



The Tower

St. Thomas Episcopal Church
168 West Boston Post Road
Mamaroneck, NY 10543
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www.SaintThomasmmrk.org



Volume 09, Issue 4

April 2011

Dear St. Thomas Family,

Easter is a “movable feast,” one that depends upon the lunar cycle, unlike others which always fall on the same date, such as Christmas. This means we might still have snow on the ground in mid-March, or flowers in bloom at the end of April. Remembering the very snowy winter we’ve had, I am especially grateful for a later, warmer Easter this year.

A late April Easter also means we can truly experience the meaning of the word Lent. The church has observed the season of Lent since the 4th century, commemorating the 40 days Jesus spent in the wilderness, fasting and being tempted by Satan. “Lent” comes from an Old English word, *lencten*, which means “lengthen,” since that’s what the days are doing during Lent – they are lengthening, giving us more hours of daylight.

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Perhaps we can take this additional light and use it as we continue our Lenten journey and do some spiritual inventory-taking to help prepare ourselves for the great feast of Easter. We honor and show respect for the time Jesus spent in the wilderness by doing this inventory with deliberation and intention, with prayer and some sacrifice. So if I decide to give up the afternoon cup of coffee that I usually enjoy, it can be more than just “giving it up.”

It means that I’ll take a moment or two and say a prayer when I would otherwise be savoring my cup of house blend. More than that, it means I’ll still take the money out of my wallet that I would have handed over at the drive-through and put it into a jar or mite box that I’ve set aside for this Lenten purpose. So this relatively small act of denial – what’s a cup of coffee, anyway? – becomes a spiritual exercise in which I’ve now added a daily time of intentional prayer, and out of which comes more money for charitable outreach. It’s one of those little things that can mean a lot, for both the giver and the object of the prayer.

Join me in being intentionally aware of the lengthening daylight as we pass through Lent this year. Use it as an image of the growing light of Christ in yourself as you look within and are deliberate about growing in Christ, about having a more open relationship with God. It is what you are gaining, even as you are giving things up. All of this will prepare you for the greatest, brightest light of all, Easter Day.

God’s Peace,

Pastor Tammeman†

Dear Brothers and Sisters in Christ,

While running in Saxon Woods last week, I chanced upon a Red-tail Hawk with a writhing Blue Jay trapped in its talons. Initially, the hawk tried to carry the jay away when it saw me approach. However, the weight of the prey was such that the hawk dropped it by the side of the trail, in favor of a faster escape.

When I caught up to the jay, it was clear that the hawk had inflicted a serious wound. I wondered: would the jay revive enough to escape? Would the hawk return if I ran along? I pondered whether to assist the jay or not. I decided to stay neutral and kept on my pace. About twenty minutes later, on the return trip, I saw only a scattering of blue and gray feathers. The hawk had returned in my absence and dispatched (and probably eaten) the jay.

The rest of the way home, I debated with myself whether I had made the right decision. I think I did. Nature works the way it does because it does work (and it has for millions of years). Nature is amoral. She's sometimes beautiful, sometimes cruel. Nature cared not for the jay's regal plumage. She cared not whether or not the hawk starved. Certainly, she didn't give a damn about how I felt experiencing the whole spectacle.

For thousands of years, spiritual/religious people have tried to discern transcendent meaning in the workings of the natural world, often at our own peril. It seems too easy to give God glory when nature shows its beautiful side: majestic creatures, breathtaking mountain vistas, and ocean sunsets. But when nature shows her violent side, we're left with a problem. We rightfully cringe with embarrassment, when so soon after a natural disaster like the recent earthquake & tsunami in Japan, some fool with a Bible gets on TV and doles out divine blame (usually on a group of people or a cultural trend that they don't like). They seem to forget that nature doesn't care. Nature doesn't care where an earthquake hits anymore than it cared which bird won.

When tragedy strikes, I find Jesus' teaching about the Tower of Siloam in Luke 13 especially helpful. No, those that died were not any more sinful than the ones who survived, He cautions us. But Jesus goes on to tell us that in tragedy there is always opportunity both for inner repentance and outer mission. As we try to make sense of senseless things (like the earthquake), let us remember not to project divine meaning onto them, but rather simply be grateful for the life we have and, more importantly, be there for those affected by them.

In Peace,

Fr. Will +



Deacon Thinkin'

Years ago we acquired two kittens, not that we really needed two more cats, but the one we did have went absolutely berserk when we tried to put her in a carrier to take to the country with us, not that we especially wanted her with us but we also harbor mice in the country place and she would have been worth her weight in gold if only she would have cooperated.

The only alternative was to get another cat, but because the one we had was so downright nasty (to put it mildly) and we just knew she would antagonize and terrorize a new kitten we thought it would be kinder to provide company and strength in numbers, thus two kittens. The grandkids named them Wigs and Buddy, my husband called them Olaf and Sven (the Norwegian oozing out again) and when I didn't call them just plain "cat" I reverted to Heckel and Jeckel or Frick and Frack. By the time they were 6 months old they were seriously neurotic. They were registered at the vet as Tigger and Eyore ! Go figure !

It is hard to believe that they were brothers, the orange one was gentle and sweet, and still is, he never tried to leave permanent claw scars, he is a very special cat. The personality of the gray and white one was a different story, he was the one that would climb up the back of the chair while I was at the computer, sink his claws into my shoulders and pull himself up until he was safely and comfortably sitting on one shoulder and then begin to chew my hair. I could deal with that, it was when he decided to knead my scalp with all 10 claws that I realized he was one odd cat, he definitely needed an attitude adjustment.

You've got to be wondering where I'm going with all this. Hang in there.

Well, it just brings to mind how different brothers can be, how different we humans can be. Let's face it, we are all of the same species, only two genders; except for size, shape and color, by some miracle most of us come with the same parts; arms, legs, liver, heart, brain, spleen, kidneys etc.... we even share the same hopes and dreams and yet, we make it our mission in life to dwell on the differences, and if we can't find any we do our best to create them.

Eyore, the gray cat, became a challenge for me. Yet he taught me a lot. In time I realized that if I stopped treating him like a challenge and accepted him as the cat he was, did a little more stroking, talked a little softer, and of all things, practiced patience, he began to change. The real lesson here is that I changed as well, or is it that I changed and he changed as well? Think about that.

I hope you (like me) have learned that we can't change any one else, only ourselves. So when you meet a "challenge", try it. A word of caution, change can be painfully slow, and seldom do we see the fruits of our labor over night, this is where persistence comes into play. If your "challenge" does not change inspite of your patience and persistence (occasionally that can happen); nevertheless you will, and for the better.

"In everything set them an example by doing what is good" (Titus 2:7)

Peace,

A handwritten signature in cursive script, appearing to read "Lynn".



Musical Notes

Easter approacheth. St. Thomas choir is busily preparing for our Holy Week and Easter services. This year, we especially look forward to Palm Sunday when a long-time member of our parish, Tim Eddy, who is a professional cellist, will play a work by Rachmaninoff following the reading of The Passion. It will surely be an emotional moment. On Good Friday, our choir will be singing as part of the Tenebrae service at 7:30pm. And on Easter Sunday, as always, we will raise the roof of St. Thomas with joyous music to celebrate His Resurrection.

Another happy note: we are thrilled to welcome a new member to our soprano section. Maria Rhodes Wood, who has recently joined our parish family, has also joined St. Thomas choir. She has a lovely voice, and is a welcome addition to our choir family.

Noel Hart

ExcellentSingers@aol.com

Director of Music

Dear St.Thomas Family,

Greg and I will be participating in AIDS Walk New York on Sunday, May 15, 2011. The money raised at AIDS Walk New York supports research for a cure and supports services for individuals living with HIV/AIDS, such as the GHMC's Women's Institute.



The Women's Institute provides comprehensive community health education, prevention, programming and advocacy on behalf of women, girls and families living with and affected by HIV and AIDS.

Please be generous in your support. Checks can be made out to "AIDS Walk New York". Contributions are tax-deductible, so hold onto your cancelled checks for tax purposes.

Thank you, St. Thomas Family! We appreciate your support, and everyone looks forward to the day when events like AIDS Walk New York are no longer necessary.

Ira Hart and Greg Cherry

The Resilience of the Human Spirit ***Recalling a Pilgrimage to Tanzania***

Throughout my visit I witnessed the human spirit being tested in the harshest circumstances, circumstances that were not just outside my experiences of life but which had been outside my imagination.

I witnessed the human spirit that finds the capacity for joy; children and adults smiling, singing, and dancing, joyous in spite of all the hardships they have to face. I saw the human spirit express itself in inventiveness and creativity. A small boy I met showed me a toy car he had made, constructed out of nothing but sticks and garbage.

I saw tenacity; I saw people prepared every day to go, what we euphemistically call, the extra mile. Daily, women and children walk miles to collect water and bring it back to their homes. They collect water from shallow, unreliable wells to drink and to cook. They need water for livestock and crops. They want water to wash.

The human spirit can find the capacity for selflessness. On any day I saw children, very young children, shoeless, in tattered clothes, caring for other children as adults would. They carry toddlers on their backs, they find food for them and they comfort them when they are distressed.

In the midst of hardship I witnessed gratitude. They are grateful for their country, for Africa and their part in it. They are grateful for the all the gifts of nature that surround them. They are grateful for the hope that education offers. It is my privilege to report, I have witnessed the resilience of the human spirit and it is extraordinary.

Grace Gallo went on pilgrimage to Tanzania in August 2009. Grace will be going to Tanzania again this summer.

Men Cooking at St. Thomas Returns on Sunday, May 22



Pots and pans will be busy as “Men cooking at St. Thomas” returns on May 22, 2011, from 5:00 p.m. to 7:00 pm. This fund-raising event benefits the Carpenter’s Kids and our partner parish in the Diocese of Central Tanganyika, Hombolo Makulu. Many men have already agreed to join in the festivities, preparing a variety of dishes for people to sample, but more are welcome and needed. Yes, it is called “Men Cooking at St. Thomas”, but that doesn’t mean that our lovely women cannot be called upon for consultation or technical assistance!



We are fortunate to have CELEBRITY CHEFS Anthony Chiffolo (*in yellow shirt*) and Rayner “Rusty” Hesse join us for this event. They wrote the bestselling book: “Cooking with the Bible”.

We need to have many more people involved in the background work, such as making calls, soliciting donations from favorite shops or restaurants, setting up, publicity, and selling beverages. My grandmother used to say, “Many hands make light work,” and that always seemed to be the case. If you can offer some assistance, please contact Ira Hart or Greg Cherry.

Thank you for your participation and support. This will be a great event for the community, St. Thomas Church, and the Carpenter’s Kids!





St. Thomas Book Group

The St. Thomas Book Group met for its third meeting on March 13th, 2011. Lunch was prepared by Nancy Mustacato (Ziti and Sauce to die for!), after which we discussed 'The Book Thief'. It is the story of a young German girl growing up in Pre WWII Germany and through the war. The narrator of the book is the Grim Reaper. Even though it is a book for teens, we found the plot quite complex and thought provoking.

The next meeting of the St. Thomas Book Group will be on Sunday April 10th, at 11:30am in the board room, when we are going to discuss "The Glassblower of Murano" by Marina Fiarato.

Ann Hunt





Sunday School

Reduce, Recycle, Re-use, Re-Lent

De-cluttering your life this Lent, and supporting our Thrift Shop at the same time!

When I was finishing up the first grade, my dear, kind and generous maternal grandmother died suddenly. Within a few months, at the tender age of seven, I was pressed into service, with my even younger sisters, to help my mother sort through Gramma's things. Mom needed the help--my grandmother was not a simple lady. The daughter of an Irish railroad man, she'd been sent to ballet school and raised to "marry-up". She did just that; on the eve of the Great Depression, she married my grandfather, the son of upwardly mobile German immigrants, successful commercial bakers and bankers. Except they lost their businesses, just months after my grandparents returned from a scenic rail trip honeymoon. Reduced circumstances meant my grandparents would live in a neat, but very modest and tiny home, on Chicago's south side for the rest of their lives.

When the Seips' left their big house, much of its contents made its way to my grandparents' little house on Seeley Avenue. Most of that stuff, and more, was still there when my grandmother died in 1968. That summer, my mother set about to conquer her girlhood home's clutter that made my uncomplicated, and very tidy, grandfather crazy. As a little girl I remember being amazed that we found at least twelve of everything: salt cellars, chargers, fish knives and fish plates, remnants of a much more formal life. Elaborate china that my great-grandmother hand-painted was to be divvied up between us girls. There were also drums filled with fresh water—a curious vestige of World War II emergency planning. Stuffed into drawers were beautiful hand-worked linens with the Marshall Fields price tags still on them (when you come to my house you can see some of them—I worked them into curtains for our powder room). To the delight of my sisters and me, mom's two fancy dolls survived the ravages of time with their human hair and batting eyelids in tact (both live and play happily in Addie's room today). I still remember my mom calling us in as she unwrapped a silk blouse from its original, 40-year old department store packaging; it had never been worn and disinte-

grated in our fingers at the slightest touch. She called us in to see that sorry silk for a reason.

That summer, I learned many lessons about what makes people happy. The first lesson for me was that old stuff is cool: which is why you find me prowling our thrift shop, local auctions and nearby consignments shops looking for treasures (and bargains) that have a story. My second lesson was that stuff unused is wasted: wasted money, wasted energy, wasted space. My third lesson was that stuff often makes people sad, miring them in their pasts, keeping them from living in the present in a robust and hopeful manner. And finally, I learned that while I like stuff, it made me a little crazy to be around too much of it.

While the fine things I inherited from my grandparents are a legacy, there is another, perhaps more important one. Combing through my grandmother's possessions when I was seven taught me that I must continuously tame my own belongings and my own acquisitive nature. Now my husband and daughter may laugh. Truth-told, I am a bit of a mess and I have trouble passing up any good deal. I am fond of my piles of mail, my drawer full of "office" supplies and take-out menus, my lump of sweaters on the chair in our bedroom. But I am self-aware enough to know that I also love that clean feeling I have after going through a drawer, or a pile, or a shelf, shedding half the contents.

Deacon Werdal recently gave me a short pamphlet exploring the spiritual aspect of de-cluttering. At its core was the notion that stuff gets in the way of living a full spiritual life, disconnecting us from each other and from God. It recalled for me the observations of our Tanzania pilgrims—that people with so little can be so happy, living fully in the moment. As this Lent winds down, I urge all of us: young, old, singles, and families, to make an effort to simplify your life by de-cluttering some corner, closet or cabinet. In doing so, you may experience a lightness of being that brings you more deeply into communion with our God.

Kate Beeby

Sunday School Director

Some simple tips for de-cluttering, advice from our Thrift Shop (warning—this is an infomercial):

* **Don't overwhelm yourself.** Pick one small space and go through it completely. Your success will encourage future and ongoing clean-up efforts.

***Consider an ongoing, serial de-cluttering program.** Clean parts of one room until the entire room is clean; then, move onto the next room. Once all rooms have been cleaned, start again in the first room.

* **Have lots of garbage bags, storage containers, marking pens and labels on hand for your clean-up activities.**

* **To aid your efforts, mark four large bags or bins:**

SAVE (make sure that you identify a space for anything you keep)

GIVE AWAY (only items in excellent condition)

GARBAGE (be brutal, often more stuff belongs in the GARBAGE than in the GIVE AWAY pile)

MAYBE (questionable items to hold while considering)

Set a goal to make your GIVE AWAY and GARBAGE piles thirty percent of the total material that you are sorting. If you do not remember having an item it should likely end up in the GARBAGE or GIVE AWAY pile. Don't put off the inevitable; strive to make the MAYBE pile the smallest. (The MAYBE pile is also useful for parents who are sorting on behalf of their young children, a sort of holding station before making a permanent decision about the disposition of toys about which you are unsure.)

* **Rotate your decorative objects.** Consider storing most of your pretty little things. Keep out only what you are willing to dust each week. When you want to "re-decorate" shop your storage box full of special doodads. Change them up with the season, or when your mood, or taste evolves.

* **Consider making a carefully edited personal time capsule(s).** Everyone is special, but the same does not go for all of his or her stuff. Carefully select and organize photos, artwork, toys, clothes, letters, books that tell your story, or that of your child's. Include a brief explana-

tion. You will do your descendants a great service if you don't leave 10,000 fading Polaroids and 50 years worth of Christmas cards to rifle through.

*** Consider your home a closed system. For each new item that comes in, an old one must go out.** For those of us who lived for years in cramped New York City apartments you may recall that desperate post-Christmas thought—"what am I going to do with all this stuff?" Strive to get rid of something old for every new thing that you decide to keep. When people ask what you'd like for a gift, tell them specifically what you want and need, it will be easier to make room for it. Also consider giving and requesting consumables like wine and candles, or experiences like a Broadway show.

*** Find a friend to help you de-clutter.** It can be beneficial to have a helper who is detached from the emotions associated with your things, to help you to stay on course.

*** Make de-cluttering a family activity.** Going through things together is a good way to share stories and your family's history. For children who are reluctant to part with toys, discuss how that toy could make another child happy. Channel the *Toy Story* movie: ask your child to consider it from the toy's point of view. Would the toy be happier in a box in the attic or being played with by another child each day?

*** Give away or throw away clothes that no longer fit, or that you have not worn in more than a year.** If you lose weight, build yourself a new up-to-date wardrobe. Clothes you haven't worn, or don't remember that you own, should go.

*** And last but not least, donate your GIVE AWAY items to the St. Thomas Thrift Shop.** The thrift shop accepts books, clothes, shoes, jewelry, linens, small household and decorative items, toys and games (NO stuffed animals please). All must be clean and in excellent condition. The Christmas Fair might need your furniture and antiques, call the office to inquire.

Happy spring-cleaning!

Holy Week at St. Thomas

Palm Sunday, April 17

- 8:00 A.M. Liturgy of the Palms and the Holy Eucharist in the Church
- 10:00 A.M. Liturgy of the Palms in the Chapel, with (weather permitting) procession up to the Church. Celebration of the Holy Eucharist.

Wednesday of Holy Week, April 20

- 6:00 P.M. Middle Eastern Meal and Holy Land Pilgrimage Slides in Parish House. Please RSVP by April 17.
- 7:30 P.M. Stations of the Cross in the Chapel

Maundy Thursday, April 21

- 7:30 P.M. Celebration of the Holy Eucharist, with hand-washing, in the Church

Good Friday, April 22

- Noon Stations of the Cross in the Church
- 7:30 P.M. Service of Tenebrae in the Church

Holy Saturday, April 23

- 9:30 AM Preparing the Church for Easter Day, led by our Altar Guild. Please join them as we beautify the Church.

Easter Day, April 24

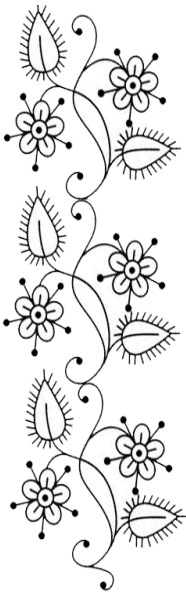
- 10:00 A.M. Celebration of the Holy Eucharist, with special music and the flowering of the cross by our young people.

If you would like your birthday to be included, please send it to the parish office by mail or e-mail: office@saintthomasmmrk.org



April Birthdays:

Meagan Jones	02-Apr
Ann Breen Metcalfe	02-Apr
Rosella Zaglio	09-Apr
Phyllis Evans	17-Apr
Leana Fisher	18-Apr
Orial Redd	19-Apr
Teresa Thomas	22-Apr



FLOWER DONATIONS
EASTER SUNDAY, April 24, 2011
St. Thomas Church, Mamaroneck

In Memory of:

In Thanksgiving for:

My name:

Please return with your check by April 12, 2011

YOU DON'T WANT TO FORGET...



HOLY WEEK Please see page 14. WORSHIP SCHEDULE



Tuesdays at 10:00 AM: Brown Bag Lunch Preparation. Every week we prepare about 100 sandwiches and distribute them between **11:00AM and 12:00PM.**



Every Saturday the Farmers Market is open in our Heathcote Hall from **9:00AM to 1:00PM.**



April 4 at 7:00PM: The Helping Hands Knitting Group meets - everybody is welcome!



Ecumenical Lenten Services, 7:30 PM: April 5: Mamaroneck United Methodist Church; **April 12:** St. John's Lutheran Church.



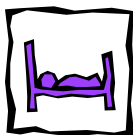
April 6, April 13, April 20 at 7:30PM: Stations of the Cross. On **April 20 at 6PM** Middle Eastern Meal and Holy Land Pilgrimage Slides in Parish House. **Please RSVP by April 17.**



April 7, April 14 at 9:30 AM: Coffee and Conversation in the Library



Community Dinner on April 9 at 5:30 PM. Please come and help with set-up and clean-up (finished by 7:00 PM).



Open Arms Shelter will be hosted by St. Thomas in Heathcote Hall on Saturday **April 30.** Volunteers are needed to help set up cots for our guests at 4:45 PM.

St. Thomas Clergy, Vestry, and Staff Directory

Rector: The Rev. Deborah G. Tammearu rector@saintthomasmmrk.org

Associate Minister of Youth: willfisher@msn.com

The Rev. William A. Fisher

Deacon: The Rev. Dn. Lynn Werdal deacon@saintthomasmmrk.org

Director of Music: Noel A. Hart, Jr. ExcellentSingers@aol.com

Senior Warden: Laurie Ozelius

Junior Warden: Ira Hart

Treasurer: Don Giallorenzo

Vestry:

Carol Campbell

Peggy Saunders

Don Giallorenzo

Louis Scenti

June Hendry

Pamela Sullivan

Sunday School Director: Kate Beeby sundayschool@saintthomasmmrk.org

Parish Secretary: Barbara Gessler office@saintthomasmmrk.org

Bookkeeper: Nancy Mustacato bookkeeper@saintthomasmmrk.org

Sexton: Edgar Garza

Sunday Sexton: Anner Garza

Service Schedule:

Sundays:	8:00 AM	Holy Eucharist (said)
	10:00 AM	Holy Eucharist with music
	11:30-12:45	Choir rehearsal

Christian Education for Young People:

10:00 AM Sunday School

Nursery care available from 9:45AM until the service ends

Deadline for articles and submissions for the next Tower: April 15, 2011

Submit articles to June Hendry at jhendry@idealcut.com

Mission Statement

The mission of St. Thomas is to show forth God's love in the community, the nation and the world.

St. Thomas Church is a parish of the Diocese of New York, a branch of the Episcopal Church in the United States which is a member of the worldwide Anglican Communion.

The Anglican Communion

Archbishop of Canterbury

The Most. Rev. and Rt. Hon. Rowan Williams



A global community of 70 million Anglicans in 64,000 congregations in 70 countries.

The Episcopal Church

Presiding Bishop

The Most Rev. Katherine Jefferts Schori



A community of 2.4 million members in 113 dioceses in the Americas and abroad.

The Episcopal Diocese of New York

Bishop of New York

The Rt. Rev. Mark Sean Sisk

Bishop Suffragan

The Rt. Rev. Catherine S. Roskam



A community of 203 congregations covering 4,739 square miles with approximately 600 priests and 72 deacons, with worship in 12 languages: Akan, American Sign Language, Bontoc, Chinese, Creole, English, French, Igbo, Japanese, Korean, Malayalam and Spanish.