

# Connections

Quarterly Newsletter

May 2025



St. David's  
Episcopal Church  
Southfield

## From the Editor...



During Lent, I saw an ad in our Sunday bulletin asking for volunteers who were willing to participate in a hospital program called NODA. It

stands for "No One Dies Alone." Through the program, vetted hospital volunteers are trained to offer "a reassuring presence to dying patients who would otherwise be alone." I was among some 50 people attending the all-day NODA training, including fellow parishioner **Kathy Graham**.

One of our training exercises helped us start to appreciate—just a little—how it feels to experience wave after wave of loss as our health declines and finally as we die. In case you might attend a NODA orientation yourself in the future, I won't go into the details of this exercise. But the concept behind it, simple as it was, proved for me to be the most emotionally challenging event of the day.

That's why I'm glad this training occurred six days *after* Easter...the season that tells me losing it all is not the end of the story.

**Cindy Hampel-Litwinowicz**

## Disarmory Ministries Launches In Berkley With A Blessing...Then Buzzing Chop Saws

By CINDY HAMPEL-LITWINOWICZ  
*Connections Contributor*

BERKLEY — Sparks started flying at Disarmory Ministries in late April after an interfaith press conference and the blessing of two chop saws by the Rt. Rev. Dr. Bonnie A. Perry.

Before blessing the chop saws outside, Bishop Perry was joined at an indoor press conference by leaders from several faith traditions as well as officials from Oakland County and Berkley, where Disarmory Ministries is located.

"This is a needed service for many people in our state," said Fr. Chris, who serves as president of Disar-

*(continued on Page Two)*



*Ken Miller destroys up an unwanted firearm with a chop saw during a press conference at Disarmory Ministries, 2312 Greenfield in Berkley on April 29. Miller works with Ben Epstein, at the ready behind Saw #2.*

*(Photo: Cindy Hampel-Litwinowicz)*

## Thank You to...



**Steve Ernst**, our parish website guru, who uploads each new *Connections* newsletter onto the St. David's website. You can often find Steve in the parish office in front of a computer screen. And you can find our newsletters on the Web at <http://stdavidssf.org/Newsletter>.

*(Photo: Cindy Hampel-Litwinowicz)*



*Desi Lydic, above, a host on The Daily Show, talks with Fr. Chris inside the sanctuary of St. David's in a video segment airing March 6th. Lydic and Fr. Chris discuss the parish's efforts to completely destroy unwanted firearms. The State of Michigan had allowed the company it hired for processing unwanted guns to recycle parts into new guns. A new state law now says those weapons must be completely destroyed.*

*(Photo: The Daily Show's YouTube Channel.)*

## Disarmory Ministries Destroys More Than 30 Firearms In First Two Weeks Of Operation

*(continued from Page One)*

mory Ministries. "An estimated one quarter of the firearms in the U.S., one hundred million firearms, are owned by people who did not purchase them. Inherited and gifted firearms may be unwanted and less cared for posing a potential public safety hazard."

Disarmory Ministries has been busy since opening on April 29th.

"We disposed of 17 firearms our first weekend," said Fr. Chris, "including an assault rifle and a trauma gun," explaining that the term means a gun used in a suicide. "We disposed of 14 firearms in our second weekend and already have reservations for 17 firearm disposals

for the next weekend."

Disarmory Ministries is the latest effort for Fr. Chris in taking unwanted firearms out of circulation.

"It is rewarding to see this program grow from a pilot program in 2022 to what it is today," said Marcia Gershenson, vice chair of the Oakland County Board of Commissioners. "We are grateful for the continuous efforts providing alternatives to dispose of unwanted firearms for our community."

On the Action Table in the Atrium is a new tote board. It shows the number of firearms destroyed by St. David's Ministries. So far: 732.

For more information, visit <https://disarmory.org>.

## From the Rector...

### HOW TO CHANGE YOUR MIND

Following the election of President Biden in 2020, someone came up with the theory that the election had been rigged and President Trump has actually won.



Fr. Chris Yaw

People who believed these things refused to change their minds even in the face of overwhelming evidence to the contrary. The problem was not the evidence—it was that people did not want to believe it.

This was at play 2,000 years ago when those whom Jesus came to redeem refused to believe him.

Not because the evidence was lacking, but because they just did not want to change their minds.

In a world filled with hoaxes, scams, and disinformation, how are we to make sense of things and make sure we're driving in the 'truth' lane?

We have to consider three things:

- (1) *We're biased.* Can we admit that when we look at anything, by definition, we look through a particular lens that is not all-encompassing?
- (2) *Humility.* Can we be open to the possibility we may be wrong? How willing are we to change our minds?
- (3) *Community.* Can we be in real relationship with a variety of people whom we respect and who have varied opinions, and not just hang around with safety of our own silos?

Being open to the vastness of God's possibilities means doing the difficult work of humility, respect for those who believe differently, and open-mindedness. When we refuse, the stakes are high—and we may find ourselves face to face with Jesus and not recognizing Him.

## From the Senior Warden...



Maureen Mahar

Greetings to all of you. As you know, Fr. Chris will be going on sabbatical this summer for a long-overdue break. He will be traveling with his family and alone in an ongoing quest for renewal and connection. However, he will NOT be connecting with us. So, while the cat is away, the mice will play!

While he and his family are away, we will be spending our time focusing on our own renewal and connections. We have many activities planned along with some small events that will help us get to know one another better.

Our first event will be the Going Away Party on June 1. We will be having an Italian food truck right after the outdoor service where we will all be asked to sign a card—so they won't forget about us. We will be needing volunteers to help set up, clean-up, and prepare drinks. There is a sign-up sheet at the ministry hub.

There will be many other opportunities over the summer to volunteer and participate in events. A couple of other events will be a field trip to Church of the Messiah in Detroit and a visit to the Holo-

caust Center in Farmington Hills. We are looking forward to everyone joining us.

There will be regular announcements regarding all the events that will be taking place. Keep your eyes and ears open to stay in-the-know.

I look forward to spending more time with you and if you have any questions, feel free to ask me or **Jenny Sullivan**.

Thank you,

Maureen Mahar  
Co-Senior Warden  
Sabbatical Oversight

## From the Junior Warden...

Property Commission Members for 2025: **Howard Rush**, **Ray Romano**, and **Hampton Hanable**.

Here are a few notes of happenings at St. David's since my last Junior Warden's Report in February:

- The outside shed has a new lock and latch for added security. The hard-

ware was installed by Big D Lock City of Berkley for about \$200.

- Many discussions and meeting have been ongoing to address our kitchen modernization plans. A kitchen refresh plan is being finalized for cost. More information will be forthcoming.

- Kudos to Howard Rush, who has donated a new podium for the Parish Hall.

- Kudos to **Pat Hardy** for having the parking lot potholes filled with cold patch. Quotes to repair the potholes have been placed but replies have not yet been received to date.



Hampton Hanable

## Being Kind To The Earth



Sarah Archer, of Resource Recovery and Recycling Authority of Southwest Oakland County, shares the latest on what and how to recycle. (Right two pictures.) The parish Eco Committee shows products and ways that help save money and reduce waste by reusing existing containers and refilling them. (Left two pictures.)



The presentation was held on April 27.

Photos:  
Joanne Sackett



## Five Parishioners Offer Lenten Presentations on the book *Atomic Habits*

During the five Sundays of Lent, St. David's held a series of presentations based on the book, *Atomic Habits*, by James Clear.

The presentations were held during the Connection Hour after each Lenten Sunday service. They were part of St. David's Lenten theme: "Your One Thing" you might want to change.

Parishioners offering the presentations were **Judy Walsh, Kitty Kenning, Cindy Hampel-Litwinowicz, Edna Buday, and Jessica Reinstra**. Each presentation centered on one of the "laws"



**Judy Walsh**



**Kitty Kenning**



**Cindy Hampel-Litwinowicz**



**Edna Buday**



**Jessica Reinstra**

that author James Clear recommended in order to establish a new habit.

Judy Walsh summarized the introduction of the book and the First Law: Make It Obvious.

Kitty Kenning covered the Second Law: Make it Attractive. Cindy Hampel-Litwinowicz discussed the Third Law: Make It Easy. Edna Buday offered a summary and demonstration of the Fourth Law: Make It Satisfying.

Jessica Reinstra concluded the speaker series by talking about Advanced Tactics: a deeper dive into the ways that people can encourage a good habit and discourage a bad one.

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## Urgent News from Haiti Outreach Mission

Background: St. David's is a founding member of Haiti Outreach Mission (HOM). In 2000, under the leadership of Dominique Monde-Matthews, M.D., and her husband Roger Matthews (deceased in 2010) we joined several local churches for our first Medical Mission to Mirebalais Haiti. We established a medical and dental clinic and a water purification system. We've also supported humanitarian projects requested by our Haitian partners: Fr. Alphonse of St. Pierre Anglican Church and Fr. Romel of St. Louis Catholic Church. Our clinic currently has 14 local employees, including two physicians, a dentist, two lab technicians and other ancillary staff.

Mirebalais is located about 45 miles north of Port-au-Prince in the Central Plateau. Until recently the local 'guard' was able to keep the gangs out of the city. However, in late March the gangs managed to overrun the resistance and released more than 500 prisoners from the local jail. The existing conditions are best described with this excerpt from a letter dated April 8th from the Rev. Pere Kesner Gracia, partnership coordinator for the Episcopal Diocese of Haiti regarding the

Jan Ernst  
Connections Contributor



conditions in the Mirebalais area:

*"In Mirebalais, the streets are littered with corpses: children, young people, old people, men and women from all walks of life. Unspeakable scenes of terror unfold before our very eyes: stray dogs devour the lifeless bodies, while the survivors flee in panic, hoping to find refuge elsewhere. Schools close. Churches fall silent. Streets empty. The Bas-Plateau is deserted. Families collapse, traumatized. Everyone lives in fear....People are running in all directions, looking for shelter, help, light in this thickening night....Many walk barefoot, without clothes, without food, without hope. Today, brothers and sisters of good will are offering them a little hospitality, a little comfort, until something better comes along. But this is not enough."*

We learned that Fr. Alphonse and Fr. Romel led groups of people out of town into the surrounding mountains and countryside. We were able to make contact with Fr. Romel and have found out that he is trying to find food, shelter, and basic supplies for many shelters housing refugees from Mirebalais. He reports that Fr. Alphonse is doing the same in the area where his group fled. HOM has successfully sent money to the priests, enabling them to obtain some food and supplies for the refugees from Mirebalais.

Sadly we have not been able to make contact with anyone in Mirebalais to determine their safety or the condition of the clinic, schools, and rectories. Please pray for our brothers and sisters in Haiti and for an end to this violence in the country.

***"Blessed  
are the  
Peacemakers"***

## When One Door Closes...On Your Foot

How often do we really put ourselves in someone else's shoes?

I crutched my way across the parking lot and was thankful for an automatic door to enter the building. But when I got to the suite of the foot doctor, I struggled to get the door open and get myself in without being squished or getting my one good foot caught. How can a foot doctor, who sees people who are having trouble walking, not have a handicap accessible door? I'm here so you can help me walk, yet I can't get in to see you. Life's ironies, I thought. I also thought about the people who deal with this sort of thing their whole lives. I now see their shoes.

Volunteering at the pantry, I don't take much. An occasional loaf of bread. Thankfully, I am not in need. But one day some non-food items came in and as I put them away I came across a pair of copper ankle braces. My feet have always been my weak boy part and these looked most enticing. I've seen them advertised and thought I could really use them. So I asked and was told it was okay for me to take them. I wore them here and there, but eventually they sat in the sock drawer. I felt guilty and thought I should never have taken them. Someone else could be getting better use.

On April 1, I was at the church doing some archiving work and fell off a small ladder. I was April Fool's Day, but it was no joke. I broke my ankle and foot pretty good. Thankfully, no surgery was needed—which I counted as a blessing. You've heard the phrase, "I didn't know what hit me!" Well, that was the case with my fall. One minute I was up and the next I was down. The first thing I said was, "Why now?" I didn't even cuss. Sorry to say that I am quite adept in that area. Never mind that Father Chris was within earshot. I like to think it was my own moral conscience that repressed my expletive nature.

And thus the reason for the crutches and the foot doctor visits. I have not had a lot of pain. I'm very grateful for

Cindy  
Weeder  
Rush

Connections  
Columnist



that. It's my left side so I can still drive, and I'm REALLY grateful for that. Grateful for the medical care available to me, and for Howard's constant help through all of this. Grateful that Ellen insisted on Putting me in a wheelchair and pushing me to my car the day it happened. Otherwise I may have dislocated the aligned break and needed surgery. So grateful for the kindness shown by so many at St. David's. I received food flowers, cards, calls, and prayers. Thank you all so much!

Louise Hay's book, "Heal Your Body" says that the ankle represents inflexibility and guilt, and the foot represents our understanding of ourselves, of life, of others. And foot problems represent fear of the future and of not stepping forward in life. References to the feet are found both literally and symbolically in the Bible. Literally, feet are associated with walking, travel, and the act of stepping. Symbolically, they can represent submission, learning, and spiritual authority. Believe me, I can check a lot of boxes off on those lists, so I've been doing a lot of reflecting.

At a recent check-up, the doctor instructed me to no longer use the long Ace bandage under the protective boot and instead switch to a copper-style foot brace. He handed me a sheet of paper with a picture to order one online. Mm, hmm. Thanks, but not necessary. I happen to have one. God saw me coming. One of life's ironies.

## Century Club



*Phyllis Leith (left) celebrates her 100th birthday with family and friends in the Parish Hall on April 27.  
(Photo: Cindy Hampel-Litwinowicz)*

*Jane Hale Morgan (right) loves the handmade quilt from her church family for her 100th birthday and delivered in person by Father Chris.  
(Photo: Fr. Chris Yaw)*







During the Stations of the Cross, children practice carrying a cross and being wrapped as Jesus did on Good Friday (upper and lower left). Blessing of the food baskets in the Sanctuary on Holy Saturday (above).  
(Photos: Cindy Hampel-Litwinowicz)

## Snapshots: Good Friday, Holy Saturday, and Easter



Sunday Mass in the Sanctuary of St. David's. (Photo: Joanne Sackett)

## Plarning Turns Plastic Bags Into Mats For The Homeless



St. David's Plarning Team transforms donated plastic bags into plastic yarn that is woven into waterproof mats for the homeless to use under their sleeping bags...but not before Fr. Chris blesses those mats!



## New in the Pews: Doris Marino

Doris Marino has worshipped in the Catholic faith for some 40 years. In 2024, after relocating to Michigan from Connecticut to be closer to family, she asked her brother-in-law if he could recommend a church for her to attend in the Southfield area. He directed Doris to St. David's.

"My brother assumed since it is named St. David's, this was a Catholic church," Doris said with a smile. "I attended one service, and I really liked it. I was very familiar with the readings. Father Chris took time to introduce people to me. I felt the comfort of getting to know people. It's really a community here and I've been sitting back and watching. I'm happy at St. David's."

Born and raised in Detroit, Doris grew up as a Baptist. Her father was a Baptist minister. However, when she was a teenager, Doris considered changing denominations. The decision was met with some objections in her family.

"I told my father I liked the Catholic services, and he offered to find a priest to talk to me," Doris said. "My grandfather objected to me switching but my father supported me, saying: 'If we serve the same God, does it matter?'"

Doris enrolled at the University of Michigan and started to attend Catholic church services on Saturdays. To avoid friction within the family, she would teach Sunday school in a Baptist church. At Michigan, Doris earned a bachelor's degree in psychology and a master's degree in public health.

After graduation, Doris accepted a teaching position at Spelman College in Atlanta. She met and became friends with Christine King, the daughter of Martin Luther King Sr. who also taught at Spelman. Doris recalled when Christine's father wanted her to join Ebenezer Baptist Church.

John  
Hawkes  
  
Connections  
Columnist



"Daddy King asked me to join his church, but I informed him I'm taking full responsibility for my spiritual life," Doris said. "I don't want to join your church."

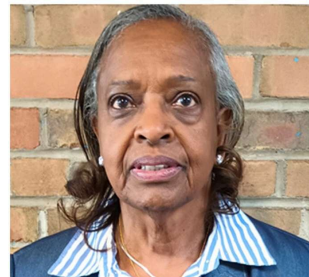
At Spelman, Doris established their first health clinic for both male and female patients. It focused mainly on reproductive and sexual activity. She met some resistance from the administration, which didn't like the idea of giving out contraceptives or that undergraduates were sexually active.

Doris also became a researcher at Emory University, studying hypertension and kidney disease in African Americans. Later, she made progress with the community by looking at the effects of medicine and prayer on blood pressure, concluding that prayer did not change hypertension, but it lowered the amount of medication subjects required.

After five years, Doris returned to Ann Arbor and began work on dual doctorate degrees in public health and school health. She also worked for Blue Cross Blue Shield. During this period she met her husband, Robert Marino, who was studying anatomy and physiology at Michigan. However, Doris craved a return to university life. She accepted a position at the University of Akron and convinced Robert to follow her. At Akron, Doris was very involved in the international program and hosted many dinners with exchange students.

After eight years in Ohio, Robert accepted a job at Connecticut State University and the couple moved to New Haven. They adopted two children and opened their home to more international

students during the holidays. Over the years, the Marinos hosted students from Nigeria, Guatemala, Haiti, and more. This summer, Doris will host a student from Saudi Arabia.



Doris Marino

In 2023, after 25 years in Connecticut, the Marinos planned to return to Ann Arbor for retirement and community involvement. Unfortunately, Robert died suddenly, and Doris then returned to Michigan.

Doris has decided to become an Episcopalian and to worship at St. David's. She is already involved with the food pantry, Bible study, quilting, and the Connection hour programs. Her family supports her decision to make a commitment to St. David's.

"I told them we are reading the book *Atomic Habits*," Doris said. They replied, "You found the right church."

Welcome, Doris Marino, to St. David's.



Daya Curley talks about her transition and current topics in the transgender community at the Connection Hour on Feb. 23. (Photo: Joanne Sackett)



# Avoiding The Noble Duke of York' Syndrome

Hello. Enclosed is a copy of a letter I attempted to send you earlier. I decided to Gmail you but I did not have the proper address. The letter was not all that bad. Its weakness is you never got it. Still doesn't explain why I have not written for such a long time. There is a bit more to it.

**Jerry Maloney**  
Connections Columnist



When Pam died I went into a manic period (being happy). I was the perfect host, introducing people, thanking everyone for coming...exceptionally gracious. Then I fell apart. I started to cry and could not stop. I have been on medication for bi-polar and under my doctor's direction for 30 years. After Pam's death I went from one pill a day to eight. I now am down to three. Do not expect that I will ever go back down to one.

About six months ago I went to Kroger to buy my groceries. It was a dark cold night. When I left the store I could not find my car. I went up and down the parking lot. I just left the cart and continued to look. I fell down and could not get up. Finally, a woman helped me up, found my cart for me, put my groceries in my car, followed me home and helped me into the house.

Now I am a guy and had all the bad reactions any man would have and my self image fell to negative 100. I immediately decided that all was lost and there was no hope. I would have to give up my home and enter assisted living. I was as depressed as I could be. And I stayed that way for an unknown period of time. The periods of time are totally vague for those with bi-polar (or at least for me) are totally unable to keep a calendar.

Finally, I got it together. Made some changes. Turned over my check-book to my nephew and I pay him to handle my money. Signed up for Kroger to deliver my groceries. Went back to my 80 minutes per day of exercise. Stopped some

The real reason I did not get back to you is I am what is technically called Bi-Polar or Manic-Depressive. It is a Mood Disorder, which is a much nicer term than "mental disorder." There is no cure but it is treated by counseling and medication and I have taken meds for about 30 years and been in counseling and psychotherapy for about the same time.

They say that 2.6 percent of Americans are bi-polar. Most handle it well if they follow their medical regime. I don't want to brag but I do quite well, except when I don't. I have been doing poorly for the last several months. Just in case you don't know, let me tell you a big about bi-polar. I like to think of bi-polar as *The Duke of York Syndrome*, after the song that kids love singing to torture their parents. (See top box on this page.) The kids sing the song over and over, each time faster and louder Eventually, they wear themselves out. Here is the key to understand the Duke and bi-polar:

- \* Down is excessive sadness.
- \* Up is excessive elation.
- \* Halfway up or halfway down is normal.

The key word is not down or up but excessive. Everyone has good days and bad days. However, people with *The Duke of York Syndrome* go through excessively bad days or excessively good days. Often there is no real cause but in reality almost all of us can come up with some exceptionally bad or good thing to justify our moods.

The Duke is at his best when he is only halfway up or only halfway down. It is the two extremes ("bi-polar") that are the problem. It is not good to be super extremely happy or super extremely sad and being so for an excessive period of time is a serious problem. Possible results are suicide or alcoholism or taking all the money out of the bank and hiring two \*\*\*\*ers for the night.

## THE NOBLE DUKE OF YORK (Excerpt)

*Oh, the noble Duke of York  
He had ten thousand men  
He marched them up to the top  
of the hill and  
Marched them down again.*

*And when they were up they were up,  
And when they were down, they were  
down,  
And when they were only halfway up  
They were neither up nor down.*

church responsibilities that I just could not keep up with and I am working on getting back to my regular prayer schedule. Decided I would stay where I am. Planted a garden in so far as you can in a condo. And I am focusing on improving my eating habits, trying to normalize my sleep patterns. So far, everything (except eating and sleeping and praying) is working well but of course there will be more problems as I continue to age or more reasonably continue to live. Tough \*\*it! What other options do I have?

I think we should go back to writing letters or Gmail or talking on the phone. So it is your turn now.

Peace.



Nationally known author and political analyst Peter Beinart visited St. David's on March 10 to talk about his new book, *Being Jewish After the Destruction of Gaza*. With a full house in attendance, Fr. Chris moderated the discussion, which set out Beinart's vision for a way forward in the Middle East for Israelis and Palestinians after the Gaza War. (Photo: Fr. Chris Yaw)

## CHECK OUT OUR SOCIAL MEDIA!

 Walk in Love



St. David's  
Episcopal Church  
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## Mail Me The Newsletter!



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