



# Calvary News

January 23, 2017

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## Lenten Food & Formation

Everything you ever wanted to know about being an Episcopalian (but were afraid to ask!)

It's not unusual to hear someone who has been an Episcopalian her whole life say, "I've always wondered about that, but I never thought to ask." There are plenty of questions to which even long time members might not know the answers because our Episcopal tradition is rich, our history is complex, our worship is multifaceted, and our theology has many nuances. During Lent, we'll explore some of those areas as we gather again for Food and Formation.



In order to do this, we need two things. First, your questions! What has always puzzled, troubled, or inspired you to know more about the Episcopal Church? Let Fr. J. know by email ([jclarkson@calvaryfletcher.org](mailto:jclarkson@calvaryfletcher.org)) or by simply writing it on a piece of paper and dropping it in the offering plate. Second, your soup! If you and a small group would like to provide a simple Lenten meal of soup and salad, please let the church office know at 684-6266.

Please plan to join us on Wednesdays in Lent. If you are relatively new to the Episcopal Church and interested in being confirmed or received, this is a great opportunity to begin that journey. If you have been an Episcopalian for many years, this is a good time to find new insights into how we are church.



Rendition of the proposed stand-alone Food Pantry building

## Food Pantry News

### New Year, New Pantry Building

In 2009, the parishioners of Calvary Episcopal Church founded the Calvary Episcopal Church Food Pantry (CECFP). We started in one small room in the church building, and on our first day we had five families who came for needed food assistance. We now serve between 110 and 120 families (300 to 400 individuals) each week.

CECFP is designated as a “very large” food pantry, as scored by our partner, MANNA Food Bank, and we are an authorized distributor of federal SAM and Henderson County TEFAP food. Our goal is to provide at least half a week’s provisions per weekly visit. We aim to provide 45-50% of a family’s needs in fruits, vegetables, and grains, 25% of its milk, and 90% of its protein. From January 2012 through 2017 the Pantry has purchased or collected and then has distributed more than \$1.6 million in food and household necessities.

We are busy and crowded on Saturdays, when the Pantry is open to clients. However, during the week, we are also busy, receiving and stocking food. This involves heavy cart and pallet jack traffic as well as many hours of volunteer time to shift, repackage and stack goods on the shelves. These activities contribute to the wear and tear on the building and space restrictions prevent us from obtaining additional food supplies we might otherwise have donated to the Pantry. We currently lack space for larger freezers and refrigerators, which would greatly enhance our ability to provide additional nutritious food to our clients.

As we have grown, we have been generously provided additional space in the church building. We are now located in three classrooms, a larger meeting room and a long corridor. The wear and tear on the church building and the need for additional space to better serve our clients lead the Food Pantry committee to the decision that we need to build a separate building to house the Food Pantry.

A separate area on Calvary Church’s campus, across from the current Pantry and adjacent to the existing parking lot used by clients was identified as a site for the new building. A local architect has donated detailed plans for a new, free-standing building to be erected on that site. In addition, a volunteer with strong business connections has arranged for the building’s construction at a steeply discounted cost to the Pantry. Even with this discount, the cost to us for the building is estimated at \$500,000.

Given the amount of money we need to raise, the committee decided to retain a professional fund raising consultant whose expertise will help us in planning and implementing a successful fund raising campaign.

We are applying for grants that will help cover the construction costs as well as the cost of equipping the building. We also plan to use social media fund raising and have a coordinator for that in place.

All plans are not yet finalized, and we will continue to update you on our progress as we proceed.



# Upcoming Events & Activities

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## YAC Get-Together on January 28

Calvary Young Adults, it's about time we got caught up. Let's get together at 2:00 on Sunday, January 28 at Sanctuary Brewing (this is a change of venue!), 145 First Avenue East, in Hendersonville. Come join us for good fellowship.

## February Book Club

The Book Club will meet Baabals in Fletcher on Friday, February 2 at 11:30 a.m. for food and fellowship as we discuss *Teatime for the Firefly*, by Shona Patel. All are welcome to join us in sharing our thoughts about this romantic drama set in post-war colonial India.

## Souper Bowl of Caring

February 4 is not only Super Bowl Day, it's also the Souper Bowl of Caring, a day when traditionally we bring soup cans wrapped in dollar bills to help feed the hungry. Bring cans of soup and dollar bills on Sunday, February 4 and help stock our Food Pantry.



## February Lunch Bunch

We will plan to meet (weather permitting) at A Day In The Country in Hendersonville on Friday, February 9. Call Candice Ficker no later than February 7 to make a reservation.

## It's Time For Skiing



The annual Diocesan Ski Day will be held on Sunday, February 11 at Cataloochee Ski Area in Maggie Valley. This event is for youth in grades 6 - 12. Friends are welcome to join us for the day. To register please go to the youth page of the Diocesan website at [www.diocesewnc.com](http://www.diocesewnc.com). We will have folks skiing and just hanging out for the day. This is a great way to meet youth from around the diocese. If you have any questions please email Wendy Curley at [w.curley@icloud.com](mailto:w.curley@icloud.com) or call 550-2079.

## Shrove Tuesday Pancake Supper

On Tuesday, February 13, join with the Calvary EYC to *laissez les bon temps rouler* at our annual Pancake Supper! From 5:30 to 7:30 p.m., the youth will be serving up delicious flapjacks in celebration of Mardi Gras, the day before the beginning of Lent. Come feast with us one last time before the fast begins on Ash Wednesday.



## Diocesan Youth Event

Senior High Spring Conference will be held at Valle Crucis on March 2-4. This event will welcome the 8th graders and say goodbye to the seniors. This is a great weekend that is lead by the Youth Council. Bishop José will be in attendance to bless the seniors. Registration is open at the Diocesan website. If you have any questions please email Wendy Curley at [w.curley@icloud.com](mailto:w.curley@icloud.com) or call 550-2079.

## Stewardship 2018

It's time to wind up our stewardship program. We ask that you prayerfully consider your pledge to the mission and ministry of Calvary Church and place your pledge card in the plate today - or send it to the parish office in the self-addressed envelope. If you need a pledge card, there are some in the Old Well Hall and at the back of the church.

**Remember to pick up your 2018 pledge envelopes in the Old Well Hall.** They will remain in the Well Hall until the end of the month, then you can pick them up in the parish office.

## A Word from the Calvary Crafters

The Calvary Crafters started meeting in 2014 in memory of John Koen. Since that ministry began, we have created homemade gifts and functional items, have been a benign presence at various functions at Calvary and around the area, and contributed our proceeds to a large array of outreach efforts. However, we made the decision to disband as of the end of 2017. We thank you for your support of our ministry.

Here is a short list of the extent of our outreach: Food and medical products to Church of the Advocate; donations to BeLoved House; medicine for the South Africa mission; a bench in the outdoor labyrinth in memory of John Koen; donations to the Camp Henry Scholarship Fund; donations and specific items given to area people in need; life changing surgery for Calvary's favorite canine (sexton Jon Lloyd's dog); material and ribbon for Calvary banners; help for young parishioners to go on mission to Haiti and Spain; food and beverages for Calvary on Sundays; and much more.

## Health Ministry Notes

In the Chinese culture, the New Year is the time dedicated to finishing with the old and starting with the new. Their traditions include visiting friends and family to re-establish relationships, cleaning the house to prepare for the coming year, stocking cupboards with household provisions, settling all old debts, and putting forth their best behavior. All of these activities are to make the New Year better and healthier.

As we enter into the season of Epiphany, what are you going to do for your health this year? Are you going to keep all your old habits and ignore healthier ones? For example have you considered limiting your meals at fast-food restaurants? Are you developing healthier choices at the grocery stores? Will you improve your exercise habits by walking or joining a health club? Have you considered the health benefits of practicing self-care and a well-balanced lifestyle? Any and all of these will guide you to a healthier life and starting the New Year on your best behavior.

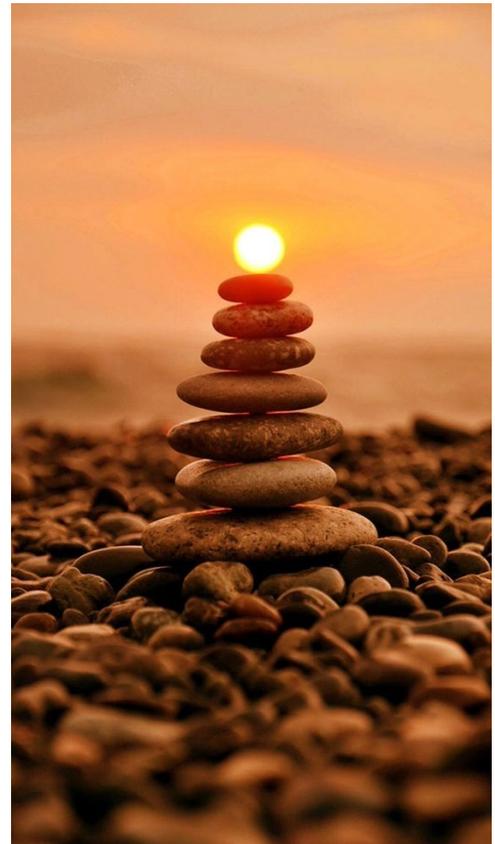
What pain or baggage is holding you hostage from changing behavior? Many cultures promote forgiveness as a way to start the New Year. Research shows that forgiving others makes you healthier by lowering blood pressure, stress, hostility, anxiety, and chronic pain. 'Letting go' also gives you a sense of well-being that translates into healthier relationships and wellness. It is not easy, but with God's help you can make the choice to take control and keep the hurt from ruling your emotions or actions. Forgiveness takes time, but focusing on the future and a well-balanced life will help you participate more fully in the love and joy of your family.

Besides improving your physical health, you need to consider your mental and spiritual health. Explore our community where you can volunteer, using your gifts, time and talents. Good health includes sharing the love of Jesus Christ by focusing on others and demonstrating your faith.

If you have any concerns, please contact me. May you and your loved ones enjoy God's peace, blessings, and wholeness during Epiphany and the New Year!

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





## 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.

## Have You Seen Our Warmer?

Calvary has a warming oven (not a microwave) that lives in the Old Well Hall and gives a hand on Sunday morning coffee hours. That is, it used to live there. It has suddenly disappeared. We are sad serving cold food! If you know its whereabouts, please help to get it home, or let us know so we can return it to its rightful place.

If the worst happens and it never returns and you would like to contribute to a warming oven fund so we can replace it, please contact the parish office at 684-6266.

## Dear Calvary Church:

Thank you for the lovely flowers that brightened my day. Thank you so *very* much for your prayers. I am doing much better, but still have some recovering to do. I will be forever grateful to you for remembering me.

- Brenda Nash

## Calvary Prayer List

### Immediate Concerns

Grace Glover, Richard Ackman, Irene Kehres, Barry King, Jimmy Hall, Beth & Bob Reamy, Cameron Furlow, Flo Speidell, Lori Seal, Hazel Romine, Terri Traw, Mary Davis, Jean Story, Brenda Nash, Tina Lisenbee, Jim Charocopos, Jack Combs, Christa Breiner, Bill Perkins, 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, Gary, Ellen, Hattie, 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, Ann Fagan, Jo Furlow, Helen Diggs, Julia Williams

### Departed

Caleb Bright (grandson of Grace Glover), Joan DuBose Schelly (sister of Julia Williams)

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**Calvary Episcopal Church**  
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Fax: 828-684-6320  
Email: [welcome@calvaryfletcher.org](mailto:welcome@calvaryfletcher.org)

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*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 Reverend J. Clarkson, Curate**

**The Reverend Jacqueline Combs, Deacon**

**The Reverend Bill Livingston, Assisting Priest**

**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

Kathy Noyes - 2019

Lois Pryor - 2018

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

## **Collect for Calvary Church**

Gracious Father, we pray for your holy Catholic Church and especially for Calvary Episcopal Church. Fill it with all truth, in all truth with all peace. Where it is corrupt, purify it; where it is in error, direct it; where in any thing it is amiss, reform it. Where it is right, strengthen it; where it is in want, provide for it; where it is divided, reunite it. We pray especially for our Vestry as they seek to discern what is best for our parish, our members and our mission. We pray all this for the sake of Jesus Christ your Son our Savior. Amen.



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