

# THE NET

## St. Andrew's Anglican Church

THE MONTHLY NEWSLETTER OF ST. ANDREW'S ANGLICAN CHURCH • RIBERAS DEL PILAR • VOL 3 • NO 1 • JAN 2012



### A Message from Father Winston

#### Q. How Do You Know They're Lying?

#### A. Their Lips Are Moving

*Go and search diligently for the Child; and when you have found Him, bring me word so that I may also go and pay Him homage.—Matthew 2:8*

There's something so familiar about Herod—now, what could it be? Oh, I know: he's a lying politician. He doesn't want to go and worship Jesus; he wants to *kill* Jesus. It seems we moderns are not the first cynics: apparently a public figure who will say anything to get what he wants was well known to the ancients as well.

How we wish it were not true; how we long for the people who lead us to be men and women of their word! And yet how suspicious we are of all of them: in the midst of our longing, how we wait for the other shoe to drop! They're all lying, we think; if they seem not to be, it's only because they haven't been caught yet.

But blind cynicism is no more intelligent than blind faith. It's no smarter to think nothing is true than to think everything is. That bored roll of the eyes, that drawn out "Oh, puh-leeze"—these are not as sophisticated as they feel to the one employing them. Keep them up for long, and you just sound like a teenager who longs to appear worldlier than s/he is.

What we must do with politicians—be they Mexican, American, or Canadian—is what the Magi did with Herod, and what we must do with everyone else: listen closely to them and think about what we hear. Remember that if something seems too good to be true, it probably is. Remember that none of us is fully self-aware, that we're all influenced by something, that our own interest influences us and that we often

are unaware of how it does so. Remember that nobody in a free society will get everything he wants: we all have to share, and the art of politics is the art of compromise, not the bluster of the crusade.

We long for good leaders, and dread getting a Herod by mistake. But off we go, anyway, whether our quest is for a President or a Prime Minister. One of these ambitious people will succeed, and that will be that for a definite or indefinite period of time, until somebody else begins to dance the same political ballet. They can do a lot of damage, these powerful people—but in the end, Herod was not able to thwart the will of God, as hard as he tried. And surely part of that divine will is for us to use the intelligence we've been given when we must make important decisions, and never abdicate that responsibility, no matter who's in charge.

W. W. W. ☒

### Lay Schedule for January 2012

	Jan 1 10AM	Jan 8 9 AM	Jan 8 11 AM	Jan 15 9 AM	Jan 15 11 AM	Jan 22 9 AM	Jan 22 11 AM	Jan 29 9 AM	Jan 29 11 AM
<b>Altar</b>	Leo T.	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
<b>Deacon</b>	Don S.	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
<b>Uction</b>	Hal B.	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
<b>Crucifer</b>	Ruth	Steve	Heika	Chick	Devin P	Roger	Robert	Steve	Devin
<b>Server</b>	Dick	Roger	Robert	Ann	Dick N	Muir	Susan	Peter	Dick
<b>Lector</b>	Gordon C.	Fred S.	Sylvia S.	Sheilah	Janet B.	Nancy W.	Ann P.	John M.	TBD
<b>PoP</b>	Madelyn	John M.	Mary W.	Nancy W.	Sally Jo B	Fred S.	Tony J.	Fred S.	TBD
<b>Greeters/Ushers</b>	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
<b>Lock-Up</b>	Janet B.	Susan R.		Ed H.		Kathie C.		Sheilah	
<b>Coffee</b>	Gordon C. Janet W.	Eric		Robert G.		June H.		Don S.	
<b>Altar Guild</b>	Jamie Susan JJ	Jamie	Bev Heika	Janice	Peter Susan	Penny	Susan JJ	Janice	Doris & Don

## **Junior Warden's Report at the December 15, 2011 Vestry Meeting**

### **Publicity & Communications**

Publicity and Communications continues to maintain the website, publish the Newsletter, and monitor the weekly advertising and weekly insertions in the Guadalajara Reporter. We are grateful to have Bev Overton assisting Georgina with the formatting of the Newsletter and Clive Overton contributing pictures and news as he sees it.

Bernice Parris feels it will not be possible for her to remain as chair of this committee after she returns to her schedule of spending 5 months annually in Canada but she is willing to continue as chair until April 30, 2012.

### **Membership**

The membership package is ready and some have been given out. They will be given to members returning from their other residences and to new members to the Church. Bernice Parris has requested to be relieved of this office effective Feb. 1, 2012.

### **Parish Caregivers**

Seminars regarding Post Life Planning are scheduled for 2:00 PM on two Saturdays in 2012 – one on January 14th and the other on January 28<sup>th</sup>. In addition to inviting our members, the seminars will be advertised to encourage any interested persons in the community to attend.

### **Buildings and Grounds**

The normal work of purchasing supplies and regular maintenance continues. The telephone issue in the office has been resolved.

### **Altar Guild**

A meeting was held to explain the changes in setting up the church for services in Advent and to go over preparations for the ordination and confirmation service on December 18<sup>th</sup>.

### **Cook Book**

Computer savvy people are still needed for help in formatting recipes.

### **Stewardship**

The Stewardship committee recommends that the Ministry Fair in 2012 be held as late as possible in the year but before we return to 2 services. The feeling was that it didn't work to have it between the services because too many people arrive just prior to the 2<sup>nd</sup> service. However, if we hold it too early in the year we will miss the returning seasonal members. It was suggested that we delay the resumption of 2 services until the 2<sup>nd</sup> Sunday in November and have the Ministry Fair on the 1<sup>st</sup> Sunday.

The volunteer pledge cards are being distributed to the appropriate committee chairs.

Bill Watt is working on the “St. Andrews Story” formerly known as the Narrative Budget and plans to distribute it at the AGM.

St. Andrew's Fund Canada Inc. is now a Federally Incorporated NFP/ non- share corporation approved by Industry Canada. A Scotia Bank, Canada account has been established with an initial deposit made, and an ATM card has been issued. Final approval from the Canada Revenue Agency is pending.

The committee continues to investigate the legal and financial requirements for establishing a Planned Giving/Endowment/Bequest program in order to allow St. Andrews to accept donations of real property as well as cash and securities.

Envelopes for 2012 are available for parishioner pick-up.

## **Outreach**

### Charity Sundays:

- a) Sue Priddy confirmed that Hope House Orphanage would be coming with things that they had made in their carpentry shop on Sunday, December 11 in the coffee hour.
- b) Mary Welty and Libby Colterjohn will work with the contacts for Operation Compassion to arrange a Charity Sunday for them sometime in January. We suggested January 15 or 22, 2012.

Fred Spartz, Thomas Messman, Ray & Madelyn Fisher, and Libby Colterjohn visited the Villa Infantil Orphanage on November 19. All those that went on this visit were truly impressed with the whole operation of the orphanage and felt that the trip was very informative and well worthwhile.

A letter will be sent inviting the charities on our list to submit proposals for our consideration in 2012. We have also received inquiries from a couple of new groups that we will consider putting on our list.

## **Regalorama**

Bertil Brahm, who kindly supplied us with free storage, was presented with a gift certificate worth 1,000 pesos for Tango Restaurant. He has agreed that we can continue to use the storage space for the moment.

Rene and Gaby, at the Villa Encantada, were presented with 2 tickets to Los Cantantes Concert (worth 500 pesos), for giving us all the tents and other equipment with a large discount.

Sue Priddy agreed to work with Bernice Paris to design a box advertisement in the Guadalajara Reporter to thank all our other donors and commercial helpers.

The post mortem on the Regalorama provided much food for thought. The logistics have changed considerably over the years, and this year foreign shoppers were conspicuous by their absence. It was suggested that those stalls that sell mainly to the foreign community, like Books, the more

expensive clothes, and Food Lovers, should probably be removed from next year's bazaar and be rescheduled as independent events. Further discussion on this was tabled for the next meeting.

### **Social & Hospitality, Company of Gentlemen, Columbarium, and Flower Guild**

No report.

Respectfully submitted,  
Sheilah Dwyer, Junior Warden

## **Senior Warden's Report at the December 15, 2011 Vestry Meeting**

This month's report will be on the Finance ministry, the office of the Treasurer and the Vestry.

The Finance ministry is currently chaired by Ken Jones and is comprised of approximately 6 members including the Church treasurer. The mission of this ministry is to conduct the financial oversight of the Treasurer's office including procedural review, reporting systems, controls, yearly budget and the annual audit. This ministry meets regularly to keep track of the Church finances and to make sure that the budget is being followed and to see if any adjustments to the budget need to be made. They also keep a close eye on the fund raising activities of the other ministries.

The treasurer, Steve Penning was recommended to the Vestry, and approved a couple of years ago to what he said recently looks like a life time job as no one else seems interested in it. The treasurer's job is to handle the daily financial handlings of the Church, making weekly deposits to the banks and financial institutions that are currently being used. The treasurer also keeps records of the reserve accounts that have been set up for the different ministries. The treasurer reports monthly to the Vestry all financial activities of his office.

The Vestry is the governing body of the Church, to lead the Church in a direction that is in keeping with good business practices and fiscal and moral responsibility, taking into consideration both Congregational and the Rectors desires, while following the guidelines as established in the Church Canons. The Vestry consists of 12 elected members of the congregation. Four new members are elected each year to a 3 year term, three full time members and one seasonal.

*Steve Cole, Sr. Warden*

## BIRTHDAYS

January 5	Madelyn Fisher	January 22	Millicent Brandow
January 11	Ann Price	January 23	Patsy Smart
January 12	Al Borchardt	January 26	Dick Nelson
January 14	John Lasher	January 27	Rosemary Keeling
January 15	Melchor Sauledo/Don Snell	January 31	Dorothy (Billie) Conover
January 18	LaMar Kelly/Martin Mayland		

## ANNIVERSARIES

January 3	Jim & Anne Scott
January 30	Ceri & Peggy Dando

## *Reflections by Sally Jo Bartlett*

January, a new year, traditionally a chance to “do over”!!! So what if the Mayan’s have it right? What if this is the “last New Year??? What would we do differently? Would we change anything? Is there something we have been meaning to do? Is there something we have been meaning to say? Is there somewhere that we have wanted to go? Something we want to learn? Something we want to read?

What if this is the final chapter? How will it end? What have we learned?

Now I am not into doomsday scenarios, I am just saying that 2012 or not, we never know when we have entered our final chapter. Certainly the sudden loss of those near and dear to us this past year has been proof of that. So what if this is our final chapter? What really matters? What would we do differently? What “Resolutions” do we really want to make and to keep this year?

For me.....I want to say, hey thanks, I appreciate you, hey can I help you, hey I love you. I want to accept more and complain less. I want to be open to more and cocoon less. I want to face down fears and cower less. I want to bloom and stretch and grow. I want to laugh and cry tears of joy. I want this to be the year that I can say that I have known “the pain of too much tenderness” (Kahil Gibran). I want to live this year and any and all of my remaining years as though I knew that they were my last.

What about you? What if.....?????????????

## *Old Polio Survivor*

My name is Nancy Robinson Wiedeman. I am from Houston, the second of six children in my family. Folks frequently asked if we were Catholic. Mother always answered, “No, just passionate Presbyterians!”

In 1948 when we had only 5 kids, four of us came down with polio at the same time. We made the front page of the Houston Chronicle. At that time, my big sister Carol was 8, I was 5 ½, my brother Don was nearly 3, and my sister Bonnie was almost 1. Brother Ralph, age 4, did not contract it. The four of us who did made remarkable recoveries. The March of Dimes helped my parents foot the tremendous medical bills.

We were hospitalized in Hedgcroft Clinic on Montrose Boulevard, just a few blocks from Rice University where our father had gone to school. The building looked somewhat like Tara (in *Gone with the Wind*): beautiful grounds, a two-story columned building with a winding staircase. Since Carol had bulbar type polio, she was housed on the first floor. My brother Don and I resided on the second floor, the one for the kids with paralysis. It was one huge ward with no dividers or walls. A number of iron lung patients were nearby. Baby Bonnie was treated at home.

I was paralyzed from the waist down on my left side. When the specialists came down from NYC, they told my parents that I would never be able to walk again. I'm glad they didn't tell me.

Treatment consisted primarily of hot packs, hydrotherapy, and physical therapy. The hot packs were the most memorable: steaming hot, wet, triangular pieces of wool fabric with plastic sheeting underneath. One large one to wrap around the torso and smaller ones for the upper and lower legs and arms. They were brought in an upright water-heater looking receptacle on a rolling palette. The nurses lifted the hot wool with tongs, (as they were too hot for their hands to handle) and slapped them on our young skin. One boy got huge blisters as a result. The packs were held in place by large diaper pins. Once I yelled when the nurse pinned not only the hot pack, but also my chest. She refused to re-pin me and I had to endure having a diaper pin pinned through my chest for 45 minutes until the packs cooled off, got itchy and were removed. We got the hot pack treatments 3 or 4 times a day. The hydrotherapy and physical therapy were much more pleasant.

I was in the hospital for a long time—6 months to a year. I had the first half of first grade there. My family, along with many members of our church, were very supportive and visited often. On weekends I could go outside and have picnics with my loved ones. Frequently they brought me the Sunday comics.

When I was finally dismissed (able to walk again without crutches or braces), I still had to return to the hospital 3 times/week for continued physical therapy. My paternal grandfather was my transportation because he worked nights as a linotype setter at the Chronicle and was available to drive me when I needed to go. Finally, in September of 1949 I was able to live at home and begin

public school. I was in the second half of first grade. At that time rehabilitation was seen as a positive regaining of strength and most people had no idea that some of these gains might be lost in the future or that there had been more damage than was outwardly obvious.

## **MIDDLE YEARS**

I had almost no perceivable handicap during my middle years. However, I did return to crutches for a very short while during 5<sup>th</sup> grade. I had surgery on both Achilles tendons at the same time with casts up to my knees. The purpose of the surgery was to lengthen the tendons and allow me to walk heel first. I had to stay home from school for 3 weeks and used a wheelchair around the house. My parents bought me a large paint by number oil painting to help me pass the time. After painting only one color a day for a few days, I decided that I could do the entire painting in one day if I was careful. I completed it in a single day and left the finished painting on the dining room table to dry overnight. I found out the next morning that I was the first in the neighborhood to own a psychedelic cat: he had spent the night using my freshly painted canvas as his bed.

For the next three weeks I was able to go to school with my crutches and my new walking casts. My best friends planned a Saturday afternoon movie celebration for the day my casts were removed. Sorry to say, my legs were so weakened from immobilization for the previous 6 weeks that I had to use crutches to walk in the movie. (Also, the technician used an electric buzz saw to cut off the casts, and he cut one of my legs and made it bleed.)

It has been pointed out that a very high percentage of polio survivors have developed a Type A Personality. Perhaps I am among them. I was blessed to be part of a very athletic family. I was 2<sup>nd</sup> baseman in softball, on the volleyball team, played tackle football until I was 12 (even have a picture of my sister Carol and me in football uniforms we had gotten for Christmas), lettered in badminton, skied the intermediate slopes of the Rockies, played both mixed doubles and ladies doubles in tennis (even won a few trophies), held SCUBA Certifications in open water, sport, and diver rescue. I have made over 200 open-water dives to depths of 100 feet. I was an active member of the Houston Underwater Photography Society. However, I was still the last to be chosen on the kickball team because I could not run fast.

During my 40's I was a single person. I volunteered at Texas Children's Hospital. One night I was asked to be in charge of the teen recreation room. I had to check the patient's hospital bracelets and be certain that they were actually teenagers in order to admit them. The game room was well equipped: foosball, ping-pong, jacks, bean bags, darts, etc. The most memorable patient came in a wheel chair accompanied by a rolling IV pole. He had withered legs, but a dynamite upper torso, including a handsome, heavily bearded face. I checked his bracelet: sure enough he was only 19. After beating all the other teens at ping pong, he challenged me to a game. As we were "pinging" he told me about how his brother had won a wall full of ribbons as a ping pong champion. I replied, "It hasn't done much for YOUR game." Immediately he was out for blood! My, it was hard for me to keep up. However, very soon I realized that from his wheelchair he could reach almost all my forehand shots, but had limited reach on the backhand

ones. So—you guessed it—I started giving him ONLY backhand shots and they got progressively farther from his wheelchair. Being the competitor he was, he continued to lean and stretch for each one until HIS ENTIRE WHEELCHAIR TUMPED OVER! “Get Up! Get Up! Do you know how bad it will look on my resume if I get fired from a volunteer job?” As you can see, I cut no slack for the handicapped.

The emotional aspects of having had polio were difficult. Born into a physically beautiful family (my sister Bonnie was Miss Texas in 1967), I felt like the ugly duckling. My parents had their challenges with me, too: mom wanted me to wear heels (which were almost impossible for me to walk in) and daddy wanted me to be an athlete like himself. (After all, he had been invited to play professional baseball for the Houston Buffs.) He also wished I was a boy.

I became pregnant at 15, graduated from high school at 17 (with a 1 year old), and from college at 33 with 4 kids. My goal was to get out of college before my oldest entered. I made it with a year to spare. I was divorced at 40 after 25 years of marriage.

In 1992 I went for a baseline Post polio assessment in Houston by Dr. Carlos Vallbona, head of the Post Polio Clinic. At that time I was experiencing tremendous joint pain. I was told to walk less and rest for 2 hours each afternoon and to give up tennis and mowing my own grass. I was about 30 pounds heavier than I am today. Dr. Smith, the Ph.D. physical therapist suggested I lose weight. I started to cry and said, “I can’t lose weight. I am in too much pain to exercise.” I’ll never forget her response. She got right in my face and said, “I have patients in wheelchairs, and when they stop eating enough, they lose weight!”

Well, that pissed me off real good. I’ll show her I CAN’T lose weight. Changed my eating habits and guess what: I lost weight.

Now, about working at a full time job and being able to rest 2 hours each afternoon: that job simply doesn’t exist. My mother said, “Honey, I wish you would meet a handsome man who would not want you to work!” I said, “Get REAL, mother. This is the 90’s. Such a person does not exist.”

Soon thereafter, I met my husband Don. How clever of God to send him my way. Don didn’t want me to work. He wanted me to go sailing with him. Not for a day sail, but to live on a boat. Rest everyday for 2 hours. Walk only 6 steps from the bed to the head. We married in 94 and cruised aboard our sailboat for 13 years.

We owned our first land home in Panama and moved to Ajijic almost 4 years ago.

## **RECENT TIMES**

About a year ago I began to experience extreme fatigue and weakness. I had never taken a stress test because I knew that I could not pass one. (I was not aware of the chemical stress test that could have been given.) However, I did not do well on my breathing test. I was already going for

physical therapy with Dra. Justina at Ajijic Rehabilitation Clinic. She said that the muscles on the left side of my back were “mush” and that I needed to do specific exercises to strengthen them. Dr. Carlos Garcia of Maskaras Clinic was my primary physician. When told of the weakness and pain in my legs he took me off Lipitor for 3 months: sorry to say no change. When I told him that in the evening I could not even stand up straight (i.e., my face was almost in the sink while I was trying to do dishes), he started me on vitamins by injection: no change. I was sliding downhill rapidly and nothing seemed to be helping. I was now more handicapped than when I was a child.

In Houston, my GP Dr. Westbrook said I had COPD and prescribed an inhaler. (By the way, I have never smoked.)

Don and I made the decision to have a new assessment at the Post Polio Clinic in Houston. It is a part of TIRR (Texas Institute of Rehabilitation and Research), the same facility where U.S. Representative Gabby Giffords is being treated. To my amazement, Dr. Carlos Vallbona was still the head of the Post Polio Clinic. He is 83, vibrant, and a foremost expert in his field. He has seen over 2,500 polio survivors in Houston since the early 1950’s. Assisting him was his Ph.D. physical therapist Dr. Carolyn Kelley, who has been with him for more than a decade. Both Don and my daughter Kris went with me for my appointment on May 23<sup>rd</sup> of this year.

We learned that 75% of paralytic polio survivors develop Post Polio Syndrome, and 40% of non-paralytic ones do. Here are the symptoms of PPS:

Extreme fatigue, lack of endurance

Muscle and joint pain

Muscle atrophy

Slowly, progressive Increasing muscular weakness

Breathing and swallowing problems

Intolerance to cold

After a three hour check up, I learned the news that I had so long dreaded hearing: I am suffering from Post Polio Syndrome.

It reminded me of the wife who late one night awakened her husband and told him to get the gun and go downstairs because she is certain she hears a burglar. He tip-toes down the stairs, flips on the light, and sure enough: there stands the burglar reaching into the silverware drawer. “Hey honey, come down here.” The burglar asks, “Why are you calling your wife, since YOU are holding the gun?” The husband replies, “She has been expecting you every night for the past 25 years, and I want her to see that you finally showed up!” Likewise, PPS had finally come to steal from me.

The Assessment at the Post Polio Clinic: I did not have COPD, but weakened intercoastal muscles on the left side of my back; these muscles are not strong enough to pull my diaphragm far enough down for me to breathe fully. This explained the “mushy” back and the less than good breathing test. I was told that the reason my face was falling in the sink at the end of the day was because my back muscles were too fatigued to hold me upright. Then a muscle test was administered. The muscles were scored with numbers between 0 and 5, with 5 being normal muscle strength. My left leg received some 0’s and 1’s. An AFO was prescribed. That’s an AFO, not a UFO. AFO is simply an Ankle/Foot Orthotic. It is made of lightweight plastic (not the old metal kind), velcros on, and provides me with much needed stability for walking.

We learned that in paralytic polios, there must be at least 60% damage to motor neurons before any muscle weakness shows up. And that polio has left the seemingly good motor neurons 40% damaged, showing no weakness in their associated muscles during polio. ALL motor neurons in body (inc. spinal cord and brain) are/have been affected.

The bad news is that overuse of muscles now will cause further deterioration not only to already weakened muscles, but to seemingly unaffected ones. (CRY NOW)

This condition is progressive, non-curable, and there are currently no medications to help. (CRY SOME MORE)

The good news is that Post Polio Syndrome is not fatal.

Recommendations:

Use the AFO and a cane. If necessary, a walker, crutches, and/or a wheelchair. Even Walmart’s electric cart. These are assistive devices. (walls, furniture, and spouses are not!)

Walk less. Sit instead of stand. Take a nap every day. (Don supports me by taking one with me.)

Exercise only 30 minutes and use NO leg weights.

Play water-volleyball (my favorite thing in all the world) only ONE hour/day.

Get a pedometer and try to get my steps under 2,000/day. (Most folks are trying to get over 10,000/day.)

Purchase and read Dr. Richard Bruno’s book, “The Polio Paradox.”

Maintain my good weight and eat a high protein diet.

Other suggestions required changes to my physical surroundings:

Don installed a grab bar in the shower.

He has had our master bath remodeled so I can sit to put on makeup.

He has built an extension on to our kitchen bar so I can sit to cut up veggies/fruit. (I must admit, though, I spend more time putting on makeup than cutting up veggies).

He has installed an energy efficient dishwasher and has completely taken over the duties of chief kitchen cleaner-upper. (This alone almost makes it all worthwhile.)

Where we have always had a maid, I have always done the ironing. Now, she does it.

Don is learning along with me to play bridge. I am taking Spanish 2/week. I do acrylic painting. I am treasurer of my Social & Hospitality Committee at my church—all things that I can do sitting down.

How am I coping? One day at a time.

Am I pissed off? Of course! Do I fear what might come next? Terrified! Do I feel cheated that I have Post Polio Syndrome? Or do I feel lucky that I have been able to walk all my life? (It depends on the day.) I am extremely grateful, everyday, to have the admiration and support of the love of my life, Don Wiedeman, and of my family and friends.

Now, here are a couple of unexpected good news items:

1. Imelda Marcos I am not: I own only 6 pairs of shoes.(Very few styles will fit over my brace.) The savings on the new shoe purchases more than pay for my doctor visits.
2. For reasons yet unknown, polio survivors get Alzheimer's at a rate less than 10% of the rest of the population.

In closing, I would like to express my gratefulness to Rotary International, Bill and Melinda Gates, and to all of you for helping make polio a thing of the past in every country of the world. The day my four children swallowed the Salk vaccine I cried. I hope parents all over the world have the same opportunity to cry those tears of joy.

Thank you for your kind attention.

## MONTHLY COMMITTEE MEETINGS AND SPECIAL EVENTS

Friday	January 6	2:00 – 4:00 PM	Choir Rehearsal
Wednesday	January 11	2:00 PM	Stewardship
Wednesday	January 11	2:00 – 4:00 PM	Choir Rehearsal
Wednesday	January 11	8:30 AM	Company of Gentlemen Breakfast – church kitchen
Saturday	January 14	8:30 AM	Health & Post Life Planning Seminar
Wednesday	January 18	10:00 AM	St. Andrew's Annual General Meeting
Wednesday	January 18	2:00 - 4:00 PM	Choir Rehearsal
Wednesday	January 25	2:00 – 4:00 PM	Choir Rehearsal
Saturday	January 28	2:00 PM	Health & Post Life Planning Seminar
Tuesday	January 31	1:00 PM	Italian Festival

**YOU ARE INVITED TO TAKE PART**  
in the  
**Annual General Meeting**  
of  
**St. Andrew's Anglican Church**  
**on Wednesday, January 18<sup>th</sup>, 2012**  
**beginning in the Church at 10:00 am**

At the Annual General Meeting (AGM), we take a look back at the year just finished and share a little about our vision for the current year, in addition to electing new Vestry members. This year we will elect four new Vestry members, three full-time members and one seasonal member, each to serve a three year term of office.

The outgoing members of the Vestry— Janet Beatty, Steve Cole, Bernice Parris, and Jim Priddy—comprise a “Nominating Committee” responsible for presenting a slate of candidates for election to the Vestry. The criteria for Vestry membership are listed on the next page, and we encourage you to submit suggestions for new Vestry members to any of the outgoing members.

Those eligible to vote on all matters coming before the AGM are those whose names appear on the official Membership Roster of the Parish. According to the Parish By-Laws, voting membership at St. Andrew's is defined as follows: *“Any baptized person living in Mexico for all or part of the year, who has attended St. Andrew's on a regular basis for a minimum of three consecutive months during the past six month period, and who has not been a voting member of any other congregation in Mexico during the past three months.”* A copy of the Membership Roster has been posted on the bulletin board in the Garden and everyone is asked to check to see if their name is on it. If your name has inadvertently been omitted from the roster, we apologize and ask that you please fill out a copy of the Declaration of Membership (available on the bulletin board, in the office, and at the bottom of this announcement) and return it to the Church office.

**PARISH LEADERSHIP — VESTRY NOMINATIONS**

Church leadership concerns us all. Each year, as the term of office expires for four members of the Vestry, those outgoing members form a Nominating Committee, seeking to discern whom God wants to take on that ministry. A Vestry nominee should be someone who has the potential to be—or is already—active in ministry, and is recognized as a leader in this faith community. We depend on you, through thought, prayer, and discussion, to help us identify persons who meet the following criteria for Vestry membership:

1. Communicant member in good standing of St. Andrew’s Church.
2. Able to support St. Andrew's Mission Statement as an expression of the direction this Church has set for itself.
3. Recognition that Vestry membership is a commitment to service, requiring:
  - a) consistent attendance at monthly Vestry meetings, typically the fourth Thursday of every month;
  - b) willingness to actively lead or serve as liaison to at least one Parish committee;
  - c) active participation in parish-wide activities;
  - d) participation in Vestry retreats, planning sessions, etc.;
  - e) faithfulness in weekly worship, regular prayer for the parish, and personal stewardship of time, talent, and treasure.

You are invited to submit the names of suitable persons to serve as members of the Vestry. In 2012 we anticipate four vacancies for 3-year terms. Please pray for the people, the needs, and the ministry of our parish, and ask God to guide you in choosing the names you submit. Those nominated by the Committee will be contacted personally and asked to stand for election at the Annual General Meeting on January 18<sup>th</sup>, 2012.

.....

*Form may be placed in the offering plate or given to any member of the Vestry.*

Suggested for Vestry\_\_\_\_\_

Name of person making nomination (optional)\_\_\_\_\_

I have [ ] have not [ ] discussed this nomination with the named person(s).

**DECLARATION OF PARISH MEMBERSHIP**

Wishing to participate as fully as possible in the worship, fellowship, ministry, and life of St. Andrew's Anglican Church in the Diocese of Western Mexico, the undersigned declares that s/he has read and meets the responsibilities and requirements of Parish membership as contained in Article 2 of the Church By-Laws, and is therefore now qualified to vote at any and all Parish meetings.

\_\_\_\_\_  
Name Telephone

\_\_\_\_\_  
Address

\_\_\_\_\_  
Signature Date

Please include below your date of birth and, if appropriate, your wedding anniversary, so that you may be remembered in the Prayers of the People during Sunday worship.

\_\_\_\_\_  
Date of birth (year optional) Wedding anniversary

\_\_\_\_\_  
Name of Spouse

N.B. Please submit this form to the Church office for immediate entry into the Parish membership list.

## ARTICLE 2

### PARISH MEMBERSHIP

- 2.4 Any baptized person living in Mexico for all or part of the year, who has attended St. Andrew's on a regular basis for a minimum of three consecutive months during the past six month period, and who has not been a voting member of any other congregation in Mexico during the past three months, may become a member of St. Andrew's. Once a person has become a member, membership is retained until such time as the member resigns or is deemed to have resigned as per Articles 2.8 or 2.9.
- 2.6 The Vestry will cause a list of all members of the Parish in good standing to be created and maintained. The membership list will be updated at least once per calendar quarter.
- 2.7 At least once per year, but not more than three months before the scheduled date for the next Annual General Meeting, the Parish membership list will be verified by a person appointed by the Vestry. Once the Vestry has been notified that the list has been verified and that all members of the Parish listed meet the criteria specified in the By-Laws, the list will be registered with the Diocese.
- 2.8 Any member of the Parish who becomes a voting member of any other congregation in Mexico will be deemed to have resigned from St. Andrew's and will be removed from the Parish membership list.
- 2.9 Any member of the Parish who has not attended at least three regularly scheduled worship services at St. Andrew's during the previous 12 months will be deemed to have resigned from St. Andrew's and will be removed from the Parish membership list. This article will not apply if the Vestry has accepted the member's written notice of intent to take a leave of absence.
- 2.10 For the purposes of this Article, home Communion is considered to be attendance at St. Andrew's.
- 2.11 Any person who loses membership in St. Andrew's, for any reason, will be deemed to have resigned from any position in the Church that requires membership as a prerequisite.