

# THE ROCK



St. Peter's Episcopal Church

Est. 1954

October 2011



## Pastor's Desk

Recently, my husband Al and I traveled to Quito, Ecuador. I was serving as Chaplain to the Spouses of the House of Bishops (known as The Community of Spouses). I would like to share with you some reflections on Ecuador and our time together.

I have a hibiscus on my back porch that I'll be bringing back inside this afternoon. It's about four feet tall. In Ecuador, hibiscus grows like trees. We saw ferns that were twenty feet tall or more. Calla lilies grow wild, as do orchids, right by the side of the road. In a trip from Quito to a cloud forest we went through three climate zones in the space of one hour. Quito itself gets a little less than one foot of rain per year. When we were there, it rained for about one hour every afternoon and the vegetation was lush. This was their dry season. We passed through a volcanic ash valley, which gets about one inch of rain per year and is essentially a desert, filled with desert vegetation and homes with no running water. We had to drive downhill to get to the cloud forest. Quito is about two miles high; the cloud forest is just over one mile high. The cloud forest gets about fifteen feet of water per year. We saw at least five species of hummingbirds (there are about 150), more blue sulfur butterflies than we could count, and a bamboo forest.

There are over 1,700 species of birds native to Ecuador – that compares to a little over 700 for the United States, a country 70 times as large. One of their main crops is flowers: they primarily export roses, chrysanthemums, and baby's

breath. Who knew! One of our group bought roses for our gathering room – 64 long-stemmed roses for \$12.50!

The people were consistently warm, welcoming, and friendly. At the daycare center that we visited, one young girl came up to me and hugged me like she was never going to let go. The indigenous peoples at the church service also hugged us all and greeted every guest at the Sign of the Peace. Their Book of Common Prayer is exactly the same as ours, except in Spanish. Any one of us would have felt at home during the worship, while noting the great diversity of the congregation. In fact, there is almost as much ethnic diversity in Ecuador as there is biodiversity.

The food is delicious – not spicy hot like Mexican food, but varied and delicately spiced. The music is melodic and haunting, not loud and hard-driving. Prices on food, housing, and goods are low. In Quito, the sun rises at 6 am and sets at 6 pm – every day of the year. Temperatures vary from 50 to 75 degrees, a sort of constant spring.

To be sure, there were things we saw and heard that were sad and depressing. I don't want to go into those details here, but they are stories of how humanity hurts itself and the environment.

God creates with such extravagant abundance. God's good gifts of life and beauty were around us everywhere. Humanity is the spoiler. That's as true in Ecuador as it is in the United States. Greed, indifference, the lack of personal responsibility for the stewardship of our gifts – these sins are common



to us all, regardless of race, ethnicity, or geographic locale.

My prayer for this Creation Season is that the Holy Spirit will stir up in us the capacity to see God in all of creation, and to love God through serving in some small way that part of creation where we have been planted.

## My Voice from the Pew



I have a friend on Facebook named Ame who lives in the Los Angeles area and like me is certified to teach Spin. She is also certified in a different cycling class called Real Ryder. We have similar musical tastes and love a genre called Progressive House so we share songs via e-mail. If a song is too big to mail to her I suggest where she can get it. Her postings center around her classes, granddaughter and beach scenes in her area. Originally from South Africa, she loves life as a US citizen in California.

On most Sundays she will “check in” at Saddleback Church. That name meant nothing to me. I suspected it might be Pentecostal or Born Again in nature. Ame never posts anything else about the Church, Scripture or talk Church issues online. A few pictures showed a large one story building of contemporary California Adobe design, with an outside area suitable for worship, although standing. One day I decided to Google Saddleback Church to learn more. Here is a quote from the website “Saddleback Church serves the Southern California community through more than 200 ministries, eight worship venues, a variety of counseling and support programs, Bible Studies, local and global outreach programs and a broad network of small groups meeting in local homes.” I was stunned by “eight worship venues” This was new to me, a corporate church. My research shows this is the 8<sup>th</sup> largest church in the United States. In our Diocese we have parishes linked by common faith. Saddleback is more a chain, linked by a common structure. I ran this by Deacon Tom who knew of the

church and explained it further to me. Tom told me Rick Warren was the founder of this church. Rev. Warren was the conservative Pastor who gave the invocation at President Obama's inauguration.



I think all of us are happy with the size of St. Peter's, big enough to self sustain, not big enough for a full time Pastor, rather the right size so we can feel as a part of the parish family, each of us being an important member. Our views here vary, but many of us are free thinkers and not too conservative. How would we fare in a church that size? You probably would not be hearing my voice via these articles as I would probably need a degree in Journalism or one in Divinity and not Pharmacy. Decisions might be made by a corporate board and not an elected vestry. On the other hand, note the network of small groups meeting in homes. Is this Bible Study, individual Prayer groups? Deacon Tom said this is similar to what is found in The Chapel here in Amherst.

Pastor Barbara showed me this pattern also exists at theWELL, an Evangelical Church renting space from our Diocese at the former All Saints Church on Maple. There is a Sunday Service at the Church, but individual study groups take place in people's homes. Here is a difference with our groups, which meet generally at the Church. TheWELL has locations in other cities throughout the country. Saddleback is concentrated in CA, while theWELL has spread out.

To each his own. If Ame and her husband are happy at a church that large and Bible centered then God bless them. I am happy at St. Peter's and hope the rest of you are too.

*Paul Schwartzmyer*





## Another Teen Suicide

We've heard so much about the suicide of a local 14 year old HS student. He felt there was no hope left for him in this world. He

was the victim of bullying. How very tragic for this young boy and his family. The family said he seemed to be doing "better". Please read below for some related information about depression and teen suicide.

Let us never be silent if we hear a child abusing another. It can NOT BE TOLERATED. Help needs to be obtained for the bully as well as the one abused. If we all could live by that Golden Rule!

Peace and Love be with you and yours.

*Lois Tripp*  
Parish Nurse

Teen suicide is the third leading cause of death among teens, but teen suicide can often be prevented. If you know the warning signs of adolescent suicide – you might save a life. Depression is the most common mental illness among teens. Depression is not just a bad mood or a phase; it is a serious medical condition. In most cases depression and other mental illnesses can be treated, but the problem needs to be diagnosed by a professional. Those who suffer from mental illnesses, as well as their family and friends, may not recognize the symptoms of a mental illness, which can include:

- Feelings of emptiness, hopelessness, restlessness, or irritability
- Changes in appetite, mood, or sleep patterns
- Trouble concentrating at school or work
- Withdrawal or loss of energy
- Headaches, backaches, stomachaches, or joint pain
- Alternating between depression and mania, or excessive energy
- Drug or alcohol use

If a teen is being treated for a mental illness such as depression, schizophrenia, or bipolar disorder,



he or she needs to stick with his or her treatment. **A teen who is taking antidepressants, suffers from a mental illness, or has been exposed to ideas about suicide should be watched for signs of suicidal thoughts or behavior.**

**Some signs that a teen may be considering suicide include:**

- Talking, joking, or asking about suicide or death, including statements like "Things would be better without me"
- Giving away possessions, especially valued ones
- Engaging in dangerous behaviors, especially those that lead to injuries or "near-misses"
- Obsessing over death, violence, and weapons, such as in speech, television, music, games, drawings, etc.

Suicide can be prevented if a teen gets the help he or she needs. Many local and national suicide prevention programs are in place to help those who are thinking about or have attempted suicide. Here are some important things you can do to help if you think a teen you know is considering suicide:

- Do not leave a suicidal teen alone, or allow him or her access to firearms, medications, or other potentially harmful objects
- Talk to the teen – be direct and ask him or her if he or she is thinking about suicide
- Show concern for the teen – don't judge or try to convince him or her that "it's not that bad"; reassure the teen that he or she can get help
- **Take suicide talk and attempts seriously.**
- Get help for the teen from a professional doctor or counselor right away; if he or she does not have insurance, contact a local mental health center or hospital to find out what kind of aid or free services are available.

ECMC would be a local hospital to call- 898-3000 when you call ECMC you should ask for CPEP which is the crisis prevention emergency program. Also Buffalo General has a psychiatric emergency department at 859-7190 but most children and teens would go through ECMC.





The Nurses Office has been moved to the yellow Sunday School room. With the increase of children we needed to have an Infant nursery and a toddler room. The yellow room is bigger and more convenient off the main hall.

- Help the teen feel support from family and friends and/or join a support group
- If someone you know has committed suicide, seek counseling for yourself and anyone else in your family who may be affected

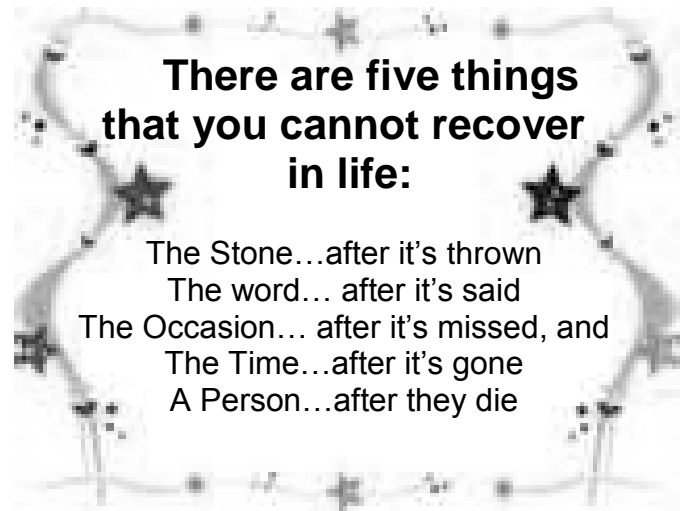
If you, or someone you know, are suicidal please call:

**Locally -Crisis Services at 716-834-3131**

**National Suicide Prevention Lifeline (toll-free) at 1-800-273-TALK**

Teen Suicide Prevention Sources:

- National Institute of Mental Health, "In Harm's Way: Suicide in America" [online]
- National Institute of Mental Health, "What to do When a Friend is Depressed" [online]
- Center for Disease Control, National Center for Injury Prevention and Control, "Suicide: Fact Sheet" [online]
- GirlsHealth.gov, "Suicide" National Youth Violence Prevention Resource Center [online]
- Suicide Awareness Voices of Education [online]



### Just for laughs



### J2A Pilgrimage Rescheduled

As you are already hopefully aware, the J2A trip to Washington DC

will be rescheduled for some time this spring. Several dates are being considered including Memorial Day weekend. I will update you as soon as a date is selected. The details of the trip will be the same as previously advertised. The reason for the change was damage to the National Cathedral during the recent earthquake. It's tour was to be the highlight of the trip.



Sue Gunn



## Standing Rules of Life

*Someone has written these beautiful words. One must read and try to understand the deep meanings in them. They are like the Ten Commandments to follow in life all the time.*

*1] Prayer is not a "spare wheel" that you pull out when in trouble; it is a "steering wheel" that directs us in the right path throughout life.*

*2] Do you know why a car's WINDSHIELD is so large & the rear view mirror is so small? Because our PAST is not as important as our FUTURE. So, look ahead and move on.*

*3] Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write.*

*4] All things in life are temporary. If going well enjoy it, they will not last forever. If going wrong don't worry, they can't last long either.*

*5] Old friends are like Gold! New friends are Diamonds! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a base of Gold!*

*6] Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!"*

*7] When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.*

*8] A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision."*

*9] When you pray for others, God listens to you and blesses them; and sometimes, when you are safe and happy, remember that someone has prayed for you.*

*10] WORRYING does not take away tomorrow's TROUBLES; it takes away today's PEACE.*

*Submitted by Betty Peters*

## Upcoming Events

### Financial Wellness Seminar – Saturday, October 22<sup>nd</sup> 5 pm

We will begin with a pot-luck supper from 5 to 6 pm, followed by a program led by representatives of the John Hancock group. Topics to be covered include:

- *Protecting your Assets* – in case of long-term medical needs.
- *College Planning* – "529 plans"
- *Charitable Gifting*
- *Wealth Creation*

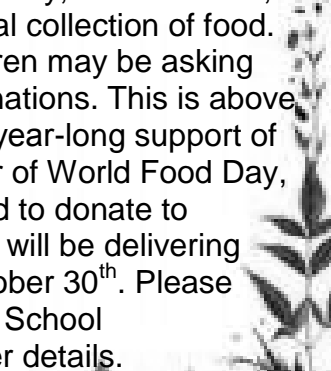
This seminar is for informational purposes only. Those wishing to follow-up with a personal/family consultation may choose to do so on their own.

### God's Goodness in Creation – Sunday, October 9<sup>th</sup> and 16<sup>th</sup>

A few years ago, Ken Burns did a superb series on PBS about America's National Parks. A faith-based Christian group obtained rights to use excerpts from the series for a program on "The Goodness of God in Creation." They made this available for FREE. We have obtained a copy and will be presenting a faith-based program, using film clips from the series. This material is suitable for all ages, in fact, our Sunday School will be using some of it for their classroom work during Creation Season. Join us from 11:30 to 12:30 on these two Sundays for a beautiful and interesting program.

### World Food Day – Sunday, October 16<sup>th</sup>

Beginning on Sunday, October 16<sup>th</sup> (a day set aside for our country to observe the food needs of the world), through Sunday, October 30<sup>th</sup>, we will be having a special collection of food. Our Sunday School children may be asking you to help them with donations. This is above and beyond our 'normal' year-long support of the Food Pantry. In honor of World Food Day, they will be collecting food to donate to homeless veterans. They will be delivering this food on Sunday, October 30<sup>th</sup>. Please see Alison Mohr, Sunday School Superintendent, for further details.





## Mission Day – Sunday, October 30<sup>th</sup>

We will be devoting both services to presentations about the various mission and ministry programs with which the people of St. Peter's are involved: The Threads of Hope Linen Pantry, Journey's End Refugee Resettlement, Episcopal Relief and Development, Our Little Roses, Episcopal Community Services, Food Pantry, Food from the Heart, and our many special service projects led by our Sunday School folk. This is Youth Sunday – everyone will be upstairs in church for this Spirit-filled day focusing on how it is that we as a faith community serve the goodness of God in creation.



### Out of the Mouths of Babes

A little girl was sitting on her grandfather's lap as he read her a bedtime story. From time to time, she would take her eyes off the book and reach up to touch his wrinkled cheek. She was alternately stroking her own cheek, then his again. Finally she spoke up, "Grandpa, did God make you?" "Yes, sweetheart," he answered, "God made me a long time ago." "Oh," she paused, "grandpa, did God make me too?" "Yes, indeed, honey," he said, "God made you just a little while ago." Feeling their respective faces again, she observed, "God's getting better at it, isn't he?"

Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?" "Because white is the color of happiness, and today is the happiest day of her life." The child thought about this for a moment, then said, "So why is the groom wearing black?"

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "honor thy father and thy mother," she asked "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy answered, "Thou shall not kill."

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--every resource a preacher needs



## Treasurer's Report

### St. Peter's Episcopal Church As of September 30 2011

#### Operating Account

RECEIPTS YTD	Actual
Plate & Pledge	56,362.99
Liturgical & Outreach & Special	5,517.02
Memorials	650.00
Other	17,674.53
<b>TOTAL RECEIPTS</b>	<b><u>\$80,204.54</u></b>

#### DISBURSEMENTS YTD

DISBURSEMENTS YTD	Actual
Building & Grounds	\$5,786.43
Clergy	40,344.63
Memorial Expense	727.75
Operations	10,481.21
Outreach	10,869.00
Personnel/Payroll tax/Payroll	6,448.94
Service	
Utilities	6,978.10
<b>TOTAL DISBURSEMENTS</b>	<b><u>\$81,636.06</u></b>

#### St Peter's Account Balances 9/30/11

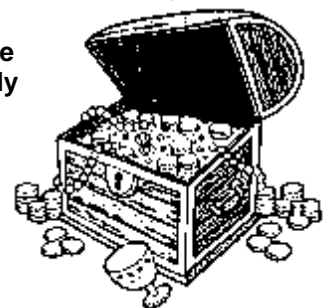
First Niagara - Checking	\$105.31
Capital Funds YTD	\$15,376.61
Money Market - Savings	\$4,320.37
Interest & Deposit	\$3,418.23
Withdraw	\$0.00
<b>Total 9/30/11</b>	<b><u>\$7,738.60</u></b>

300.42	Continuing Ed.
940.17	Meath Memorial
251.05	Walgate Memorial
525.00	Reynolds Memorial
25.00	V. Talbot Memorial
59.15	Wellness Ministry
2,925.92	Renovation/Capital Funds
156.00	Summer Camp
151.47	Parish Nurse
311.50	Music Fund
1,795.32	Memorial Garden
250.60	Order St. Luke
11.00	UTO
36.00	Theo .Ed.
0	Insurance

Money Market - Checking	9/30/11	\$335.46
Lillian Shandraw Ed. Fund	9/30/11	\$501.50
J2A Pilgrimage Fund	9/30/11	\$2,184.50
Mission & Ministry	9/30/11	\$366.96
Columbarium Fund	9/30/11	\$4,213.10
Morningstar Ministries	9/30/11	\$2,353.75

\$40,000 owed to the Diocese  
September paid interest only

Merrie Hill





## Prayers of the People



**Long Term list:** Leigh, Sarah and family, Darlene, Jim, Dianne and Olin, Jim & Mary M, Ulyssa, Norman, Eric, Donnalyn, Adel, Bill B, Lauren, Brandon G, Jean Z, Bea, Wilma, Harlan, Stanley B, Nancy, RJ, John W, Barb & Frank, Shirley, Dorothy, Jim R, Art, Jacque D, Kimberly D, Anna, Wanda, Patrick W, Josh, Kay, Richard, Debbie, Paul R and Reidun, Talisa, Joshua, Edwin M., Darlene S, Lynda H., Danielle, Dan, Lincoln

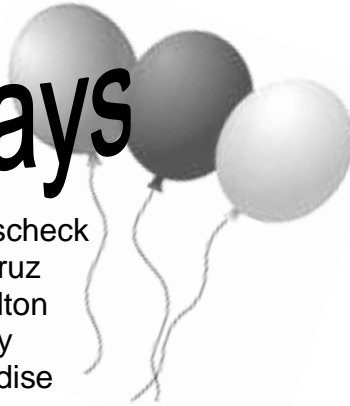
**Short Term list:** Sue G, Richard H, Chris, Gloria S, Lance S, Tammy D, Areti, Mrs. D, Chris, Ruth D, Joanne H, Samatha, Suzanne H, Al S., Jason D, Suchyna family, Betty P, Lisa H, Lisa E, Linda B, Ray J, Steve R, Carol, Ray K, Sue C, Phyllis H, Pete and Ruth, Felicia, Candida and Suzanne, Jennifer and family, Ruth, Caroline, Robert and Kirsten.

**Servicemen:** William, Jessie, Jack, AJ, Greg, Ray G, Christopher, John, Dustin, Nathaniel, Vinnie D, Gene S, Fred C, Ricky, James, Michael V., Ashley, Ken S.

Please remember to call or email me with updates.

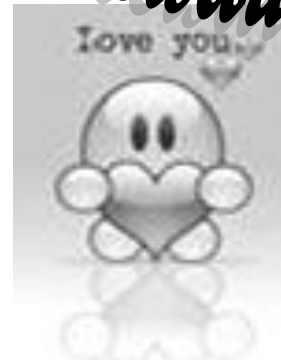
Sue Gunn

## Birthdays



- 10/02 Sheila Schascheck
- 10/03 Marichelle Cruz
- 10/05 Alyssa Hamilton
- 10/05 Steven Hardy
- 10/08 Steven Paradise
- 10/09 Dillon Lopat
- 10/14 Sara Gunn
- 10/19 John Peden
- 10/20 Marty Donhauser
- 10/23 Jordan Hamilton
- 10/26 Michael Taube
- 10/28 Philip Gardner
- 10/28 Shaun Nagel
- 10/29 Christopher Burroughs

## Anniversaries



Mr. & Mrs James Peters  
Mr. & Mrs. Thomas Serafin

