



## St. Andrew's Tidings

### Message from Margaret:

*Out of the depths I have called to you, O Lord* prays the Psalmist (130:1). Yes, it is God who calls us into intimate and lasting fellowship. We do not initiate our own salvation. And God, whose love for each one of us is infinite, is forever calling. Call has to be continuous, for, more often than not, it falls on deaf ears. We all value our independence, our competence. When we are told that Divine help is available, our first impulse is to reply: "Father, I would rather do it myself!"

So when will we become ready to listen to God's call? It may not be until we have found that we can't do it ourselves. And when we discover that we really ARE in the depths, then we call on God. Of course, God is there all the time. We just weren't perceiving God's presence and responding. When, finally, we are ready to pay attention, how will the obstacles of our lives be gotten out of the way. Well, the Lord isn't keeping a close record of everything done amiss. If that were the case, there would be no hope for anyone. But there is forgiveness with the Lord, and when we become truly aware of God's forgiveness, we can turn and be transformed.

In order to hear the call by Jesus, we have to empty ourselves so that he can fill us with his goodness. We cannot undertake the journey to which he calls us without this emptying. In a paradoxical way, as we empty ourselves, so God fills us. Moreover, we are transformed. The water within us is transformed into wine as at the wedding feast in Cana. Our lives become richer and fuller. All that we give up is given back to us on the journey.

Teilhard de Chardin once said: "Joy was the most unmistakable sign of the presence of God," and more than anything else, *this* is what drew people to Jesus, and what made the early disciples follow Jesus immediately "on the road." Joy in living is finally the best bait for the Gospel angler. *Margaret +*



## **Labyrinth: The Walking Prayer**

The labyrinth is a model or metaphor for life. The Christian life is often described as a pilgrimage or journey with God, a journey in which we can grow closer in relationship with God, and in turn, closer to others.

In life, as in the labyrinth, we don't know where the path will take us. We don't foresee the twists and turns that the future holds, but we know that the path will eventually arrive at the center, God. Sometimes the path leads inward toward the ultimate goal, only to lead outward again. We meet others along the path—some we meet face-to-face stepping aside to let them pass; some catch up to us and pass us from behind; others we pass along the way. At the center we rest, watch others, pray. Sometimes we stay at the center a long time; other times we leave quickly.

Ways to use the labyrinth:

1. Ask God a question upon entering and then listen for an answer.
  - For example: Ask God what he wants to tell you and listen for an answer.
2. Pray for yourself on the way in, stop to experience God's love in the center, and pray for others on the way out (or vice versa).
3. Recite the Lord's Prayer as you walk. (Instead, you may recite some familiar scripture. Repeat it as you walk.)
4. As you move toward the center of the labyrinth, focus on letting go of distractions or worries that keep you from God. In the center, spend time reflecting on your relationship with God. Be aware of God's presence. Then, as you leave spend time giving thanks and praising God for all that he has done.
5. As you move toward the center of the labyrinth, focus on letting go of distractions or worries that keep you from God. In the center, spend time reflecting on your relationship with God. Be aware of God's presence. Then, you will sense the need to move out into the world again. As you leave, walk with Jesus back into the places of ordinary life.

*Adapted from *Soul Shaper* by Tony Jones.*

Why might God be inviting you into a time of prayer and quiet?

Based on God's invitation, how might you use the labyrinth to pray?

Choose an option above that best fits where you are being led.

Before beginning to walk the labyrinth, ask God to protect and guide you during this time of prayer. In your own way, dedicate this time to God.

**THANK YOU** to all who helped with moving in to the renovated space, as well as to our music department and servers, and to all who came last week, making our first service a beautiful and huge success.



Please turn off your cell phones during the worship service. If they are on, it causes interference with the new microphones. Thanks!

### MORNING PRAYER AND HEALING TO BEGIN

A service of Morning Prayer, which will include a healing service, will be held on Tuesday mornings at 9 a.m. in the chapel. The first service will be on Tuesday Feb. 3rd

### LABYRINTH TO BE OPEN ON TUESDAYS

The spiritual practice of walking the labyrinth will be available on Tuesdays, beginning Feb. 3<sup>rd</sup>..

*Sunday School begins on Feb. 8 at 9:00 a.m.*

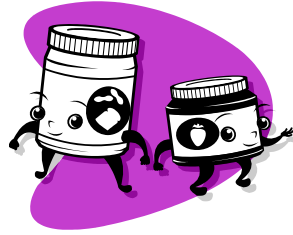
## Chairs

The Chairs are \$240 each. We now have 100 chairs that have been purchased! If you would like to purchase a chair in honor of or in memory of someone, please see Anne Staley following the service.

# GROCERY CART MINISTRY

During February we will be collecting peanut butter and jelly for the food pantry at the St. Andrew Baptist Benevolence Center. All food collected is given within our community. When you are shopping for your family please purchase some beans and/or rice to help those in need.





# SUPPER AT GRACE

Thank you for making St. Andrew's night for Supper at Grace such a huge success. A special thanks to Dick and Margaret Seeberger, Tom and Sally Brewer, Mary Johnson, Ted Broome, Linne Morgan, Marilyn Hermansen and Jackie Tate who helped cook, serve and clean up. Laurie Ayers and Ann Bruce also helped prepare fifty pack lunches, Gail Tambarino donated the peanut butter and jam for the lunches, Sue Webb picked up the Panera Bread donations and Teri Floore shopped for groceries.

The socks the parish provided were a huge hit with those attending the dinner and the extra ones were taken to the Rescue Mission for distribution there and at Bethel House.

Our next turn for Supper at Grace is Thursday, February 19th (the day after Ash Wednesday). What a wonderful opportunity to share in a service ministry at the beginning of Lent.

## PLEDGE CARDS

PLEASE RETURN YOUR PLEDGE CARDS ALONG WITH LIVING STONES PLEDGES IF YOU HAVE NOT PREVIOUSLY DONE SO.

You may also send them to the office to the attention of Fran.

**LIFELINE SCREENING TO BE AT ST. ANDREW'S**

**ON MONDAY, FEBRUARY 23**

**SPONSORED BY BAY MEDICAL-SACRED HEART  
TO PRE-REGISTER CALL 1-888-653-6450**

**EARLY DETECTION IS THE KEY TO PREVENTION  
SEE THE FLYERS IN BYRNE HALL OR THE INFO  
ON THE BULLETIN BOARD**

**Carotid Artery Screening-Atrial Fibrillation-Abdominal Aortic  
Aneurysm Screening-PAD Screening-Osteoporosis Risk  
Assessment**

**Sunday Servers**

If you are interested in being a lay reader, an usher, a greeter,  
or a torch bearer on Sunday, please sign the list on the bulletin  
board.

**2015 MEN'S CONFERENCE AT BECKWITH**

**MARCH 6-8**

**"FULLY HUMAN AND FULLY ALIVE: AN EXPLORATION OF  
PRAYER AND LIFE IN CHRIST"**

**THE MOST REV. FRANK T GRISWOLD, 25<sup>TH</sup> PRESIDING BISHOP**

**St. Andrew Oaks**



New Ministry!

**St. Andrew Oaks – Garden of Hope**

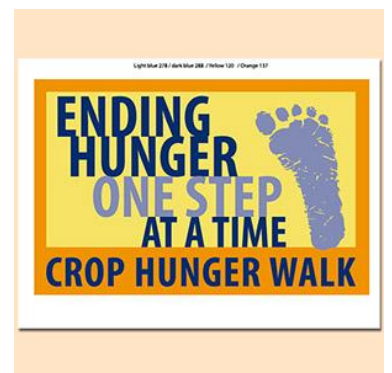
**Garden of Hope**

In an effort to “go beyond our doors,” the vestry has approved a new ministry involving members of St. Andrew’s in partnership with students, parents, and staff at Oakland Terrace Elementary School.

The focus of the ministry is to use God’s provision of the vacant lot at the corner of Fairland Ave. and 10<sup>th</sup> St. purposefully to create a permaculture vegetable and herb garden to benefit the students of Oakland Terrace and their families. More info will be available at a later date. If you are interested in participating, please contact Laurie Ayers at 265-5978.

**CROP Hunger Walk**

The Panama City CROP Hunger Walk will be held Feb. 28 at McKenzie Park. Participants are asked to bring a jar of peanut butter and come prepared to walk 1 mile around the Cove or run a 5K. If interested contact Laurie Ayers.



*DON'T  
Forget your  
Pennies from Heaven  
For Living Stones*



**Year-end Giving**

**St. Andrews Episcopal Church has had an outstanding year, our accomplishments are due to the financial support of our church family and friends. We are grateful for the support so many of you have given through your time, talents and gifts. As you consider year-end giving, please remember St. Andrews. All donations are tax deductible and can be given in cash, stocks, bonds, mutual funds, etc. Each of you is so important to all of us and make us whole as we come together as one to give praise to our Lord.**



*Pease keep the following in your prayers : Warren, Ruth Ann, Ira , Jeremy, Rosemary, Kiley, Maggie, Patricia, Anne, MaryLou, George, Walt, Susan, Mary, Anna, Diane, Sara, Debbie, Sarah, Robin, Tammy, Alex, Betty, Jim, Mikey, Larry, Gary, Jonathan, Pat, Marty, Rita, Eric, Stephanie, Elijah, Dorothy, Dan, David, Don and Family, Kristy, Austin, Sandra, Anne, Tracy, Page, Norma, Lisa, Elaine, Madison*

*We pray for our men and women in the Armed Forces at home and abroad: Jeff, James, Andrew, Kenneth, Evan, Ryan, Joe, Nate, Richard, David, Brian, Jason, Billy, Colin, Todd, Brett, Jordan, Jeremiah*