



# THE CROSSROADS

## From the Desk of the Rector

During college and seminary, I had been regular at going to the gym three to four times a week. I was trim, strong and full of energy. My outlook on life was positive and I was focused. One day I innocently skipped my workout, thinking that I had done plenty and one day wouldn't hurt much. Indeed missing one day didn't hurt much. That is why I was so surprised to realize that missing one day led me to justify missing another and then another. After all, my life was busy with exams and readings. I had to work to pay bills and I thought I was in pretty good shape physically.

Over time, I couldn't tie my shoelaces without getting winded, I had to buy larger belts, and I found it harder and harder to keep up with life around me. I had become undisciplined and out of shape. Before long I didn't even really notice it, or care. This had become my new reality. As I added more years to my existence, I added more fat to my gut and fewer positive vibes to my attitude.

I recently rejoined the gym with a new commitment to being in better physical shape. Here are a few things that I have realized over the past couple of months.

**Being a member isn't enough.** I have rejoined a gym from time to time over the years. I paid the membership fee and would declare to my friends that I was a member of such and such health club. However, I darkened the

door rarely in the beginning and less and less as time went on, until my membership quietly expired several months later.

**Sometimes we need trainers to help us get going.** We need folks who make it their profession to know the details of getting the body, as well as the mind, in the right position to get started on the right program for us. It is noble to desire to move in a positive direction. But many times we don't even know what that is or how to start on the path. My goal was to get skinny. My trainer helped me realize that I needed to strengthen the weakness I still had from my broken leg three years ago before I could progress with other things.

**Starting over hurts.** After a long absence, we use muscles that have atrophied and will ache and be stiff the first few times we use them again. While it may initially be exciting to get back into the swing of things, it is also very easy to give up after the second or third try, once the soreness begins and we realize that this is going to have to be a long term commitment to work.

**Going to the gym regularly allows a reality check and creates support.** For a long time I convinced myself that I was healthy and in good shape. Only my children were honest enough to see my reality and to call me "fat." Once I got back to the gym I was surrounded by strong, healthy folks, as well as some others like myself, who could support, inspire, and challenge me to keep going.

## December 2011

### Inside this issue

Loaves and Fishes	2
Looking Ahead	3
Milestones	4
Servers' Schedule	5
St. Andrew's Day	7



**Fr. Kelley J. Lackey II,  
Rector of St. Andrew's**

*(continued on page 6)*

## St. Andy's kitchen begins offering Saturday meals

The new Loaves and Fishes ministry at St. Andrew's opened on Dec. 3. Volunteers served about 30 people and, as word spreads, expects to serve more. The soup-and-sandwich luncheons are available to anyone in the community without charge. All are welcome to join in worship at 11:30, followed by the lunch in the parish hall.

An anonymous gift from a parishioner got the program off the ground. New purchases included a freezer and other equipment needed for the preparation and storage of food. Gifts of money and time are most welcome. Contact Don Bailey regarding food (342-3993) and Deborah Cotterman about volunteering ((913-829-4585). Checks payable to St. Andrew's should have "loaves and fishes" in the memo line.

Below are photos taken as volunteers prepared the food and then as the guests enjoyed the meal. *Photos courtesy of Patrick Kelley.*



## Looking ahead

- Saturday, Dec. 3**      Grand opening of St. Andy's Kitchen! We serve our first Loaves and Fishes luncheon, the parish's new outreach ministry, beginning with worship at 11:30 a.m. Information about volunteering with this on page 2. Pray for its success!
- Tuesday, Dec. 6**      The city-wide community women's group, Camerata, performs at St. Andrew's at 7:30.
- Thursday, Dec. 8**      The vestry meets at 6:30 p.m. in the conference room. As always, all parishioners are welcome to attend vestry meetings.
- Saturday, Dec. 10**      Loaves and Fishes luncheon, 11:30 in the parish hall.
- Sunday, Dec. 11**      Fr. Kelley celebrates the Eucharist at 2 p.m. at Emporia Presbyterian Manor. Everyone is welcome at this service to renew friendships with members who are no longer able to attend St. Andrew's. Caroling follows.
- Saturday, Dec. 17**      Loaves and Fishes luncheon, 11:30 in the parish hall.
- Sunday, Dec. 18**      Please stay after the 10:45 a.m. Eucharist for the "hanging of the greens" in preparation for Christmas.
- Saturday, Dec. 24**      Loaves and Fishes luncheon, 11:30 in the parish hall.
- The Christmas Eve "family-friendly" Eucharist, which includes the children's Christmas pageant, begins at 5:30 p.m.
- The Christ Mass is celebrated at 8:30 p.m.
- Sunday, Dec. 25**      The Christmas Day Eucharist is celebrated at 9:30 a.m. Please note that there is only one service on Christmas Day.
- Saturday, Dec. 31**      Loaves and Fishes luncheon, 11:30 in the parish hall.
- Sunday, Jan. 1**      Deadline for submitting your name to stand as a candidate for vestry. There are three openings to be filled at January's Annual Meeting.
- Friday, Jan. 6**      Celebrate the Feast of the Epiphany with a 7 p.m. Eucharist and the traditional Epiphany cake.

Evening Prayer is read at 5:30 p.m. weekdays, except Wednesdays. A casual Eucharist begins at 6 p.m. each Wednesday, followed by dinner and fellowship.

*Please note:* The women of St. Andrew's will not gather for their monthly lunches in December. The lunches (at which men and children are always welcome) will resume in January.



Remember the sufferings of Christ, the storms that were weathered... the crown that came from those sufferings which gave new radiance to the faith... All saints give testimony to the truth that without real effort, no one ever wins the crown. —*St. Thomas Becket, martyred archbishop of Canterbury, murdered in his cathedral on Dec. 29, 1170 by supporters of King Henry II.*

If a date that's important to you is missing from this calendar, please notify the office at [office@standrewsemporium.org](mailto:office@standrewsemporium.org) or 620-342-1537.

## Milestones

### *In our daily prayers we celebrate*

#### **Births**

Dec. 1	Marged Amend
Dec. 2	Millard Harrell
Dec. 5	Harry Bird
Dec. 6	Dave Hendricks Thomas Plummer Ron Roerig
Dec. 9	Patrick Kelley
Dec. 10	Ranney Vogt
Dec. 11	Jason Brinkman
Dec. 15	Antonia Felix
Dec. 20	Deborah Cotterman
Dec. 26	Sarah Harbaugh
Dec. 29	Nancy Romine
Dec. 30	Melissa Coleman

#### **Baptisms**

Dec. 7	Kelsey Hendricks
Dec. 12	Abigail Jacob
Dec. 18	Stuart Johnson
Dec. 24	Florence Colaw Carolyn Martin Steven Schwenn

#### **Confirmations**

Dec. 6	Leigh Ann Crofoot
Dec. 7	Kelsey Hendricks
Dec. 11	Karen Henderson
Dec. 14	Dave Hendricks
Dec. 17	Barbara DeBauge
Dec. 22	Trish Weidert

#### **Marriages**

Dec. 26	John and Anna Brownlee
Dec. 27	Douglas and Marged Amend Larry and Barbara DeBauge Mike and Trish Weidert
Dec. 30	John Dougherty and Deborah Cotterman

### **We remember**

Dec. 6	George Herbert
Dec. 9	Robert MacDonald
Dec. 10	Harry Frick
Dec. 12	Rebecca Reynolds
Dec. 13	Grace Chance
Dec. 15	Forrest Kessler
Dec. 17	Carol Jones Daniel Koger Sally Torrey
Dec. 18	Eve Faulkenbury
Dec. 20	John Payne Sr. Ruth Payne
Dec. 23	Mary Price Shelly Prost
Dec. 24	Jane Austin Judith Kimbell Floyd Metzger
Dec. 25	Winston Cram Girdner Crofoot Richard Douthit
Dec. 28	D.D. Dehler
Dec. 30	Christi McCollough

## **Sunday readings for Dec.**

*Dec. 4, the Second Sunday of Advent*  
Is. 40:1-11, Ps. 85:1-2, 8-13, 2 Peter 3:8-15a, Mark 1:1-8.

*Dec. 11, the Third Sunday of Advent*  
Is. 61:1-4, 8-11, Ps. 126, I Thess. 5:16-24, John 1:6-8, 19-28.

*Dec. 18, the Fourth Sunday of Advent*  
2 Sam. 7:1-11, Ps. 89:19-26, Romans 16:25-27, Luke 1:26-38

*Dec. 24 and Dec. 25, The Nativity of Our Lord Jesus Christ*

Christmas Eve I. Is. 9:1-7, Ps. 96, Titus 2:11-14, Luke 2:1-14.

Christmas Eve II. Is. 62:6-12, Ps. 97, Titus 3:4-7, Luke 2:8-20.

Christmas Day III. Is. 52:7-10, Ps. 98, Heb. 1:1-4, John 1:1-14.

# December Server Schedule

	Dec. 11	Dec. 18	Dec. 24 early	Dec. 24 late	Dec. 25	Jan. 1	Jan. 6 (Friday, 7 p.m.) Epiphany
<b>Chalice bearer</b>	J. Runge	G. Garcia	P. Kelley	P. Davis	P. Kelley	G. Garcia	-open-
<b>Priest server</b>	R. Mitchell	S. McKinney	R. Mitchell	S. McKinney	-none-	R. Mitchell	P. Kelley
<b>Crucifer</b>	G. Mason	C. Amend	P. Kelley	P. Davis	-none-	-open-	G. Mason
<b>Torch 1</b>	C. Amend	-open-	C. Amend	J. Davis	-none-	A. Mitchell	C. Amend
<b>Torch 2</b>	G. Mason	C. Lackey	A. Mitchell	-open-	-none-	C. Amend	-open-
<b>Lector</b>	B. Barnes	M. Amend	-open-	M. Harrell	L. Bonney	J. Runge	J. Brownlee
<b>Intercessor</b>	J. Runge	N. Romine	-open-	J. Runge	L. Bonney	N. Romine	B. Barnes
<b>Greeter 1</b>	D. Mai	N. Romine	-open-	D. Mai	-none-	D. Mai	A. Brownlee
<b>Greeter 2</b>	S. Mai	-open-	-open-	S. Mai	-none-	S. Mai	-open-
<b>LEV 1</b>	G. Mason	S. McKinney	-none-	-none-	P. Kelley	J. Hubert	-none-
<b>LEV 2</b>	B. Barnes	J. Hubert	-none-	-none-	L. Bonney	-open-	-none-
<b>Altar Guild</b>	Garcia/Barnes/ Bailey	Pontius/Mai	Gilpin/Basler /Weidert	Gilpin/Basler /Weidert	Gilpin/Basler /Weidert	Mitchell /Mitchell	Mitchell /Mitchell

**Please remember that you are responsible for finding a substitute if you are unable to serve**

## **From the Rector, cont.**

**What you get out of it depends on what you put into it.** The health of my body and the positive state of my attitude will be directly proportionate to the amount of time and energy I spend on the stair climber and in the weight room. I will not get in better shape by simply sitting around and waiting for it to happen.

**Sometimes showing up and maintaining is good enough.** Many times I will walk out of the gym feeling like I had a really good workout. My body feels pumped and I made a lot of sweat. There are other days when I feel like I am simply going through the motions and I find myself yawning through it all. On these days, I can at least say that I have maintained my position and I didn't slip back into the old pattern that will inevitably lead me back to fat and tired.

**Look at the long run instead of just today.** The first few times I went back to the gym, I felt more annoyed and defeated. However, after looking back after a few weeks, I noticed that I had regained some of the strength in my leg that I didn't even realize had been missing these past few years. I was able to tighten my belt and my clothes fit better. I felt stronger and people seemed to notice a difference in my physicality as well as my attitude.

**Plateaus may be the hardest challenge.** Once I find a routine that works, it is easy to take comfort in keeping to the status quo. After all, it has worked so far. Nevertheless, if I don't push myself to the next level, I will not continue to progress. I will never be able to have more strength or endurance than I do now. At certain points I must challenge myself to take the risk to do more. It is at these points that the soreness starts again and I can easily become frustrated. But when I push through, it is always worth the gain.

A few years ago, I wrote an article in this space that examined the church as the theatre, the hospital, and the gym. I argued then that the church should be treated more like a gym. As I think about each of the things above, I am aware that everyone of them applies to a person's life in the church. Being a Christian takes a level of commitment and focus that many have lost the desire to engage.

Are you an out-of-shape, winded Christian? Did you innocently step out of the church one Sunday to find that several weeks, months, or even years had passed since you had worked out at your spiritual gym? Never fear. We are open and full of other members who are here to support and inspire you as you work to lose that layer of spiritual fat. Participating in the Holy Eucharist week by week helps to build your spiritual muscles and work out areas of your soul that may be a little stiff and atrophied.

Remember that the new year is just around the corner and it is a perfect time to rejoin God's gym, the church. I am always very happy to visit with anyone who is thinking about joining, or rejoining, God's gym—about his exercise program to move you into top shape.

**Pax Christi,  
Kelley+**

## Feast of St. Andrew

A lasagna dinner followed the celebration of the Eucharist on our patronal feast day, Nov. 30. About 60 parishioners and friends attended, several in plaid.

Many thanks to the Parish Life Committee for organizing



## Longtime parishioner dies

Dorothy Jean Conwell, who was part of the St. Andrew's family for many years, died Nov. 12 at her home in Texas. Her ashes will be buried in Emporia in mid-December, with a reception afterward in the parish hall.

A brief committal at Memorial Lawn Cemetery will be held at 11 .am. on Friday, Dec. 16. A reception will follow in the parish hall.

## Congratulations!

Welcome to parishioners who joined St. Andrew's in the last few month: Thomas Plummer, Alice Smith, Rachelle Smith, and Mariam Smith.

Michelle Petty and Kira Pearce will be graduating from Emporia State University this month. Michelle will be with us at St. Andrew's while husband Jake finishes work on his degree. Kira plans to return to Manhattan. Both came to St. Andrew's as part of our campus outreach ministry. We wish them well and will miss Kira at our Wednesday night celebrations.

Jean Runge became a grandmother in November. Her daughter and son-in-law, Heidi and Kerry Eck, are the parents of baby Connor Lee, born Nov. 11 in Kansas City. Heidi and Kerry married at St. Andrew's.

## Teens, tweens start new year with MIQRA

Students in sixth through 12<sup>th</sup> grades will gather in Topeka to start 2012 with the annual MIQRA weekend, a retreat that focuses on the Bible and how to read it. MIQRA is set for Jan. 14-16 at Grace Cathedral and St. David's Church in Topeka. For more information, check online at [www.episcopal-ks.org/youth](http://www.episcopal-ks.org/youth) or get in touch with Fr. Kelley.

## Looking for candidates for the vestry

There will be three vacancies on the vestry beginning in January. This body of nine members serves as spiritual and temporal leaders of St. Andrew's, working with the rector in implementing the mission of the church and overseeing our physical space and ministries. Members are communicants in good standing, at least 16 years old, who have made a financial pledge to St. Andrew's. If you are interested in serving, please contact Fr. Kelley as soon as possible. The deadline is Dec. 31 for your name to be placed on the ballot at the annual meeting in January.

**St Andrew's Episcopal Church**  
828 Commercial  
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(620) 342-1537

**The Rt. Rev. Dean E. Wolfe**  
Bishop of Kansas

**The Rev. Kelley J. Lackey II**  
Rector of St. Andrew's

**Members of the Vestry:**  
**Nick Jacob—Senior Warden**  
**Rick Mitchell—Junior Warden**  
**Brian Dyer**  
**Jacque Heckman-James**  
**Patrick Kelley**  
**Jordan Kline**  
**Sue McKinney**  
**Nancy Pontius**  
**Sue Wilson**

**Visit the parish website at**  
**[www.StAndrewsEmporia.org](http://www.StAndrewsEmporia.org)**

**OFFICE HOURS**

Monday-Thursday, 9-noon  
other hours by appointment

You may contact the secretary at (620) 342-1537 or  
[office@standrewsemporia.org](mailto:office@standrewsemporia.org). You may also leave a  
message through our website at [StAndrewsEmporia.org](http://StAndrewsEmporia.org).

December 20 is the deadline  
for information to be included  
in the January Crossroads.  
Please drop off any  
information at the church  
office or e-mail it to  
[office@standrewsemporia.org](mailto:office@standrewsemporia.org)



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