



# Calvary News

September 1, 2018

## August Supper Results

Many thanks to everyone who made the August Supper a tremendous success! In addition to providing a great opportunity for fellowship and wonderful food, this event netted \$1,190.36 for programs at Calvary. This year the committee voted unanimously to allocate the proceeds for Calvary's Youth Ministries. This could include support for Camp Scholarships, EYC projects and other projects, in keeping with Miss Fannie Blake's original goal which was to earn money to support her Sunday School. Many thanks to all who organized, cooked, ate, and helped with this great event.



## Food & Formation for Fall

Join us for four great programs focused on fellowship, formation, and fun. Programs will be every other Wednesday night in September and October.

**September 12:** Meet the teachers of our new Head Start classroom, learn about the program, and hear opportunities to be involved.

**September 26:** Hymn singing, just for fun. (You'd be surprised how many hymns are set to tunes first used in pubs.)



**October 10:** Hear the results of our listening sessions from our Ministry Architects consultant.

**October 24:** Learn about the new initiative in our diocese to form a community of young adults from across the country that will work to end food insecurity in Western North Carolina.

Sign up now in the Old Well Hall, or in the office during the week.

## St. Anne's Speakers Forum Begins In September

St. Anne's Guild will be hosting a Speakers Forum: *Imitatio Christi*, starting in September of this year and running through November of 2019. This forum will explore the rich multi-cultural heritage of the Episcopal Church in the Diocese of Western North Carolina - as to its people, and its mission, ministry, and outreach. On Wednesday, September 12, at 11:00 a.m., Fr. Hilario Cisneros, the Missioner for Spanish Speaking Ministries, and the Rector of La Capilla de Santa Maria in Hendersonville is our first speaker. Fr. Cisneros will talk about his experience as a migrant sharing the journey with immigrants. Come and share his journey and learn why he says that he is a "priest of the neighborhood."

All presentations are free. We will serve light refreshments at a meet-and-greet after each presentation, providing an opportunity for fellowship. Please let us know if you are coming - sign up in the Old Well Hall on Sunday or email [speakersforumcec@gmail.com](mailto:speakersforumcec@gmail.com).

## Health Ministry Notes

This month our health ministry is focusing on using prayer as a powerful stress management tool. Jesus set the example by finding time to go off by himself to pray.

We all have stress factors and different ways of coping. One way to deal with life's burdens is to stay connected to our power source. Research is demonstrating that people who pray and/or meditate actually change their brain chemistry, thereby achieving better health and well-being, lowering blood pressure, and enhancing their quality and length of life. Spiritual benefits include better vision and perspective of God's will, more focus on inner peace, and improved ability to bring our burdens to the cross and leave them there.



A prescription for effective Stress Management includes:

- \* Know what causes you pain and your real choices.
- \* Spend some quiet time in prayer every day, not as a burden, but as a mini-vacation.
- \* Consider praying the psalms or Lectio Divino to integrate the sacred into your entire life.
- \* Go for regularly-scheduled prayer walks; exercise and prayer is very powerful.
- \* Include A.C.T.S. in your prayer (A - adoration, C - confession, T - thanksgiving, S - supplication).
- \* Listen for God's quiet voice: many people find journaling to be helpful.
- \* Let others know you are lifting them up in prayer

Thanks be to God, that even when we don't know how or what to pray, ". . .the spirit himself intercedes for us with groaning too deep for words." - Romans 8:26.

On most fourth Saturdays 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. Let me know if you would like to talk or visit with me, or if I can be of any help to you in your health walk.

- In the Healing Christ, Betty Robbins, RN, Parish Nurse

## Health Ministry Committee Meeting

The Health Ministry Committee will meet on Sunday, September 9 at 9:30 a.m. in the Commons Room. All those interested in promoting mental, spiritual and physical education and prevention programs are invited to join us.



## Food Pantry News

Please remember that the first Sunday of the month is Food Pantry Sunday - all loose offerings go to the Food Pantry. Please make checks payable to CECFP, Inc. All canned goods are welcome. We are always in need of volunteers - every other Tuesday at 8:30 a.m. for Manna delivery and every Friday at 9:00 - just come and help get our shelves stocked. Every Saturday, volunteers are needed to help in assisting our clients get their food. We are also looking for volunteers to pick up bread and get produce from Manna on Fridays. A pick-up truck is desirable but not necessary. Call Barbara Smith at 684-6091 if you can help. Go to <http://signup.com/go/MgvDQc> to sign up for your choice of duty.

## Annual Hunger Walk

The Hunger Walk helps support the Hunger Coalition, which helps to fund our Food Pantry. This year, the Walk will be held on Saturday September 22 with registration at 8:00 a.m. and the actual walk at 8:30 a.m. in Jackson Park, Shelter #1. Walk One, two, five or ten miles. Sign up in Old Well Hall to walk and Marilyn Bradt will contact you and give you the information and packet or call her at 828-779-8554. We'd really like a team from Calvary!



## Four Seasons Orientation for New Volunteers

On Tuesday, September 11, the Four Seasons Volunteer Team will host new volunteer orientation at the Skyland Fire Department. Join us on this National Day of Service and Remembrance and learn more about how you can connect with and serve your community. The training is from 12:30 - 4:30 p.m.

For nearly 40 years, Four Seasons has served WNC with non-profit Hospice, Palliative Care, and Bereavement Support. Volunteers are integral to the work we do, helping with everything from office support, to community outreach, to fund raising, to serving at the Elizabeth House.

To register, call the Volunteer Team at 692-6178, or e-mail [volunteer@fourseasonscfl.org](mailto:volunteer@fourseasonscfl.org).

- Lee Smith

Faith Community Representative

## Upcoming Retreats

Mother Liz plans to offer two workshop/retreats this fall. Below is some information so you can lay your plans:

### Memories, Dreams and Reflections – September 22

The Bible is a gathering of many forms of literature from poetry to history to imaginative story telling. It recalls the coming together of a community struggling to remain faithful to the God they believed had called them to live together with compassion and love. But how are we to read and understand these diverse stories set in a time and place so different from our own? The workshop will address this question and offer ways in which the Bible can come alive to us through a variety of interactions with the story. Carl Jung called his memoir *Memories, Dreams and Reflections*; we will explore our own memories of



God's grace, the dreams that have accompanied us on the journey, and reflection will enable us to see surprising ways in which the Creator is with us and within us. By pondering Scripture and our own experience we will discover fresh insights into the profound relationship we have with the God who loves us - always. There will be brief times for journal work and discussion between the sessions - bring your journal or a note book and if you have actual dreams that have remained with you bring a copy of those also. There will be time to share some of these and you will be offered a model for reflecting on the wisdom of dreams. This workshop is for anyone who has been troubled by the Bible as well as for those who delight in the Scriptures. We will be invited to hear again the invitation of Jesus, to "Follow me" and to discover the riches of an intimate relationship with God.

### Advent with Benedict – December 8



The monastic year of ongoing chanting, silence, work, and study is punctuated by great feasts and celebration of saint's days. Advent and Easter were preceded by an even more intense time of prayer and preparation of heart and mind to welcome the Christ and follow him more intentionally. On this Benedictine Day we take time out to still our bodies and minds, leaving the busyness of Christmas in our culture, and reclaiming the relationship with God through Jesus who is always inviting us to go deeper into his love.

Programs are on Saturdays, from 10:30 a.m. - 4:00 p.m. Bring your lunch and we'll provide drinks and dessert. A \$5 donation is greatly appreciated.

## Remember to Sign Up for Coffee Hour



We could use your delicious treats and your participation – especially after the 10:30 service. All we need from you is something to fill up those empty spaces until lunch – store-bought or homemade, it’s all good. Suggestions include cookies, cheese plates and crackers, or cut fruit. 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.

## Dear Calvary Church:

Thank you to all my Calvary friends who prayed, sent notes and cards, or called during my six weeks treatment at Duke. I have come through the radiation therapy well with only fatigue as a continuing issue. Looking forward to being with you for the retreat on September 22.

- Mother Liz

## Calvary Prayer List

**Immediate Concerns** – Lauren McGrath, Pam Lyding, Judy Bissell, Flo Speidell, Lori Seal, David Reece, John Carden, Bishop Michael Curry, Sally McCracken, Barbara Pearce, Mike Achille, Katie Chatham, Liz Canham, George Reamy, Nan May, Steve Nesbitt, Jo Furlow, Kit Galligan, Michael Mayhew, Pat Bishop, Iris Durell, Andrew Glasgow, Debbie Rogers, Cameron Furlow, Hazel Romine, Christa Breiner, Bill Perkins, Joanne Burke, Walter McGuire, Robbie Ivey, Gwen Williams, Tammy Asch, John Bodenhorst, Rebecca Taylor, Rick Hensley, Jenny Hatcher, Mary, Dave, Katherine, Joe, Chase, Gary, Ellen, Hattie, Tim, Carolyn, Rebecca

**Ongoing Prayer Requests** – Janet Edwards, Grace Glover, Bobbie Schmittner, Terri Traw, Mary Davis, Bob Mayhew, Hilde Gibson, Jack Combs, Dawn Creasman, Wendy Barber, Peggy Smith, Dale Abeling, Bonnie McGuire, Paul Dehnert, Kay Nesbitt, Rusty Wagstaff, Larry Ficker, Ann Fagan, Helen Diggs, Julia Williams

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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**, *Priest-in-Charge*

**The Reverend Jacqueline Combs**, *Deacon*

**Anne Spruance** - *Office & Churchyard Administrator*

**Philip Dettra** - *Director of Music*

**Sharon Tenty** - *Bookkeeper*

**Dylan McSwain, Joe Aucho** - *Sextons*

**Amanda Davalos** - *Nursery Worker*

## The Vestry

Tom Best - 2019  
Leo Bjorlie - 2018  
Diane Crisp - 2019  
Pat Galligan - 2020  
Jack Grant - 2018

Emily Kanipe - 2020  
Kathy Noyes - 2019  
Lois Pryor - 2018  
Zebbi Sampler - 2020

Kathy Noyes, 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

*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  
(*first Sunday of the month*)