ARC, she held various leadership roles at the Center for Third World Organizing and was named one of Utne Reader's "50 Visionaries Who Are Changing Your World" in 2008. Sen is a native of India who grew up in the northeastern factory towns and learned to speak English in a two-room schoolhouse.

The suggested \$5 donation at the door (no one turned away for lack of funds) will benefit 5604 Manor, a progressive community center, <http://5604manor.org/>.

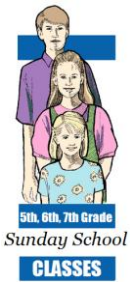
Sponsored by St. James' Episcopal Church, <http://www.stjamesaustin.org/>; St. Andrew's and the University of Texas Division of Diversity and Community Engagement, <http://www.utexas.edu/diversity/index.php> For more information, contact Robert Jensen at (512) 471-1990 or rjensen@uts.cc.utexas.edu.

Session Notes for January

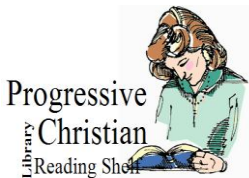
At the Regular Stated Meeting of January 24, the Session approved the Budget for 2012 and called a **Congregational Meeting for Feb. 26** to present the budget to the congregation and for the congregation to approve the pastor's Terms of Call.

Other items included a motion to participate in the One Great Hour of Sharing for 2012 (see related article) and the drafting of a letter to send to General Assembly requesting that they provide adequate room for those who want to attend the trial of Janie Spahr in San Antonio. The trial beings Feb. 17.

At the Feb 28 Stated Session Meeting the Session will be amending the bylaws. If you are interested in seeing the proposed bylaws, copies are available in the office.



The Sunday School class for 5th, 6th and 7th grade students is studying the great stories from Genesis this spring. Come hear these foundational stories and explore what they and other ancient tales may have meant in other times and for us today. We are discussing the stories of creation, Adam and Eve, Noah and the Ark, Sarah and Abraham, Jacob and Esau, Joseph and his brothers and more. Each lesson includes participatory activities. The middle school teaching team of Margie Herbert, Barbara McCarty, Julie Rocha and Patty Stephens welcomes your presence and your input.



The Progressive Christian Books Team has been making monthly book selections, and displaying them on the designated library shelf for the past year. After January, we are looking for interested persons to join a Library Team to continue making new purchases and broaden the scope of library services. Please contact Linda Rowold or Art Rutherford if you would be interested. (see related article)

The following featured books for January will remain on the Progressive Library Shelf through this month. Reviews are 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.

Across the Threshold, into the Questions: Discovering Jesus, Finding Self, Ted Voorhees and Caren Goldman. This 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 illuminate how people throughout history have engaged these same questions.

The Book of Awakening: Having the Life You Want by Being Present to the Life You Have, Mark Nepo This is an inspirational daybook, containing much wisdom. 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, Nancy Lublin

For young activists who want to do something and change the world this book is interactive, educational, and in language they understand. There are 33 action plans, worksheets, facts, and outlines to help socially conscious kids create their own projects.



The Flyin' A's w/Danny Britt, **Friday Feb. 10**. Doors at 6:30, show starts at 7:30 pm. \$10 suggested donation, but no one will be turned away.

Open Ears Concerts is a monthly series that presents established and emerging artists, mainly in acoustic genres such as folk, bluegrass, world, and jazz. Bring a snack to share and enjoy free fair trade coffee in a family-friendly, peaceful, listener-oriented environment.

www.openearsconcerts.com

The Flyin' A's are husband and wife duo Hilary and Stuart Adamson, who play an infectious blend of folk, rock, country, blues, and gospel they call "texified jazz." It will only take a few songs before you are two-stepping, toe tapping, hand clapping, and/or waltzing across the room to the merchandise table to pick up all of their CDs.

Their songs come from the heart, and that's how they live. Their mix of high-energy foot stompers and emotion filled songs speak to listeners. Each audience is filled with new friends they hope to meet at the end of every show. Music helped them both see that we are not solitary beings left to suffer, but that we are all connected as brother and sisters. Music is the voice they use to communicate.

In the last year, The Flyin' A's have been Main Stage performers at Kerrville Folk Festival, sold out of their Christmas album, almost sold out of their second CD "Till They Shut It Down," picked up a sponsorship from Taylor guitars, and been featured in the upcoming documentary film "Folk." Don't miss seeing them before they fly on to bigger and better things.

Having played shows with the likes of Guy Clark, Jerry Jeff Walker, John McCutcheon, Chris Smither, Bruce Robison, Kelly Willis, The Dixie Chicks, and many others, Danny Britt is one of those singer-songwriters who you may not know yet, but your favorite performers probably do. With three full-length releases under his belt, he is quickly gaining notoriety as both a writer and a performer.

Danny will open the show at 7:30 pm, and The Flyin' A's go on at 8:00 pm.

Links:

www.openearsconcerts.com

www.theflyinas.com

www.reddawgmusic.com



On **Feb. 12**, TJ Griffin and Matt Hiland will host an informal song circle following the

committee/team meetings. Singers and players of all skill levels are invited to bring their voices, instruments, and song books, and join in. Since there will be a potluck that day, you don't need to bring a sack lunch.



*St. Andrew's
Garden Project*

Our garden meeting will return to its usual first Sunday of the month following the 10:45 service. That will be **Feb. 5**. We hope to see a crowd! We also want to remind people that we have compost bins at the end of the parking lot near the gardens. Everyone is encouraged to bring their kitchen clippings to add to the pile. Simply look for the bin with the red reflector in it. That is the pile where we are adding produce at the current time. Put your veggies in the bin then cover with leaves or dirt. In a few months your veggies will be the next layer of good, fertile soil we put on our gardens. How easy is that? We do ask that you not add meat or dairy to the piles and, of course, no dog or cat droppings or litter. Egg shells are good but not eggs. We love coffee grounds with their filters. Again, we thank you for helping us with our gardens. For more information contact Meredith at 921-9725 or mer_lancaster@juno.com or ronald.knoll@gmail.com.

SAVE THE DATE!

KiTH N' KiN



CAMP

2012

**ST. ANDREW'S
PRESBYTERIAN CHURCH**

**SUNDAY, JUNE 10 - THURSDAY, JUNE 14
6:15 - 8:30 P.M.**

Visit the Kindom of Kith n' Kin and learn the magic of friendship

Turn invisible treasure into real gifts

Charm a Dimdoozle, a giant, and a three nosed Snuzzle

Tame neighborhood dragons and angry ogres

Feast at a BFF Party



Sunday with Jim Rigby (Sanctuary)

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 (Welcome 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 Welcome Room in the lobby on **Sunday Feb. 5**. Babs Miller serves as convener.

All the Women of the Bible (Welcoming Room)

Do the demands of modern life ever make you feel as if you're living in exile from the things that really matter? You're not alone. Women throughout the ages have felt cut off from their roots. Jewish women actually living in exile in Babylon, removed from their own kind and their familiar traditions, felt estranged. How do you find comfort in hard

times? Come join Peggy Stoll to look at Women of the Bible to see what lessons women might draw from these ancient texts. Peggy's class meets on Sundays **Feb. 12 and 26** in the Welcome Room off the foyer..

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 on Sundays **Feb. 5 and 12**.

Poetry and Prayer (St. Andrews Library)

Many at St. Andrew's use poetry in their spiritual practice. Come and share your favorite poems with Pam Wagner and others in the church library on Sunday, **Feb. 26**. Pam will bring a few of her own favorites, but hopes others will join in. If possible, bring extra copies, so those attending can take them home and benefit from your favorite poets' wisdom.

Special Class: Money in Politics (Sanctuary)

On **Sunday, Feb. 26**, during Sunday School, we will be showing 25 minutes of "Priceless", a documentary on the effect of money in politics. We will have some local experts on hand to give more information on the subject, and then have Q and A. Public Citizen, Common Cause, Clean Elections, Coffee Party, Move to Amend and others are all working on the money in politics issue, and there is reason for optimism. There are things you can do.

Most people know that that money has some effect on what happens in our country, but the extent of that effect is not common knowledge and is rarely discussed in the media. No matter what social justice issue we work on, little is going to change until we can change the effect of money in politics. Right now the US is being termed a plutocracy. We are a country where the legislation is passed mainly for the large corporations and a few special interests. That legislation led to the mortgage and banking crisis which devastated our economy. It is the main cause of poverty increasing, education declining, harm to the environment, and the main reason we didn't get universal healthcare. The class is facilitated by Gaye Kopas and meets in the Sanctuary.

Looking ahead: March 25, Journalism and Ideology with Robert Jensen

Journalists typically claim to be non-partisan and non-ideological. Are those claims coherent? Clarifying the difference between those two concepts is crucial to understanding news media. In this session we'll discuss different ways to understand the concept of ideology