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Letter from our Pastor

Why Pancakes on Ash Wednesday?

All are invited to attend our annual Pancake Supper in Heffner Hall on Wednesday evening, March 1st. The Engagement Ministry and it's crew will be flipping pancakes as well as offering breakfast casseroles, juice, and bacon.

Here is a little history about Shrovetide, Shrove Tuesday and pancakes. The last three days before the beginning of Lent is known as Shrovetide. The old names for these days were:

1. **Quinquagesima Sunday** - Shrove Sunday. The fiftieth day before Easter.
2. **Collop Monday** - Shrove Monday. Named after the traditional dish of the day: collops of bacon served with eggs. In addition to providing a little meat, the collops were also

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the source of the fat for the following day's pancakes.

3. **Pancake Day** - Shrove Tuesday, also called Mardi Gras (Fat Tuesday). The day on which all fats and cream had to be used up.

Shrovetide was celebrated with games, sports, dancing and other revelries. There were feasts to use up the food that could not be eaten during the Lenten fast.

Shrove Tuesday (Pancake Day) is the last day before the period which the Christians call Lent. This day is one of the movable feasts in the church calendar and is directly related to the date on which Easter falls. Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3rd and March 9th.

Where does the word *Shrove* come from? The name *Shrove* comes from the old word "shrive" which means to confess. On Shrove Tuesday, in the Middle Ages, people used to confess their sins so that they were forgiven before the season of Lent began.

Shrove Tuesday is a day of celebration as well as penitence, because it's the last day before Lent. Lent historically is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge, and to use up the foods that aren't allowed in Lent. Pancakes are eaten on this day because they contain fat, butter and eggs, which are forbidden during Lent.

It is the tradition at St. Andrews to observe Shrove Tuesday on Wednesday, just before we mark the beginning of the season of Lent with our Ash Wednesday service. It just seems to work better for us that way.

So save the date - Wednesday, March 1st at 6:00 p.m. for our Pancake Supper in Heffner Hall. At 6:45 p.m. we'll make the transition into Lent with a reflective Ash Wednesday service with songs, prayer, scripture, interactive prayer stations, and imposition of ashes.

CAREGIVER SUPPORT GROUP

Why?

Statistics show that at least one person out of four has caregiving duties. The average woman will spend more years caring for her parents than raising her children. Many women who choose to have children late in life will likely be raising children and caring for parents at the same time. More and more men are taking on the caregiving responsibilities of their parents. A caregiver is anyone who **feels responsible** for another person's welfare because of disability, illness, frailty, life changes and/or losses.

When and Where:

- We meet the 3rd Tuesday of each month.
- We meet at the home of Pat Baker, 476 Bruce Way SW, Lilburn.
- We begin at 7:00 p.m. and end around 8:30 p.m.

The objectives of this support group are to:

- Provide a place where people feel understood in the special way that only others who have faced or are facing a similar situation can understand.
- Provide respite from care giving situations (time away) - a safe place.
- Help caregivers achieve a sense of perspective on their problems.
- Provide an opportunity to share resources.
- Provide rewards (pats on the back) for appropriate behavior.
- Gain support from others who share the same type of experiences you do.
- Energize caregivers to extend themselves into the community to advocate for caregiver rights.

Who should come?

- Persons who are spouse caregivers, caregivers of relatives and non-relatives (any age)- in home, in community, long distance, those who share care giving duties, and grandparents raising grandchildren.
- This group is open to the community.

The Do's and Don'ts (rules)

- What is said in the group is confidential unless the person gives us permission to share.

- No requirements for attendance. This is a very informal group.
- Participants are expected to not judge each other and to not dominate conversations.

Meeting Agenda:

- We catch up on what is going on with each other.
- We sometimes have a short program provided by a professional.
- We end with a problem sharing/solving session.
- We share a meal occasionally.

Support Group Facilitator:

Pat Baker comes to the group with 44 years of experience in the field of aging services having worked with family caregivers since 1980. She has facilitated several support groups and offered several classes for family caregivers since coming to the Atlanta area in 2002. Her passion and ministry is offering support for family caregivers. Professionally she is Director of Health and Human Services/Senior Services for Gwinnett County.

Ordination Celebration

***Save the Date: Saturday,
February 11th, 2017***

Come celebrate the ordination of Steve Sankey, our Associate Pastor for Children and Youth at 3 p.m. in the Sanctuary. There will be a reception honoring Steve following the service in Heffner Hall. Please join us in celebrating this important event.

PW Retreat

Presbyterian Women in the Presbytery will be on retreat at Calvin Center from 4:30 p.m. February 17th to 4:00 February 18th. Led by Lisle Gwynn Garrity, founder and creative director of *A Sanctified Art*, the retreat will offer an opportunity to study "Jesus through the Lens of the ARTS. Register NOW to save! Contact Jackie Harper for additional information at 770-934-3463

New Adult Sunday School Classes

The Kairos class will start on February 5th in Room 117 at 9:00 a.m., studying Rowan Williams' book *Being Disciples: Essential of the Christian Life*.

The book covers topics such as forgiveness and reconciliation, faith in the public square, life in the Spirit and the role of faith, hope and love at the heart of discipleship. Rowan Williams is the former Archbishop of Canterbury and is currently continuing his theological work at Cambridge. "Williams is a reliable guide whose strength of faith brings confidence to those on the journey toward joy, which he names as our destiny." Kairos is a discussion-based class where we challenge our thoughts and beliefs in a supportive and exploratory manner. Come join us! Teachers are Marcia Noble and Jane Thomas.

The Potpourri class will also start on February 5th in Room 116 at 9:00 a.m. The study book is *Head Scratchers - When the Words of Jesus Don't Make Sense* by Rev. Talbot Davis. There is no requirement to read the book or study before the class; all are welcome to come and join in the discussion.

A class calendar/lesson summary will be available on the Sunday School web page of the SAPC website. Please contact Mike Bearden for more information if you have questions: michaelrbearden@bellsouth.net or 404-660-8234.

WOW

February 1st

Glory to God Kids (G2G) and What's On Wednesdays (WOW)

We will have a kid-friendly meal with a program for adults and worship arts workshops for the kids. Adults pay \$5 for the meal, but the kids eat free. Everyone is dismissed by 7:30 p.m. G2G Kids is open to children pre-K through 5th grade. For more information, please email Phyllis Bearden, pbearden47@bellsouth.net or call at 404.580.8679.

Adult Programming

February 1st

End the silence surrounding mental illness - The National Alliance on Mental Illness (NAMI) is a grassroots organization that is dedicated to provide support, education and advocacy for those living with a mental health condition, their family members and the public. Alisa Porter, program director for NAMI Dekalb, will speak to us about mental illness, the work of NAMI, and what role each of us can play in ending stigma and supporting those living with a mental health condition.

February 15th

Please join us for a presentation on "Be SMART - a discussion about kids, guns and safety" led by Kayla Lewis and our own Heather Morse. Come learn about the simple steps you can take to prevent deaths and injuries from shootings by children.

The SMART framework was developed by "Moms Demand Action for Gunsense in America" to teach 5 simple behaviors to keep children and teens safe. This presentation is for parents, grandparents, babysitters, and other adults who care about kids and includes important information relevant to those who own guns and those who don't.

Valentine Goodie Boxes

It's almost time for the Presbyterian Women to send Valentine goodie boxes. If you have a college student or deployed military person in your family and would like us to let them know that we are thinking of them with a box of valentine goodies, please send their name(s) and address(es) to Margaret Ellingson at mwellingson@gmail.com or call 770-491-8058 by Friday, February 3rd. If you've given us an address before, please let us know if we should keep it on our list, remove it or update it. Please also let us know if there are any dietary restrictions that we need to follow.

Tornado Relief

The presbytery office has received a number of inquiries about how best to offer assistance to those in southern Georgia

affected by the recent tornado devastation. We have been in touch with Deb Bibler, the presbytery executive in Flint River Presbytery. She has shared the following information with us:

A Presbyterian Disaster Assistance Emergency Response Team arrived on Tuesday night and will remain through Sunday worship. They have been an enormous support and will help us think about long-term recovery.

A couple of practical things to do:

****Pray.** There was significant loss of life and loss of property in the area. On a lesser note, our office was hit. We were very lucky, but we will limp along without power and cable for some time.

****Think about sending some "chain saw crews" on a weekend a month out.** We have mountains of trees down and insurance does not cover their removal. The more tree removal we can do with volunteers, the more resources we will have to give to the affected neighborhoods. Think about doing this in March. We're overwhelmed with immediate details right now.

****Send money to Flint River Presbytery marked "tornado relief".** The neighborhoods near our office are very, very poor and we want to do everything we can to help folks recover. This recovery will take years.

****Sending supplies is not helpful.** We can get immediate needs to affected areas quickly and easily and that is building connection among our churches.

Please keep all of those affected by these storms in your prayers and consider ways in which you, and your congregation, can offer assistance.

Time for coffee, chocolate and tea!

St. Andrews is making a positive impact, both locally and globally by partnering with Equal Exchange to sell fair trade coffee, tea and

chocolate. Each purchase supports a more equitable, alternate trade system and the livelihoods of small farmers worldwide. Thank you for your support of Fair Trade!

Quarterly orders for coffee, tea and chocolate are currently underway. Please find brochures in the narthex. Place order forms in the offering plate or e-mail orders to Mary Evans, tmevans@bellsouth.net. For additional information, www.equalexchange.coop or 770-493-9489.

Winter's over?

In the event that winter isn't over, PREPARE for emergencies by carrying in your car: blankets, extra warm clothing, water and snacks, ice scraper, essential medicine, cash, books and toys, moist towelettes, a one-quart plastic container with a tight seal (for mother nature), tissues, paper towels, TP, flashlight and even matches (in a waterproof container) and candles for heat.

News from St. Andrews School

St. Andrews School (SAS) will soon begin enrolling students for the 2017-2018 school year. Registration for current students will take place on Monday, February 6th. Open registration for all new students is scheduled for Monday, February 13th beginning at 7:30am.

SAS Spirit Night will be held on Wednesday, February 15th at The Greater Good BBQ, 4431 Hugh Howell Rd. Tucker, from 5pm-9pm. Please join us for some southern home cooking and good fellowship with family and friends.

SAS will be closed for a break on February 17th and the observance of Presidents' Day on February 20th. There will be no school or extended day classes. School will reopen on Tuesday, February 21st.

Regards,
Ann McKinney Director

February Birthdays

2nd=Jake Dayoub, Loretta Parker
7th= Emily Bunce
5th=Benjamin Ashby, Darold Modine, Christopher
(Heath) Worrell
7th= Emily Bunce
10th=Denise Dayoub
11th=Eloise Ballard, Rosemary Broom, Andrew
Todd
12th=Ellen Halvorson
15th=James (Jim) Sabin
16th=Walter McDuffie
17th=Maria Mackas
18th=Stephanie Allen, Walter Selby,Shellie Bunce
19th=Pat Creasman, Jack Jennings, Mary O'Brien
22nd= Jacob Nelson
23rd=Sarah Phillips
24th=Esther Cooper
25th=Charles Jackson, Jeff Nelson
27th=William Ashby

February Anniversaries

28th=Julie & Louis Todd

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