

Join the Bridge Group for a friendly game Thursdays at 6.30 pm. Beginners Welcome.

St. Stephen's News

**St Stephen's Anglican Church
Timonium, Maryland**

Vol. XXIV, Number 1

Edited by Anne Hawkins

January 15th, 2013

FROM THE RECTOR

A Triple Bypass Wonderfully Concentrates the Mind

Thank you all so much for your "get well" cards, flowers and best wishes. I received such an inundation it is impossible to thank you individually. I hope you will collectively accept my heartfelt appreciation.

I should also express my gratitude to Father Michael Kerouac and Father Rhae Kelley for taking care of the parish so ably. I cannot begin to tell you how good it feels to be back with you again, but it was a comfort to know the parish was in good hands.

I guess I owe you an explanation for my prolonged absence.

Dr. Samuel Johnson, the 18th Century lexicographer and sage, famously observed: "Depend upon it, gentlemen. The prospect of hanging in a fortnight concentrates the mind most wonderfully." And one might well say the same thing about a triple bypass operation.

My first reaction to my heart attack was to ignore it: "This can't be happening to me! There's no history of heart disease in my family." Fortunately, my daughter, Catherine the nurse, arrived to go shopping with me at the Waverly Market.

"Get in the car," she commanded.

"Why don't we sit down and talk about it?" I asked, tentatively.

"Get in the car," she replied firmly. There's no arguing with Catherine when she is in nurses mode -- which is how I came to find myself in the emergency room at the Greater Baltimore Medical Center.

A less than dramatic ambulance ride to Union Memorial Hospital followed. It would probably have been just as fast to have taken a taxi. Certainly it would have been a lot more comfortable.

Lying on a gurney in an ambulance is about as comfortable as riding in the cargo bed of an army deuce and a half. To add insult to injury, they didn't even sound the siren. Talk about disappointment!

Looking back on things, I have nothing but admiration for the members of the American medical profession: all of them -- the surgeons, the physicians, the nurses, the techs and all of the ancillary staff.

It is no exaggeration to say that they are the best in the world. We are blessed, yet all too often we simply take it for granted.

One gets better medical care in the average American hospital emergency room than in the most expensive clinics overseas. Believe me, I know. Over the years, I've received medical care in many parts of the world, ranging from the primitive to the sophisticated and nothing compares with the treatment one receives here in the good old U.S. of A.

This explains why so many of the world's wealthy flock to America for medical treatment. It also explains why so many knowledgeable people are deeply concerned about the consequences of the Affordable Care Act, aka Obama Care.

That said, I can't say that I recommend getting a triple bypass exactly, but, if you're going to do it, be thankful you are being treated here in America.

There are number of downsides to having a triple bypass. The upside is, of course, that you are still on the right side of the grass -- but it comes at a price.

Initially, it hurts like heck to cough and sneeze. That might sound like a fairly minor complaint. But with the cough and cold season underway, it gets your attention.

Far worse are the frightful things it does to your diet. The basic rule is: "If it tastes good, spit it out."

In his dictionary -- the first in the English language -- Dr. Johnson (mentioned above) defined oats as "food fed to horses in England, but eaten by people in Scotland." This definition applies broadly to everything in my diet.

True, I've lost more weight than I care to tell you, but the diet accompanying my bypass operation is not the way to do it.

Most folks, naturally, start backsliding sooner or later. No chance with me, I afraid. Catherine the nurse supervised everything I put in my mouth. On the other hand, my daughter Elizabeth the executive chef devises recipes to make the frightful stuff tasty. What's more, the girls have inveigled Charlotte into becoming a co-conspirator -- so there is no escape.

Oddly enough, Elizabeth's recipes taste pretty good. Who knows, her recipes might be worth considering for a new parish cookbook. How about "Healthy Eating at St. Stephen's"?

Even so, I'm sorry to say I still hanker after a Burger King Whopper or, better yet, a Five Guys bacon cheese burger with mayo, lettuce, tomato and onion. (Oh gosh, I shouldn't have written that when I've got lentil soup for lunch!)

Sorry, but I still can't see myself saying: "Yum! Raw carrots!" **GPH** ✕

FROM THE DIRECTOR OF PASTORAL CARE

This Year's Blood Drive the Best Ever

One pint of blood can save up to three lives. That means our January 9th Blood Drive has the potential to save 78 lives! Yes, all 26 appointment times were subscribed - a first in our quite long history of holding blood drives.

A hearty thank you to all who offered to "bleed for the cause." You're the best!

FROM THE PARISH LIFE COMMITTEE

Thank You Stephanie Verhage

After nine years as chairman of the Parish Life Committee, Stephanie Verhage has decided to pass the baton of leadership. A very heartfelt thank you to Stephanie for her leadership and commitment to the committee and all of the successful events that have become a hallmark of St. Stephen's over the years.

Picking up the baton are two new co-chairmen, Dick and Priscilla Huffman. Cindie Baker will continue in her role as the intrepid treasurer.

The Parish Life Committee meets on the second Tuesday evening of the month at 7:00 pm. The meetings are open to all parishioners of St. Stephen's, so if you'd like to lend your time and talent to the Garden Party, Cookie Walk, or any of our other events, please come and join us. The fellowship and laughter are free.

FROM THE TREASURER

Offering Envelopes are Ready

If you requested offering envelopes for the coming year, they can be picked up from the boxes in the back of the sanctuary.

FROM THE LADIES WHO LUNCH

Join us January 16th

This month the Ladies Who Lunch will be meeting at Patrick's Restaurant at 12 noon on Wednesday, January 16th.

Join the Bridge Group for a friendly game Thursdays at 6.30 pm. Beginners Welcome.

**THE SCRIPTURE READINGS FOR THE
SECOND SUNDAY AFTER
THE EPIPHANY**

Being January 20th, 2013

8.00 AM & 9.15 AM HOLY COMMUNION

The Epistle: Romans 12:6-16

The Gospel: St. Mark 1:1-11

11.15 AM MORNING PRAYER

The Psalter: Psalm 118

The First Lesson: Zechariah 8:1-8, 20-23

The Second Lesson: I Corinthians 12:12-31a

Why not join us for a convivial get-together over a delicious meal. Good food and good fellowship -- what more could you want? To reserve your place call Joyce Perlberg at 410-252-2680.

✠ PARISH PRAYER LIST ✠

OUR Prayer Chain offers prayer daily for people on the Prayer List as well as the guests of the Joseph Richey Hospice & Dr. Bob's Place. To add a name to the prayer list, or to the visiting list, or to join the Prayer Chain, call the parish office at 410 560 6776.

RECOVERY: Fr Guy✘, Ray✘, Morris, Charles, Dawn, Betty Jean, Elliot, Sharon, Paul, Andy, Michael, Rosina Donna, Diane, John, Robert, David, Richard, Bill, Charlotte, Leo, Riley, Mary-Ann, Linda Lou, Cynthia, Nancy, Judith, Deborah, Dorothy, Thelma, Mary, Adele, Linda, Jan, Liz, Bob, Wyatt, Jim, Reta, Sara, Tammy Sophie, Paula, Blair, Melvin, Heather, Laurie, Lynn, Katherine, Hindra, Ravi, Elizabeth, Brian,

Tracey, Edithann, Jay, Perry, Amelia, Shirley, Adrian, Kimberly, Dean, Barb, Tanya, Jane, Brook, Joseph, Joshua, Rachel, Carl, Cal, Catherine, Sam, Ruth, Kristi, Paul, Sue, Patty, Antonio, Lauren-Michelle, McKayla, Randy, Jack, Grace, Fran, Carolyn, Ken, Serina, Wyatt, Bobby, Alexander, Erlene, Kathleen, Earle, Judy, William, Betty, Trisha, Peggy, Linda, Millie, Walt, Bruce, Cienna, Tom, Leliliah, Jennifer, Miriam, Karen, George, Eliza, Ray, Mel, John, Randy, James, Sarah, Linda, Suzanne, Steven, Tammy; Ellen, Patricia, Bonnie, Mary Ann, Christine, Dee, Brian, Barbara, Gillian, Eileen, Matthew, Bryan, Jason, Joan, Frances, Pat, Michael, Brandon, May, Scott, Stephen, Danny, Billy, Betty-Ann, Mildred, D'Metrius, Laura, Stacey, Frank, Christine, John, Henry, Naomi, Pam, Ben, Kevin, Gwen, Gloria, Lee, Emily, Bruce, Regina, Lewis, Madolin, Linda, Carol, Bernie, Charlene, Josephine, Margaret, Jody, Sheila, Jo Anne, John, Geradine, Thomas, Jeanne, Maxine, Ann, Sharon, Dennis, Mae, Anita, Marilyn, Lawrence, Joanne, Martha, Jackie, Charles, Edward, Kim, Vivian, Doris, Fran, Donna, Carol, and Suzie.

LIGHT, STRENGTH & GUIDANCE: Hope, JoAnn, Larry, Aaron, Hope, Tom, Rosa, June, Anna, Jean, Garrett, Stephen, Rachel, Lydia; Richard, Melba, Debbie, Phyllis, Carolyn, Suzanne, Tony, Erik, Drake, Bobby, Kay & Emma, Gillian, Beverley, Adrienn, Jhana, Marla, Matthew, Joan, Laurie, Ellen, Lynn, Mildred, Sarah Lee, Susan, Kathy, Owen, Douglas, Amy, Jo Anne, Mary, Gregory, Isabel, Bobby, Dorothy, Darren, Scott, Rebecca, William, Charles, Joyce, Asfa, Eleanor, Kathy, Linda, James, Barry, Ann, Evelyn, Jeanette, Elizabeth, Virginia, Mildred, Chris, Carol, Sandra, John, Mary, Michael and David

ON ACTIVE SERVICE: PFC Charles E. Heintz, IV, USA; Lt. Benjamin Schramm, USMC; Lt. Alex Bursi, Charles Watts, Capt. Charles Bursi, Lt Nicholas Clouse, USN. Lt. Col. Harry Hughes.

FOR REPOSE OF THE SOUL: Gary

FOR THOSE WHO MOURN: The Dixon Family

✠ St Stephen's Anglican Church ✠

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Tel.: Office (410) 560-6776; Rectory (410) 665-1278
Web Address: ststeve.com

RECTOR: The Venerable Guy P. Hawtin

VICAR: The Rev. Rhae E. Kelley

ORGANIST & CHOIRMASTER: Adric

DIRECTOR OF PASTORAL CARE: Anne Hawkins
(410-308-2771)

WEDDING CO-ORDINATOR: Anne Hawkins
(410-308-2771)

SUNDAY SERVICES

8.00 am: Said Eucharist

9.15 am: Sung Eucharist (with Nursery & Church School)

11.15 am: Choral Mattins (1st Sunday: Choral Eucharist)

6.00 pm: Choral Evensong (1st Sunday only)

WEEKDAY SERVICES

Wednesday, 6.00 pm: Evening Prayer

Friday Noon: Healing Eucharist

Saturday, 5.00 pm: Family Eucharist

**COLLECTS FOR THE First Sunday
After the Epiphany and Saint
Antony**

O Lord, we beseech thee mercifully to receive the prayers of thy people who call upon thee; and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfil the same; through Jesus Christ our Lord. *AMEN*

Book of Common Prayer, Page 109

O God, who by thy Holy Spirit didst enable thy servant Antony to withstand the temptations of the world, the flesh, and the devil: Give us grace, with pure hearts and minds, to follow thee, the only God; through Jesus Christ our Lord, who liveth and reigneth with thee and the same Spirit, one God, for ever and ever. *AMEN*

Return Service Requested

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