

St. Andrew's Signpost

The Rev. Linda Mayer, Deacon
Linda Cox, Senior Warden
Liz Perry, Editor
January 2010

Notes from Linda, Sr. Warden:

Junior Warden, Jean Haskell, will be acting Senior Warden while I am in Florida for three months. Please contact her with any needs or concerns. 509 682-4448 or jeanhsll@gmail.com

Vestry News.....

A report was given that our budget for next year will have to be reduced. 23 pledges have come in with a few still to be received. Last year we pledged about \$70,000, this year it looks like close to \$60,000.

Liz Perry will fill out Dave Gellatly's term on the vestry until the April annual meeting and election.

St. Andrew's website is held by Chris Raines of Cevado. Janice Hartl, Liz Perry and Jean Haskell will be taking a tutorial from them to learn how to run the site. The Newsletter will also appear on the website.

Interview/visits are in the works for a couple of priest candidates for the combined ministry at St. Luke's and St. Andrew's.

Another location for the Food Bank is still under discussion by the Food Bank Committee.

Snow removal at St. Andrew's has been arranged with Larry Arnold's business. We will put a "Snow Removal Fund" jar near the coffee area so people can help pay for this great service. *How much is it worth to not shovel snow throughout the week at church???*
Be thankful! - ed

LOOKING AHEAD.....

Shrove Tuesday Pancake Supper will be Feb. 16, 2010. Jean Haskell is looking for someone to take the lead.....and women will be asked to help.

The annual meeting will be April 11, the week after Easter.

Bach Feste will be July 10-17 with outdoor performances on the 12th, 14th, & 16th, in St. Andrew's courtyard.

The Gates Great Giving Match

St. Andrew's has an opportunity between Christmas and June 30, 2010 to make a donation to the Lake Chelan Food Bank and have it matched by a grant from the Bill & Melinda Gates Foundation through Community Foundation of North Central Washington.

Thirty three non-profit agencies that are supporting families with help in the areas of children, food, housing and physical & mental health are eligible for grant money.

~~Donor~~ forms will be available and our donation needs to be made out to Community Foundation of NCW and specified for Lake Chelan Food Bank. You will be sent a tax receipt and 100% of your donation goes to Lake Chelan Food Bank.

Phone: 509/682-2851 mainbox@standrews-chelan.org
www.standrews-chelan.org

PARISH NEWS AND NOTES

January Birthdays

April Clayton—11
Linda Mayer—14
Don Jamtaas—20
Hannah Hubbard—26
Phil Madden—28
Jordana PaPorte—30



January Anniversaries

No known anniversaries....

E. C. W. NEWS

ECW met for their Christmas luncheon on Dec. 9 and elected officers for 2010. They are: President, Maureen Reynolds; Vice President, April Clayton; Secretary, Pat LaPorte; Treasurer, Linda Cox. They will be meeting on the third Wednesday every other month beginning Feb. 17, at 12:30. (which happens to be Ash Wednesday) The ECW continues to sponsor our Nigerian "sister", Blessing, through Women for Women. Our sponsorship continues until July.
April Clayton

If you have not already done so, please turn in your pledge cards so that the budget for 2010 can be set.

MAGIC PENNY DRIVE

Thanks to a big contribution of change from John McLeod, we collected over \$150 for Episcopal Relief and Development. From "Gifts for Life" catalog Hannah ordered mosquito netting, 2 clean water shares, postnatal care for a baby and food for a student. Linda Cox had the winning guess and received the gift basket—a perfect send-off for her trip.

Stained Glass Symbolism

As you face the altar on the left side of the nave, the third set of three windows are for the Epiphany season, which runs from January 6 to Ash Wednesday.

The first medallion shows lilies for purity, innocence and immortality. The lily is also a symbol for Mary. The three crowns suggest the Wise Men or Magi.

The center medallion is the sacrament of Anointing the Sick, symbolized by the dove, and the healing power of prayer as well as the presence of the Holy Spirit. The three crosses represent the anointing by the sign of the cross with consecrated oil. The Eucharistic candles symbolize the coming of Christ in the Eucharist.

The last medallion in this set contains more symbols of the Epiphany season. The vine and branches represent the new relationship between God and man. An orb depicts the world with the cross as spreading of the gospel throughout the world.

The lower border is green for the color of the Epiphany season and represents hope, regeneration and fertility. As spring follows the dead of winter, so does life triumph over death.

Sandy Gellatly's Gifts to Us All

All of us at St. Andrew's will miss seeing Dave and Sandy Gellatly around town since they recently moved to a new home in East Wenatchee. Both have been involved in the church in many capacities. They also entertained us at their lake residence in Manson in the years they were here. But, as her yoga student, I wanted to pay special tribute to Sandy in appreciation for what she provided for me as well as the broader community in her quest to improve health and fitness.

It all started seven years ago when Sandy's chiropractor recommended she try yoga to help reduce the discomfort she was noticing in her neck and back. Through regular workouts with an instructor she no longer experienced joint pain. When her teacher announced to the class that she was moving away, Sandy shared that without her class she was sure she would lose what she had gained through yoga. Her teacher encouraged Sandy to become a yoga instructor herself, and though the thought of it scared her, Sandy enrolled in and completed the necessary training. The final assignment was to use her new skills teaching at least 8 hours of "Yoga Fit" as a community service. Figuring out that St. Andrew's Parish Hall wasn't used in the early morning week days, Sandy found some willing students who didn't mind being her guinea pigs and invited them to the church for yoga. She felt less pressure to be perfect in her new role when she realized that her students wouldn't have to pay for her instruction. In fact, she began to think of her teaching as a means to share the gift of feeling better.

Eventually, as she improved and became more competent, she asked her students for a small donation for her efforts which they willingly brought with them to each class. Sandy directed all the income from her yoga students to St. Andrew's

Outreach because she was using church space.

During the 6 years she taught yoga at St. Andrew's the people she taught contributed over \$23,000. Sandy worked with vestry members to decide how the monies could be used for worthwhile projects that would improve the health and well-being of others in the community. The funds that she raised have provided for the Chelan Food Bank, the Senior Center, the Teen Center, a sponsorship to Women to Women International, and paid for olive wood crosses (from Israel) to hand out to visitors. A portion of the money went to new landscaping for the church property as well.

Before she moved Sandy recruited a new yoga teacher, Beth Wood, who was a student in her class. Beth continues to teach yoga on Mondays in the Parish Hall. Others of us who learned yoga poses from Sandy over the years include Art Campbell, Kerry Travers, Lily Wesley, Dave and Nancy Zuluaga, Barbara Smith, Pink Smith, Mike Richardson, Pat La-Porte, Jane Lloyd and Linda Mayer.

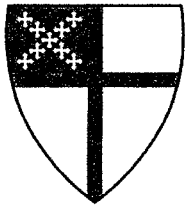
Sandy's legacy to St. Andrew's is a new community outreach focus which resulted from the yoga she taught over many years. She has faith that student donations will continue providing "a means to open doors for everyone." Sandy is a great example of how one person can do so much with a simple idea. She challenged herself to do something that made her uncomfortable at first. But the result was something that can build on itself far into the future!

Jean Haskell

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 First Friday	2
3 HE Boyle	4 Yoga 7:30-9	5	6	7	8	9
10 HE Wilder	11 Yoga 7:30-9	12	13	14 vestry	15	16
17 HE Boyle	18 Yoga 7:30-9	19	20	21	22	23
24 MP	25 Yoga 7:30-9	26	27	28	29	30

31 MP



St. Andrew's Episcopal Church
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January 2010 NEWSLETTER

With God's help, we at St. Andrew's Episcopal Church seek to: pursue a common life, consistent with our Anglican heritage, that involves Eucharist, teaching, fellowship and prayer.

- witness to the Gospel by word and example
- recognize and serve Christ in all persons
- promote justice, peace and love