



Calvary News

November 1, 2017

Advent Food and Formation

Advent is the season of patient expectation, but the wait for Food and Fellowship is over! On December 6, we will begin a three-week introduction to the Gospel of Mark. We will be hearing selections from Mark's gospel in the Sunday lectionary throughout the coming year. This is an opportunity to get acquainted with the text as well as to explore how Episcopalians encounter scripture. Dinner will begin at 6:00, with the program following and childcare provided. Several groups have expressed interest in hosting an evening by providing a simple meal and being responsible for clean-up, so let Fr. J. know soon if you are part of a group that would like to host.

Remember to Change Your Clocks Back on Saturday Night!!



Information on Upcoming Vestry Elections

Throughout 2017, the Vestry has discussed the need to modify the Parish By-laws so that the election of Vestry members occurs at the Annual Parish Meeting. This By-law change has not yet been implemented, but the Vestry has determined that having the election of the new members of the Vestry at the January 2018 Annual Parish Meeting will best serve the needs of the Parish; the Vestry has approved a one-time exception of the current By-laws for this to occur. Because the Vestry believes the needs of the parish will be better served and that it will result in a better election process, at its October 16 meeting the Vestry appointed a By-laws committee which will draft a proposed By-law amendment for the election of Vestry members. This proposed amendment will be publicized, once drafted, before December 28, 2017.

Following the Parish By-laws, the Vestry appointed the three retiring Vestry members as the Nominating Committee for this election of new Vestry members. These are Sue Ackman, Janet Edwards and Jennifer Hall. Please prayerfully consider those with the skills and interests who will best serve the needs of Calvary as a Vestry member. If you would like to submit a nomination, or wish to be considered, please submit the nomination (with his/her permission) to a Nominating Committee member.

An informational training meeting about the parish and Vestry and roles and responsibilities of Vestry members will be offered prior to the election. Attendance of nominees will be required, even if you have previously served on the Vestry. This will occur on a Sunday between the 8:00 and 10:30 a.m. services, with the date to be announced.

[The Annual Parish Meeting will be held on January 28, 2018, with details published closer to the meeting date.](#)



Annual Calvary Barbeque



Home of Wicked-Good BBQ

Saturday, November 4 - 12:00 Noon-6:00 p.m.

Eat in or take out

4:00-6:00 p.m. - Music by Whitewater Bluegrass Company

Net proceeds go toward Calvary's pledge to Habitat for Humanity

Menu:

Pork or Beef Brisket (limited amount) plus 2 types of sauce
Cole Slaw or Potato Salad; Baked Beans; Bun
Banana Pudding

Beverages: Coffee, Sweet & Unsweet Tea, & Lemonade

\$10 for Adults, \$6 for ages 12 and under; \$35/ pork butt
Sign-up sheets are in the Old Well Hall

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The Calvary Crafters will hold their 4th annual
Craft and Bake Sale during the Calvary BBQ
on November 4. Be sure to visit our display.

We appreciate your support!

Food Pantry News

On Sunday, November 5, the loose offering goes toward helping the Food Pantry. In October, we served 444 families made up of 1,547 individuals. Your gifts help us to purchase food that is not donated. Our monthly average for food purchases is \$5,164.

We purchased an average 145 cans of peaches 39 cans of apricots, 69 cans of mixed fruit, 20 cans of tomato soup, 39 cans of vegetable beef soup, 32 cans cream of mushroom soup, 41 cans of cream of chicken soup, 44 cans of diced tomatoes, 52 cans of turnip greens, 53 cans of corn, 40 cans of black beans, 46 cans of mixed vegetables, and 21 cans of carrots *per week*. We also buy eggs, milk, bread, and other food items from MANNA. Without your support we would not be able to provide as much as is needed.

If you prefer donating needed items, consider giving coffee, peanut butter, canned pineapple, toothpaste, and toilet paper. You can also give us your time – if you'd like to volunteer, go to <http://signup.com/go/MgvDQc> to sign up for Saturdays at 8:00 a.m. Just show up on Tuesday, November 7 and Monday, November 20 at 8:30 for MANNA delivery stocking and every Friday at 9:00 a.m. for end of week stocking.

Dine to Help the Food Pantry – Tuesday, November 7 is Charity Day at Iannucci's Skyland, at both lunch and dinner hours. Ten percent of all their sales will be donated to the Food Pantry. It's a good day to eat out or take out and help the Food Pantry.

Thanksgiving Turkeys – We are once again taking donations for turkeys to give to our clients on Saturday, November 18. Make checks out to CECFP, Inc. and put "turkeys" in the memo line. We do not have enough space for donated frozen turkeys and we can get a great deal on large quantities, so we prefer to buy them. Last year we gave out 148 turkeys.

Keep the Food Pantry in your prayers.

St. Nicholas Dinner

Sunday, December 3, at 6:00 p.m. Preparations are beginning for this popular parish event. We have a core committee: Anne Rodgers and Zebbi Sampler are co-chairs, with members Jenn Hall (vestry liaison), Marilyn Bradt and Bill Swann. We will need lots more help to make everything go smoothly. If you are interested in being part of the Committee, please come to our organizational meeting at 5:30 p.m. on Wednesday, October 25. Please e-mail Anne Rodgers at annet43@hotmail.com if you plan to come so you can receive an agenda.

Since the children will again have their own party in the Children's Chapel and join the adults when St. Nicholas comes, we will need some parents to help plan their party (**child care will be available**).



Health Ministry Notes

In November we observe All Saint's Day, Thanksgiving and begin preparations for the Christ Child's birth, as well as National Alzheimer's Disease Awareness month.

Alzheimer's disease causes progressive deterioration of the mind and affects over four million people in our country. At present, no specific test to diagnose Alzheimer's is available, although there is continued research. This disease attacks the brain and results in ongoing memory loss, visual spatial functioning, language, planning, executive function, sequencing, and decision making. There is no cure, but there is medication available to slow down the process. There are at least 17 different types of dementia, including other causes of memory losses that are treatable. A correct diagnosis is extremely important and it is essential to learn about symptoms, causes, and treatment options.

Most people dread the thought of Alzheimer's, but a structured setting, community and church support can ease the behavior difficulties, loneliness and misunderstandings. The most important things to focus on are respect, dignity, pleasure and TODAY!! Other perspectives to remember:

- 1) The person with dementia is still created in the image of God that is not diminished by the illness.
- 2) God doesn't cause illness and infirmity, but rather are consequences of life in a fallen world.
- 3) God can make something good out of suffering and provide the support required.

If you need additional information about coping with the symptoms of dementia, and about available support programs, I am available for any questions or concerns you may have.

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.

- Betty Robbins, RN, Parish Nurse



It doesn't matter what season - remember to take a walk in our beautiful, weather-resistant labyrinth.

We Have Your Empty Dishes

If you're missing some serving dishes, they're probably clean and stacked in our kitchen. Please drop by and retrieve them. We don't want to take them to Goodwill!



Monthly Lunch Bunch

Calvary's Lunch Bunch will meet at Cinnamon Kitchen on Hendersonville Road on Friday, November 10 at 11:30 a.m. Please call Candice Ficker at 230-3340 by Wednesday, November 8 if you plan to come. We are considering having an ornament exchange at our December get-together. The date would be Friday, December 8. Please call Candice with your thoughts and suggestions for a quiet place to eat.

We Are Recruiting Acolytes

We are looking to recruit acolytes for the 10:30 a.m. service. Anyone in grades 4 - 12 can be an acolyte. Please contact Wendy Curley at w.curley@icloud.com, with the name and grade. We will schedule a training session in October to go over the duties and expectations.



Knitting 101 Continues

Join us on Monday, November 6 at 9:00 a.m. for our beginner's knitting class, along with the Knit-along for more experienced crafters working on prayer squares and shawls. This is becoming a special time every other week; please join us!

Hosts for BOTH Coffee Hours Desired

A mere four dozen cookies or mini-cupcakes can bring happiness to those who attend the 10:30 service, while the 8:00 parishioners might need less volume but a little more substance. Homemade or store-bought, it's all fine! Coffee, set-up and clean-up are handled by the sexton - just give him some direction. Sign up in the Old Well Hall or call the parish office at 684-6266.

Calvary Prayer List

Immediate Concerns

Jean Story, Tina Lisenbee, Flo Speidell, Marge Roome, Jim Charocopos, Betty Robbins, Brenda Nash, Jack Combs, Christa Breiner, Bill Perkins, Bob Reamy, Joanne Burke, Walter McGuire, Dawn Creasman, Robbie Ivey, Dorlyn Ball, Gwen Williams, Tammy Asch, John Bodenhorst, Joan Schelly, Nan May, Rebecca Taylor, Rick Hensley, Jenny Hatcher, Dave, Katherine, Joe, Chase, Heather, Gary, Ellen, Hattie, Linda, David, Tim, Carolyn, Rebecca

Ongoing Prayer Requests

Wendy Barber, Peggy Smith, Jacqueline Matthews, Dale Abeling, Bonnie McGuire, Paul Dehnert, Tony Wicker, Steve & Kay Nesbitt, Rusty Wagstaff, Larry Ficker, Terri Traw, Cameron Furlow, Ann Fagan, Jo Furlow, Helen Diggs, Julia Williams

Calvary Episcopal Church

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Email: welcome@calvaryfletcher.org

A Welcoming and Affirming Congregation

Founded in 1859, we are members of the Body of Christ,
the worldwide Anglican Communion, and the Episcopal Church in the USA.
We are part of the Diocese of Western North Carolina.

The Right Reverend José McLoughlin, *Bishop of Western North Carolina*

The Very Reverend W. Rian Adams, *Rector*

The Reverend J. Clarkson, *Curate*

The Reverend Jacqueline Combs, *Deacon*

Anne Spruance - *Office & Churchyard Administrator*

Philip Dettra - *Director of Music*

Sharon Tenty - *Bookkeeper*

Dylan McSwain, Joe Auché - *Sextons*

Angela Montgomery, Amanda Davalos - *Nursery Workers*

The Vestry

Sue Ackman - 2017
Tom Best - 2019
Leo Bjorlie - 2018
Diane Crisp - 2019
Iris Durell - 2018
Janet Edwards - 2017

Jack Grant - 2018
Jennifer Hall - 2017
Bo Harris - 2019
Kathy Noyes - 2019
Lois Pryor - 2018

Sue Ackman, Senior Warden + Jack Grant, Junior Warden + Ted Hill, Treasurer



Mission Statement: Calvary Episcopal Church is a gathering
of those seeking to follow Jesus and to serve the world.



Worship

Sundays

8 a.m. & 10.30 a.m. - Holy Eucharist
6 p.m. Taizé - 2nd Sunday

Alternating Mondays

9.00 a.m. - Lectio Divina

Tuesdays

12 noon - Centering Prayer

Wednesdays

10 a.m. - Holy Eucharist & Healing

Christian Formation

Sundays

9.30 a.m. - Adult Classes
10:30 a.m. - Children's Chapel
12:00 noon - Deacon's Class

Alternating Mondays

9.00 a.m. - Lectio Divina