





Dear friends,

The crisp, cool air this week has been a welcome change from the sticky humidity of recent months. As our young people return to (or begin) school, students come back to campus, and we all settle into more familiar rhythms of life, it is a gift to enjoy the lush green landscape while the weather gently reminds us that fall is on the way.

Like many of us, I'm struggling with the state of the world—the school shooting in Minneapolis; the ongoing wars in Gaza, Ukraine, and elsewhere; the increasingly urgent warnings about climate change; the unprecedented state of our national politics. I want to do something, but it's hard to come up with actions that feel like they will have a meaningful impact. I feel helpless, anxious, and powerless. I know I'm not the only one.

I have been reflecting on how St. Andrew's might care for one another in such times. Our faith offers ways to bring our deepest feelings into God's presence—not to solve every problem, but to steady our hearts, deepen our trust, and remind us that we don't walk alone. This fall we are introducing two opportunities at St. Andrew's that I hope may be helpful:

Centering Prayer & Psalms – Wednesdays at 10:00 am in the Chapel. Together we will spend twenty minutes in silence, read and reflect on a psalm, and then return to silence. Centering prayer is an ancient practice of resting in God's presence, releasing distractions, and opening ourselves to God's love. I learned this practice about fifteen years ago, and have found it deeply grounding and calming. My hope is that it will offer us all a midweek pause to breathe, listen, and be renewed. If you are unable to join us in person in the Chapel, you can join us on Zoom using this link, or sit in silence at home. On Wednesday, September 3rd, we'll read and reflect on Psalm 13, found here. Please let me know if you would be interested in participating, but need an evening time.

Holy Eucharist & Healing Prayers – The first Thursday of each month at 5:00 pm in the Chapel. This quiet, contemplative service of Eucharist includes prayers for healing, anointing, and the laying on of hands. It is a time to bring before God our own needs and the needs of those we love—for healing of body, mind, spirit, and relationships.

In times when so much feels beyond our control, these practices can help us return to the One who holds us—and all creation—in love. I invite you to join us, and to bring a friend.

I would also like to hear your thoughts and ideas about other ways we might respond faithfully to the challenges of our time and care for one another. Please don't hesitate to share your ideas.

Peace, Paul



SUNDAY

8:00 AM
Holy Eucharist

9:15 AM
Family Service
IN THE CHAPEL

10:00 AM Holy Eucharist

LIVESTREAM ON YOUTUBE

6:00 PM Compline *

* 2025: NOVEMBER 2 • DECEMBER 7

* 2026: FEBRUARY 1 • MARCH 1 + 29

WEDNESDAY

7:00 AM
Holy Eucharist
IN THE CHAPEL

6:00 PM Evensong IN THE CHAPEL

1ST THURSDAYS

5:00 PM
Holy Eucharist and
Healing Prayer
IN THE CHAPEL

FRIDAY

12:15 PM Holy Eucharist

IN THE CHAPEL

Can't be with us in person?



Scan the QR code to watch services live on our YouTube channel









Sunday School

Our dedicated teachers will be ready to welcome your children back to Sunday School on September 7! We look forward to a year of helping your child grow in the knowledge of God, accepting children of all abilities, and having fun.

Don't Forget to Register for Sunday School!

You can register online by scanning or clicking the QR code or on paper in the classrooms. We encourage you to register today!

Blessing of the Backpacks: Bring your backpack to church the first day of Sunday School, September 7, for a blessing from Father Paul.

Teacher/Helper Commissioning: Teachers and helpers will be commissioned by Fr. Paul during the 10:00 am service on September 14.

Evacuation Practice: We will have a practice fire drill/evacuation (*for the Sunday School only*) on September 28.

Looking ahead to October:

Blessing of the Animals: Saturday, October 4 (*time TBA*), on the front lawn of church. Bring your pets or stuffed animals for a blessing!

Combined Sunday School Class (for ages 3 years – 5th grade) on October 12. If you are older than 5th grade and want to come help the younger children, that would be appreciated.

-- Linda Hastings, Sunday School Director

Have you checked out our children's library at the top of the 2nd floor stairs?

We have a number of very good books available to borrow, including Bibles, Bible references, Old Testament stories, stories of Jesus, the Psalms, biographies, racial awareness, the Church, dealing with death, nature, and just fun general stories. Each month we will feature a different theme.

September's theme is What is God like? and our featured books include:

- Mostly What God Does is Love God's Love is All Around
- What is God like?
- Maybe It's That Way for God
- Images of God
- Big Thoughts for Little People

Come borrow and enjoy a book!

New Year, New Wonders!

Learn about God,
Hear stories
about Jesus,
Discover Episcopal
customs and practices
Participate
in worship,
Give back to
the community,
Build relationships
with new friends
and so much more
during Sunday School
each week

Register Today!
Classes begin
September 7
at 9:45 am



Scan the QR code for the 2025-26 Sunday School Online Registration Form

Parish Briefs

Service Schedule Updates

Evensong: Evensong resumes on Wednesday, September 3 at 6:00 pm in the Chapel. This service of evening prayers is sung by lay leaders and lasts approximately 30 minutes.

NEW SERVICE! Holy Eucharist & Healing Prayers: Join us on the first Thursday of the month, starting September 4, at 5:00 pm in the Chapel for a service of Holy Eucharist & Healing Prayers. This is a quiet, contemplative service of Holy Eucharist with healing prayers. Laying on of hands and anointing are available for yourself or someone you carry in prayer—body, mind, spirit, relationships, and the world. All are welcome.

NEW TIME! Compline: Our sung Compline service, led by the St. Andrew's Early Music Ensemble, will now be held at 6:30 pm (leading into Music for Meditation). Fall Compline dates are November 2 and December 7. Winter Compline dates are February 1, March 1, and March 29.

Centering Prayer & Psalms

Wednesdays at 10:00 am in the Chapel and on Zoom, beginning September 3

"Prayer is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with him who we know loves us." — Teresa of Ávila

Centering prayer is an ancient Christian practice of silent contemplation—resting in God's presence, releasing distractions, and opening ourselves to God's love. I began practicing centering prayer about fifteen years ago, and have found it both grounding and calming.

Please join me on Wednesday mornings at 10:00 am in the Chapel. We will spend about twenty minutes in silence, read and reflect on a psalm together, and then return to silence. If you are unable to join us in person in the Chapel, you can join us on Zoom using **this link**, or sit in silence at home. On Wednesday, September 3rd, we'll read and reflect on Psalm 13, **found here**. All are welcome.

Are you looking to deepen your understanding of the Bible?

Come spend an hour on Zoom, Thursdays at 10:00 am, discussing the readings for the coming Sunday with facilitators are Steve Hastings and Jim White. We start with the puzzles and challenges, the beauties and truth, that each of the readings seems to offer: what does this

passage really mean to me or to you? The heart of what we do lies in the experience of reading our sacred texts in relation to each other. Newcomers and drop-ins are welcome, discussions resume September 4. Please contact <u>Jonathan Gardner</u> to be added to the email list including the readings and Zoom link.

Back-to-School Backpack Blessing

Sunday, September 7 during the 9:15 & 10:00 am services Our young students are invited to bring their backpacks to worship for a blessing at the 9:15 and 10:00 am services on Sunday, September 7.

Caregivers Luncheon

Tuesday, September 9 at 12:00 pm in the Lounge

An open invitation is extended to parishioners who may be giving care to a loved one. We'll meet for an hour in the Lounge for lunch, reflection, and mutual encouragement. For more information, or to make a reservation for lunch, please contact Paul at pfrolick@standrewsaa.org or 585-241-9317.

U of M Student Dinner

Friday, September 12 at 6:00 pm.

I'd like to invite U of M students who are members or attending here at St. Andrew's to join me for dinner. It would be great to get to know you a bit better, and to hear how our congregation can support you in your years here. We've sent an email invite as well, but our records are not perfect. If we missed you, my apologies. Please RSVP to Fr. Paul.

Ministry Fair

Sunday, September 14 at 11:30 am in the Parish Hall

Please join us for a Ministry Fair on Sunday, September 14 following the 10:00 am service! Leaders and representatives from our many ministries will be available to answer your questions and invite you to get involved in a ministry here at St. Andrew's that appeals to you. We'll have some tasty refreshments and enjoy getting to know each other and learning about all of the great things going on in our congregation. See you there!

Outreach and Social Justice Meeting

Sunday, September 21at 11:15 am in the Chapel

Don't miss the next Outreach and Social Justice meeting on Sunday, September 21, at 11:15 am in the Chapel.



Ministry Updates



New Day, Time, and Location for Walking Group!

Changes to St. Andrew's Gets Outside

Friday, September 5 at 8:15 am County Farm Park

Join us on Friday, September 5 at 8:15 am for a walk at County Farm Park (2210 Platt Road). Please meet at the south entrance.

We are no longer walking on Saturdays at Gallup Park.

Food, Fellowship, and Fun!

Coventry Supper Kickoff: Sunday, September 7 after the 10:00 am service

Want an opportunity to enjoy fellowship with other members of St. Andrew's? Coventry Suppers are a wonderful way to get to know other members that you might not have met otherwise. These small groups meet throughout the next 12 months with each group setting their own schedule.

Interested? Please join us for the Coventry Supper Kickoff on Sunday, September 7 after the 10:00 am service in the Parish Hall. Contact Susan Wakefield (<u>susan.e.wakefield</u> @gmail.com) to sign up or for more information.







Congratulations to
The Rev. Erica Christine Benson
on her Ordination to
The Sacred Order of Priests
and her call as Rector of
St. Thomas, Trenton!

Erica served as the summer seminarian at St. Andrew's in 2024.



SUPPORT THE Breakfast Program!



JOIN OUR TEAM

Fight against hunger!
Walk with a team from
St. Andrew's on October 5
at the Ann Arbor CROP Walk



MAKE A DONATION

Help provide meals to our community members and create greater food security around the world

WALK. GIVE. CHANGE THE WORLD.



#CROPHungerWalk SCAN OR CLICK TO JOIN OUR TEAM OR DONATE



Breakfast Updates

we do every day in the St. Andrew's

Happy Anniversary! On August 16, we celebrated the 43rd anniversary of The Breakfast Program. We are deeply grateful for the hundreds of volunteers and donors who have worked together over the years to provide a hot meal and hospitality for those in need.

Thank you, Food Gatherers:

Federal funding for food programs has been reduced or eliminated over the last year, but thanks to the generosity of its many donors, Food Gatherers was able to purchase additional food for the 140 partner programs it supports. Over the last 12 months, the Breakfast Program was blessed to receive 65,476 pounds of food from Food Gatherers. This is the equivalent of 54,458 meals!

Cooking Sessions: This summer we hosted a number of groups from the community for cooking sessions. These work sessions are a wonderful opportunity for new volunteers to learn about the work

kitchen. Thank you to the teams from Citibank, the Stamps School of Art and Design, Charles Schwab and the U of M Orthopaedic Research Labs for helping us create delicious meals for our guests!
Cooking sessions this fall will be held most Thursdays from 10:00 to noon. If you are interested in joining us, you can sign up here.

Thank you, 24 Eagle! In August we said farewell to Larry, Steve and the team at 24 Eagle who have been cleaning for the Breakfast every day for 39 years. We appreciate their dedication to the program, and we wish them well as they enjoy travel and time with grandchildren in their retirement. A new team from JNS Facility Maintenance will clean and sanitize our guest bathrooms daily.

New Volunteer Opportunities: We are adding 3 new positions to our volunteer team every morning. Volunteers on the new "clean-up crew" will wipe down tables and chairs, sweep floors and tidy the lobby and

kitchen after breakfast. The shift starts at 8:15 and ends at 9:30, so it works well for those who like to sleep a little later or cannot commit to a full 2 hour shift in the morning. We hope some of you will consider joining us.

Join our CROP Walk Team!

The Breakfast Program and parish will walk together in this year's Ann Arbor CROP Hunger Walk on Sunday, October 5 at 2:00 pm. The walk begins at First United Methodist Church. We are looking forward to sharing the message of this ministry with others in the community while raising funds for hunger relief. If you would like to join our team, please visit our Team Page. Part of the proceeds will benefit the Breakfast Program.

Want to get involved? If you are interested in volunteering, please email **Susette Jaquette** to get the link to our SignUpGenius pages.

-- Sue Nishi, Breakfast Director breakfast@standrewsaa.org











Parish Health

September is

National Suicide Prevention and Awareness Month

In Crisis
CALL 988

"September, as National Suicide Prevention and Awareness Month, is a time to raise awareness, promote hope, and normalize help-seeking. Suicide affects millions of people every year, yet too many struggle in silence. Whether you're facing challenges, supporting a friend or loved one, or are looking to help, your voice matters. When we stand together in strength, dignity, hope, and purpose, we can make a difference—we can help save lives." (SAMHSA)

The latest Washtenaw County Suicide Report shows promising progress. Suicide attempt rates are declining overall in Washtenaw County---yet men still account for the majority of deaths, and young women aged 10-24 continue to have the highest attempt rates. St. Andrew's Episcopal Health Ministry is highlighting Suicide Prevention and Awareness Month 2025 by doing four things:

- EHM will once again be handing out Suicide
 Awareness ribbons of teal and purple to be worn
 on Sunday, September 21. Teal symbolizes healing;
 Purple symbolizes courage, strength and resilience.
- Please check the <u>EHM Resource List</u> as new Suicide Prevention Resources, such as a Digital Toolkit, have been added.
- A Self-Care Wheel, created by Peggy Galimberti,
 Clinical Director of Garrett's Space, will be featured

Washtenaw County Suicide Report Update

Progress is happening. The work continues.

Overall **suicide attempt rate decreased** from 16.7 attempts per 10,000 population in 2023 to 15.5 in 2024.



Ongoing Concerns:

↑ 74% of suicide deaths were among men in 2024



If you or someone you know is struggling, help is available. Call or text 988 to reach the Suicide & Crisis Lifeline.

You are not alone.

For more information, please visit washtenaw.org/suicide



on suicide awareness posters, The Weekly Word and the Sunday announcements. Or check out the interactive tool now!

• EHM will be hosting a **Garrett's Space campus tour** with a hands-on participation project. The tour
will be lead by Scott and Julie Halpert, the founder's
of Garrett's Space, who were the speakers at the 2024
EHM Fall Forum. Their son, Garrett, died from suicide. They have created this non-medical treatment
facility for young adults, age 18-25, in their son's
memory. *Date TBA*.

Vestry Highlights

Highlights from the Vestry meeting on June 24, 2025

• Approved the consent agenda and minutes from the May 27th and June 8th meetings. The June 8th meeting approved replacing and expanding the playground equipment at the north end of Lewis Hall using monies from

the General Memorial Fund.

- Reviewed and approved the May financial statements. Expenses are under budget and Income is over budget for a positive outlook at this point in the year.
- The Wardens, using feedback from the vestry, **completed a performance**

review for Fr. Paul and will provide a detailed report at the next meeting.

• Junior Warden Marty
Gillen reported that the
Buildings and Grounds
Committee is beginning
their work assessing the
current condition of our
physical plant, identifying
high-priority needs, and
developing a long-term

asset management program.

• Reviewed our wedding fees. Most of our weddings are for non-members. We will charge \$2,500, which is comparable to other churches in the diocese similar to our size. Members of St. Andrew's will be extended a substantial discount.

• Discussed the use of the clergy discretionary fund. This fund is to be used for helping people in need. As a practical matter, Fr. Paul is not able to adequately screen individual requests. He is exploring partnering with community agencies.

Highlights from the Vestry meeting on August 26, 2025

- Approved the consent agenda and the minutes from the June 24 meeting.
- Reviewed and accepted the July financial statements. Thanks to the generosity of our members and careful expense management, we are running a small surplus instead of the projected deficit through July.
- Wardens Kay Wade and Marty Gillen reported on the performance review with Fr. Paul. Vestry and rector are largely aligned in their assessment and have set goals for the year ahead. Reviews will continue annually in June.
- Fr. Paul has begun "annual conversations" with staff members this summer and will report back when these are completed.
- Discussed preliminary plans for the 200th anniversary in 2027.
- Discussed staff benefits policies, diocesan requirements, and the need to balance competitive compensation with a sustainable operating budget.
- Approved the Gift Acceptance Committee's recommendation for the use of a \$345,000 bequest from the estate of James Crooks: \$25,000 will go to the Unrestricted Operating Fund, with the remainder directed to the General Endowment Fund.
- The Vestry will **host a table at the Ministry Fair** on September 14.



Music Notes

JOIN A CHOIR!

All ages and abilities. Enjoy fun, fellowship, and prayer through music.

Contact Deborah Friauff dfriauff@standrewsaa.org 734-663-0518 x 205

The St. Andrew's Adult Choir

REHEARSALS BEGIN:

Thursday, September 4 7:15 - 9:15 pm

The Adult Choir sings most Sunday mornings from September through the first week in June, as well as for many other special services and concerts.

The St. Andrew's Cherub Choir

REHEARSALS BEGIN:

Wednesday, September 10 4:30 - 5:15 pm

The Cherub Choir (grades K-2) generally sings on the third Sunday of the month as well as for special concerts and for the 9:15 am Family Service.

The St. Andrew's Junior Choir

REHEARSALS BEGIN:

Wednesday, September 10 5:15 - 6:15 pm

The Junior Choir (grades 3-9) generally sings on the first Sunday of the month, as well as for special services, such as Evensong, and concerts.

The St. Dunstan Handbell Choir

REHEARSALS BEGIN:

Wednesday, September 10 6:30 - 8:00 pm

The St. Dunstan Handbell Choir, a multi-generational group, plays on the second Sunday of the month, as well as for many special services and concerts.

The Junior Handbell Choir

REHEARSALS BEGIN:

Wednesday, September 10 4:30 - 5:15 pm

The Junior Handbell Choir (grades 3-9) is for children interested in ringing and will play at various services throughout the year.

LOOKING FOR VOLUNTEERS!

Pianists Needed: 9:15 am Service

If you enjoy playing the piano, and can play hymns, please consider volunteering to lead a simple hymn and response at our 9:15 am Family Service! Please contact Deborah for more information.

COMPLINE

Join us for this contemplative service chanted by candlelight before Music for Meditation.

Compline is sung at 6:30 pm 2025: November 2 • December 7 **2026:** February 1 • March 1 • March 29

Division Street Pipes Returns to St. Andrew's!

Thursdays at 12:15 pm, September 11 - December 4

Division Street Pipes concerts take place on Thursdays at 12:15 pm in the Church. Each recital will feature talented students and faculty of the U-M Organ Department. These 30-minute performances are free and open to the public.



SUNDAYS

November 2, 2025 December 7, 2025 February 1, 2026 March 1, 2026 March 29, 2026

COMPLINE

6:30 PM

CONCERT 7:00 PM



NOVEMBER 2, 2025

Music for All Souls

The St. Andrew's Adult Choir and Chamber Orchestra Jonathan Dove's Missa Brevis and John Rutter's Requiem



DECEMBER 7, 2025

Juan Riveros, Harp

Principal Harpist of the Detroit Opera Orchestra



FEBRUARY 1, 2026

Pure Winds

Dr. Bryan Guarnuccio, Flute Samuel Sidorowicz, Horn Dr. Natalie Law, Bassoon Chris Wheeler, Oboe Dr. Erin Dowler, Clarinet



MARCH 1, 2026

Christa Rakich, Organ

Oberlin Organ Professor and early music specialist



MARCH 29, 2026

Sarah Simko, Organ

Concert and Collaborative Organist

Palm Sunday Meditation:

Marcel Dupre's Stations of the Cross, alternating with readings of poems by Paul Claudel

Choral Sundays

OCTOBER 19, 2025 · 4:00 pm

Choral Evensong

The St. Andrew's Adult Choir

DECEMBER 21, 2025 · 4:00 pm

Christmas Lessons & Carols

The St. Andrew's Choirs

FEBRUARY 15, 2026 · 4:00 pm

God's Trombones

The St. Andrew's Adult Choir & St. Andrew's Players

MAY 3, 2026 · 4:00 pm

Choral Evensong

The St. Andrew's Adult Choir

Special Services

NOVEMBER 23, 2025 · 10:00 AM

The Feast of St. Andrew

The St. Andrew's Choirs

NOVEMBER 03, 2025 · 10:00 AM

Hallock's O Antiphons

The St. Andrew's Choirs

DECEMBER 24, 2025 • 9:00 pm Prelude

Christmas Eve Service

Margaret Burk's 'The Holy Hour'

The St. Andrew's Adult Choir & Chamber Orchestra

APRIL 1, 2026 · 7:00 pm

Tenebrae

The St. Andrew's Tenebrae Choir

APRIL 3, 2026 · 12:00 pm

Good Friday Service

The St. Andrew's Early Music Ensemble

APRIL 5, 2026 • 7:40/10:10 am Prelude

Easter Day Services

Johann Michael Haydn's Missa Sancti Gabrielis

The St. Andrew's Adult Choir & Chamber Orchestra

Above: Children celebrate the end of the Sunday School year with Bubbles on the Lawn on Sunday, June 8, 2025 · Linda Hastings

Weekly Events **Get Involved!**

Sundavs

8:00 am Holy Eucharist (C) 9:15 am Family Eucharist (Cpl) **Sunday School** 9:45 am

10:00 am Holy Eucharist (C / YouTube)

Wednesdays

7:00 am Holy Eucharist (Cpl) 10:00 am Centering Prayer (Cpl/Z) 4:30 pm Cherub Choir (CL) 4:30 pm Junior Handbell Choir (C)

5:15 pm Junior Choir (CL) 6:00 pm Evensong (Cpl) 6:30 pm Handbell Choir (C))

Thursdays

10:00 am Bible Study (Zoom) 12:15 pm Division Street Pipes (C) 7:15 pm Adult Choir (CL)

Fridays

12:15 pm Holy Eucharist (Cpl) 7:00 pm Alcoholics Anonymous (PH)

(CL) Choir I (AC) Acolyte Room (Cpl) Chapel (L) Lounge (CL) Choir Loft (PH) Parish Hall

September 2025

LABOR DAY

Monday, September 1 Church Office Closed

Tuesday, September 2

3:00 pm Glacier Hills Service

Wednesday, September 3

10:00 am Centering Prayer & Psalms Starts (Cpl/Z)

6:00 pm Evensong Resumes (Cpl)

Thursday, September 4

10:00 am Bible Study Starts (Zoom)

Holy Eucharist & 5:00 pm

Healing Prayers (Cpl)

7:15 pm Adult Choir Starts (CL)

Friday, September 5

St. Andrew's Gets Outside 8:15 am

Saturday, September 6

11:00 am Memorial Service for Ross Margeson (C)

Sunday, September 7 Blood Pressure Screenings

Backpack Blessings

9:45 am First Day of Sunday School 11:15 am Coventry Supper Kickoff (PH)

Tuesday, September 9

12:00 pm Caregivers' Luncheon (L)

Wednesday, September 10

4:30 pm Junior Handbell

Choir Starts (C)

4:30 pm Cherub Choir Starts (CL) 5:15 pm Junior Choir Starts (CL)

6:30 pm Adult Handbell

Choir Starts (C)

Thursday, September 11

12:15 pm Division Street Pipes Start (C)

Friday, September 12

6:00 pm UM Student Dinner (L)

Sunday, September 14

11:15 am Ministry Fair (PH)

Tuesday, September 16

6:00 pm Finance (Z/L)

Saturday, September 20

Out of Darkness Suicide 9:00 am

Prevention Walk (Rolling Hills Park)

Memorial Service for 11:00 am

Betty Mogensen (C)

Memorial Service for 3:00 pm

Brian Campbell (C)

Sunday, September 21

11:15 am Outreach and Social

Justice Meeting (Cpl)

Tuesday, September 23

6:30 pm Vestry (L)

Sunday, September 28

Sunday School Fire Drill

UPCOMING EVENTS

Saturday, October 4

TBA Blessing of the Animals

Sunday, October 5

1:00 pm CROP Walk

Sunday, October 19

8:30-11am Flu Shots / Drug Dump

11:15 am Outreach Meeting 4:00 pm Choral Evensong

Sunday, November 2

6:30 pm Compline

7:00 pm *Music for Meditation*: Music for All Souls

Sunday, November 9

11:15 am Medical Decision-Making:

"Dementia - Discussions,

Decisions, Dignity"