



# Calvary News

January 20, 2012

## A letter from the Rector

Dear Friends:

God set the Sabbath as a time of rest from the work of the world, a time to delight in God's grace, and to remind us that we are not in control, but God is.



Clergy are privileged to have sabbaticals, time away from work and responsibilities of parish life in order that they may renew themselves for service. Normally, clergy sabbaticals occur every five years. My first sabbatical was in 2004, with the help of a \$32,000 grant from the Lily Endowment which helped with both travel expenses, support to the parish, and the purchase of our Labyrinth.

My next sabbatical was due in 2009, but I have delayed it till now. I will be on sabbatical from Calvary from 1 February through 25 March 2012. I have a deep need to step back and reflect on many things and to feel again the depth of God's grace. Mother Liz pushed me to set the time (bless her) and it works best with her schedule for me to be absent in February and March, when she is free from other commitments. She will be here each Sunday and Wednesday and will lead the Food & Formation sessions through Lent. I will be back in the office on 26 March, in time for Palm Sunday, Holy Week, and Easter.

I have no "project" for my Sabbatical except to be. Wanting time for prayer, I have arranged to visit in the monastery of the Order of the Holy Cross, near Grahamstown, South Africa. This is where some of you have been on pilgrimage with Mother Liz. The monastery is secluded and peaceful; yet, it also provides me with structure of prayer and worship throughout the day. And, I may be assisting them with some liturgical duties as is helpful for them.

There is a designated fund for Sabbaticals and designated continuing education monies that are available to me for this expense. Plus, the Diocese may be able to help with it's clergy continuing education fund.

I am very grateful to the Vestry and to you all for giving me this opportunity. I hope it will prove fruitful for us all, a gift of grace. It is an honor and privilege to serve as rector of Calvary Church. I hope to come back refreshed and better fit for service.

- Shalom & Cheers, Fr. Victor Mansfield

## Christian Formation

### To Be Formed In The Image Of Christ

As Long as I can remember, New Year's Day has been thought of as a time to change, a time to begin anew. We may have made resolutions about how we will improve our health either by losing weight, eating healthier, exercising more, taking Sabbatical time and on and on. The start of the New Year seems to bring endless possibilities. The empty pages of the new planner are waiting to be filled with how we will spend the year. Will we do more? Or, will we carefully choose what seems best and leave the rest behind?

It is important to take stock of our lives. And, the New Year does present a time to take a fresh look, to get things in order, and to rid our lives of the clutter. But what happens if we return to our habits - to what we hoped to leave behind? It is important to remind ourselves that each day is a new beginning. Perhaps the resolution was broken. Don't give up; just start again.

New beginnings can come at anytime not just at the beginning of a new year. Each new day offers an opportunity to begin again - to change, to evaluate. After all, we are only guaranteed this moment - perhaps this day. Will we hear God's call and face each day with renewed enthusiasm? Will we strive to be the best we can be and follow in his footsteps? Just remember that if we fall this day, with God's help we can get up and begin again.

**Jill Meares**

**Coordinator of Christian Formation**



## New Worship at Calvary

Join us on January 22 at 6:00 p.m in the Parish Hall to share in worship and focus on *Practicing our Faith*. Come early to enjoy refreshments and fellowship before worship begins.



Our hope is that this new, different service of worship may be something that proclaims the Gospel, welcomes new people of all ages, speaks to some who may not otherwise hear.

Join us. Be heard, and listen, too. What are your thoughts on how we do this? Come share your thoughts and ask questions.



## Young Adult Community

YAC Calvary's young adult community, will meet January 21, at 7:00 p.m. at Elena's in Fletcher. If you're 20-40 (ish), please join us. We'd love to have you! If you have questions, contact Beth Green.

## Anglican Book Club

The Book Club reads *Cutting for Stone*. Come join us Sunday, January 22 at 4:00 p.m. in the library, where we will discuss this national bestseller by Abraham Verchese. (The movie is supposed to come out in 2013.) "Richly written...Shows how history and landscape and accidents of birth and death conspire to create the story of a single life. You may never leave the chair." (*Los Angeles Times*)

## Food & Formation

The Healing Prayer Ministry Team will lead this week's program on January 25, presenting "Soaking Prayer." As gentle rains soak a parched field, soaking prayer seeks to surround each person with prayers of Presence, not words. Healing ministers gather with you and lift you into the Light of God. On February 1, Dr. Michael Hester, Director of Pastoral Counseling and Growth Center, will present a program on Faith and Psychological Well-being. Programs for upcoming weeks will include Christianity and World Religions with a focus on Judaism, and an evening showcasing the talent of Calvary parishioners.

On Wednesday evenings in Lent, Mother Liz will be leading studies in the Epistle to the Philippians, in response to the Prayer Book invitation to live a holy Lent by "reading and meditating on God's Holy Word."

Please sign up by noon on Tuesday if you plan to have dinner. The cost is \$5.00 for adults and \$3.00 for children 10 and under.

## Support EYC *Souper* Bowl On Super Bowl Sunday

February 5, at both services Calvary's EYC will sponsor *Souper* Bowl Sunday. Our youth have participated in this outreach project for the past 12 years. In 1990 the project was begun by a youth group in Columbia, SC. Since then over \$81 million has been raised.

With the help of our parish, we collected over 109 cans of soup and over \$120 last year. These donations were given to Calvary's Food Pantry.

Put a note on your calendar as a reminder to bring cans of soup and money to help the youth with this outreach project on February 5.

## EYC Ski Day - 2012

**Who:** Episcopal youth and friends grades 6-12 & adult chaperones

**Where:** Cataloochee Ski Area, Maggie Valley

**When:** Sunday, February 12, 2012

**Time:** Meet at church at 8:30 a.m.;  
return by - 6:00p.m.

**Cost:** \$27 Ski

\$37 Snowboard

\$19 Bring Your Own Equipment

### What to you need to do.:

1. Confirm your reservations with Jill by February 5.
2. Bring friends and have a flaky good time.
3. Bring assigned food for lunch.

**Plus:** We will worship together before lunch.

**Parents are welcome and needed**

## You Don't Have to Be a Monk...

Sign up for the upcoming Benedictine Day on February 18.

You don't have to be a monk to appreciate the wisdom of St. Benedict. The Rule that the sixth century saint wrote contains some amazing insights that are still relevant today. In fact the word *Rule* is more accurately translated *Trellis*, and the contents are intended to provide a support structure that enables us to grow in our own direction, not a straight jacket that constrains us. Gardeners will understand what Benedict is about.

At Calvary we offered a Benedictine Day in the summer and 35 people signed up for it. We lived through a simplified monastic day with time in worship. We even chanted a bit: study, work and a time of silence in our cell. Each person chose a place in the church or grounds as their personal space (cell) and spent time listening for God's gracious voice.

If you would like more information about Benedict or our programs, call Mother Liz at 664-0381. She has also written a book called, *Heart Whispers; Benedictine Wisdom for Today*, published by Upper Room Press.

## Centering Prayer

Beginning Wednesday February 22, those wishing to experience/practice contemplative/centering prayer will join together in the library for corporate prayer beginning at 3:30 p.m. and ending at 4:15 p.m. A brief introduction will be offered as well as some tools that can be used to quiet the mind. There is no 'right way' to pray contemplatively, but there are techniques that can facilitate quieting the mind.



Below is a quote from Thomas Keating, who is credited with the spread of centering prayer, that describes centering/contemplative prayer:

*Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.*

*Centering Prayer adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer – verbal, mental or affective prayer – into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Him.*

If you would like more information about these spiritual practices, speak to anyone in the Lectio Divina Group, Jill Meares, or the Calvary clergy; visit [contemplativeoutreach.org](http://contemplativeoutreach.org) or any of the numerous online sites for contemplative prayer. There are also many books written devoted to this topic, the original being, *The Cloud of Unknowing*, written in the 14th Century.

## Lunch & Learn

The gatherings for Lunch & Learn continue to be robust, as are the discussions. Calvary's priest associate, the Rev. Liz Canham, leads the discussion of an article from the journal of the Christian spiritual life, *Weavings*. We meet just after the 10:30 a.m. service on the first Sunday of the month in the library.

Our next meeting will be Sunday, February 5. We will reflect on and discuss, "God in the Dark" by Kimberlee Conway Ireton, pp 30 - 35; *Weavings*, Volume XXVII, Number 1: The Lord is With You.

Bring a bag lunch or snack well at coffee hour. Discussion begins ~ 12:15PM. All are welcome, regardless if you've read the article or not. Contact Beth Reamy for a copy of *Weavings*.

## Pre-General Convention Meetings

On Tuesday, January 31, the Hendersonville Deanery will gather with Bishop Taylor at 6:30 p.m. in St. James' Church in Hendersonville.

Since this is a General Convention year our participation in these meetings will be essential to letting the Bishop know where we stand on critical issues coming to the General Convention. It will also give the Bishop an opportunity to clarify his positions on various issues and to communicate the needs of the diocese regarding parish support of his ministry and diocesan programs.



## Introduction to Basic Clowning

Saturday, February 4, 9:00 a.m.-3:00 p.m., at Calvary. Course includes history of clowning, character development, and make-up application. Cost: \$30.00. Includes lunch, makeup and supplies. Call Betty Robbins at 684-1743 for any questions. Applications available in Old Well Hall. Course sign-up deadline is January 22.



## Pledge Update

The 2012 pledge dollars received thus far are 94% of last year's final amount. We need about \$17,500 to reach last year's giving total. We've received 17 new pledges, but have yet to hear from 17 parishioners who pledged in 2011. We certainly hope we can exceed last year's totals! If you have not yet sent in your pledge, please consider doing so as soon as possible. Pledge cards are available in the back of the church and in the Old Well Hall. You can place it in the collection plate or mail it to the Parish Office.

## Health Ministry Notes

As we begin this New Year, I would like to share with you the joy of living a Spirit filled and holistically healthy life. Our Spiritual life is a blessing God has given us to share with others and ourselves. I would like to share *Ten Daily Exercises* adapted from George Eiferman to begin this New Year, remembering that God wishes us a whole (Holy) life filled with peace, joy and happiness.



- The Eyes – see the perfection in others and also the everlasting beauty in human kindness.
- The Tongue – speak from the heart instead of the mouth.
- The Face – smile and repeat often
- Hearing – listen, for when we speak we learn nothing. .
- The Brain – think only constructive thoughts. Good reading is to the mind what exercise is to the body.
- The Legs – walk toward knowledge, wisdom, health and the brotherhood of all men.
- Breathing – inhale the great works of music, art, literature and philosophy. Exhale spitefulness and other negative thoughts.
- Strength – be strong so we can endure when things are unendurable, to pass the next test after failing the recent one.
- The Heart – use the feelings in your heart to “constructively” improve Self, our Environment, Community and Country.
- The Soul – walk with God, we are never alone.

I would like to add another: Arms – hug often, so that others know that we journey together.

On the fourth Saturday of each month, Linda Wozniak, RD, LDN is available for nutrition counseling, as is an RN for blood pressure screening. In addition, a nurse is available for blood pressure screening on the second Sunday after services. The parish nurse is available most Wednesdays in the church office for any questions or concerns you may have. If there is anything I can do to assist you, please call me.

May you and your loved ones experience a joy-filled and healthy New Year and Epiphany season!

– Betty Robbins, RN, Parish Nurse

## St. Anne Mitten Tree

Many thanks for those who contributed to the Mitten Tree. All the Head Start children went home with warm mittens and hats, and the remainder went to the Angel Tree and the Food Pantry.

## Food Pantry News



The new year brings changes once again to the Food Pantry. After nearly two years on the waiting list we have been approved as a TEFAP agency for our Henderson County clients. TEFAP, (The Emergency Food Assistance Program), is a federally sponsored program where commodity foods are made available to States. States provide the food to selected local agencies, in this case MANNA, and they in turn distribute the food to pantries that directly serve the public- that would

be Calvary Episcopal Food Pantry.

With this comes a new way of distributing food to those who qualify, requiring some change in layout of the Pantry as well as additional paperwork for precise documentation. The tricky part here is that we have been approved as a provider only for Henderson County, (Buncombe county already has a number of agencies who handle TEFAP) and therefore we'll need to be diligent in keeping the various food products separate and organized.

Suffice it to say, we'll get it under control and working in the next months as this is seen as a challenge to help improve our goal of feeding the hungry! This food is provided to us at no cost and will be supplemented with other food from the Pantry shelves, saving our expenses over time.

TEFAP requires that the food given through their program be boxed, similar to what we used to do for all food, so sometime over the next few weeks we will be looking for volunteers who can help with packing boxes, most likely mid-week, and there will be a sign-up sheet available soon for anyone interested in helping with that. Diana Walgreen and Dick Ackman will be setting up the program and as things progress we'll let everyone know when we'll officially begin.

## Calvary Prayer List

**Immediate Concerns** - Greg Coulson, Don Glover, Val Gracie, Julia Williams, Kelly Siltzer, Marvin & Gwen Best, Lois Brown, Irene Kehres, Leslie Brown, Corda Maney, Misty Sharpe, Maggie Lee Roberts, Bob & Trudy Woodruff, Nancy Jacobi, Lenny Dimaio, Cheryl Hudson, Ben Wald, Joseph Younger, Emma Grace Younger, Joanne Blair, Marie Schmittner, Rhett Grotzinger, Patricia Kingston, Betty Simmons, Jeanne Taylor, Penny Jones, Carrie Ball, Mike Stevens, June Wolfe, Bill & Jean Marberger, Keith, Ted, Tonya, Lacy, Jon, Carrie, Scott, Bruce, Christopher, Dorothy, Misty

**Ongoing Prayer Requests** - Virginia McGee, Kathy Noyes, Geoffrey Baer, Nancy Clark, Bob Gibson, Warren Peterson, Doug Metzler, Ed Hartke, Waymon & Dorothy Pritchard, Richard & Susan Romine & family, Brenda & Randy Vinson, Henry Meares, Bill Hickling, Clelia Savarino, Dot Kerr, Toby Roylance, Helen Diggs, Celestine Rhodharmer, Lou Luther, Tracy Iurato, Martha Emery, Irene Presley, Kay Levine, Ruby Ledbetter, Norma Gaddy, Anna Koster, Barbara Burkhardt; those seeking Holy Orders, especially Jill Meares