



# The Cross

Mission Statement: To come together through Jesus Christ for spiritual growth, in a loving community that reaches out to others

A Quarterly Newsletter

Volume 32 Issue No. 1 Advent 2010

Sunday Services and Events:

Holy Eucharist and Sermon 9:30 a.m.  
 Coffee and Fellowship 10:30 a.m.  
 Adult Formation/Bible Study 10:45 a.m.

Wednesday Services and Events:

Morning Prayer 9:00 a.m.  
 Briar Place Crafts 10:30 a.m.  
 Holy Eucharist 6:00 p.m.

Special Services and Events:

Baptism of Our Lord at St. James Jan. 9 9:00 a.m.  
 And Potluck 10:00 a.m.  
 Scout Sunday Feb. 6 9:30 a.m.  
 And Pancake Brunch 10:30 a.m.

Bible Study:

After Mass on Sundays at St. Helena's 10:45 a.m.  
 Tuesday Evenings at Barbara's Bookstore 6:30 p.m.

## All Welcome, Always



**St. Helena's Episcopal Church**  
 7600 Wolf Rd, Burr Ridge, IL 60527  
 (630) 662-5660  
[www.sthelenaschurch.org](http://www.sthelenaschurch.org)

Advent and Christmas Services:

Dec. 12: Advent Lessons and Carols with Mass 9:30 a.m.  
 Dec. 19: Blue Christmas Service at St. James 3:00 p.m.  
 Dec. 24: Christmas Eve Mass Reception 4:00 p.m. / 5:00 p.m.  
 Dec. 25: Christmas Day Mass Reception 9:30 a.m. / 10:30 a.m.

**We're getting busier at St. Helena's**

One thing has become increasingly clear as we continue with our planning and discernment process with our graced new consultant Stacy Reynolds:

St. Helena's perceives one of its ministries as opening its beautiful campus to the ministries of others.

Today that includes:

- the Scout troops we sponsor;
- the Vacant2Vegetables garden and beehives; and, most recently,
- the Spirituality Network of Chicago, which offers retreats, quiet days, seminars, and spiritual direction. (If you're unfamiliar with the Network, go to [www.SpiritChicago.org](http://www.SpiritChicago.org)).

All of these groups have added immeasurably to our own sense of mission and ministry and have provided youth, the physically hungry, and the spiritually hungry with much-needed and much-appreciated services. After one particularly fruitful planning and discernment session, one parishioner remarked: "I will know that we have fulfilled our purpose when, every time I come into this parking lot, something is going on."

But one consequence of adopting and sharing space with other ministries is that our building and our grounds are increasingly busy. We are nowhere near over-utilized, but we are a long way from being the open space that sat idle most of the week.

And because we have no parish administrator, only online resources can allow us to schedule our space efficiently.

Now, we can no longer assume that any group will find an empty building at their disposal when they show up for an event only they are aware of. In particular, all users of our building need to:

- 1) **check the online calendar to see if another group is scheduled (<http://tinyurl.com/2b3hvhz>);**
- 2) **email the Rector and ask him to add their entry to the calendar, with a designated meeting space ([robertowyatt@gmail.com](mailto:robertowyatt@gmail.com)); and**
- 3) **leave the building in a clean and orderly shape for the next group.**

For the record, we have three meeting spaces that can be used simultaneously: the undercroft, the new upstairs hall, and the nave. All can be scheduled simultaneously if no group will be exceptionally noisy.

Sometimes the nave is used for spiritual direction (usually only two persons). The upstairs is used for quiet days and other meetings because it is handicap-accessible. That leaves the undercroft for those with no mobility issues.

Further, because the new upstairs hall is so publicly visible, it is imperative to keep it orderly at all times.

For so many years, all of us have used the space on a rather ad hoc basis, and I am as guilty as anyone. Further, many of us forget to check the calendar or verify dates (I make that mistake, too). But as we evolve into a parish with more ministries using our space, we will need to adopt procedures and rules.

God has blessed our ministries. As one of the gardeners said to my observation that we are such a tiny parish: "Yes, but you are mighty."

We're getting busier. And that's a nice problem to have.

Peace,

Bob+

### **A special service for those who find Christmas difficult**

For those who find Christmas anything but merry, two area churches, St. James Lutheran and St. Helena's Episcopal, are joining for a special Blue Christmas service at 3 p.m. on the Sunday, Dec. 19.

The service, at St. James Lutheran Church in Western Springs, includes prayers and carols for those experiencing pain, loneliness, anger, grief, confusion, and anxiety. Chaplains will be available afterward for those seeking individual counsel.

“This service is for the many blue people who struggle during this season filled with tinsel and jollity,” said the Rev. Erin Clausen, pastor of St. James. “People in pain often have a heightened sense of loss at Christmas when those all around them are celebrating as if nothing is amiss in the world.”

“On the outside, many of us may look OK but are inwardly hurting when we remember what is amiss in their lives at Christmas,” said the Rev. Robert Wyatt, rector of St. Helena's in Burr Ridge. “This service designed especially for those people.”

The Spirituality Network of Chicago is a joint sponsor of Blue Christmas, which is funded by a grant from Wheat Ridge ministries in Itasca. All are welcome regardless of religious affiliation.

St. James is located at 5120 Wolf Road, Western Springs. For more information, call (708) 497-9699.

### Thoughts on Health

The day before I had, in a fit of pique and tidying up, thrown all my “self-help” books away: *Fat and Forty*; *Eat Well, Live Well*; *Fat and Fifty* etc. You know the ones - and actually if you don't then you can skip to the next article because this one will make no sense to you.

I know what it feels like to diet, I used to be quite good at it; I feel wonderful and self-righteous and immediately thinner and then VERY soon after that, when I fall off the wagon, I feel guilty and maudlin and depressed and eat it all back on again.

Then, on Sunday I was having a conversation with Dan Higgins about Fr Bob's sermon which had included Thomas Hardy's poem *The Darkling Thrush*, in which the man is gloomy and despondent at the grey wintry afternoon, but the thrush sings.

It particularly resonated with me because I really don't like this time of year as it gets darker and

gloomier and the cold and slush and pandemonium of Christmas approaches and then 3 more months of dreariness etc... Anyway, to my surprise Dan pointed out that the light is so beautiful this time of year as the sun is lower, and the shadows are stronger and that, without their leaves the trees can be seen in all their magnificent shapes, and it did occur to me that we had just bought a painting about 4 months ago of just such a tree - starkly silhouetted against a sunset sky - so I must actually like that after all!

Even more impressive, Dan told me that he walks 2 ½ miles every day, regardless! Regardless of the weather, or if he's busy or if he feels like it, and I was really struck by not just the self-discipline of this plan but it's pure simplicity. Just do it, every day, regardless! Because I know what I have to do to be in better shape, I don't need all those books, that's why I threw them away, it would be better just to spend the time walking 30 minutes a day and eating less.

Then, by chance we had a guest speaker: Caroline Bergland who was to talk to us about health. She was very gentle and soft-spoken and basically she said I/we should walk for 30 minutes a day and eat less, (and maybe do yoga), but it was the **way** that she said it and the way that she tied it in to our spirituality that got me thinking. I/we have been given these amazing bodies. They can do so much: see, hear, smell, (eat); they can self-balance and self-regulate. They can heal and mend. But, other than buying health insurance and an occasional check-up, I make no effort to actually look after my health at all. I already know, as Caroline so very gently pointed out, that being overweight and over-sedentary will likely lead to diabetes or high blood pressure or high-cholesterol and weaker knee-joints etc, but until it **does** apparently I am not bothered.

In fact, it occurred to me that I am more committed to maintaining my car, even if it is a mini-van, than I am to maintaining myself!! How can I take so

lightly what God has created. I love the turning leaves, sunsets, the full moon, all the physical reminders of “the wonders of God’s creation”, but what about my very self? Yes, the ability to make other people was truly miraculous, but that was long ago. Since then....

So, I am going to try, not to diet (probably not to do yoga, sorry Caroline) but simply to eat less and to walk 30 minutes every day, regardless. It does seem that I do owe some responsibility in return for having been given this amazing gift and the least I can do is make that effort. Now today is Monday November 15 and I know this doesn’t come out until after Thanksgiving, but hey, if I put it out there I will have all of you to answer to if I can’t do it, and of course, to myself.

So thank you to Fr Bob and to Dan and to Caroline Bergland (and apologies if I have misquoted any of you), but maybe for the first time I really get it.

– Caroline Goldthorpe

### **Hello from Linda in Cape Town, South Africa**

Hi everyone! I am in Cape Town after a beautiful and fantastic safari up in Botswana/Zambia. I of course have lots of pictures and video - WOW is all I can say. This is the first chance at using a computer in at least 10 days so it was hard to send updates - Mary used her I-Phone when she could (as some of you know by the pictures received). We saw a vast range of animals: impala, baboon, crocodile, tons of birds, buffalo, leopard turtle.. It is amazing to see and watch animals in their environment, walking freely without a zoo keeper! I used to feel that keeping animals in zoos wasn't such a good idea until I came here. There are endangered species that we must protect and if the only way is at the zoo then I support it completely (the rhino!). I can write so much but I'd be here forever and the internet is very slow. I wish everyone a wonderful Thanksgiving. I'll be in a

cage checking out some sharks (sorry mom, but I have to do it). Can't be any worse than standing under a bull elephant, or being no more than 15 feet from a male lion. (Yes, I have some stories for sure!) Love to all of you!

– Linda A. Petrasek

### **The Story**

If you don’t want to be changed, don’t read the Bible!

Some of the adults at St. Helena’s have taken on the challenging task of reading the Bible from cover to cover using *The Story*.

*The Story* is an edited version of the Bible, not unlike the Reader’s Digest condensed version. We have two study groups this year: one which meets after Coffee Hour and one which meets at Barbara’s Bookstore in the Burr Ridge Town Center at 6:30 on Tuesday evenings. I think that we all have found that we are learning a tremendous amount since we have undertaken our study of *The Story*.

The two groups study the same material, and yet the meetings are very different, so a couple of folks actually attend both groups.

I think that it is safe to generalize that all of us have experienced some challenges to our childhood notions, a ton of new ideas concerning the authorship of Genesis, and dare I say the comfort of knowing that God has promised to be with us always even if we aren’t perfect!

There is still time and room for anyone who wishes to join us. Please think about joining us any time. All are welcome, always! But be careful, you might change or grow from the experience.

– Daryce Hoff Nolan

### **The Anderson Room**

In memory of Jim Anderson, who passed away earlier this year, and in Thanksgiving for all that both Jim and Peggy Anderson brought to St Helena's over their many years here, the reconfigured meeting space that is now available for all to gather in regardless of physical mobility has been renamed the Anderson Room. We are particularly grateful to those who contributed gifts in memory of Jim, which have been put towards this project.

A HUGE thank you to ALL of the people who worked so very hard to ensure that the work got done, particularly Fred Boskovich, who has shepherded the entire project and to Dave Shangle, Ron Fox and Charlie Petrasek, to name only a very few of those who made this happen.

– Caroline Goldthorpe

### **Cleaning the Building**

Just in case you didn't read this last week: The Church building needs a good cleaning and we need volunteers for December 11 to do the job starting at 8:00 am. This will be a good beginning for Advent and the holiday season. We will tackle several projects including cleaning windows, dusting, vacuuming, cleaning bathrooms & floors, straightening books in pews, etc. Lunch will be served for the crew. Some cleaning supplies will be on hand, but mops, cloths, extra vacuums, etc. are needed. If the men don't want to clean inside there are things to do outside as well; i.e., clean up sticks, and the outside stairwell going down to the basement!) We need to stress the importance of keeping up the physical appearance of the building. (It's pretty sad when visitors notice cleanliness and the cobwebs!) E-mail Linda Anne at [Ephant130@comcast.net](mailto:Ephant130@comcast.net) so I can get a count for lunch. On December 5, I will walk around the

Church and make a to-do list. If we get enough people we can knock it out within hours.

– Linda A. Petrasek

### **Window Wells Repaired**

If you get a chance, before the snow arrives, have a look at the repaired and raised window-wells at the back of the kitchen and the men's bathroom. We have had flooding in the kitchen 4 or 5 times a year, for the last several years, because the ground all sloped down into the kitchen window well, including the run-offs from 2 downspouts. With a donation from the Vestry, we have had the window wells raised and dug out and the land re-graded to slope away from the building (and sodded) and a drain and underground pipe installed to deal with the downspouts. It is not as exciting a project as our wonderful new Meeting Space, but it is an important part of taking care of our resources.

– Caroline Goldthorpe

### **To Reach Father Bob**

Please phone the church (630-662-5660) and leave a message, which will e-mail him an alert, or e-mail him directly at [robertowyatt@gmail.com](mailto:robertowyatt@gmail.com).

**In an emergency:** Leave a recorded message at 630-662-5660, then press # and follow the instructions. This will page Father Bob, and only he can listen to the message.

### **Please Contribute to *The Cross***

The next issue of *The Cross* will come out at the beginning of Lent. Please send submissions to [aliwhite@indiana.edu](mailto:aliwhite@indiana.edu). The deadline is March 1. Comments and suggestions are also welcome. Thanks to everyone who contributed to this issue!

## Weekly Bulletin

I'm sure you've noticed by now that we have a different format for St. Helena's usual Sunday Bulletin. We no longer have it printed and distributed to those attending the Sunday Eucharist. Instead you have probably received it in your email box and hopefully by now you have been able to open it. One of the reasons for this measure is to cut costs wherever we can.

Since almost all of our members are electronically savvy, the Vestry opted to send the now "Weekly St. Helena's Bulletin" to the parish email list. The format is such that you can print the first page and bring it with you to church on Sunday. Hopefully the remaining page(s) will keep you posted on happenings, prayer requests and other info that people send me, and like the editor of *The Cross*, if you don't send me anything, there may be very little information shared.

Many people have given their opinions about our prayer list, noting that it would be more meaningful if they knew why they were praying for people instead of just seeing a list of names. By adding more information about our prayer requests, we get a chance to know each other better. So we have changed the prayer list format.

**You can add a name at any time** and you can add an update whenever you feel the need to. All the names on the old list have been deleted. So please submit your prayer requests. They will be listed in the bulletin for 4 weeks. We are trying to make the bulletin more family friendly while we save on printing costs. The new prayer list began on November 21st. If you want someone back on the list just add a little more information. It will help us all be more caring and compassionate. No one will automatically stay on the list. After 4 weeks, you may add the person's name again if you wish. Birthdays and anniversaries can also be added. Our birthday list is not complete because of new members, so just complete the form on the next

page and email it to [cpartsch644@comcast.net](mailto:cpartsch644@comcast.net) or to Father Bob at [robertowyatt@gmail.com](mailto:robertowyatt@gmail.com), or you can fill out the form and drop it in the collection plate or give it to a Vestry member. I will get the names on the list ASAP.

– Carole Partsch

## Altar Flowers

If you would like to make a donation for flowers (\$50), you can sign up for a specific Sunday and your intention will be included in the Prayers of the People. See the flower chart on the bulletin board. If the Sunday you want is already filled in, you can still sign up for that date or email [cpartsch644@comcast.net](mailto:cpartsch644@comcast.net) with your request. Your donation will help us defray the cost of flowers on a Sunday that was not selected. Flower donations will be listed separately on your parish statement and are tax deductible.

## St. Helena's Mystery Photo, from Peg Maish

Guess when – and any "who" for a bonus! The previous mystery photo was of an April 1962 Sunday School class held at Pleasantdale School.



## St. Helena's is on Facebook

Visit us at [www.facebook.com/pages/Burr-Ridge-IL/St-Helenas-Episcopal-Church-Burr-Ridge-IL/138590146594](https://www.facebook.com/pages/Burr-Ridge-IL/St-Helenas-Episcopal-Church-Burr-Ridge-IL/138590146594).

## PRAYER REQUEST

Please pray for: \_\_\_\_\_  
First and Last Name

Reason for prayer:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Requested by: \_\_\_\_\_ Date: \_\_\_\_\_

(If military, please add where the person is serving.)

\_\_\_\_\_

Wedding Anniversary for:

Family Birthdays:

Baptismal Birthday: