

# The Net

St. Andrew's Anglican Church

April 16 & 17, 2016

# Popcorn!



“**Fresh popcorn is near impossible to resist, second only to fresh doughnuts.**” – Shannon Wiersbitzky, children's book author.

**O**ne of our youth serves up a bag of popcorn with a smile last Sunday. His dad, Popcorn Kernel Eric Emery, is looking for a few good men and women to join the ranks of this ministry. Eric says that seeing the smiles and hearing the giggles of an adoring fan base, hands clasped and eyes affixed to the kettle waiting for that first kernel to pop, is always a great reward. And the children seem to enjoy it as well, which makes it all the more worthwhile. ☺ Would you like to serve in this ministry once a month or so? If so, please contact Eric at 614-818-3175 or [eemery@insight.rr.com](mailto:eemery@insight.rr.com) for details.

## Kroger Community Rewards Annual Renewal begins now!

Did you know that you can earn money for St. Andrew's while making your regular Kroger purchases? Kroger distributes rebate dollars quarterly to registered nonprofits, such as our church, based upon registered shoppers. You will still earn any in-store discounts or gas points. This charitable donation is a separate extra feature.

Whether a regular or occasional Kroger's shopper, your participation helps. We earned approximately \$ 1,250 in 2015!

To enroll, go to [www.Krogercommunityrewards.com](http://www.Krogercommunityrewards.com), and have your Kroger Plus card handy. Our number is 80910, or you may simply enter St. Andrew's Anglican

Church as your selected charity. Please consider asking friends and family members in the Columbus area who are not signed up with any organization to do so for St. Andrew's. For those already registered, it's time for your annual renewal, as their new year begins May 1. Please contact Robin Field at 614-895-8204 with any questions.

## Women's Bible Study Group resumes study this Tuesday

The Tuesday morning Women's Bible Study Group resumes it's study of "Wonderstruck: Awaken to the nearness of God," this coming Tuesday, April 19. They'll be making up the missed session from two weeks ago, when the parking lot paving project required a last-minute cancellation. The group meets on the first and third Tuesdays of the month, from 9:30 to 11 a.m., at the Parish House. All women of the church

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## 'Feeling Better' pain management seminar April 27

Tasso Spanos, C.T.P.M., will present "Feeling Better," a pain management seminar, on Wednesday, April 27, from 7 to 9 p.m. in the Gathering Area at St. Andrew's Anglican Church, 7521 South Old State Rd., Lewis Center. Tasso is a Certified Trigger Point Myotherapist who has been practicing and

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# The Daily Lectionary

Week of the Fourth Sunday of Easter · April 17-23

**Sunday, April 17** — A.M.: Psalm 63:1-8(9-11), 98; P.M.: Psalm 103; Exodus 28:1-4,30-38; 1 John 2:18-29; Mark 6:30-44

**Monday, April 18** — A.M.: Psalm 41, 52; P.M.: Psalm 44; Exodus 32:1-20; Colossians 3:18-4:6(7-18); Matthew 5:1-10

**Tuesday, April 19** — A.M.: Psalm 45; P.M.: Psalm 47, 48; Exodus 32:21-34; 1 Thessalonians 1:1-10; Matthew 5:11-16

**Wednesday, April 20** — A.M.: Psalm 119:49-72; P.M.: Psalm 49, [53]; Exodus 33:1-23; 1 Thessalonians 2:1-12; Matthew 5:17-20

**Thursday, April 21** — A.M.: Psalm 50; P.M.: Psalm [59, 60] or 114, 115; Exodus 34:1-17; 1 Thessalonians 2:13-20; Matthew 5:21-26

**Friday, April 22** — A.M.: Psalm 40, 54; P.M.: Psalm 51; Exodus 34:18-35; 1 Thessalonians 3:1-13; Matthew 5:27-37

**Saturday, April 23** — A.M.: Psalm 55; P.M.: Psalm 138, 139:1-17(18-23); Exodus 40:18-38; 1 Thessalonians 4:1-12; Matthew 5:38-48

**Next Sunday, April 24** — A.M.: Psalm 24, 29; P.M.: Psalm 8, 84; Leviticus 8:1-13,30-36; Hebrews 12:1-14; Luke 4:16-30

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**Next Sunday's Lectionary · April 24; Fifth Sunday of Easter (Year C)**

**First Reading:** Acts 11:1-18

**Psalm 148** (BCP 805)

**Second Reading:** Revelation 21:1-6

**Gospel:** John 13:31-35

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## Prayers for the Church

Following the Anglican Cycle of Prayer, please pray for Archbishop Nathaniel Uematsu and for the bishops, priests, deacons, religious, and laity of The Nippon Sei Ko Kai (The Anglican Communion in Japan).

Roman Catholic missionary St. Francis Xavier and his companions took the Christian faith to Japan in the 16th century. In 1587, the Christian faith, following growth, was outlawed and Christians were persecuted and martyred. All foreigners were expelled in 1640. When foreigners were allowed to return in the 1850's, they found thousands of Christians who had maintained their faith and identity underground, without priests, during the centuries of persecution!

In 1859, the American Episcopal Church sent two missionaries to Japan, followed some years later by representatives of the Church of England and the Church of Canada. The first Anglican Synod occurred in 1887 and the first Japanese born Anglican priest was ordained in 1889. The first Japanese Bishops were consecrated in 1923. The Anglican Church in Japan became independent Province in 1930.

The Church went underground during World War II, while many bishops and priests were imprisoned and 71 of the 246 churches were destroyed by arson or Allied bombing, and many others badly damaged. The Church now has some 60,000 members in 11 dioceses and operates eight colleges and universities and two hospitals.

Please pray especially for continued efforts of the Church in promoting and fostering peace, reconciliation, and youth exchange with countries invaded by Japan during WWII, for continued rebuilding after the great earthquake and tsunami of 2011, and for missionary work.

Following the ACNA Cycle of Prayer, please pray for Canon Dr. Stephen Peay and for the faculty, staff, and seminarians at Nashotah House, Wisconsin.

Following the Diocesan Cycle of Prayer, please pray for Fr. Aaron Harrison and the people of All Souls Anglican.

Following the Parish Cycle of Prayer, please pray for Mike Kitsmiller; Jana & Chuck Lilly; the Youth Group; and the Outreach Ministry Team. Please also pray for Kaon and Danjela Serjani in Albania, who serve our Lord full time through CRU, presenting the Gospel to youth. Lord, please give guidance and provide the necessary finances for this couple.

## What does it mean to be an Anglican?

**Come find out on Sundays!**

The Adult Forum led by Fr. Ron Baird began a new study on "What does it mean to be an Anglican?" last Sunday. The class will cover the Church of England from its founding until it joined with Rome; the Church of England under Rome; the Church of England during the Reformation; post-Reformation Anglicanism; and Colonial Anglicanism.

The class will also focus on the Anglican Communion, and things that are particular to the Anglican Way, such as the Anglican view of Scripture, Sacraments, moral authority, and governance.

Grab a cup of coffee or tea and a breakfast snack, and join Fr. Ron in the Sanctuary from 10:15 to 11 a.m. on Sundays!

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## Encouragement for your prayer time with God

If you focus on your problem, you're going to be distressed. If you focus on God, you're going to be at rest. God is much bigger than your problem.

"Rest in the Lord, and wait patiently for Him; do not fret because of those who prosper in their way, because of those who make wicked schemes." (*Psalm 37:7*) "Take My yoke upon you, and learn from Me. For I am meek and lowly in heart, and you will find rest for your souls." (*Matthew 11:29*) — *From the St. Andrew's Prayer Ministries Team*

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## Have a prayer request?

You may email your prayer requests to [prayerchain@standrewspolaris.org](mailto:prayerchain@standrewspolaris.org), or fill out the online form on our website, [standrewspolaris.org](http://standrewspolaris.org), under the "Scripture & Prayer" drop-down menu. Prayer requests may also be placed in the prayer box in the Narthex.

# Marriage Enrichment Weekend planned locally for April 23-24

A Marriage Enrichment weekend is planned for our congregation April 23-24, right here in the northern Columbus area. The concepts presented in this event are designed to re-invigorate your marriage, whether you have been married for a short time or a long time.

Are you curious about whether this kind of thing could do your marriage some good? Larry and Patti Cooper would be happy to answer any questions you may have, so please reach out to them at 740-369-0832 for more information or to register for the weekend. You may also send them an e-mail at [centralohiomarriageenrichment@gmail.com](mailto:centralohiomarriageenrichment@gmail.com), or visit [www.c-o-m-e.org](http://www.c-o-m-e.org).

There are spaces for only five couples at this event and some reservations have already been received so it is filling up pretty fast. Don't wait too long!

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## Women

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are welcome to attend, and may feel free to come to any or all of the sessions, and you're welcome to bring a friend.

The women will be studying and discussing *Wonderstruck: Awaken to the nearness of God*, a seven-week session by Margaret Feinberg. This study provides practical steps, challenging questions, intimate stories, and Biblical insights for anyone who wants to live astounded by God and walk in the fullness of all he offers.

You'll learn to recognize the presence of God in the midst of your routine; unearth extraordinary moments on ordinary days; develop a renewed passion for God; identify what's holding you back in prayer; and discover joy in knowing you're wildly loved.

For those interested in doing the daily devotional studies that accompany the series, the *Wonderstruck* booklet is available at LifeWay bookstores, but not required. For more information or questions, please contact Tally Whitehead at 614-578-7897.

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## 'Feeling Better' seminar

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teaching Myofascial Trigger Point Therapy since the early 1980s, and is also a Licensed Massage Therapist.

Myofascial Trigger Point Therapy is the identification and treatment of pain and dysfunction in muscle tissue and the connective tissue in and around it caused by myofascial trigger points.

A common cause of pain, trigger points are like contracted knots that cause pain and tightness. They are often caused by muscle injury or repetitive strain, are painful when pressed on, and cause a shortening of the muscle fibers. Trigger points have a special property called referred pain, meaning that a trigger point in one muscle can create pain in another area.

Treatment often involves applying pressure to the trigger point, as well as therapeutic stretching exercises. Solving chronic pain through Myofascial Trigger Point Therapy can help improve overall quality of life, including athletic and musical performance, through better range of motion, increased flexibility and reduced stiffness or muscle tension.

Tasso created the first Myofascial Trigger Point Therapy treatment center in Pittsburgh, has taught therapeutic stretching classes and trigger point self treatment, and taught health care professionals how to treat trigger points for 32 years. Recently retired, he has relocated to Central Ohio to be near son Matt, his wife Joanna, and children Ben and Meg. Tasso's wife Becky is a deacon in the Anglican Church in North America, and assists at St. Andrew's.

For more information about Myofascial Trigger Point Therapy, go to [www.myofascialtherapy.org](http://www.myofascialtherapy.org).

## Consecration of new bishop April 28

The Most Reverend Foley Beach, archbishop of the Anglican Church in North America, will consecrate the Anglican Diocese of the Great Lake's second bishop, the Rev. Dr. Ronald Jackson, at 4 p.m. on Thursday, April 28, at St. Bernard's Church, 44 University Ave., Akron. Everyone is welcome, and there is no charge to attend just the consecration service.

Since parking is not available in St. Bernard's parking lot, those a shuttle bus service will be provided from St. Thomas Hall, 555 South Cleveland-Mass Rd., Copley, to the church. The shuttle will be available starting at 2 p.m. Buses will arrive in 15 minute intervals and will begin their return after the service is over.

A Consecration Dinner Celebration will be held at St. Thomas following the consecration at 7 p.m. There are a limited number of dinner tickets available for purchase at \$50 per person. The price includes dinner, drinks, and dessert. You may log on to [www.adgl.us](http://www.adgl.us) to purchase tickets.

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## No Youth Group this week; service project coming up May 1

There will be no Youth Group meeting this coming Tuesday because of conflicts with several area school activities. Youth and their parents are encouraged to watch their email inbox, as well as "The Net" and our website, for details about upcoming meetings, as well as an opportunity to serve at the Delaware County Humane Society on Sunday, May 1!

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## Four parishioners to perform in Vaud-Villities

Four members of St. Andrew's will perform in Vaud-Villities Spring Show, "Colors of Vaud-Villities" April 21-24 Laurie and Steve Darke, and their son Liam, will return to the stage this spring, and Randy Smith will be making his first appearance.

Tickets are \$25 for adults; \$22 for students and seniors; and \$15 for youth 14 and under. Go to [vvshows.org](http://vvshows.org) or call calling 614-262-7469 for ticket information.



**T**hings looked a bit iffy after a rainy week, but Holy Saturday dawned bright and sunny, even if a bit chilly, for the annual St. Andrew's Easter Egg Hunt.