



Presbytidsings October 2021

An outreach of St. Andrew Presbyterian Church

Words from Your Pastor

During the first year of the pandemic, when we suspended in-person worship services and moved to online-only worship, one of the new duties I took on was hanging banners in the sanctuary. It gave me a greater appreciation for the variety and beauty of all the banners that have been created by church members over the years. We have banners for all the seasons and festivals of the liturgical year: Advent, Christmas, Epiphany, Lent, Easter, and Pentecost. We have banners for World Communion Sunday and Christ the King/Reign of Christ Sunday. We have banners with rainbows and banners with butterflies. We even have banners representing the different confessions found in our Book of Confessions! And the banner made out of the squares that many of us created last year as we observed our state's "stay-at-home" order still hangs in the narthex.

Last month one of the banners that I chose for a couple of our worship services had the words: "All of You Is Welcome Here." I almost never hear comments about the banners in the sanctuary, but this time I received similar comments from two different people. The statement on the banner sounded odd to them. Wasn't it grammatically incorrect? Shouldn't it say: "All of You ARE Welcome Here"?

Of course, it depends if you read the "you" as singular or plural. If you understand the "you" to be plural—as in "y'all"—then yes, the banner should be corrected, with the "is" changed to "are." But if you understand the "you" to be singular, then the wording of the banner is correct as it is.

I don't know who created the banner. (I couldn't find any documentation on it in the three-ring binder about our banners in the church library.) But I'm pretty sure that whoever created it was very intentional about the words they chose and meant the "you" to be read as singular.

Years ago, I had a therapist who often said to me: "All of you is welcome here." (Yes, even pastors go through rough patches in life and seek out the support of others to make it through.) What did my therapist mean by that? He meant that I could let my guard down and reveal any and all parts of myself – not only my thoughts but my feelings as well, not only the parts of myself that I like and am happy to share with the world but the parts of myself that I don't like and prefer to keep to myself.

In worship we come before God, our Creator and Sustainer, who knows us intimately, inside and out, warts and all. Their may be things about ourselves—things that we have thought, felt, said, or done—which we wish we could hide from God. But the truth is we can't hide any part of ourselves from God. To God each of us is an open book. Through the years, I've noticed that many people who are going through difficulties in their lives stop coming to worship. Maybe they're having health issues. Maybe they're suffering from depression. Maybe they're wrestling with some form of addiction. Maybe they're having trouble with a relationship. Maybe their job is not going well. Maybe they're struggling financially. Maybe they've said or done something about which they are embarrassed or ashamed. Whatever the difficulty may be, I find that many people stay away, rather than seek out their church community for comfort and support and strength.

Pastor
Rev. Roger Scott Powers
Email
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Office Hours
Monday - Thursday
by appointment

Administrative Asst.
Mark Brasington
Email
adm.standrewaba@gmail.com

Office Hours
Tuesday-Friday
9:00 am - 2:00 pm

Sunday Worship
9:30 am
In-person and Online

Phone/Fax
Phone 505-881-9626
Fax 505-884-9636

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Child Care During Worship

St. Andrew Presbyterian Church is once again providing quality child care during our Sunday morning worship services for infants, toddlers, and children up to 7 years of age. Our dedicated child care space has been refurbished and our child care workers (Ashley Petras-Graham, Irene Pallardy, and Sam Emord) are back. Emphasis is placed on each child's need for love and acceptance. Children are encouraged to spend the first part of worship with their parents (or grandparents). Please let your family, friends, and neighbors know. (Post it on NextDoor if you have an account and share it on Facebook.) Let them know that worship begins at 9:30 a.m.

Please No Clapping - Can I get an AMEN?

We are grateful to have beautiful music as a central part of our worship service. But let us remember that the music we hear is not a performance to please us, but an offering to please God. So, instead of applauding, please respond with an "Amen!" or give our singers and musicians a personal word of thanks following



Congregational Musings – October 2021

Of course, as soon as I said I was not getting much rain my back yard was flooded twice at the beginning of September, but not quite up to the door. The state still needs rain, though, so I am not complaining. I wonder what it will take to get everyone back to the church service on Sunday mornings. There are a number of people who show up regularly, but some are still missing. The Delta variant is so unpredictable in the age group it strikes, and whether or not vaccinations have taken place, it is hard to know what to do. Maybe someday, soon, this will all be over. I was having a problem with the grammar on one of the banners that has been hanging recently until Roger explained that it pertains to all bits and pieces, peculiarities, imperfections and glories of a single person – so, 'all of "You" is welcome here.' Even knowing this, I still have problems with that banner. The PW Bible Study is off to a good start; there were 9 of us present at the beginning of September. If you have never attended any of these studies, please come and give it a try. If you don't like this one, there is a new and different study offered every year. Pastor Roger does a great job as leader and the conversations and personal sharing is thought provoking. I have two more boxes of books in the trunk of my car, if anyone would like to browse on Sunday morning when I am in attendance. Also, my cactus plants were very prolific this year and I have a yard full of the "fruit." If anyone is interested in cactus pears, come and get them. Dealing with all those spines in the kitchen is more than I want to handle.

Rio Grande Food Project Info

Lace up those sneaks...it's HIKE to END HUNGER TIME!

The Abram & Ray Kaplan Foundation has offered to match the first \$30,000 raised, dollar for dollar, for RGFP's 6th Annual Hike to End Hunger! Every donation (up to match) will now produce twice the good!
Make a donation, start a team and/or join us on: Saturday, October 23rd, 9:00 AM

**Boxing Bear Brewing Company
(10200 Corrales Road NW)**

Or make it virtual and email your hike photos showing your support
for RGFP's hunger relief and prevention programs!

Vitamins and Minerals for Older Adults

Vitamins help your body grow and work the way it should.

There are 13 essential vitamins – Vitamins A, C, D, E, K and the B vitamins – (thiamine, riboflavin, niacin, pantothenic, biotin, B6, B12 and folate).

Vitamins have different jobs to help keep the body working properly.

Some vitamins help you resist infections and keep your nerves healthy, while others may help your body get energy from food or help your blood clot properly. By following the Dietary Guidelines, you will get enough of these vitamins from food.

Minerals are elements that our bodies need to function which can be found on the earth and in foods. Some minerals, like iodine and fluoride, are only needed in small quantities. Others, such as calcium, magnesium, and potassium, are needed in larger amounts. As with vitamins, if you eat a varied diet, you will probably get enough of most minerals. It is usually better to get the nutrients you need from food, rather than a pill. That is because nutrient-dense foods contain other things that are good for you, like fiber. Most older people can get all the nutrients they need from foods. However, if you are not sure, talk with your doctor or a registered dietician to find out if you are missing any important vitamins or minerals. If you do need a supplement to your diet, look for a supplement that contains the vitamin or mineral you need without a lot of unnecessary ingredients. Avoid supplements with mega-doses. Too much of some vitamins and minerals can be harmful, and you might be paying for supplements you do not need.

Vitamins and minerals are measured in a variety of ways. The most common are:

- Mg – milligram (a milligram is one thousandth of a gram)
- Mcg – microgram (a microgram is one millionth of a gram, 1,000 mcg's is equal to 1 mg)
- IU – international unit

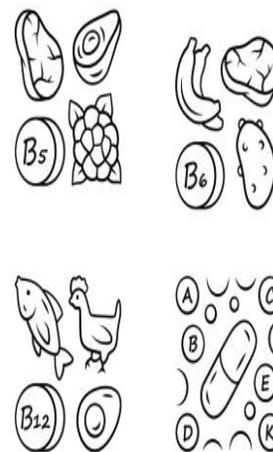
Recommended Sodium intake for older adults – Sodium primarily comes from salt (sodium chloride).

Whenever you add salt to your food, you are adding sodium. The Dietary Guidelines shows that most of the sodium we eat does not come from our saltshakers – it is added to many foods during the processing or preparation. We all need some sodium, but too much over time can lead to high blood pressure, which can raise your risk of having a heart attack or stroke. People, ages 51 and older, should reduce their sodium intake to 2,300 mg each day. That is about one teaspoon of salt and includes sodium added during manufacturing or cooking as well as at the table when eating. Preparing your own meals at home without using a lot of processed foods or salt will allow you to control how much sodium you get. Try using less salt when cooking, and do not add salt before you take the first bite.



Rich sources of vitamins and minerals in foods:

- Vitamin A – eggs, milk, carrots, mangoes
- Vitamin B1 – pork, fish, whole grains and some fortified breads, cereals and pasta
- Vitamin B2 - eggs, organ meat, green vegetables (broccoli, asparagus)
- Vitamin B3 – nuts, legumes, grains, beef, poultry, fish
- Vitamin B6 – fish, beef liver, potatoes, starchy vegetables and fruit (other than citrus)
- Vitamin B12 – meat, fish, poultry, milk, and some fortified breakfast cereals
- Vitamin C – citrus fruits, tomatoes, potatoes





HEALTH
MINISTRY

- Calcium – milk, dairy products, tofu, soybeans, canned sardines and salmon
- Magnesium – food containing dietary fiber, green leafy vegetables, legumes, nuts, seeds
- Potassium – dried apricots, lentils, potatoes, milk, coffee, tea
- Sodium – less processed foods
- Folate – fruit, broccoli, brussel sprouts, nuts, beans, peas

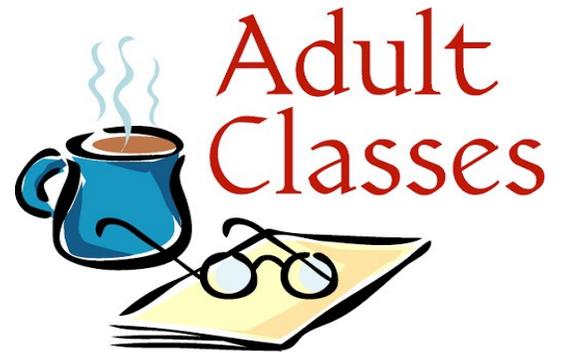
Information gleaned from: National Institute of Health (NIH) National Institute on Aging (NIA),

Adult Christian Education: The God We Never Knew

Beginning on Sunday, October 3, at 11:00 a.m., Pastor Roger will lead a six-session study of Marcus J. Borg's book, *The God We Never Knew: Beyond Dogmatic Religion to a More Authentic Contemporary Faith*. "How to have faith—or even think about God—without having to stifle modern rational thought is one of the most vital challenges facing many of us today. Marcus J. Borg, author of *Meeting Jesus Again for the First Time*, traces his personal spiritual journey to the discovery of an authentic yet fully contemporary understanding of God. In a compelling, readable way, he leads us from the distant, authoritarian God of our childhood to an equally powerful, dynamic adult image of God—"the beyond in our midst," the life spirit that is within us and all around us—that reconciles faith with science, history, critical thinking, and religious pluralism." (from the book jacket)

SCHEDULE:

- Oct. 3: Intro. and Ch. 1 "Thinking about God: The God I Met the First Time"
- Oct. 10 Ch. 2 "Thinking about God: Why Panentheism?"
- Oct. 17 Ch. 3 "Imaging God: Why and How It Matters"
- Oct. 24 Ch. 4 "Imaging God: Jesus and God"
- Oct. 31 Ch. 5 "Opening to God: The Heart of Spirituality"



Adult
Classes

Join the Conversation – Racial Justice Group

In October, St. Andrew's Racial Justice Group will watch and discuss a series of short documentaries produced by the Presbyterian Church (USA) for communities and congregations to facilitate conversation and engagement around the issues of race and racism.

The series is entitled "Trouble the Water: Conversations to Disrupt Racism and Dominance."

- Oct. 5: Episode 1 - "Why Us? Why Now?"
- Oct. 12: Episode 2 - "Whiteness"
- Oct. 19: Episode 3 - "Racial Identity"
- Oct. 26: Episode 4 - "Intersectionality and Disruption"



This is an open group. All are welcome..

Grace & Gratitude

A Season of Grace and Gratitude

This fall, St. Andrew will enter a Season of Grace and Gratitude, a time of reflection on and response to God’s Grace. As Christians, we believe that everything we have is given to us by God. One way of showing our gratitude to God is by supporting the ministries of God’s church with our time, talents, and treasure. In October you’ll be receiving a letter inviting you to reflect on the good things God is doing in your life and in the life of our

Congregational Meeting – Sunday, October 24

There will be a brief Congregational Meeting immediately after worship on Sunday, October 24, to receive the Nominating Committee’s report and to elect new church officers (elders and deacons). All church members are encouraged to attend. There are still openings for two deacons and two elders (Adult CE and Children/Youth CE). If you are feeling called to one of these leadership positions, please contact Jim Copeland, Nominating Committee

Neighborhood Friends

On Sunday mornings we distribute sandwiches and socks to our Neighborhood Friends after our 9:30 a.m. Worship Service. Want to make sandwiches and/or serve on Sunday? Contact Suzanne Busch . We have a careful protocol to keep us safe. Don’t forget that we are still using your pill bottles for shampoo for our Neighborhood Friends! Drop them in the collection boxes in front of the church office. Also, our Friends really appreciate new socks if you are able to provide them. Men’s used clothing is always needed. Thanks! Suzanne Busch

Session Summary from Suzanne

We are happy to welcome Hubert Hill to our membership! His parents are the first people married at St. Andrew and he was baptized here! Average worship attendance in August: 87 (75 in 2020)

Membership as of August 31: 160 We are sad to have said goodbye to Joy Dean who died on August 26.

Actions approved:

- The Finance Committee spent a good amount of time updating our Financial Policies which we approved. For details, contact Bob Busch.
- We approved holding a Congregational Meeting on October 24, 2021 to approve our deacon and elder slate the nominating committee has identified so far. Please keep in mind we are unable to fill 2 deacon positions and 2 elder positions for Adult Education and Children and Youth Education. The Session and Board of Deacons is praying and considering options if these positions are not filled. If you feel called, please contact Jim Copeland or Pastor Roger.
- Two building uses were approved: Donovan Gaylor and Jennifer Li wedding on June 18, 2022 to be conducted by Bill Aber. A memorial service for John Zahl and Joanne Thomas on April 23, 2022.

<u>August 2021</u>	Current Month	Year-to-Date	Budget
Total Income	25,159	236,986	315,100
Total Expenses	23,093	194,398	322,122
Difference	2,066	42,588	-7,022



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CELEBRATING

125 YEARS

1896-2021

**DON'T MISS THIS EXCITING 2021 HOMECOMING AND
125th Birthday Celebration weekend!**

Mark your calendars and call your Panther friends to join in the fun!

THURSDAY, OCTOBER 21

5:30 PM – Annual Alumni Association meeting
6:15 PM – Panther Hall of Fame presentation & coronation
6:45 PM – Cookout and bonfire

FRIDAY, OCTOBER 22

Morning - Special Alumni gatherings & outings
including a golf outing at Hyatt Tamaya
5:30 PM – 125th Birthday Celebration and Fundraiser
at The Event Center at Sandia Golf Club

SATURDAY, OCTOBER 23

11:00 AM – Alumni memorial service
12:00 PM – Food booths and hospitality tents open
1:00 PM – Homecoming football game
Evening (TBD) – Large social gathering and/or class gatherings

More details and registration will be coming soon.
Visit MenaulSchool.org to learn more.

Want to help on the planning committee?
Contact Melanie Davis at MDavis@MenaulSchool.org

How Do You Want to Receive Presbytidings?

You now have a choice of how to receive Presbytidings:

- by email
- through the church website
- by picking up a printed copy at church
- by first class mail

This fall please let the church office know how you want to receive Presbytidings.
You can fill out a card in worship. You can indicate your preference on the back of the pledge card.

Or you can contact Mark Brasington in the church office by email

Welcome to Our Newest Church Member!

In worship on Sunday, September 26, we welcomed Hubert H. Hill II as our newest church member! His parents, Hershel Hill and Martha Mullins, were the first couple married at St. Andrew (on February 5, 1962). Hubert was baptized at St. Andrew two years later. He was raised Presbyterian and was active in youth missions. After years of spiritual exploration, he has come back home to St. Andrew. He is a veteran, having served in the Army as a Military Police Officer. He now works full time as a Qualifying Broker in a real estate firm and manages rental properties. He serves on nonprofit and trade association boards, as well as on two finance committees. When not working or volunteering, Hubert can be found at a sporting event or cruising to the mountains in his Jeep with his dog. Please take a moment next time you're in worship to greet Hubert, introduce yourself, and welcome him to St. Andrew.

Habitat Unity Repair Volunteers Needed

Habitat Unity Repair, sponsored by Habitat's Faith Relations Committee, will complete exterior repairs for Yolanda, a disabled senior who lives alone. She has an upcoming surgery, so the repair of the ramp to her home is essential. Volunteers will also replace window screens, replace the skirting under her mobile home, remove trash, clean up the yard, and help with other minor repairs.

If you (or your neighbors, co-workers, etc.) can help on Sept. 28, 29, 30, Oct 1, 2, from 8:00 a.m until 12:00 noon, please sign up with regina@habitatbq.org Contact Marilyn Stoops for more information.



Bible Study Presbyterian Women

Presbyterian Women continue to meet on the first Tuesday of the month for Bible Study and fellowship. In October, we will be reading and discussing Chapter 2 of "*What my Grandmothers Taught Me, Learning from the Women in Matthew's Genealogy of Jesus*". In this chapter we will learn about Tamar, the Canaanite daughter-in-law of Judah. Please join us at 10:00 am on Tuesday, October 5th in the CE room. A short business meeting will follow our bible study.



HJG Fall Book Study

The Meaning of Mary Magdalene

This fall the Historical Jesus Group (HJG) is reading *The Meaning of Mary Magdalene: Discovering the Woman at the Heart of Christianity*, by Cynthia Bourgeault. This book study will continue through December on second and fourth Thursdays at 10:00 a.m. Schedule: 10/14 Chapters 7-9; 10/28 Chapters 10-12; 11/11 Chapters 13-15; 12/14 Chapters 16-18. All are welcome to join the discussion. Please contact Richard Stoops for more information/ The links to the meetings on Zoom are listed below:

· Second Thursdays:

[https://us02web.zoom.us/j/87241634393?](https://us02web.zoom.us/j/87241634393?pwd=T01kVlcwcleYV0F2VkZFL2V5UkFYUT09)
[pwd=T01kVlcwcleYV0F2VkZFL2V5UkFYUT09](https://us02web.zoom.us/j/87241634393?pwd=T01kVlcwcleYV0F2VkZFL2V5UkFYUT09) ;

.....Fourth Thursdays:

<https://us02web.zoom.us/j/84819510056?pwd=SVZ0S1ZDZVdFLzVIMzR6aWJMTHVuUT09>





Lectionary Schedule

Sunday, October 3 (Proper 22)

Job 1:1; 2:1-10

Psalms 26

Hebrews 1:1-4; 2:5-12

Mark 10:2-16

Sunday, October 10 (Proper 23)

Job 23:1-9; 16-17

Psalms 22:1-15

Hebrews 4:12-16

Mark 10:17-31

Sunday, October 17 (Proper 24)

Job 38:1-7 (34-41)

Psalms 104:1-9, 24, 35c

Hebrews 5:1-10

Mark 10:35-45

Sunday, October 24 (Proper 25)

Job 42:1-6, 10-17

Psalms 34:1-8 (19-22)

Hebrews 7:23-28

Mark 10:46-52

Sunday, October 31 (Proper 26)

Ruth 1:1-18

Psalms 146: 1-10

Hebrews 9:11-14

Mark 12:28-34

Please Wear Your Name Tag!

Help St. Andrew be a more welcoming congregation!



Please wear your name tag in worship and at other church events.

It makes it easier for us to get to know one another, and it's especially helpful to visitors and newcomers.

If you need a new name tag, use the sign-up sheet on the narthex

Ten-Digit Phone Dialing Mandatory beginning October 24

10-digit dialing will be mandatory for all local calls in the 505 and 575 area codes BEGINNING Sunday, October 24. Currently all phones (including all cell phones) in the 505 and 575 area codes are in a permissive dialing period and all callers are encouraged to practice 10-digit dialing even though seven-digit dialing will still work. As of October 24, 2021, 10-digit dialing will be mandatory and an incorrect dial will be met with an automated reminder to dial all 10 digits. Be sure to edit and update your home phones and cell phones before October 24 to make your all of your phone calls less frustrating, as this is a PERMANENT



BIRTHDAYS THIS MONTH

October

- 1 Barbara Scharf
- 3 Jackie Meese
Cynthia Boyd
Morgan DeLacy
- 6 Bill Fredrickson
Carla Haynes
Kathy Renfro
- 8 Christina Maze
- 10 Tom Sanders
Lori Castle
William McMillan
- 11 Alaria Allen
Samantha Emord
- 16 Carl Soderberg
Vel McConnell
- 17 Attie Lopez
Elijah Lopez
- 18 Gail Spidle
Amber Paul
- 21 Ryan Cuevas

Familiarize yourself with the location of our First Aid Kits!



We have three, and they are located in the church office above the mailboxes, in between the main and mini kitchens at the large roll-up window. and in the bathroom between the two south education rooms.

And remember the AED (Automatic External Defibrillator for a heart attack) located in the Sanctuary



OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 am Joy Dean Memorial Service 5:30-7:30 Girl Scouts	2
3 9:30 am Worship and Communion Service 10:30 am Fellowship Time 11:00 am Adult Christian Ed. 3-5 pm Encantada Band of Enchantment	4 ABQ Philharmonic Rehearsal 6:00-10:00 pm	5 10:00 am PW Bible Study Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	6 5:30-6:30 Social Justice Committee	7 10:00 Spiritual Formation on Zoom 5:00 pm Worship and Music Committee	8 7:00-10:00 pm ABQ Science Fiction Society	9 10:00 am- Noon Laguna Colony
10 9:30 am Worship Service 10:30 am Fellowship Time 11:00 am Adult Christian Ed. 3-5 pm Encantada Band of Enchantment	11 5:30 pm Personal and- Pastoral Relations Mtg. on Zoom ABQ Philharmonic Rehearsal 6:00-10:00 pm	12 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	13 4:00 pm Deacons Mtg (In-person)	14 8:30 am Finance Committee 10:00 am Historical Jesus Group	15 5:30-7:30 Girl Scouts	16 4:00 pm Catherine Robinson and Kenny Jones Wedding and Reception
17 9:30 am Worship Service and Congregational Meeting 10:30 am Fellowship Time 11:00 am Adult Christian Ed. 3-5 pm Encantada Band of Enchantment	18 ABQ Philharmonic Rehearsal 6:00-10:00 pm	19 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice 6:00 pm Session Articles due For November Presbytidings	20	21 10:00 Spiritual Formation on Zoom	22	23
24 9:30 am Worship Service 10:30 am Fellowship Time 11:00 am Adult Christian Ed. 3-5 pm Encantada	25 ABQ Philharmonic Rehearsal 6:00-10:00 pm	26 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	27	28 10:00 am Historical Jesus Group	29	30 Mark on Vacation through November 8th
31 9:30 am Worship Service 10:30 am Fellowship Time 11:00 am Adult Christian Ed. 3-5 pm Encantada Band of Enchantment			9			

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St. Andrew Presbyterian Church
5301 Ponderosa Avenue NE
Albuquerque, NM 87110-1216

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St. Andrew Presbyterian Church

Building a community of faith unleashed into the world by the love of God

Our Mission:

Proclaiming and living the Good News of Jesus Christ by:

- Listening to a loving God
- Celebrating our faith together
- Nurturing each other in Christian love and spiritual growth
 - Working for social justice and peace
 - Reaching out in compassionate service
 - Being stewards of all God's gift

•
We are located at 5301 Ponderosa Avenue NE,
one block east of San Mateo, and across from Mont-
gomery Park.

Please contact us at:

Phone: (505) 881-9626

Fax: (505) 884-9636

E-mail:

adm.standrewabq@gmail.com

In-Person and Online Worship Services

Every Sunday at 9:30 am