

THE GOOD WORD—APRIL 2019



Mr. Cal Sievers—NEW SENIOR WARDEN!

With some serious windshield time in the last several days, and a nudge in the right direction from a longtime member of Saint Andrews, I was able to formulate some thoughts on what I wanted to convey with my first printed article.

Since coming to Saint Andrew's for the first time less than 2 years ago, at the invitation and urging of Harold

“Obie” Oberlander, my only question now was why it took me so long, as it wasn't the first time Obie had invited me. It just happened to be the right time due to circumstances beyond my control, which of course is true of most, if not all of our “circumstances”, if we truly believe God is in control.

Sometimes though, we need to give up the wheel rather than simply allowing God to ride along as a passenger only asking for di-

rections when we are lost. I'm not sure I was lost before coming to St. Andrew's, but I do know I needed some guidance.

I know that is a long way to get to the subject matter of this article which is to tell you a little bit about myself and my family.

I spent my early years on a farm in the Redfield area along with my 2 brothers and 3 sisters. Life was somewhat normal but all that changed when my

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HOLY WEEK SCHEDULE OF SERVICES! – EDITOR

Maundy Thursday, April 18th – 7pm, (Paschal Tridium, Day 1) – Holy Eucharist and Foot Washing

Good Friday, April 19th – 12pm–Stations of the Cross

Good Friday – 7pm – (Paschal Tridium, Day 2) Veneration of the Cross – Passion Reading

The Great Vigil of Easter, April 20th – 7pm, (Paschal Tridium, Day 3) Beginning with the lighting of the New Fire outdoors (weather permitting). Service continues in the parish hall, moving to the Baptismal Font and Sanctuary.

Easter Sunday, April 21st – 10am Sung Eucharist followed by Easter egg hunt in the garden (weather permitting). Easter bunny helpers needed to provide candy!

Cal Sievers -(Continued from page 1)

mother loaded us all in the family Pontiac and headed to Gettysburg, SD. (More on that at another time.)

With a single mom working two jobs to make ends meet, and too proud to go on welfare, to say things were tough is an understatement. We all learned to fend for ourselves and I believe in large part that is what shaped my initiative and drive that has carried me through many of my own life challenges that I have confronted through the years.

After high school came college at Northern State University in Aberdeen, marriage, the birth of two daughters plus all the while working full time. The K-Mart journey led us from Aberdeen to Watertown to Sioux City and eventually to Rapid City. After a year in Rapid City I was offered a District Manager's position in Detroit and later Chicago, which was flattering as they told

me I would be the youngest DM in the company, as I was only 26.

Instead, I said enough is enough because somewhere along the way I had lost sight of what was important, which included my wife and two daughters, who had since moved to Wahpeton, ND.

As one door closed though, another opened, and God put this blonde haired blue-eyed beauty and former homecoming queen from Castlewood, SD into my life. As a former colleague of mine told me after meeting Cindy for the first time he said, "You're part of the club?" Curious, I inquired "What club?" He said, "The married over your head club." So true, so true!

I am blessed to have 5 children and 5 grandchildren, Jada (grandson Gus), Sasha (Ella & Leo), Amanda (Tora & Paige), Shane and Callie (wedding set for September in Colorado); a wonderful blended family and am happy to include my former wife

Connie and her husband, Paul as two of my best friends.

After working 17 years in retail management with K-Mart and now an equal amount of time with Thrivent Financial as a Financial Advisor, I have seen both the result of corporate greed along with the blossoming of opportunities of what an organization of Christians can achieve by teaching people to be wise with money, inspire generosity and help families and communities thrive. What a contrast!

I respectfully ask for your patience, understanding and prayer as I embark on this new journey. ---God's Blessings,
Cal



REMAINING LENTEN SOUP SUPPERS!! - Dc. Marty

Wednesday, April 3rd – 5:30pm – ST. ANDREW'S!

Please contact [Deacon Marty Garwood \(390-2016\)](mailto:DeaconMartyGarwood@standrews.org) to offer your assistance: making soup, providing bread, set up, serving and clean up needed!

Wednesday, April 10th – 5:30pm – St Matthew's - 620 Haines Ave.



Say YES to the future of St. Andrew's – NOW! - Deacon Marty Garwood

As we look to the future at St. Andrew's I have been asked a number of times if we will survive. My answer, unfailingly, has always been, and will continue to be, "YES". We are definitely undergoing some changes. It certainly isn't the first time in the life of St. Andrew's that we have changed. We have not stayed the same church that was started in the Red Barn Furniture Store. We have consistently changed over the years. And that is a good thing. Change does not mean death with no hope. As Christians, we should always be aware that out of death comes life. Yes, we may need to die to some things. But in dying we open ourselves up to the possibility of new life. As we approach the upcoming Easter season, we are intimately aware that out of Jesus' death came resurrection. In Jesus's dying we have been given new hope - new life. We have the opportunity to look to the new future of St. Andrew's with hope and confidence.

The other question I have been repeatedly asked is, if we do not have a full-time priest, will I be able to do all that will need to be done. My answer has been, and will continue to be, "NO". St. Andrew's is "our" church. This should mean that it is "our" responsibility to do what needs to be done. A healthy congregation is one where all members participate in the life of the church. We each

have been given gifts to be used for the betterment of the kingdom - and St. Andrew's is part of the kingdom.

News Flash: Not only do we have the gifts we already have claimed and used but we each have been given the ability to find new gifts that we can use. Admittedly that may mean stepping outside of our comfort zone and trying something we have never done before. In our life going forward at St. Andrew's, we simply can not continue to rely on the same people doing the same thing all the time.

Please prayerfully consider what *new area* of congregational life you could participate in. There are no highly specialized talents required by any of our ministries. All that is needed is a willingness - a willingness to try, a willingness to learn, a willingness to serve. I am asking you to question where you might be willing to start something new - and then follow through on it.

Some of the areas of ministry for your consideration include: **worship leaders, altar guild, readers, chalice bearers, coffee hour, funeral luncheons, prayer chain, worship/music planning.**

I do not know of a single person in our St. Andrew's family that does not "qualify" to participate in one or more of these vital ministries. Please don't let yourself focus on those tempting excuses "I can't do that", "I don't know how", "Someone else will volunteer", or even "I already do plen-

ty". Allow yourself to live out the resurrection hope of new life in the midst of changing times. Doing so will be a gift not only to your St. Andrew's family but to yourself.

Two things to remember as you take this new and exciting step into something new:

- 1) nothing is a life-time sentence - we already know life changes and your ministry may change also
- 2) we won't throw you into the deep end and let you sink - we will all be swimming in the waters of baptism together

I am more than glad to visit with you about what the possibilities are. Give me a call at **390-2016** and we will explore together where God might be calling you.

I can not do "it" alone - nor should I or anyone else - but together we can and will survive and flourish.

Deacon Marty





The View from a Pew- Shelli Vallis

*"No man is an island, entire of itself; every man is a piece of the continent, a part of the main. If a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as if a manor of thy friend's or of thine own were: **any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bells tolls; it tolls for thee.**"*

–1624 - John Donne, Dean of St. Paul's Cathedral, London, England.

Last month our parish provided a place of solace and comfort for the family and

friends of *Cedric Martin Goodman, Sr.*

When we learned of this death and the request for funeral services, many of us, not recognizing the name, asked "for whom the bell tolls". I would guess it is natural human reaction to becoming involved in any activity that requires some measure of effort on our part. A process is set in motion: what time? How many for the funeral luncheon? Will we be able to have enough help on a mid-week morning?

In the end, due to very inclement weather, the number of folks attending the service and luncheon was greatly impacted. What was *not* missing was the hospitality of the St. Andrew's family. Several

members of the family expressed their deep gratitude for the meal we provided – the remainder of which was sent home with family members.

When we say that "all are welcome here", we mean it.



Hebrews 13:1-2 *"Keep on loving one another as brothers and sisters. ²Do not forget to show hospitality to strangers, for by so doing some people have shown **hospitality** to angels without knowing it."*

Repent, Believe the Gospel – Linda Simmons

On Ash Wednesday Fr. Hal said the words, "Repent... Believe the Gospel." as he marked each of us with ashes; words I have not heard before at this solemn service as we began Lent 3 weeks ago.

Lent is a six week time of reflection, spiritual growth and repentance.

I pondered these words and asked myself, "What do the

Gospels tell me and what should I believe from them?"

In the Gospels of Matthew, Mark, Luke, and John, they re-

flect upon inward gifts Jesus displayed by his actions and words. He showed kindness, compassion, mercy, forgiveness, and love. These are the daily gifts we should live in our own lives.

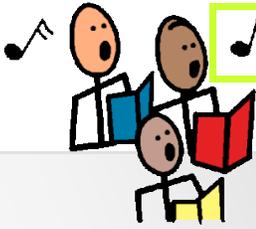
The "woman at the well" experienced all of these when she encountered Jesus.

It sounds so easy. Oh, how I wish I could be that "holy" on a daily basis and always respond to daily happenings with grace and holiness. This is

where the "repent" comes in to our spiritual walk. I apologized to a lady for something I had said that I felt was unkind. She had no idea what I was talking about and said, "forget it!" This I believe that, after repentance, Jesus will remember our sin no more.

Lent makes me take time out and find why I am not kind, merciful, compassionate, forgiving or loving. My reflection is hard for me to face and hard to work on. At the end of this reflective time of Lent I will rely on one of my favorite insights

from the Gospels "...walk by faith...not by sight". The faith is knowing that our Father, Jesus and the Holy Spirit are within me. If I let them, they will guide me, and if in my humanness I fail, I know I will be forgiven; they will not leave me and I can continue to work on these imperfections long after Lent.



We Are “Wired” for Togetherness—Marcia Dunsmore

From the [artistworks.com](http://www.artistworks.com) website:

It’s a proven fact that singing a chorus is more fun when we are surrounded by friends, belting it out at the top of our lungs.

Maybe that doesn’t seem like a proven fact, but according to recent research -- it actually is. Humans are wired for rhythmic togetherness; from [choral singers](#), [musicians](#), [dancers](#), to [rowers](#), the science is coming in that we bond best when we are making music with each other.

Why?

Studies show that choral singing improves our mood, with a decrease in [stress](#), [depression](#) and [anxiety](#). These effects are often attributed to the deeper breathing associated with singing that is also used in meditation. These benefits are enhanced in a group setting, compared to singing alone.

Singing in a group offers us a sense of [belonging](#) to something bigger than ourselves. It helps us feel that we are needed by the larger community. In that light, choral singing programs are beginning to make big strides at [senior](#) centers, as a way to improve the quality of life for the older members of our society.

Beyond these psychological effects, our physical health is also impacted for the better: lower [blood pressure](#), increased blood oxygen saturation, elevated [immunity](#), higher [pain threshold](#), stronger [respiratory](#) muscles, and less [stuttering](#). Music making produces measurable changes in the brain!

These changes positively impact our ability to heal after strokes by assisting the formation of [alternative](#) pathways around damaged brain tissue. All of these factors can lead to a deeper sense of well-being and overall happiness.

Another notion is that the

experience of making music together provides a sense of [awe](#) not just for the observers, but for the participants, as well. If one voice, instrument, or dancer alone is amazing, a group of performers is more so.

What does that awe lead to? [Research](#) shows that this emotion engenders an enhanced sense of altruism. It seems to shift our focus from our own narrow view to that of our common humanity.

Those who report more awe in their lives have been shown to be more generous, more ethical, and more helpful towards others.

Perhaps as we join with others to create an experience of great beauty, we diminish any sense of scarcity, while augmenting our connection to all in a way which is paradoxically self-affirming. We feel more comfortable and happier in our own skin.

HOLY WEEK – FR HAL

“Christians observe special devotion during the week before Easter from ancient times” as pilgrim, Egeria, wrote in the 4th century. Jerusalem had many sacred sites for devotion and worship. Pilgrims followed Jesus’ last days’ path, processed, and worshipped where Christ suffered and



died, and venerated relics.

Our Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday Rites evolved from these early practices. They provide liturgical experiences of the end of Jesus’ earthly life and events climaxing with his resurrection. The Book of Common Prayer provides

liturgies for these days as well as the Revised Common Lectionary providing Bible readings for all of Holy Week.

Some churches hold a Tenebrae service during Holy Week. Clergy in many dioceses make a reaffirmation of ordination vows during Holy Week (ours is April 11th). The

Happy Birthday

APRIL BIRTHDAYS!

11 Nila Peterson

13 Audrey Slott,
Arrianna Chappell

15 Fred Magnavito

21 Midge Breen

29 Obie Oberlander



SPRING TIME! - Linda Simmons

Now is a great time to start thinking of items you can take to the **St. Andrew's Rummage Sale**. Remember, what is not enhancing your life may be able to enhance others. Tentatively the rummage sale will be the **14th & 15th of June** Also start thinking how you can help. - **Linda 605-430-2539**

Holy Week – Cont from page 5...

three Holy days – **Triduum: Maundy Thursday, Good Friday, and Holy Saturday** are the heart of Holy Week. In some churches, Holy Week's (Palm Sunday - Maundy Thursday) liturgical color is red. Holy Week ends at sundown on Holy Saturday or the celebration of the

Easter Vigil.

Our Holy Week services are **Maundy Thursday (18th) and Good Friday (19th)** liturgies at 7PM, **Stations of the Cross at noon on Good Friday (19th)** with the **Easter Vigil at 7PM on Saturday (20th)**. Our **Easter Day worship is at 10 AM**. The planning of other events is evolving, so join in their formation.

Grace and peace, Fr Hal

All articles for "The Good Word" must be submitted to Shelli Vallis (shellimv@rushmore.com) **by the 20th of the month preceding publication**. Articles will be edited for length and may be rejected for content. If you need to add your name to the birthday list, please contact Leni in the parish office at 343-4210 or e-mail: soosan910@yahoo.com



St Andrew's is an inclusive, Sacramental, grace-filled family, rooted in the Episcopal tradition, experiencing and sharing God's transformative love through Jesus Christ in Rapid City.

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