



St. Andrew's Tidings



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.

Please plan to attend the consecration of our new worship space this coming Sunday. It is important that we all participate in this wonderful event.

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. 3rd..

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

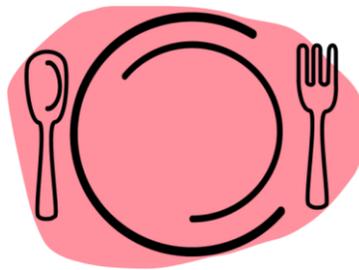
During February we will be collecting beans and rice

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 @ GRACE

February 19th (the day after Ash Wednesday) is St. Andrew's turn to host Supper at Grace held at Grace Episcopal Church at the beach. We hope you will join us to help prepare and serve supper to many who come for a hot meal. We will begin at 9:00 AM that day making sandwiches and packing lunches in Byrne Hall to pass out that evening. At 2:30 PM we meet at Grace Church to begin preparing the evening meal and help will be needed from then through clean-up. We are done by 7:30. The sign up sheet will be on the bulletin board in Byrne Hall- check to see how you can help.



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**

FEBRUARY IS NATIONAL HEART MONTH

Do you have high cholesterol or high blood pressure? Have members of your family suffered from these ailments? Do you have a poor diet? If you answer “yes” to any of these questions, you may want to consider being screened for your risk of stroke through the services of Life Line Screening. Life Line Screening uses ultrasound technology to view the plaque build-up in your carotid arteries, the main arteries that carry blood to the brain. Blockages in these arteries are a leading cause of stroke. We are pleased to host this Life Line Screening event 2/23/2015 at St Andrew's Episcopal Church . Register for a Wellness Package with Heart Rhythm for \$149. All screenings take 60-90 minutes to complete. Your Health is in Your Hands, so call 1-888-653-6441 or go to www.lifelinescreening.com/community-partners for more information or to pre-register.

St. Andrew Oaks



Garden of Hope

New Ministry!

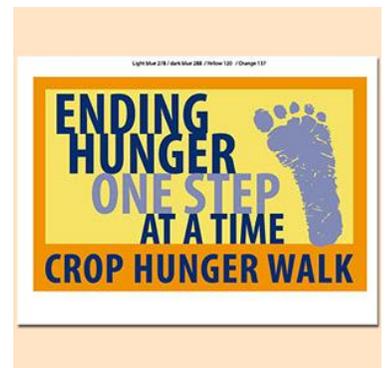
St. Andrew Oaks – Garden of Hope

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 10th St. purposefully to create a permaculture vegetable and herb garden to benefit the students of Oakland Terrace and their families. 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. There is a signup sheet in Byrne Hall.



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, 25TH PRESIDING BISHOP

Auxiliary makes \$100k in donations to non-profits



Pete Elliott, left, 2014 Auxiliary Grant Committee chairman, and Tom Sontag, 2014 Auxiliary president, presented donations to three Bay County health related non-profit organizations.

The Bay Medical Center Sacred Heart Health System's Auxiliary recently presented checks totaling \$102,800 to three organizations that serve the healthcare needs of Bay County residents. The bulk of the funds went to St Andrew Community Medical Center. Others receiving funds were BayCares and Second Chance of Northwest Florida. The groups use the funds, procured through various fundraisers during the year, to serve specialty needs and the underserved in the community. Funds must be designated for health related not-for-profits.

Congratulations to Lynn d'Albertis for becoming Bay District Schools Mentor of the Year! This is quite an honor and we are so proud of Lynn.

St. Mary's Guild

Attention all ladies of St. Andrew's. It's time for fellowship and outreach once again. Please join us!

When: Tuesday, Feb. 10, at 10:00 a.m.

Where: Meet in Byrne Hall and carpool to Bethel Village by 11:00 a.m.

Program: Tour Bethel House, lunch will be provided. An interesting time awaits us. Please join us.

*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