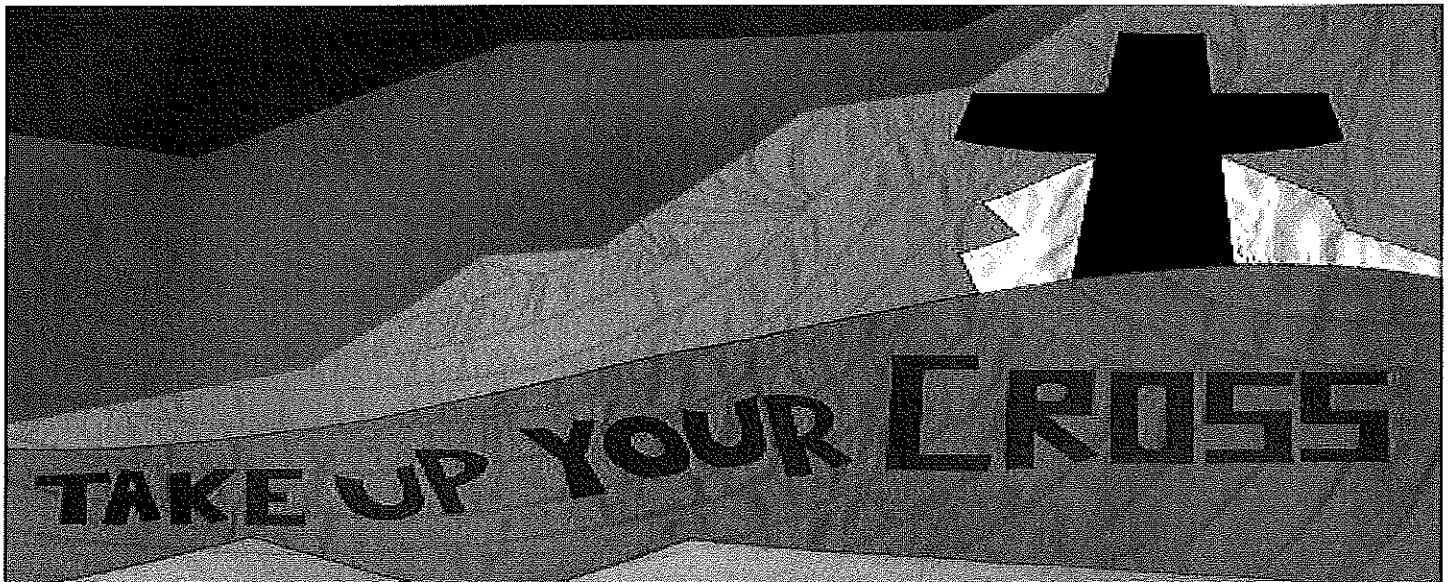


The Epistle

April 2011

The Monthly Newsletter of
St. Paul's Episcopal Church



Holy Week Arrives

Monday, Tuesday, and Wednesday

There will be 12:15 Eucharist on April 18-20 and on Wednesday, April 20 there will also be a Eucharist at 5:30pm.

Maundy Thursday

At 7 pm Thursday, April 21, we will observe Maundy Thursday. On this day the church recalls Christ's institution of the Eucharist and our Lord's washing the feet of his disciples. Foot washing, an act of humble service teaches us that strength and growth in the life of the Kingdom of God come not by power, authority, or even miracle, but by such lowly service. Members of the congregation will be invited to come forward to have their feet washed and to wash feet if they choose. No one will be required to do so but all are invited. The service concludes with the stripping of the altar in preparation for Good Friday. St. Paul's will hold a vigil in the church beginning after the Maundy Thursday service and continuing until the Good Friday Service at 12:15pm. Please sign-up in the Parish Hall to watch for one hour during the vigil.

Good Friday

We will remember and relive the death of Christ upon the cross at a 12:15 and a 7 pm service on Friday, April 22. The 12:15 service will be followed by the Stations of the Cross and the 7 pm service will be preceded by the Stations of the Cross beginning at 6:15. We call it "good," because of God's great love and plan of redemption for all humankind. With the reliving of this drama of great suffering, we will come with exceeding joy to Easter morning.

The Alleluias Return!

The festal service of Holy Eucharist will be celebrated Sunday, April 24, at 7:00 am, 9:30 am, and 11:15 am. 9:30am-Family Eucharist includes Flowering of the Cross with procession to the cemetery and prayers for the Communion of Saints. The 11:15am service will include incense (hypo-allergenic!). The Feast of the Resurrection is the oldest and greatest feast in the church year. It is the central day on the liturgical calendar, culminating Holy Week with the glorious resurrection of our Lord. Easter Day is the beginning of the Easter season, which lasts for 50 days until the Feast of Pentecost—the birthday of the Church!

**St. Paul's Episcopal Church
Vestry Highlights March 16, 2011**

- The vestry met in monthly session in the Parish Hall. All members but Lee Phillips and Vicki Morris were present along with treasurer, George Dill, associate rector, Paul Head, and rector, John Carlisto. Father John called the meeting to order and opened with prayer.
- The February minutes were read and approved.
- Next George Dill, Treasurer, gave the monthly executive summary financial report for February and asked if there were any questions. There were none. The vestry acknowledged money transfers to the First Citizen's Memorial Fund and to the First Citizens Money Market Account.
- There was no Senior Warden Report. The Junior Warden, Joe Ustach, announced the hiring of Brad Schaaf as the new sexton. He also announced that he has met with Tommy Jones, the electrician who will be installing the wiring for the new organ and also doing a wiring inspection for the church. The inspection fee will come out of the Building and Grounds Budget.
- Commission reports followed with Dolores Meelheim asking that all commission brochures be turned in soon and have needed changes marked.
- The Old Business consisted of an update on the probable delivery date for the new organ between May 15 and June 1.
- New Business consisted of tabling the Mission Church in Garner's request for altar linens until the Mission church is ready. Father Paul Head reported on the revision of the St. Paul's web Page. He, Rachel Chaplain, and Steven Mehan have been working on many improvements and each commission will have a page for their information. The vestry moved into Executive session.
- After moving out of Executive session, the vestry revisited the building committee's recommendation, formed an ad-hoc committee of Jim Smitherman, Jack Gardner, Bedford Smith, and Father John Carlisto to come up with a plan for moving forward to present at the April meeting.
-
- Father John Carlisto closed the meeting with prayers for the sick and suffering.

2011 Vestry Members

Patricia Phillips
Frank Sherman
Bedford Smith
Joe Ustach, Jr. Warden


Patti Dill, Clerk
Jack Gardner
Lee Phillips
Nancy Stephenson
George Dill, Treasurer

Pennyloyd Baldrige
Jack Gilstrap
Dolores Meelheim
Vicki Morris

* **Flowering of the Cross** *
* The tradition during the Family Easter *
* Eucharist is to flower a cross and process *
* with it to the most recent grave at the end *
* of the service. Parishioners are asked to *
* bring flowers to the church and place them on the *
* cross outside in front of the church prior to the *
* service. Bring enough for yourself and some to *
* share. There will be a basket for the extra flowers. *



Easter Lilies

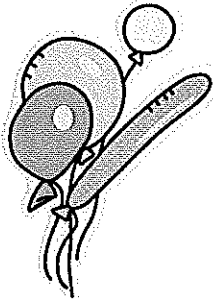

 If you would like to donate a Lily in memory of or in honor of a loved one for our Easter services, the cost will be \$15.00 per Lily. Please make your check payable to St. Paul's and designate it "Easter Lily". Please include written information you wish in the bulletin. Deadline for Easter Lilies will be **Friday, April 15**

FYI

April Birthdays

1	Julia West	14	Melissa Ehlers
	Brian Deely	15	Dave McRae
2	Isaac Parker	17	Joe Ustach
	Lois Burger	18	Paula King
3	Minch Minchin		Dick Gordon
	Dick Barber		Charles Hale, IV
	Bull Bullock	22	Jerry Rita Brunton
6	Ben Green	25	Claud Wheatly
	Frank Rock		Jim Baldwin
	Ann Sloan	26	Charles Poindexter
	Sylvia Wheatly		Mary Williams
8	Bill Bailey	28	Mary Lou Hill
9	Sarah Bulla		Craig Hollingshead
10	Hugh Porter	29	Georgie Hughes
13	Jane Difiore		John Carliso
	Elaine Barber		Imogene Clawson
		30	Mary Louise Wooten

If you don't see your name listed under your birthday month, then the church office doesn't have it. Please call the church office with the information. Episcopal records require your **WHOLE** birth date...but it can be kept confidential at your request.



Yard Maintenance Crew

We will have a clean up day **Saturday, April 2** at 9:00am Please bring gloves and tools that will make this project easier. Everyone is welcome to help with this project.

Thanks for all your help,
Warren Brinkley



Coffee Time for April

April 3—(8am) TBA
(10:45am) Lynda Phillips/Roberta Brown
April 10—(8am) TBA
(10:45am) Birkett & Sandra Howarth
April 17—(8am) TBA
(10:45am) Jack & Len Gilstrap/Ann Carter
April 24—(8am) EASTER- NO COFFEE TIME-
Choir Breakfast

APRIL

Flowers for April

April 3—Ed & Sandra Wheatly
April 10—Sarah Jo Safrit
April 17 - John & Kay Mease
April 24—Elaine Glover/Imogene & David Clawson



Altar Chair for April

Mary Lee Daughtry

April Altar Guild

Norma Gardner, Jeanette Holland,
Sarah Jo Safrit, Sandra Wheatly

Please keep these sick, suffering & recovering in your prayers:

John Mease, Evelyn Sewell, Tex & Gertrude Cavett, Martha da Silva, Tori Smith, Scott Brandt, Dot Waldenmaier, Jule Wheatly, Dick Gordon, Don Dudley, and Gilbert Potter,

As well as our service men and women deployed Jordon Brandt, Jeremy Brandt, Brian Mead, Mark Hancock, Paul Lockhart, Reginald Harris, Robert Williams and Zeb Power.

Rector's Reflections



At the back of the church following the Ash Wednesday service several of you wished me a Happy Lent. I was at a loss for words to respond because somehow those two words, happy and Lent, do not seem to fit together. "Have a reflective Lent" or a "Have a somber Lent" seems somehow a more appropriate salutation for the season. After all, Lent is a time for self-examination and repentance; prayer, fasting and self-denial (BCP p. 265). Notice I left out meditating on God's Holy Word because reading and meditating on Holy Scripture is usually a source of comfort and joy but even this discipline can, at times, become a source of discomfort when our heart, mind and soul is exposed as being outside the Will of God. The discipline of daily reading too can become burdensome amidst the hurried pace of modern life. Nevertheless, the words, "Happy Lent" kept coming to mind like the lyrics to a hymn or song that you cannot get out of your mind.

On Sunday morning, prior to leaving for the parish to prepare for Worship and Preaching, I read from Show Me the Way: Daily Lenten Readings by Henri J. M. Nouwen. Father Nouwen often provides me with a perspective that turns my thinking upside down. His reading for the First Sunday in Lent helped me embrace these seemingly dissonant words, happy Lent. Reflecting on Matthew 4:10 which says, "The Lord our God is the one to whom you must do homage, him alone you must serve," he wrote,

Jesus' primary concern was to be obedient to his father, to live constantly in his presence. Only then did it become clear to him what his task was in his relationship with people... Perhaps we must continually remind ourselves that the first commandment requiring us to love God with all our heart, all our soul, and all our mind is indeed the first... It seems that in fact we live as if we should give as much of our heart, soul, and mind as possible to our fellow human beings, while trying hard not to forget God. At least we feel that our attention should be divided evenly between God and our neighbor. But Jesus' claim is much more radical. He asks for a single-minded commitment to God and God alone... It is this unconditional and unreserved love for God that leads to the care for our neighbor, not as an activity that distract us from God or competes with our attention to God, but as an expression of our love for God who reveals himself to us as the God of all people... We might even say that only in God does our neighbor become a neighbor rather than an infringement upon our autonomy, and that only in and through God does service become possible.

It was while reading this meditation on God's Holy Word that the words, "Happy Lent" began to resonate with my sensibilities. Nouwen's reflection on Matthew 4:10 reminded me that Lent is not about me doing something for God, or proving my loyalty to God through sacrificial acts of piety. Lent is a time, rather, when we practice the ancient disciplines of self-examination and repentance; prayer, fasting, self-denial and meditation on God's Holy Word to make room for God to love me the way God wants. Nouwen puts it this way:

I know that true joy (a deeper and more permanent form of happiness) comes from letting God love me the way God wants, whether it is through illness or health, failure or success, poverty or wealth, rejection or praise. It is hard for me to say, "I shall gratefully accept everything, Lord, that pleases you. Let your will be done." But I know that when I truly believe my Father is pure love, it will become increasingly possible to say these words from the heart.

When I see the season of Lent in this way, as a time to make room for God to love me the way God wants, it becomes a happy, joyous time. When I give God the honor (homage) due his name and serve him alone I experience true love, I experience God. So thank you to all who wished me a Happy Lent and may you and all the members of St. Paul's have a happy & joyful Lenten season & may you experience the pure love of God the Father, through the Son & in the power of the Holy Spirit.

Happy Lent!
John+

April Outreach

Episcopal Relief and Development is our outreach project for April. Episcopal Relief & Development is the international relief and development agency of the Episcopal Church of the United States, guided by the Episcopal Church's principles of compassion, dignity and generosity as we work to heal a hurting world.

ERD is the compassionate response of the Episcopal Church to human suffering in the world. Hearing God's call to seek and serve Christ in all persons and to respect the dignity of every human being, Episcopal Relief & Development serves to bring together the generosity of Episcopalians and others with the needs of the world.

ERD faithfully administers the funds that are received from the Church and raised from other sources. It provides relief in times of disaster and promotes sustainable development by identifying and addressing the root causes of suffering.

ERD cherishes its partnerships within the Anglican Communion, with ecumenical bodies and with others who share a common vision for justice and peace among all people.

If you would like to make a monetary contribution, there are outreach envelopes in the back of the church for your convenience. Make checks payable to St. Paul's Church and write "outreach" on the memo line of your check. You may mail your donation to the church office or drop it in the plate during the service.

If you would like to make a monetary contribution, there are outreach envelopes in the back of the church for your convenience. Make checks payable to St. Paul's Church and write "outreach" on the memo line of your check. You may mail your donation to the church office or drop it in the plate during the service.

The Most Rev. Dr. Katharine Jefferts Schori Visit to the Diocese of East Carolina April 15-17, 2011

Friday, April 15

10:30AM *Holy Eucharist and Renewal of Ordination Vows
Christ Church, New Bern (*Bishop Schori will preach and celebrate*)
7:30PM *Bishop Schori will speak, followed by questions and answers
Christ Church, Nw Bern

Saturday, April 16

8:45AM "Go Beyond Green" Youth Event at Trinity Center
Bishop Schori will participate with youth from each deanery.)
4:30PM *Evening Service
St. Anne's, Jacksonville (*followed by conversation with Bishop Schori*)
6:00PM Dinner with representative Military and families (child care provided)

Sunday, April 17 (Palm Sunday)

10:30AM *Holy Eucharist (*followed by lunch*)
La Iglesia de la Sagrada Familia, Newton Grove

**Indicates open to the community*

*Christ Episcopal Church—320 Pollock Street, New Bern
St. Anne's Episcopal Church—711 Henderson Dr., Jacksonville
La Iglesia de la Sagrada Familia—2898 Easy Street, Dunn*

*Eternal rest grant them, Lord
Our Sympathy to...*

...Doris Young McMullan on the death of her husband, Jim McMullan
...Wendy Park on the death of her father, Hugh Marshall



Attention Anglers!

The Fin-Addicts fishing club will meet **Tuesday, April 19** at 7 pm in the Parish hall. All fisherman or fisherwomen are welcome to join. Call Larry Becker for details
Home-728-3177 cell-241-5522

Snug Harbor Visit

There will be a Eucharist at Snug Harbor on **Thursday, April 14**. Anyone interested in joining Fr. Paul, please call the church office by Wed., March 9.

Grief Support

Grief support is available at St. Paul's on the third Thursday of the month at 2:00pm in the Parish Hall. This month that date is **April 21**.

Book/Film Group

The Book/Film Group will meet **Thurs., April 28 at 7:00pm** in the office classroom. They will discuss the book "The Help" by Kathryn Stockett. Check the local libraries for copies. If have you any questions, call James Searl at 726-2381.

Prayer Shawl Ministry

The Prayer Shawl Group will meet on **Thursday, April 21** at 10:30am in the Ladies' Sunday School Classroom.

Loaves and Fishes

Loaves and Fishes, a group of churches in Beaufort have joined together to provide dinner every Thursday night. St. Paul's has volunteered to be responsible for one Thursday night a month—twelve Thursday nights in a year. It takes a team of eight people to cook serve and wait tables. We do not have to wash dishes or clean up. The ladies at Calvary Baptist graciously do this every Thursday night. We are in need of volunteers for the fourth Thursday night in each month. If you would be willing to help with cooking and serving for one



Thursday, it would be greatly appreciated. There are sign up sheets in the Parish Hall or call Helen Rawls 240-2107, Tina Banks, 838-1463.



Palm Crosses



Altar Guild members and all other church women are needed to help make crosses for Palm Sunday. We will meet at 9:00a.m. in the parish house on **Saturday, April 16**. Join us for an hour of fellowship.

Your **Will** can be a testimony of your faith. Consider leaving a gift to your Church.

**St. Paul's
Endowment Fund**

Closings and Service Changes

The Church Office will be closed **April 25-29**, the week following Easter. There will not be services on Wednesday, April 27. All other meetings scheduled for that week will take place.

Easter Egg Hunt

St. Paul's annual Easter Egg Hunt will take place **Saturday, April 23** at 11:00AM. Bring a basket, sandwich and a blanket. Drinks and Cupcakes will be provided. ***Parishioners:** Please bring plastic eggs, filled with candy that **will not melt**, to the kitchen in the Parish Hall by **Friday, April 22**





PARISH HEALTH MINISTRIES

MARK YOUR CALENDARS FOR ANNUAL HEALING SERVICE

Parish Health Ministries will sponsor its annual Healing Service on Wednesday evening, April 6, at 5:30 PM. This service will include special prayers and readings for healing and will conclude with Holy Eucharist and anointing for those desiring. Father John and Father Paul will lead the service. A Healing Service is offered for anyone who is in personal need of special comfort and prayer due to illness or suffering of any kind, and is also for those who would like to ask for prayer for others. Caregivers are especially invited to come. Please mark your calendar and plan to attend.

PARENTING 101 -- HOW TO LIVE WITH A FUSSY EATER

"No, I don't like peas". " No, I hate milk". Does this sound familiar at your dining table? Do you dread meal times when you as parents spend too much time pleading with and begging your child to eat this, try that? Take heart. If you have a fussy eater or a child who overeats, it probably is not your fault. While some studies do not rule out the possibility that kids are picky just to exert control, others have found that most likely the child's behavior is driving, not responding to the parent's reaction. Eating behaviors are usually inherited so chances are fussy eaters aren't just trying to get a reaction from mother. So what is the appropriate reaction for parents with fussy or overeaters? Here are a few tips:

- Maintain control at the dinner table. Mothers/parents should take & keep control & encourage their children to try new foods rather than giving in to their demands. Refuse to debate or argue. Having family meal times also promotes healthy eating habits.
- Limit the drama. Refrain from labeling the child as a picky eater. They pick up on this & easily refuse certain foods to see the reaction. Serve food matter-of-factly without discussion. When the child refuses, simply take it away and serve it again in a few days. Do not plead or beg.
- Feed children when they are hungry. This does not mean that meal time can be any time. It means that snacks & liquids should be withheld several hours before meals to ensure some hunger & better eating. Continuously supplying picky eaters with food & drink never allows for hunger, which is ok & improves regular appetites. It is also a good practice to make the kitchen & refrigerator off limits at certain times so that the overeaters learn some discipline about food consumption.
- Encourage after-meals activities to prevent boredom & continuous eating. Out-of-doors games, walks, bike rides rather than TV or computer time aids digestion and provides distractions to 'grazing'.
- Make meal time, especially dinner, a family affair. Include kids in planning meals, especially school lunches & snacks. Make meals pleasant, not times for arguing or stressful conversation. Be good role models by eating proper portions of everything. If Dad makes negative comments about the new recipe for broccoli, the child thinks it is OK to do the same.

Parents, there will be challenges, but the important thing to remember is that no child will like every food. But when this becomes a common occurrence rather than an occasional refusal, then eating problems could be starting. If your child is eating only hot dogs and cheez whiz, it is then time to talk to your pediatrician who may refer you to a nutritionist for more assistance.

EXACTLY WHAT DOES OUR LIVER DO?

You may know most of these facts about your liver but here is a little different way of explaining! 'Hi, I'm your liver. Let me tell you how much I love you! 1. I store the IRON reserves you need, as well as vitamins & other minerals. I give you strength. 2. I make BILE to help digest your food. 3. I detoxify poisonous chemicals you give me like alcohol & certain drugs. 4. I store energy, like a battery, by stockpiling carbohydrates & fats until you need it. 5. I make the blood that got your system going before you were born. 6. I make new proteins that your body needs to stay healthy & grow. 7. I remove poisons or pollutants from the air, exhaust smoke & chemicals you breathe. 8. I make clotting factors that stop the bleeding when you cut yourself. 9. I help defend you against the germs getting into your body.

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April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Each Wednesday</i> 10:00 AM Morning Eucharist Spiritual Formation 5:30 PM Evening Eucharist 7:00PM Choir Rehearsal</p>	<p><i>Each Sunday</i> 8:00 AM Holy Eucharist, Rite I Followed by coffee time. 9:00 AM Chorister Rehearsal 9:30 AM Sunday School 10:45 AM Holy Eucharist, Rite II Followed by coffee time. 5:30 PM Crosswinds</p>					<p>Yard Work Day 9:00am</p>
3	4	5	6	7	8	9
8 PM AA	DOK Esther Study 6PM-8PM	Spiritual Formation 10:45am Parish Health Ministries Healing Service 5:30pm 8 PM AA	Beaufort Garden Club 9:30AM Lenten Program 6pm 8 PM AA	Snug Harbor Eucharist 11:00AM Lenten Program 6pm 8 PM AA	Good Friday Services 12:15 & 7PM EARTH DAY 8 PM AA	Easter Egg Hunt 11am
10	11	12	13	14	15	16
8 PM AA	DOK Esther Study 6PM-8PM	Spiritual Formation 10:45am Julian Gathering 4:30 8PM AA	Maudy Thursday Service 7PM Prayer Shawl 10:30am Grief Support 2pm 8 PM AA	Good Friday Services 12:15 & 7PM EARTH DAY 8 PM AA		
17	18	19	20	21	22	23
Palm Sunday 8PM AA	Holy Monday service 12:15 Fin-addicts 7pm	Holy Tuesday service 12:15 Fin-addicts 7pm 8PM AA	NO 10AM service Holy Wednesday Service 12:15 & 5:30 8PM AA	Maundy Thursday Service 7PM Prayer Shawl 10:30am Grief Support 2pm 8 PM AA		
24	25	26	27	28	29	30
Easter Services 7am, 9:30am, 11:15am 8PM AA	CHURCH	OFFICE Spiritual Formation 10:45am 8PM AA	CLOS Book/Film Group 7pm 8 PM AA			

Sunday Servants for April

Altar Guild – Norma Gardner, Jeanette Holland,
Sarah Jo Safrit, Sandra Wheatly



Acolytes

Eucharistic Ministers

April 3	8:00AM	Gina Brooks	Allan Harding/Barbara Harding
	10:45AM	Jake Lasky Henry Gregory Jadranka Weygoldt Ashley Domke	First Lesson David Dubuisson Second Lesson Allison Dubuisson Mamre Wilson Pat Schaaf Greet/Bread-(8am) Dolores Meelheim (10:45) Sandra Howarth Ushers:8am Sam Williams, Ike & Helen O'Neal 10:45am Jack Gardner, Lee Phillips, Madeleine Schaw, Frank Sherman
April 10	8:00AM	Lewis Bryan	Lewis Bryan/Susan Stumbaugh
	10:45AM	Charlotte Henry Rachel Henry Walker Harris Stephanie Hamilton	First Lesson Bill Blair Second Lesson Deborah Van Dyken Len Gilstrap Jack Gilstrap Greet/Bread-(8am) Dick & Anna deButts (10:45) Christopher & Amanda Schoden Ushers:8am David Clawson, John & Ellen Sewell, Dick deButts 10:45am Charles Hale, Steve Mehan, Joe Ustach, Marnie Park
April 17	8:00AM	Susan Smitherman	Steve Boone/Susan Smitherman
	10:45AM	Allie Minchin Josie Daniel Emily Bulla Duncan Englehardt	First Lesson Mamre Wilson Second Lesson Norma Gardner William Davis Frank Rock Greet/Bread-(8am) Jim Smitherman (10:45) Lee & Lynda Phillips Ushers:8am Gerald Troyer, Jr., Lynwood Daughtry, Jim Smitherman, Jeff Vinton 10:45am Jack Gilstrap, Steve Hamilton, Isaac Parker, Shelvey Lloyd
April 24	7:00AM	Vicki Morris	Patti Dill/Susan Smitherman
	9:30AM	Gina Brooks Allie Minchin Josie Daniel Alyx Goodwin Charlie Klose	Eucharistic Ministers: Sarah Jo Safrit, Lewis Bryan Lector:
	11:15AM	Sarah Head Rachel Henry	First Lesson: William Davis Second Lesson: Jane Gordon Eucharistic Ministers: Dick Brown, Frank Rock Greet/Bread-(7am) Bill & Helen Rawls (9:30am) Jan Carlisto (11:15) Sandra Howarth Ushers:7am Walt Glancy, Bill & Helen Rawls, Phil Morris 9:30am Larry Becker, David Dubuisson, Jim Searl, Michelle Laughridge 11:15am Birkett Howarth, Bill Blair, Deborah Van Dyken, Brad Drury

Maundy Thursday

Acolytes—Vicki Morris, Len Gilstrap, Jack Gilstrap **Lectors**—Pat Schaaf
Eucharistic Ministers—Len Gilstrap, Jack Gilstrap **Ushers**—Bill & Helen Rawls, Ike & Helen O'Neal

Good Friday

Lector—Sarah Jo Safrit (12:15) **Ushers**—Bill & Helen Rawls (12:15)
Lector—Pat Schaaf(7pm) **Ushers**—Ike & Helen O'Neal (7pm)



ECW Scholarship

The ECW values it students and all the work they do for St Paul's Church. We know each and every one of the students have many demands on their time and we appreciate all they do for St Paul's. Several years ago the ECW established a scholarship to help with their education. If you are a graduating senior, a member of St Paul's Church, and planning to continue your education we invite you to apply for the scholarship. The applications are in the church office. Please complete the application & return it to the office no later than **April 30, 2011.**

...continued from page 7

That's how much I love you, but do you love me? 1. Do not drown me in alcohol. It can scar me for life and even kill me. (Cirrhosis) 2. Watch those drugs. All drugs are chemicals and can become toxic and damaging. Be sure all of your doctors know all of the drugs you take. 3. Be careful with aerosol sprays and what you are breathing. 4. Watch your skin for exposure to insecticides and other poisons.

I can't and won't tell you I am in trouble until it is almost too late. So, take my advice and check me out with your doctor who can do certain tests to see if I am healthy. Now you know how important I am and how much I care for you. Please treat me with tender loving care. Love, your silent partner and ever-loving **LIVER!!!!'**

NEW WHEEL CHAIR AVAILABLE FOR LOAN

PHM has just acquired a new wheelchair that can be loaned out for short-term use. This now allows us to keep one chair in the church at all times. Mr. Buck Matthews at The Health Store offered us the new chair at his cost. We appreciate his generosity and thank him. We would also like to thank Vicki Morris for her donation of a digital blood pressure cuff/apparatus. Come by on Tuesdays and try it out!

HEALTHY RELATIONSHIPS

There are a few things that we cannot recover, such as a stone after it is thrown, a word after it is spoken, an occasion after it is over, or TIME after it has passed. Think about this and treasure your family, friends, co-workers, and even strangers. The Golden Rule still abides.

.....and HUMOR IS HEALTHY

A kindergarten teacher was observing her class while they were drawing. As she came up to one little girl working diligently, she asked what she had decided to draw. The child replied, 'I am drawing God'. The teacher paused and said, ' But no one knows what God looks like'. Without missing a beat, the child replied, 'They will in a minute.'

HEALING SERVICE - WEDNESDAY, APRIL 6, 5:30 pm

Dear Church Family,

My thanks to all of you for helping to make Jim's service so special. John, Paul, and Rick—it was perfect! Altar guild, you made the church perfect: Nancy Smith, your ferns saved the day. ECW, wow! What food you served.

Jim would have been pleased. The memorial service was just as he would have wanted.

Blessings and Peace, Doris McMullan

Dear St. Paul's Parishioners,

Words are not enough to tell you how much your phone calls, cards, visits, food and prayers have meant to Donnie and myself over the last months. Your constant concern kept us from losing it, a number of times. Don was so amazed at everyone's care for him and us as a family. Over and over he said he could feel the prayers, because he would never have made it without them. There is nothing as great as a church family like you!

Thank you, thank you, **Bitsy, Donnie & Don Dudley**

Crosswinds

∞ Where the World and Faith collide ∞

A Big THANK YOU!

We want to say a big Thank you to all who helped host the Liberty Chamber singers! What a blessing you were to those college students to open your homes, your pantries and your hearts. We also want to Thank Lynne Eastman and Helen Rawls for preparing the dinner for the Chamber Singers. It was delicious!

Could you not Watch with me one Hour?

Maundy Thursday, there will be an opportunity for us to leave our comfort zones and respond to a question that Jesus asked his disciples. "Could you not watch with me one hour?" Once again we will have an overnight prayer vigil beginning at the conclusion of the stripping of the altar on Maundy Thursday and continuing until the beginning of our good Friday service at 12:15.

In Hymn #654 the 12th century writer Richard of Chichester wrote:

"Day by day, dear Lord, of thee three things I pray: to see thee more clearly, love thee more dearly, follow thee more nearly, day by day."

We long to draw closer to God but many times, the needs and busyness of the World distracts us and we find ourselves with less and less time to see God more clearly, love God more dearly, and follow God more nearly. It's important for us to take advantage of opportunities that come along for us to take time away from the important needs in our lives and spend some time alone with no other agenda than to hear the still small voice of God.

The idea of keeping vigil throughout the night is an ancient one. The Oxford Dictionary of the Christian Church states

According to Philo, the Essenes spent a third of the night in prayer and reading, but nocturnal prayer formed no part of regular Jewish worship. Among Christians there was a widespread belief that the Parousia (Second Coming) would take place at midnight, and this may be reflected in the accounts of prayer at night in Acts 12:12 and 16:25.

The signup for the watch is in the Parish Hall. Please consider signing up for an hour of prayer and meditation. There will be resources in the back of the church during the Watch.

This Years' Vacation Bible School will be July 11-15th.

Take a walk on the wild side at Kingdom of the Son VBS! During this spectacular prayer safari kids will journey into the Serengeti – the magnificent grassland region of Tanzania and Kenya. They'll discover exotic animals, create safari crafts, play exciting games, sing upbeat songs and enjoy delicious Safari Snacks!

And while your kids are having safari fun, they'll also learn to talk to God as they explore the Lord's Prayer, and go on an Expedition into the pages of God's Word.

We will need LOTS of help. Our first planning meeting is Sunday, April 3rd after the 10:45 service in the Library. Come to the meeting to find out more!



No Crosswinds on April 24th.



The Epistle

April 2011 Edition
St. Paul's Episcopal Church
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**The Epistle deadline for
May is
Monday, April 18.**

The Epistle is the monthly parish newsletter for St. Paul's Episcopal Church, Beaufort, North Carolina.
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