



Calvary News

February 1, 2017

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.



But first, we need your questions! Anything as simple as what's the *via media* to the hard ones like explaining the Holy Trinity. What has always puzzled, troubled, or inspired you about the Episcopal Church? Let Fr. J. know by email (jclarkson@calvaryfletcher.org) or by simply writing it on a piece of paper and dropping it in the offering plate.

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.

A Retreat for Lent: From Impasse to Hope

March 3; 10:30 a.m. at Calvary. Facilitator: The Rev. Dr. Elizabeth Canham.

The season of Lent offers us an invitation to go deeper into the fullness of life which Jesus offers. It is more than a decision to give up ice cream or some other indulgence. The *Prayer Book* spelled it out for us on Ash Wednesday: "I invite you In the name of the Church to the observance of a holy Lent by self-examination and repentance, by prayer, fasting and self-denial and by reading and meditating on God's holy Word." All too often when we try to do this we find ourselves at an impasse, stuck between what was and what can be, where fear, distrust and layers of memory hold us back from hope. This day will offer reflections on Biblical stories that illustrate the kind of breakthrough that can be ours as we find strength to live our truth. Through gentle meditation, conversation, music and liturgy we will rediscover grace that leads us beyond our fear into hope and resurrection joy.

This Retreat is for men and women from all denominations or none.

Sign up in the Old Well Hall or call the church to register - 684-6266. Coffee and registration at 10:30 a.m. The Retreat begins at 11:00 a.m. sharp and concludes by 4:00 p.m. Bring your own lunch; dessert will be provided.

Upcoming Events & Activities

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 at 11:30 a.m. 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. 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 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.



Ash Wednesday

Ash Wednesday Services with the imposition of ashes will be held on Wednesday, February 14 at 12:00 noon and 7:00 p.m. There will be no 10:00 a.m. Healing Eucharist that day.

Calvary Episcopal Church Food Pantry, Inc. Annual Report-2017

The Food Pantry again has been blessed this year. We served a total 5289 households and 18199 individuals with weekly averages of 108 households and 371 individuals. Our highest number served was in the summer.

We had 129,772 pounds of food valued at \$224,497 donated from Calvary parishioners, Manna, and other churches and businesses. Cash donations, grants, fundraising and memorial gifts allowed us to purchase additional food valued at \$66,870. Our total income from all sources was \$301,156 including the value of in-kind donations of food and our expenditure of \$306,010 to support our clients. We were able to provide 250 turkeys and hams with “fixings” at Thanksgiving and Christmas.



Early in the year, our resident nutritionist rewrote our shopping cards to reflect an increase in nutrition. 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. In May several of the clients prepared an appreciation dinner for the volunteers. We also did a survey of the clients and affirmed that we are basically meeting their needs.

The current Executive Committee members are Betty Robbins, President; Sandy Waldrop, Vice President; Bob Robbins, Treasurer; Zebbi Sampler, Secretary; Marilyn Bradt, Fund Raising Coordinator; Brian Warnicke and Diana Walgreen, Volunteer Coordinators; Linda Wozniak, Food Pickup Coordinator; Dick Ackman, Product Resource Coordinator; Heather Neal, Nativity Lutheran Church Liaison; and Mary Lou West, Fletcher UMC Liaison.

Our volunteers work hard stocking shelves, procuring food from several sources during the week and on Saturdays. Our volunteers also come from Fletcher United Methodist and Nativity Lutheran Churches, DOES, Rotary Clubs, and various schools and organizations. Each week, members from the churches’ healing ministries offer healing prayer. Once a month an R.N. or volunteers from UNC-Asheville School of Pharmacy and Blue Ridge Community Health clinic offer health screenings, and a nutritionist gives nutritional advice. Also, a social worker from Manna comes to offer assistance with food stamp application. An insurance agent assists those in need of insurance information.

We are outgrowing our current space and have no room for storage. We are working on a plan to build a free standing facility, parallel to the back parking lot. At this time, we are in the process of obtaining funding.

Thank you to everyone who contributes time, food, and monetary donations to this ministry which fulfills the command of Christ to feed the hungry.

Respectfully submitted, Betty Robbins, President

Also, some Food Pantry needs:

- ✓ *Wanted:* Someone with a pickup to go to Manna on Friday early afternoon for produce and bread, about once a month.
- ✓ *Wanted:* Someone with a computer to write thank you letters to those who give donations. All materials provided.
- ✓ *Wanted:* Someone with computer skills to keep the Food Pantry Facebook and web pages updated and current.
- ✓ *Wanted:* Grant writers. Training is offered through Manna.
- ✓ *Wanted:* Volunteers are needed on Tuesday, February 13 and 27 for Manna delivery at 8:30; Friday mornings at 9:00 a.m. and on Saturdays - to volunteer, go to <http://signup.com/go/MgvDQc>

Contact Betty Robbins if you are interested and available.

Health Ministry Notes

In February we observe Valentine's Day and American Heart Month as we begin our Lenten journey. We can use this time to reflect upon and prepare our hearts ... physically, emotionally and spiritually. Lent is a time for fasting and feasting. I want to share with you (w)holy ways that are heart healthy.



- Fast from judging others; Feast on Christ dwelling in them.
- Fast from emphasis on differences; Feast on the unity of all life.
- Fast from thoughts of illness; Feast on the healing power of God.
- Fast from discontent; Feast on gratitude.
- Fast from anger; Feast on patience.
- Fast from worry; Feast on God's care.
- Fast from negatives; Feast on affirmatives.
- Fast from thoughts that weaken; Feast on unceasing prayer.
- Fast from bitterness; Feast on forgiveness.
- Fast from self-concern; Feast on compassion for others.
- Fast from discouragement; Feast on hope.
- Fast from suspicion; Feast on truth.
- Fast from harsh words; Feast on words that build up others.
- Fast from guilt; Feast on the mercy of God.

Once a month, Linda Wozniak, RD, LDN is available for nutrition counseling. Pharmacy students from UNC-Asheville will be here on February 20 for blood pressure and blood glucose screening at the food pantry. In addition, a nurse is available for blood pressure screening on the second Sunday after services.

God's Peace - Betty Robbins, Parish Nurse

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 led 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 or call 550-2079.



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

Melba Frank, Palin Spruance, Bob Mayhew, Grace Glover, Richard Ackman, 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, 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

Irene Kehres, Barry King, Jimmy Hall, Dawn Creasman, Wendy Barber, Peggy Smith, Jacqueline Matthews, Dale Abeling, Bonnie McGuire, Paul Dehnert, Steve & Kay Nesbitt, Rusty Wagstaff, Larry Ficker, Ann Fagan, Jo Furlow, Helen Diggs, Julia Williams

Departed

Mildred Modlin

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Fax: 828-684-6320
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 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



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



Worship

Sundays

8:00 a.m. & 10.30 a.m. - Holy Eucharist
6:00 p.m. Taizé - 2nd Sunday

Alternating Mondays

9:00 a.m. - Lectio Divina

Tuesdays

12:00 noon - Centering Prayer

Wednesdays

10:00 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

Wednesdays in Lent

6:00 p.m. - Food & Formation