



Presbytidings July/August 2023

An outreach of St. Andrew Presbyterian Church

Words from Your Bridge Pastor

Bridge Pastor
Rev. Dewey Johnson

Office Hours
by Appointment

Administrative Asst.
Mark Brasington

Email
adm.standrewabq@gmail.com

Office Hours
Tuesday-Thursday
8:30 am – 2:30 pm

Sunday Worship
9:30 am
In-person and Online

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

The other day I was leaving Planet Fitness, where I had allegedly been working out, when a rowdy group of young men – likely just out of high school – arrived in the parking lot and exited their car. For some reason they thought it would be fun to razz me and said, “Where you going old timer?... Are you gonna’ have some fun?”

The notion of me having fun really amused them. “What do you do for fun, old timer?” They came up with all sorts of possibilities such as “try on a wig” and “jump off a curb” and “blast off in an elevator” and “listen to a dial tone,” although I don’t think they knew what a dial tone was.

They were just having fun with me, and it got me to thinking. I have lived in nine decades (1940s-2020s), two centuries, and two millennia. Stated like that, I do seem like an old-timer. And I am having fun serving as St. Andrew’s bridge pastor. Thank you for the opportunity to do so.

Had I been a bit more quick witted, I would have told those young gentlemen to go jump off a bridge.



St. Andrew News and Events

Words from
Your
Bridge
Pastor

Congregational
Musings

Health Ministry

Thank You
From
Roger and Susan
Office Hours

Styrofoam
Recycling

Edesia

Session Summary
Adult
Christian Education
Board of Deacons

Birthdays

Lectionary

Calendar

Mission Focus July 2023

July 9

Rio Grande Food Project
Kathi Cunningham

July 16

Climate Crisis
Bill Renfro

July 23

Habitat for Humanity
Marilyn Stoops

July 30

Family Promise
Sharon Frey-Prewitt

Memorial Services at St. Andrew

Jack Castle

Saturday, July 1 at 10:00 am

Linda Woodworth

Saturday, July 22 at 2:00 pm

Rev. Robert “Shep” Shepperson

Saturday, September 16
(time to be announced)

Congregational Musings

July/August 2023

Did you ever notice how slim the stars are in the old movies of the 40's and 50's? I think it was because there were no fast food places on every corner and sometimes 2 in the middle of one block, at that time. I grew up in an English/Irish/Scottish town where that was where the pubs were located. Perhaps we should get in the habit of avoiding those places and save them as a special treat once in a while; perhaps we should just have coffee, tea, or juice at the fellowship time without a need for a "snack."

I'm still knitting prayer shawls. My fingers are bent and mis-shapen from arthritis, but I don't have any pain in them so I keep up with one of my favorite things to do. My granddaughter is expecting a baby in the fall and the first thing she asked me for, when she called to tell me, was a Christmas stocking for Santa to fill this year. I have made stockings for all in my family since my children were young and for each new spouse or baby that has been added to the fold.



From where I sit on Sunday mornings, at home in front of my computer, the Christ Candle bends to the left. That may, or may not be a political statement but I would like to see it straight up. Is there someone who can fix the base of that meaningful symbol in our Sanctuary?

I suggested to my Deacon that the board consider my proposal. Because I can't get out easily, my back is still very painful walking far or standing long, but I would like to serve the congregation in some way. I could make phone calls to those in need of contact if given a list. Again, thanks to my Deacon who takes me and my wheelchair to appointments where the walking distance is more that I can manage. I have told my children several times "don't get old." My "babies" are not listening; they are all over 60 now but, fortunately, are still in good working order.

There is an announcement on TV lately about preventing forest fires with the tag line, "It only takes a spark." It brought to mind a song I haven't heard in a while but only the first line pertains to the TV message.

*It only takes a spark to get the fire going,
And soon all those around,
can warm up in the glowing.
That's how it is with God's love
once you've experienced it.
You'll spread his love to everyone.
You'll want to pass it on.*

– Edith Waugh-Feliciano





Health Ministry – July/August 2023

Celiac Disease

What is celiac disease?

Celiac disease is a problem some people have with foods that contain gluten. Gluten is a type of protein. It is found in the grains of wheat, barley, rye, and triticale (a wheat-rye cross). When you have this disease and you eat food with gluten in it, the gluten triggers an immune response that isn't normal.

This damages the inside of your small intestine so that it can't do a good job of absorbing nutrients from your food. Celiac disease can lead to anemia or osteoporosis. In children, celiac disease can slow growth and weaken bones. If it is not treated, your child can get very sick.

What are the symptoms of celiac disease?

Symptoms of celiac disease include:

- ☐ Gas, a swollen belly, and bloating. This happens because the small intestine can't absorb nutrients from food. You may also have mild stomach pain, but it usually isn't severe.
- ☐ Abnormal stools. Diarrhea or bulky, loose (or watery), pale, frothy, and foul-smelling stools often occur. The stools may contain a large amount of fat and may stick to the sides of the toilet bowl, making them hard to flush. Children and adults often have the same types of symptoms. But intestinal problems, such as constipation, are more likely to occur in children.
- ☐ Weight loss. Adults and children may have unexplained weight loss despite having a normal appetite. Younger children may fail to gain weight and grow as expected. This is called failure to thrive.
- ☐ Fatigue and weakness. Celiac disease can cause a general lack of energy and strength. Sometimes poor nutrient absorption causes fatigue and weakness.
- ☐ Vomiting. Some people may get sick after eating gluten. Children are more likely than adults to have this reaction.
- ☐ Tingling, numbness, or pain in the hands or feet (neuropathy). Symptoms may come and go. They may be very mild and go completely unnoticed. Or they may be severe symptoms that impact your daily life.

What causes celiac disease?

The exact cause of celiac disease isn't known. But having certain genes increases your risk. You are more likely to have these genes if you have a first-degree relative who has celiac disease. A first-degree relative is a mother, father, brother, sister, son, or daughter. Environmental factors, such as infections, may trigger changes in the small intestine of a person with these genes. Eating foods that contain gluten can then trigger an abnormal immune system response. Over time, this response can cause problems with digestion and absorbing nutrients.

How is celiac disease diagnosed?

Your doctor will ask questions about your symptoms and do a physical exam. You may have blood tests to see if you have certain antibodies that could mean you have the disease. Celiac disease triggers the immune system to produce these antibodies.

Health Ministry – Celiac Disease (continued)

To find out for sure if you have celiac disease, you will probably have an endoscopy. In this test, a doctor uses a thin, lighted tube to look at the inside of your small intestine. Your doctor can also take small samples of tissue to be tested in a lab. This is called a biopsy. If the biopsy shows signs of celiac disease (such as abnormal villi and inflammation in the small intestine), a gluten-free diet will be recommended. A diagnosis of celiac disease is confirmed if the diet makes symptoms go away and if antibody tests become normal.

How is celiac disease treated? The treatment for celiac disease is to avoid all foods that have gluten. This is called a gluten-free diet. Eating even the smallest amount of gluten can cause symptoms such as weight loss and diarrhea.

A gluten-free diet means:

- ☐ Avoiding all foods with wheat, barley, rye, triticale (a wheat-rye cross), or oats. Oats may later be slowly brought back into the diet.
- ☐ Avoiding beer unless it is gluten-free. Beers with and without alcohol contain gluten unless the label specifically says they are gluten-free.
- ☐ Eating meals that include rice, corn, millet, and buckwheat. Gluten can also be in things you may not expect, like medicine, vitamins, and lipstick.



You may also be advised to avoid milk or milk products for a while until your intestine heals, then you may be able to slowly reintroduce them. If you have nutritional deficiencies, you may need other treatments. Treatments include vitamin, iron, and calcium supplements. Nutritional counseling from a registered dietitian who is familiar with celiac disease can help you create a practical and healthy gluten-free diet.

Source: Stanford Medicine Health Care
submitted by Linda Evans, BSN, RN (retired)

New Church Office Summer Hours

The church office will be staffed
from **8:30 am – 2:30 pm**
Tuesday through Thursday
from
June through September.

Church Office Vacation Schedule

The church office will be closed
June 30 through July 4 for the
Independence Day holiday and
will reopen on Wednesday,
July 5 at 8:30 am.

Mark will be out of the office on
vacation from July 28–August 7.

The church office will reopen on
Tuesday, August 8 at 8:30 am.

Thank You from Roger and Susan

Dear Members and Friends of St. Andrew,

Susan and I want to thank you for the lovely sendoff you gave us on Pentecost Sunday and for the beautiful gifts of pottery--the bowl surrounded by children and the storyteller from Jemez and the black vase from Laguna. We will treasure these precious works of art as we treasure our memories of sharing in ministry with you.

We have moved into our summer rental on a tidal cove in Brunswick, Maine, and are reconnecting with family and friends. The moving van arrived on June 14, and all our worldly possessions are now in storage. We have begun our house hunting in earnest. We wish you well during this time of transition.

May the peace of Christ be with you all.

Rev. Roger Scott Powers, Honorably Retired
P.O. Box 278, Brunswick, ME 04011

New Styrofoam Recycling Opportunity in Town!

Attention all you conscientious recyclers – you can now take your clean Styrofoam products (no pellets) to a new drop-off center at 6204 (Unit D) 2nd Street NW – (505)322-9965. It is located just north of Acme Recycling. Once you see the street address, which is clearly visible, drive into the small complex and toward the back on the lefthand side you'll see a small bin, labeled Styrofoam recycling. It's that simple and open at all hours. This is an important addition to our recycling opportunities as it is estimated that it takes 500 years for the product to decompose and when it does, Styrofoam, or polystyrene, is slow to degrade, and if disposed of improperly, can leach chemicals into the environment harming water sources. Polystyrene manufacturing is an enormous creator of hazardous waste and greatly contributes to global warming. For more information check out the website: <https://www.thefoamrecycler.com/>



Bring Your Spare Change to Church Every Sunday

The change that you put in the offering every Sunday is converted to a check and then sent to Edesia. This company makes shelf stable, highly nutritious food packets that can be flown to remote, often war-torn countries to fight devastating malnutrition in infants and children. You can also give a check with "Spare Change" written on the memo line. So little can do so much! ***Thank you!***



St. Andrew Presbyterian Church Through the Seasons



May 2023 – Session Summary

Status: Clerk's Report –Suzanne Busch is back!!

Average worship attendance in May: 103 (91 in 2022, 86 in 2021) Membership as of May 31: 156

Approvals:

- ☐ Approve Hugh Wishart as PPR Elder ☐ Approval of Bridge Pastor Dewey Johnson contract.
- ☐ Schedule a Congregational Meeting to elect Hugh Wishart as Elder at the beginning of the service on July 30, 2023. Hugh will be installed during that service.
- ☐ Building Use - Adult Classroom July 16 and August 20 at 3:30 for the Science Fiction Club / Bubonicon Science Fiction Conference. (Requested by Suzanne Busch)
- ☐ Approve the Ministerial Discernment Profile (MDP) so that it can be posted on the Presbyterian search website. ☐ The transitional search team recommends candidate interview expenses be covered.
- ☐ Approval of changes to budget to include bridge pastor and candidate interview expenses.
- ☐ The SJM team recommends that we withdraw \$2800 from the STAMP Fund and split it 50/50 between Habitat for Humanity and Family Promise. This is a little less than the 5% we are authorized to use for Mission work.
- ☐ The west gates and activity room doors will be opened for worship on Sunday mornings starting in July providing access from the west parking lot.

TREASURER'S REPORT

<u>May 2023</u>	Current Month	Year-to-Date	Budget
Total Income	22,831	194,882	310,700
Total Expenses	23,097	133,068	331,206
Difference	(266)	6,154	-20,506

Adult Christian Education Starts in September

Adult Christian Education will start September 19 with a seven-week series called "Animate Faith," led by Joe Woodworth. Similar to the "Animate Bible" series we had last fall, each session will start with a short video of a modern Christian thinker talking about their faith. Our workbooks will then lead us through challenging issues raised by each speaker.

Join us as we grapple with subjects like:

"God - Faith is a Quest",
"Uses and Abuses of the Bible",
and "Church - An Imperfect Family."



Board of Deacons

Greetings from the Board of Deacons. Our list of those needing prayers or supportive care is growing and the Deacons encourage anyone who needs our help to reach out to us. Our luncheon June 24th for members of our prayer and concern list was a success. Close to 30 of us enjoyed lunch and fellowship allowing some to reconnect after a lengthy absence. In July the Deacons will celebrate Rogene Henderson's 90th birthday with cake during fellowship after the July 16th service. In August the Deacons will celebrate Jean Soderberg's 95th birthday with cake during fellowship after the August 13th service. The Hopeworks lunch meal requiring prepared chicken casseroles and cookies/brownies is August the 14th.

Please contact Sharon Burkhardt if you can supply either item for this worthwhile ministry.



Lectionary Schedule

Sunday – July 2

First Reading: Genesis 22:1-14

Psalm 13:1-6

Second Reading

Romans 6:12-23

Gospel: Matthew 10:40-42

Sunday – July 9

First Reading:

Genesis 24:34-38, 42-49, 58-67

Psalm 45:10-17

Alternate

Song of Solomon 2:8-13

Second Reading

Romans 7:15-25a

Gospel: Matthew 11:16-19, 25-30

Sunday – July 16

First Reading: Genesis 25:19-34

Psalm 119:105-112

Second Reading

Romans 8:1-11

Gospel: Matthew 13:1-9, 18-23

Sunday – July 23

First Reading: Genesis 28:10-19a

Psalm 139:1-12, 23-24

Second Reading

Romans 8:12-25

Gospel: Matthew 13:24-30, 36-43

Sunday – July 30

First Reading: Genesis 29:15-28

Psalm 105:1-11, 45b

Alternate Psalm

Psalm 128:1-6

Second Reading

Romans 8:26-39

Gospel: Matthew 13:31-33, 44-52

Sunday – August 6

First Reading: Genesis 32:22-31

Psalm 105:1-6, 16-22, 45b

Second Reading

Romans 10:5-15

Gospel:

Matthew 14:22-33

Sunday – August 13

First Reading:

Genesis 37:1-4, 12-28

Psalm 105:1-6, 16-22, 45b

Second Reading

Romans 10:5-15

Gospel: Matthew 14:22-33

Sunday – August 20

First Reading: Genesis 45:1-15

Psalm 133:1-3

Second Reading

Romans 11:1-2a, 29-32

Gospel:

Matthew 15:(10-20) 21-28

Sunday – August 27

First Reading: Exodus 1:8-2:10

Psalm 124:1-8

Second Reading

Romans 12:1-8

Gospel:

Matthew 16:13-20



July

2 Shirley Walford
3 Ramesh Shrestha
5 Gregory Bartlett
6 Roy Stogner
Cailin Nolte
7 Laura Encino
13 Rogene Henderson
15 Carl Sanfilipo
16 Erin Gaylor-Bell
18 Sharon Craig
19 Joe Woodworth
22 Beverly Wright
24 Ken Lersten
25 Jean Witherspoon
Becca Wesselman
26 Margo Eichwald
29 Bill Aber

August

1 C.C. Sandoval
5 Julie Steck
9 Sally Aber
10 John Daley
Therese Smith
11 Mary Whitcomb
13 Rod Kirchmeyer
Marta Light
16 Jean Soderberg
18 Marcos Griego
19 Alice Wimberly
20 Bennie James Montoya
25 Paula Cuevas
Jake Spidle
Deanna Vick
Chuck Evans
27 Amy Gorman
29 James Wise
31 Christine Sierra

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The church office will be closed June 30 through July 4 for the Independence Day holiday and will reopen on Wednesday, July 5 at 8:30 am.</p>						1 Jack Castle Memorial Service 10:00 am
2 9:30 am Worship Service and Holy Communion	3	4 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	5 6:30 pm NM Peace Choir	6 10:00 am Stroke Club 10:00 am Spiritual Formation-Zoom	7 5:30 pm Girl Scouts	8 10:00 am - Noon Laguna Colony
9 9:30 am Worship Service 10:30 am Fellowship Time 3-5 pm Encantada Band Rehearsal in Courtyard	10	11 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	12 4:00 pm Deacons Meeting (In-person) 5:15pm Social Justice Committee	13 8:30 am Finance Committee-Zoom 10:00 am Stroke Club 10:00 am Historical Jesus Group on Zoom	14 7:30 pm ABQ Science Fiction Society	15
16 9:30 am Worship Service 10:30 am Fellowship Time 3-5 pm Encantada Band Rehearsal In Courtyard 3:30 Bubonicon SciFi Meeting	17	18 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice 6:00 pm Session	19 6:30 pm NM Peace Choir	20 10:00 am Stroke Club 10:00 am Spiritual Formation-Zoom	21 5:30 pm Girl Scouts	22 Linda Woodworth Memorial Service 2:00 pm
23 9:30 am Worship Service 10:30 am Fellowship Time 3-5 pm Encantada Band Rehearsal in Courtyard	24	25 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	26 6:30 pm NM Peace Choir	27 10:00 am Historical Jesus Group on Zoom	28	29
30 9:30 am Worship Service 10:30 am Fellowship Time 3-5 pm Encantada Band Rehearsal	31	<p>Mark will be out of the office on vacation from July 28 – August 7.</p> <p>The church office will reopen on Tuesday August 8 at 8:30 am.</p>				

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 10:00 am Stroke Club 10:00 am Spiritual Formation on Zoom Worship & Music Committee 5:00 pm on Zoom	4 5:30 pm Girl Scouts	5
Mark will be out of the office on vacation from Friday, July 28 through Monday, August 7. The church office will reopen Tuesday, August 8 at 8:30 am.						
6 9:30 am Worship Service and Holy Communion 10:30 am Fellowship Time 3-5 pm Encantada Band Rehearsal In Courtyard	7	8 8:30 am Church office reopens Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	9 4:00 pm Deacons Meeting (In-person) 5:15 pm Social Justice Committee 6:30 pm NM Peace Choir	10 10:00 am Stroke Club 10:00 am Historical Jesus Group on Zoom	11 7:00 pm ABQ Science Fiction Society (Activity Room)	12 10:00 am - Noon Laguna Colony
13 9:30 am Worship Service 10:30 am Fellowship Time 3-5 pm Encantada Band Rehearsal In Courtyard	14 ABQ Philharmonic Rehearsal Resumes * 6:00-10:00 pm * (In Sanctuary Conference, Library & CE Rooms this date)	15 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice 6:00 pm Session	16 Bubonicon Meeting 3:30 pm in Adult C.E. Room 6:30 pm NM Peace Choir	17 8:30 am Finance Committee on Zoom 10:00 am Stroke Club 10:00 am Spiritual Formation on Zoom	18 5:30 pm Girl Scouts 7:30 pm ABQ Science Fiction Society (Adult CE Room)	19
20 9:30 am Worship Service 10:30 am Fellowship Time 3-5 pm Encantada Band Rehearsal In Courtard 3:30 Bubonicon SciFi Meeting	21 ABQ Philharmonic Rehearsal 6:00-10:00 pm	22 Weekly Announcements Due September Issue of Presbytidings Articles Due 4:00 pm Zoom Conversation on Racial Justice	23 6:30 pm NM Peace Choir	24 10:00 am Stroke Club 10:00 am Historical Jesus Group on Zoom	25	26
27 9:30 am Worship Service 10:30 am Fellowship Time 3-5 pm Encantada Band Rehearsal In Courtyard	28 ABQ Philharmonic Rehearsal 6:00-10:00 pm	29 Weekly Announcements Due 4:00 pm Zoom Conversation on Racial Justice	30 6:30 pm NM Peace Choir	31		