



Presbytidings – November 2023

An outreach of St. Andrew Presbyterian Church

Words from Your Transitional Pastor

The Rev. Eric Koenig-Reinke

The bible talks about time in two main ways, Kairos and Chronos.

Chronos is chronological time; as time passes, the ticking of a watch, and the turning of pages on a calendar. Kairos is the time of seasons and opportunity; the harvest, the birth of Christ, and the coming of the Kingdom. Kairos is not as easily measured, and is often known as the “opportune moment.” As one lexicon notes “In this sense, while Chronos is quantitative, Kairos has a qualitative, permanent nature.”

It has been a whirlwind start to my time (in both senses of the word) for my family. As Essie, Lucy, and I have moved across the country started work, daycare, signed up for library cards, started new calls and found the closest park with swings and slides. I am still getting to know you all as a congregation, and I am excited to continue to learning about you as individuals and learning about the inner workings of the congregation.

As a transitional minister (sometimes called interim) some of my focus will be a little different than a bridge pastor, or a “settled” pastor. The primary job of a transitional ministry, at least in my opinion, is to use this time (Kairos) to prepare this congregation for what is next. It remains unclear what the Chronos time will be for the interim period, but I will commit to you all that during this season, St. Andrew will commit to study, visioning, listening (both in and out of the church building), the completion of a mission study, and the election of a Pastor Nominating Committee (PNC).

I continue to look forward to this season in my life and career, and I trust that through God’s work it will be a fruitful season for St. Andrew Presbyterian Church.

Pastor Eric

Alternative Christmas Fair and Silent Auction

November 19, 2023



Do you like seeing a variety of items at a Silent Auction? Have you seen the gorgeous baskets that are up for auction at many auction events?

This is your chance to put your talents to work putting together a basket with a theme to auction off at St. Andrew’s Alternative Christmas Fair and

Silent Auction. The Social Justice Mission team is asking individuals or groups to decide on a theme and put together a basket to be auctioned off. Get with friends and be creative. Some ideas for a basket include but are not limited to: pets, kids games and books, family movie night (tickets, popcorn, candy, soda), gardening, travel, cooking, and more. Have fun building a basket and raising money for Habitat for Humanity and Asylum Seekers.

Transitional Pastor

Rev. Eric

Koenig-Reinke

standrewpastore@standrewpastore@gmail.com

Office Hours
by Appointment

Administrative Asst.
Mark Brasington

Email
adm.standrewabq@gmail.com

Church Office Hours

Tuesday–Thursday
8:30 am – 2:30 pm

Sunday Worship
9:30 am

Phone/Fax

Phone 505-881-9626

Fax 505-884-9636

St. Andrew News and Events

Words
from your
Transitional Pastor

Alternative
Christmas Fair

Health Ministry

Adult C.E.

Alternative
Christmas
Fair

Talking Turkey
for Governor Bent

Congregational
Musings

Pastor Eric’s
Hours

Session Summary

Presbyterian
Women

Church Women
United

Birthdays

Lectionary

Calendar

Health Ministry – November 2023

Cochlear Implants

A cochlear implant is an electronic device that improves hearing. It can be an option for people who have severe hearing loss from inner-ear damage who are not able to hear well with hearing aids. Unlike hearing aids, which amplify sound, a cochlear implant bypasses damaged portions of the ear to deliver sound signals to the hearing (auditory) nerve. Cochlear implants use a sound processor that fits behind the ear.

The processor captures sound signals and sends them to a receiver implanted under the skin behind the ear. The receiver sends the signals to electrodes implanted in the snail-shaped inner ear (cochlea). The signals stimulate the auditory nerve, which then directs the signals to the brain. The brain interprets those signals as sounds, though these sounds won't be just like natural hearing. It takes time and training to learn to interpret the signals received from a cochlear implant. Within 3 to 6 months of use, most people with cochlear implants make considerable gains in understanding speech.

Why it is done

Cochlear implants can improve hearing in people with severe hearing loss who are no longer helped by using hearing aids. Cochlear implants can improve their communication and quality of life. Cochlear implants may be placed in one ear (unilateral) or both ears (bilateral). Adults will often have one cochlear implant and one hearing aid at first. Adults may then progress to two cochlear implants as the hearing loss advances in the hearing aid ear. Cochlear implants are often placed in both ears at the same time in children with bilateral severe hearing loss — particularly for infants and children who are learning to speak and process language. Adults of any age and children who are as young as 6 to 12 months old can benefit from cochlear implants.

People who have cochlear implants report improved:

- ☐ Ability to hear speech without needing visual cues such as reading lips.
- ☐ Recognition of everyday environmental sounds.
- ☐ Ability to listen in a noisy environment.
- ☐ Ability to find where sounds are coming from.
- ☐ Ability to hear television programs, music and telephone conversations.
- ☐ Symptoms of ringing or buzzing (tinnitus) in the implanted ear.

To be eligible for a cochlear implant, you must have:

- ☐ Hearing loss that interrupts spoken communication
- ☐ Limited benefit from hearing aids as determined by specialized hearing tests.
- ☐ Motivation to participate in hearing rehabilitation and be part of the hearing world.
- ☐ Realistic expectations of what cochlear implants can and can't do for hearing.

Risks and Predicted outcomes

Cochlear implant surgery is very safe. Risks of cochlear implantation can include:

- ☐ Loss of residual hearing. In some people, implantation of the device can cause a loss of any remaining, unclear, natural hearing in the implanted ear.
- ☐ Inflammation of the membranes surrounding the brain and spinal cord (meningitis). Meningitis can occur after cochlear implant surgery. Vaccinations to reduce the risk of meningitis are generally given to adults and children before implantation. The risk of this very rare complication is less frequent than 1 in 1,000 people with cochlear implants.
- ☐ Failure of device. Surgery may sometimes be needed to repair or replace a faulty internal device. This occurs in less than 5% of people over many years.

Health Ministry

Cochlear Implants – page 2

Complications are rare and can include:

- ☐ Bleeding ☐ Facial paralysis ☐ Infection at the surgery site
- ☐ Device infection ☐ Balance problems ☐ Dizziness
- ☐ Taste problems ☐ New or worsened ear noise (tinnitus) ☐ Spinal fluid leak

How you prepare

Cochlear implant surgery is done under general anesthesia. This means you or your child will be in a sleep-like state during the procedure. Instructions before surgery may include:

- ☐ Stop taking certain medications or supplements for a certain amount of time.
- ☐ Avoid eating or drinking for a certain amount of time.
- ☐ Your surgeon will give you specific instructions to help you prepare.

What you can expect

Before the procedure.

You or your child will need a detailed medical evaluation to determine if cochlear implants are a good option. Health care providers will conduct an evaluation that may include:

- ☐ Tests of hearing, speech and sometimes balance.
 - ☐ Physical exam to assess health and anatomy. MRI or CT imaging tests of the skull to assess the condition of the cochlea
- You will work with an audiologist- a health care professional trained in evaluating and rehabilitating hearing loss and related issues — and your surgeon to determine which cochlear implant type is best for your needs. All cochlear implants include both internal and external parts.

Options include:

- ☐ An internal cochlear implant that has an external unit that attaches to the side of the head. The external unit combines a speech processor, microphone and transmitter in one device. It can be charged when needed.
- ☐ An internal cochlear implant with an external sound processor that fits behind the ear. The transmitter attaches to the side of the head.
- ☐ Developing a totally implanted system with no external unit is being investigated.

During the procedure

Your surgeon will make a small cut (incision) behind your ear and form a small hole in the portion of skull bone (mastoid) where the internal device rests.

Your surgeon will then create a small opening in the cochlea in order to thread the electrode of the internal device. The skin incision is stitched closed so that the internal device is under your skin.

After the procedure

For a short time, you or your child might experience:

- ☐ Pressure or discomfort over the ear that has the device implanted. ☐ Dizziness or nausea.
- ☐ Most people feel well enough to return home the day of surgery. ☐ An audiologist will turn on the device.

Activation

To activate the cochlear implant, an audiologist will:

- ☐ Adjust the sound processor to fit you or your child.
- ☐ Check the components of the cochlear implant to make sure they work.
- ☐ Determine what sounds you or your child hears.
- ☐ Give you information on the proper care and use of the device.
- ☐ Set the device so that you can hear to the best of your ability.

Health Ministry

Cochlear Implants – page 3

Rehabilitation

Rehabilitation involves training your brain to understand sounds heard through the cochlear implant. Speech and everyday environmental noises will sound different from what you remember. Your brain needs time to recognize what these sounds mean. This process is ongoing and is best achieved by wearing the speech processor continuously during waking hours. Regular, lifelong follow-up visits to check and program the device and to do auditory testing can help you get the most benefit from your cochlear implants.

Results

The results of cochlear implant surgery vary from person to person. Factors that can affect the outcomes of cochlear implantation include the age when hearing was lost and the length of time between hearing loss and the cochlear implant surgery. For children, the best results generally occur with getting a cochlear implant at a young age if they are born with significant hearing loss.

For adults, the best results are generally associated with a shorter period of profound hearing loss before cochlear implantation. Adults with little or no experience with sound tend to benefit less from cochlear implants, although both groups of adults generally improve after cochlear implantation.

Some predicted outcomes may include:

- ☐ Clearer hearing. Many people who meet the hearing criteria for cochlear implantation may eventually get clearer hearing using the device.
- ☐ Improved tinnitus. Although ear noise (tinnitus) is not a primary reason to receive a cochlear implant, the cochlear implant may partially suppress or improve the severity of tinnitus during use. It can rarely worsen tinnitus severity.

by The Mayo Clinic Staff

Cochlear implants care at Mayo Clinic – May 10, 2022

– Linda Evans, BSN, RN (retired)

Adult CE Class

Sunday, November 12

Please join us for an informative hour of discussion and information during our Adult CE class on November 12, 2023. Elizabeth Paterson will be discussing and answering questions around making difficult health care decisions with compassion. She will talk about hospice and palliative care, the similarities and differences and how to decide which is appropriate. Elizabeth is an acute-care nurse practitioner specializing in hospice and palliative care. She earned a BS in biology from Mary Washington College in Virginia in 1994 and later completed a Bachelor of Science in Nursing (BSN) degree from the University of New Mexico in 1999.

As an RN she worked at UNMH in the Emergency Department and in Burn and Trauma. In 2004 she graduated as a critical care nurse practitioner and spent her early career in general surgery and hospital medicine. Ultimately she was drawn to the field of hospice and palliative care where she has spent the last 14 years. She is one of 8 nurse practitioners in the state who holds a national certification in her field.



Alternative Christmas Fair

It's that time of the year again!

On November 19th we'll be hosting our annual Alternative Christmas Fair from 11:00-am until 1:00 pm. There will be a Silent Auction with (depending on what is donated) beautiful art, jewelry, services, and a whole lot more. We'll have a Bake Sale beyond belief! Come indulge yourself with treats that are all homemade, or buy some for gifts. And don't forget our Fantastic Lunch! We'll serve homemade green chile stew, (vegetarian available) with a tamale and a tortilla. There will be Vendors who will sell their products and/or give information about their non-profit organization. These include:

Father's Building Futures / Habitat for Humanity
Heifer International
Café Justo / Family Promise



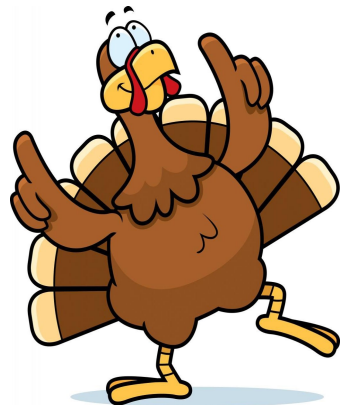
Consider buying a beautiful handmade wooden item from men, who have often been incarcerated, and are now trying to support their families. Grab a cup of coffee at Café Justo and stroll over to the Heifer International table and learn about giving a cow or a duck to help a family become self-sufficient. It may just be the best gift you ever gave someone! You'll be able to choose a child's name from The Angel Tree and shop for that child to ensure they have a Christmas that they would not have without your generosity.

We simply can't do this without your help. Please talk to your neighbors, coworkers and friends and tell them about this. Invite them to come with you and ask them to donate upscale items for our Silent Auction. There will be flyers on the table in the Narthex...please take some and post them wherever you can. Most importantly, 100% of the money that's collected from the bake sale, silent auction and lunch will be split between Habitat for Humanity and Albuquerque Asylum Seekers Welcome. Items sold by vendors goes directly to them. Last year we were able to raise over \$10,000!! See you at the Fair!

Time to Talk Turkey!

Yes, it's that time again! St. Andrew is providing Thanksgiving Dinner for 20 Governor Bent families. We are collecting donations for 15 lb. turkeys, 5 lb. bags of potatoes, cans of green beans, boxes of stuffing mix, and gravy packets. Another option is to sponsor an entire family – one turkey (15 lb. minimum), 5 lb. bags of potatoes, 3 cans of green beans, 2 boxes of stuffing mix, 3 gravy packets, and a can of cranberry sauce. If you would like to help out either with food or cash donations, please see Kathy Renfro, Patty Emord or Sharon Prewitt.

Any and all help is much appreciated!



Climate Crisis
Wetlands and the Environment

A letter sent last summer to New Mexico's Senators and Representatives in Washington D.C., Deb Haaland, and the President. The letter was accompanied by more than 80 signatures
(members of the Santa Fé Presbytery, St. Andrew Members, and others).

((Sen., Rep.) _____)

No. _____ (Senate, Representative) Office Building

Washington, D.C. 2051(0)

Dear (Sen., Rep.) _____

The U. S. Supreme Court recently rendered a decision that limits the authority of the Environmental Protection Agency (EPA) in the protection of national wetlands (*Sackett v. Environmental Protection Agency*). It is understood that only wetlands with a **surface connection** to a body of water continue to be protected under the Clean Water Act (CWA). Earthjustice, an environmental law firm estimates that the decision will prevent the EPA from placing federal protections on as many as 118 million acres of wetlands, an area larger than the landmass of California. Other estimates mention 90 million as the acreage that would be exempt from federal protection.

The United States Geological Survey describes wetlands as valuable in providing habitat for thousands of species of aquatic and terrestrial plants and animals, flood protection, water quality improvement, shoreline erosion control, natural products, recreation, and aesthetics. The ability of wetland flora to filter contaminants from the water is most essential in the improvement of the quality of the groundwater and downstream water within an expansive area surrounding a wetland.

In 2015 I retired as Senior Operator Cleanup Coordinator in the Oil and Gas Division of the Railroad Commission of Texas (RRC) after being employed with that state agency for 34 years. The RRC no longer regulates railroads but is the regulatory agency of the Oil and Gas Industry Exploration and Production in Texas (Operator). I am familiar with the process that an Operator had to follow to establish exploration and production near or within a wetland. The U.S. Army Corps of Engineers is the responsible agency and required permitting with the responsibility of compensation and/or restoration of **ALL** wetlands. What will the regulations cover now?

All Waters Are Connected!

Some freshwater wetlands are areas of groundwater recharge, but wetlands are more often points of discharge to the surface of the land such as springs and, in turn, will spread out or flow on the land and seep back into the groundwater. The decision of the Supreme Court indicates that the only connection between wetlands and bodies of water is on the surface. Obviously, there is connection through the groundwater as well. Destruction of or filling in wetland areas will cut this connection and deprive the continental United States of natural water quality improvement, flood and erosion control, species preservation, etc.

Another connection of all waters is found in the water cycle or hydrologic cycle, which is basically evaporation, condensation, precipitation. Presently the Earth contains a constant amount of water of which much of it constitutes surface water. The several hundred million acres of this nation's wetlands are a very important part of the Earth's hydrologic cycle. Destruction of or filling in wetlands reduces the amount of fresh surface water which can be evaporated and sent back to the surface in the form of rain. At a time when New Mexico and other areas of the Southwest are experiencing a megadrought (more than 20 consecutive years) and a water crisis that has decimated Lake Mead and the Colorado River watershed, every drop of surface water must be preserved!

It is essential that Congress and the President pass legislation that specifically defines the waters of the United States of America and protects all surface water including all wetlands.

Sincerely,

Rev. William C. Renfro, P.G. (Professional Geoscientist)
Climate Crisis Co-Chair, Social Justice Committee, St. Andrew Presbyterian, Albuquerque, NM
Email: bill.renfro@hotmail.com
Cell: 512-743-6803
Zip: 87112

Congregational Musings

November 2023

It is not just March that comes in like a lion. September and October also did pretty well in the wind department. My hummingbirds were gone by the end of Sept. and I guess I will not be seeing them again until next Spring.

We at St. Andrew are a Matthew 25 church. What does that mean again? I have read the passages several times this week and what I have gained is:

Be prepared or you miss the reward (lunch).

Invest money (talents) wisely and you gain double the reward.

Take care of the community and reap the big reward (the kingdom of heaven).

Community involvement has been a priority for St. Andrew since its beginning days. We are involved in many organizations in Albuquerque and house some of them who meet at the church: now the question is how do we get them to talk to each other and perhaps benefit from each other's experiences!

Stars and Stripes: handle with care. When the flag is used to cover a casket, it should be placed so that the stars are over the deceased's left shoulder. Such a casket should be carried feet first. The flag should not be lowered into the grave or allowed to touch the ground.

On Memorial Day the flag should be flown at half-staff only until noon, then raised to the top of the staff for the rest of the day. When the flag is in such a condition that it is no longer a fitting emblem for display, it should be destroyed in a dignified manner. The preferred method is burning.

Many thanks, again, to the "kitchen elves" who provide several meals for the disabled and homebound periodically. It always comes in handy when you just don't feel like fixing a meal, to go to the freezer and pull out your supper.

– Edith Waugh-Feliciano

Pastor Eric's Office Hours

I (Pastor Eric) am so excited to be here, and I hope that you will take a chance to come find me/talk to me/let me know what is on your hearts. While the job of a pastor involves meetings, outings during the day, I wanted to share my 'typical' weekly work schedule so that you can find me:

- **Monday:** Out-of-Office Hours 9:30-11:30 at the Sawmill Market
- **Tuesday:** Sabbath Day, and time with Lucy
- **Wednesday:** St. Andrew office (during office hours)
- **Thursday** St Andrew Office (during office hours)
- **Friday:** Working from Home

Feel please drop by 'out-of-hours' so we can enjoy conversation and get to know each other. Come by the office while I am there. Send me an email at standrewpastoreric@gmail.com or call the office.

Session Summary

CLERK'S REPORT and TREASURER's REPORT

Average worship attendance in September—89, in August – 110 / Membership as of September 30:—154

We had a terrific meeting with our new Pastor Eric! He can really run a meeting!

Here are the highlights:

- ☐ Confirmed an email vote for a Congregational Meeting on October 29, 2023 to Elect Officers ☐
- ☐ Approved Rev. Eric as a signer on our bank accounts and credit card holder ☐
- ☐ Created an A/V fund for a recent special offering
- ☐ We're very close to having an agreement with Ponderosa Pre-School.
- ☐ We thank the Deacons for their wonderful work.

<u>September 2023</u>	Current Month	Year-to-Date	Budget
Total Income	18,380	269,914	310,700
Total Expenses	19,351	227,698	324,179
Difference	(971)	42,216	-13,479

Note the 2023 budget was revised to reflect Roger's retirement, Dewey's contract, and expenses for the transitional pastor search. Thanks to all of you for your continued support of St. Andrew's Missions and Programs through online giving, in-person and mailed-in offerings.



All Saints Day– Sunday, November 5, 2023

On November 5th, we will be observing All Saints Day. As a part of that service we will be reading the names of those who have joined the triumphant over the past few years. Our Clerk of Session, Office Administrator, and Deacon Moderator will be working to construct the list of names to be read, but we realize that we may miss some folks, or you may wish to include family or friends who are not members of St. Andrew Presbyterian Church. We will happily read and pray for anyone who has died and you would like to add, so please send any names to Mark Brasington at adm.standrewabq@gmail.com



Lectionary Schedule

Sunday – November 5

First Reading Joshua 3:7-17

Psalm 107:1-7, 33-37

Second Reading

1 Thessalonians 2:9-13

Gospel Matthew 23:1-12

Sunday – November 12

First Reading

Joshua 24:1-3a, 14-25

Psalm 78:1-7

Second Reading

1 Thessalonians 4:13-18

Gospel Matthew 25:1-13

Sunday – November 19

First Reading Judges 4:1-7

Psalm 123:1-4

Second Reading

1 Thessalonians 5:1-11

Gospel Matthew 25:14-30

Thanksgiving Day November 23

First Reading

Deuteronomy 8:7-18

Psalm 65

Second Reading

2 Corinthians 9:6-15

Gospel Luke 17:11-19

Sunday – November 26

First Reading

Ezekiel 34:11-16, 20-24

Psalm 100:1-5

Second Reading

Ephesians 1:15-23

Gospel Matthew 25:31-46



**PRESBYTERIAN
WOMEN**

Presbyterian Women will meet on Tuesday, November 7, at 10:00 am. Rev. Catherine Robinson will lead Lesson 3 in the P.W. bible study "Sacred Encounters." in the Adult C.E. room.

Don't miss this ongoing interesting discussion. Our business meeting will follow at 11:00 a.m.



Church Women United

Church Women United, an ecumenical Christian women's group, will meet for the World Community Day celebration on Friday, November 3rd at Central United Methodist Church, located at 201 University Blvd. NE. (the 2nd block north of Central Ave.)

Coffee fellowship will begin at 9:30, followed by the program at 10:00 am. The theme is "Labor With Love—Hands to Help". The speaker will be Rev. Lynn Hinton, Director of the New Mexico Conference of Churches. Parking is limited so please carpool if possible.

For more information contact Shirley Nilsson at 505-884-2467 or Marilyn Stoops at 505-265-8358. Come, and bring a friend!

November

- 1 Casey Haynes
- 2 Dick Harrison
- 4 Jim Dillow
- Betsy McMillan
- 6 Johnny Montoya
- Yvonne Wise
- 14 David Schneider
- 15 Adam Wood
- 16 Ella Wood
- 20 Lily Vick
- Althea Light-Stockli
- 21 Sam Sandoval
- 22 Debbie Steffen
- Irene Pallardy
- 23 Darren Encino
- 25 Kaiya-Amani John
- 30 Josh Reed Hughes



November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>Alternative Christmas Fair</i> St. Andrew Presbyterian Church <i>Sunday, November 19</i></p>			1 6:30 pm NM Peace Choir	2 10:00 am Spiritual Formation/Zoom 10:00 am Stroke Club Worship & Music Committee 5:00 pm on Zoom Choir Rehearsal 7:00 pm	3 5:30 pm Girl Scouts	4 Lopez Baby Shower Activity Room and Courtyard Noon-4 pm
5 9:30 am Worship Service and Communion All Saints Sunday 10:30 am Fellowship Time 11:00 am Adult C.E. 3-5 pm Encantada Band Rehearsal	6 ABQ Philharmonic Rehearsal 7:00-10:00 pm	7 Presbyterian Women 10:00 am in Adult C.E. Room Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	8 4:00 pm Deacons Meeting (In-person) 5:15 pm Social Justice Committee 6:30 pm NM Peace Choir	9 Office closes at 10:30 am 10:00 am Stroke Club 10:00 am Historical Jesus Group on Zoom Choir Rehearsal 7:00 pm	10 Church Office closed 7:30 pm ABQ Science Fiction Society	11 Church Office Closed 10:00 am-Noon Laguna Colony
12 9:30 am Worship Service 10:30 am Fellowship Time 11:00 am Adult C.E. 3-5 pm Encantada Band Rehearsal	13 Church Office Closed for Jury Duty ABQ Philharmonic Rehearsal 7:00-10:00 pm	14 Church Office Closed for Jury Duty Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	15 Church Office Closed for Jury Duty 1:15 pm Outreach Committee December Presbytidings Articles Due 6:30 pm NM Peace Choir	16 8:30 am Finance Committee/Zoom 10:00 am Spiritual Formation/Zoom 10:00 am Stroke Club Choir Rehearsal 7:00 pm	17 Church Office Closed for Jury Duty 5:30 pm Girl Scouts	18
19 9:30 am Worship Service 10:30 am Fellowship Time Alternative Christmas Fair 3-5 pm Encantada Band Rehearsal	20 ABQ Philharmonic Rehearsal 7:00-10:00 pm	21 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	22 6:30 pm NM Peace Choir	23 Thanksgiving Day Office Closed until Tuesday Nov. 28 No Choir Rehearsal 		
26 9:30 am Worship Service-Christ the King Sunday and Kirkin of the Tartans 10:30 am Fellowship Time 11:00 am Adult C.E. 3-5 pm Encantada Band Rehearsal	27 ABQ Philharmonic Rehearsal 7:00-10:00 pm	28 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice 6:00 pm Session	29 6:30 pm NM Peace Choir	30 10:00 am Stroke Club Choir Rehearsal 7:00 pm		