

The Epistle

February 2011

The Monthly Newsletter of
St. Paul's Episcopal Church

From Your Vestry



Sale of the Current Organ

On Wednesday, Jan 19th, the vestry received an offer from Holy Trinity Lutheran Church in Chapel Hill, to purchase our organ at our full asking price of \$64,000. The vestry considered and approved the offer with conditions. The main points of the agreement require Holy Trinity to 1) Within five days of the execution of the agreement pay to St. Paul's a non-refundable deposit of \$32,000 by cashier's or certified check 2) To pay the balance of the purchase price in the amount of \$32,000 to St. Paul's prior to the disassembly of the Organ 3) be responsible, arrange, and bear all costs and charges associated with the disassembly, transportation and reassembly of the Organ 4) to pay for the repair of any damage to St. Paul's property, real and/or personal, caused by the removal of the Organ.

Purchase and Specifications of the New Organ

We will soon sign a contract with the Allen Organ Company to build, install and voice a 50 stop, three-manual organ consisting of seven distinctive stop lists. The music rack will be lit, folding and on Lattice material. It will take approximately 12 weeks to build the organ to St. Paul's specifications. The console and speaking equipment will be Oak and will match the color of our pews.

Modifications to accommodate the new organ will begin in the near future but should not interfere with our regular worship schedule. Our hope is to debut the new organ by Easter Sunday. To learn more about our new organ, go to www.allenorgan.com/www/products/q350/q350.asp.

Installation of the New Organ

The console of the new Allen Organ will be "pitted" in the choir loft. The top of the organ (minus a portion of the music rack) will be level with the wall of the choir loft. This means the organ will not obscure the view of the congregation. The south wall in the choir loft will be removable to allow moving the console to the front of the church for organ concerts and recitals.

There will be 12 speakers mounted to the beams at the front of the church over the altar facing the front wall and will be virtually invisible to the congregation. The sound will radiate off the front wall creating a fuller sound throughout the church without increasing the volume. Music will literally surround you as it reverberates due to the amazing acoustics in St. Paul's. The two speakers for the 32' pipes (the lowest pedal pipes) will be located in the pipe chamber in the northeast corner where the original sacristy used to be. It will be created by bringing the original pipe chamber panels, which are currently behind the organ, out approximately 30" from the wall. This will restore symmetry to the front of the church and bring back a more historic appearance to the sanctuary.



✠ Parish News

Vestry Highlights January 19, 2011

The vestry met in monthly session at 7:00PM in the parish hall. Some items acted on are as follows:

- All members were present except Nancy Stephenson and the new members were welcomed. Lee Phillips, filling the 2 year term, Pennyloyd Baldrige, Jack Gilstrap, Dolores Meelheim, and Vicki Morris serving new three year terms.
- Annual paperwork was read and signed as required.
- On Sunday, January 23 the new members will sign St. Paul's vestry book during the service they attend.
- Patti Dill was nominated and elected as vestry clerk.
- Father John Carlisto nominated Jack Gardner as Senior Warden and he was elected.
- The floor nominated Joe Ustach as Junior Warden and he was also elected.
- The following Commission Chairpersons were assigned by Father John Carlisto:

Worship: Nancy Stephenson

Pastoral Care: Vicki Morris

Outreach: Pennyloyd Baldrige

Evangelism & New Comers: Dolores Meelheim

Buildings & Grounds: Jack Gilstrap with Lee Phillips/assist.

Fellowship: Tricia Phillips

Christian Education: Frank Sherman

Stewardship: Bradford Smith

- The December minutes were read silently and accepted with one addition.
- Charles Phillips gave the Financial Report as George Dill was unable to attend. The report was a draft for all the December accounts were not closed when the report was written. Father John and Charles felt that our financials looked good and pointed out that our income for the year actually exceeded expenses by over \$2,000.
- The Quarterly and Yearly Endowment report was presented and accepted. The endowment committee is composed of Charles Hale, Charles Phillips, Hunter Chadwick, Jim Smitherman, and Don Stumbaugh with Father John Carlisto, Jack Gardner, Sr. Warden, and George Dill, Treasurer as ex-officio members.
- As the audit report recommended last year, Authorized signers for all accounts were updated, accepted, and signed.
- The Junior Warden reported that the heat pump in the Office building had been repaired but that a new unit will probably be needed soon.
- There were no commission reports.
- Old Business consisted of the internal audit that Ellen Sewell has been doing. She will complete the 2010 audit in February.
- New Business consisted of the news of Father John Carlisto's surgery scheduled for January 24. Also a vestry retreat will be scheduled for February and will be held at Sarah Jo Safrit's home.
- There was an informal request for more storage for the ECW. Sr. Warden, Jack Gardner will have the president, Susan Smitherman do some research on the type of storage building needed and submit a formal request next month.
- The vestry entered into Executive Session following the regular meeting. See Rectors opening letter in this edition of the Epistle.
- Coming events were shared, prayers for our sick were given, and the meeting was adjourned.

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

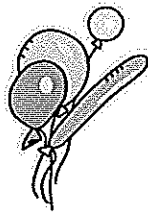
Vicki Morris

FYI

February Birthdays

1	Jacob Lasky	14	Louis Daniel
3	Art Fonseca		Gerald Troyer, III
4	Steve Hauman		Walt Glancy
6	Savannah Willis		Dale Wooten
	Steve Mehan	16	John Baldrige
7	Kay Mease		Joe Stallworth
	Joyce Wheatly	17	Margaret Harper
	Dave Boseman	18	Menzette Chadwick
	Jimmy Pake	19	Darren Fulcher
9	Sherri Smith		Ben Lasky
10	George Eastman	23	Hunter Young
	Sandra Wheatly		Lily Sherman
	Evelyn Hassell		Fran Rock
	Kate Dunne		Norma Gardner
11	Jack Sweeney	24	Tip Noe
13	Sara Bailey	25	Marion Speed
		27	Sarah Smith

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.



Goodbye To A Special Member

Evelyn Duncan Hassell, a member of St Paul's for over 60 years, recently moved to Raleigh, after living in Beaufort her entire life. She will be residing at Magnolia Glen Retirement complex, which is near her daughter, a grandson & great-grandchildren. Evelyn requested no official send-off but would be very pleased to hear from anyone by calls, cards or letters. She would like to thank everyone for their friendship over the years and will miss them very much. Miss Evelyn, you will be missed, as will your spiffy white sailor hat! Many thanks to Evelyn for all of her years of devoted service to St. Paul's. We will hold her close in our thoughts and prayers as we wish her well in her new home.

Her address is
Evelyn Hassell, 5215 Creedmoor Rd, Apt. A-305,
Raleigh, NC 27612, 919-787-4096.

Coffee Time for February

February 6—(8am) TBA
(10:45am) Michelle Gregory/Rosemary Green
February 13—(8am) Bill & Helen Rawls
(10:45am) Joe & Nancy Ustach
February 20—(8am) Brenda Chadwick,
Dale Wooten, Joyce Gross
(10:45am) Grace & Barb Deely
February 27—(8am) Phil & Vicki Morris
(10:45am) Rose Barford & Anne Searl



FEBRUARY

Flowers for February

February 6—Tip & Ine Noe
February 13—Lewis Bryan
February 20 - Rebecca Laughton & Bill Rudder
February 27—Margaret Laughinghouse



Altar Chair for February

Mary Duane Hale

February Altar Guild

Kathy Bohley, Cathy Brandt, Pat Pitman,
Nancy Smith

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

Dan Curtin, John Mease, Evelyn Sewell, Tex & Gertrude Cavett, Martha da Silva, Tori Smith, Scott Brandt, Gwyn Towles, Dot Waldenmaier, Jule Wheatly, Nancy Wheatly, Elaine Glover, Dick Gordon, Hugh Porter, Don Dudley, Jim McMullan, Steve Boone, Gilbert Potter, Barbara Martin, Joe Christian, and Father John.

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

Thanks and Blessings

Our St. Paul's Hope Mission outreach ministry supports their Soup Kitchen through a yearly parish monetary contribution and by preparing and serving home cooked meals on site to anyone in need of a hot meal. On January 25th, St. Paul's parishioners served a wonderful hot dinner meal for the Soup Kitchen. We are grateful to all the parishioners who helped prepare and serve the meal to over 100 needy recipients.

All of your outreach efforts were well received by the Hope Mission. We pray for your continued generous support for this special outreach program during these challenging economic times.

Jack and Camie Sweeney-Hope Mission Outreach Coordinators

Dear Fr. John,

Just a note to thank you and Paul for the time my wife and I spent with the family of St. Paul's. The Parish is an impressive manifestation of the "Church of Jesus." The joyful singing and gracious hospitality were very touching to us. Please be assured of our prayers and support in any way possible. I came away believing that the parish has the depth of strength and spiritual energy to move forward amidst the "time" we are experiencing. Blessing for a fruitful ministry and growth and development of the parish.

Santosh (Asst. Bishop of the Diocese of East Carolina)

Father John Carlisto & congregation of St. Paul's Episcopal Church,
I really appreciate your prayers for my dad and my family during his illness and death. But, he is in heaven now!

Glory to God! DeAnna Mehan

Dear Church Family,

I send this as a token of my gratitude and thanks for all you did for my family during this Christmas season. You have truly been a blessing to us. I thank God for directing our paths at such a time as this.

With much thanks and appreciation I send this to all and wish each and everyone a blessed New Year.

Thank you, Deanna Rice & family

Dear Rev. Carlisto & Members of St. Paul's,

Thank you so much for your generous donation of \$600 supporting the One Campaign of the Boys & Girls Clubs of Coastal Carolina, Beaufort Club. Because of contributors like yourself we are able to efficiently implement our programs & accomplish our goal of making a positive impact & difference in the lives of kids. Your generosity & support plays a very important role everyday for our staff & the children they serve.

The Boys & Girls Club of Coastal Carolina is steadily growing, while meeting the challenges placed before us from our changing society & the world around us. As we reach for the stars in providing opportunities for our children, we rely on support from people like you who make it possible for them to succeed.

Again, we sincerely appreciate your kindness & generosity, and we are very grateful for your interest in the Boys & Girls Clubs of Coastal Carolina. **Sincerely,**

Leisa Smith Barefoot-Executive Director

Dear Rev. Carlisto,

Please convey our thanks to your church for the generous donation of \$250 towards purchase of Christmas gifts for our Agency's children in foster care. Children of all ages were delighted as Santa handed out the gifts at our annual Foster Families' Christmas party last evening.

Again, thanks to your congregation for this generous gift. Best wishes to you all for a blessed Christmas season.

Lisa D. Lane-Foster Care/Adoptions Team Leader

Dear Hospice Contributors,

Thank you very much for your recent contribution of \$940. We appreciate your support of the Hospice mission to provide medical, emotional & spiritual support to those with a terminal illness, and to encourage and support their family members, as well.

Donations such as yours are important to our organization. Although we receive reimbursement for patient care from Medicare, Medicaid & private insurers, our Community Program is offered without charge. This includes bereavement support for adults & children, spiritual counseling & educational events concerning end-of-life issues.

Please know that your gift will make a difference for someone in need. Thank you again.

Sincerely, Penny T. Carr-Director

We know you share our vision & mission in helping those who are less fortunate & we want to thank you for your financial support to **Hope Mission**. It is only with the support of churches, civic groups & individuals, such as yourselves that we are able to continue to help the local community & show God's love by serving others.

Please accept our invitation to join us for lunch at the Soup Kitchen one day very soon. We would love for you to share our experience in serving our community together. If you could share with your friends and/or organization that volunteers are needed & appreciated at Hope Mission, we would appreciate it very much.

Gene & June McLendon-Executive Dir.

Diocesan Convention and Report

The 128th Diocesan Convention Committee has wrestled carefully with the economic impact of this annual gathering for many years. For decades we have used a model of gathering which requires more than one evening of hotel accommodations for those away from home. This year, for the first time, we are reducing the time of our gathering to attempt to provide the best stewardship we might practice of our resources.

The Convention will begin with the celebration of the Holy Eucharist in Christ Church, New Bern at 11:00 AM on Friday, February 4, 2011. We will conclude Saturday afternoon, February 5, 2011. Our time together will be abbreviated, so our work will take careful intention on the part of all. This year, there will not be a Convention dinner on Friday evening. Instead, lunch on Saturday will be provided.

Our delegates are Fr. John, Fr. Paul, Patti Dill, Lynne Eastman, Norma Gardner, Lee Phillips and Tricia Phillips. Please keep these persons in your prayers. **There will be a post convention report in the parish hall during Sunday school time on February 13th. Please put this date on your calendar.**

February Outreach

Broad Street Clinic is our outreach project for February. The Broad Street Clinic was founded in 1993 by county physicians and other concerned citizens. Its mission is to provide health services to the low-income residents of Carteret County suffering from certain chronic diseases and who are unable to afford regular visits to a private physician, other health care providers or prescribed medications. The Broad Street clinic is a private, non-profit, free health clinic and the physicians and all medical support staff volunteer their time. Broad Street Clinic operates solely on grants and private & public donations. Your donation stays in our community.

CLINIC FACTS:

- It takes more than 25 volunteers each week to operate the Clinic.
- The pharmacy fills an average of 175 prescriptions each Pharmacy Day.
- The Broad Street Clinic has 16 volunteer physicians and 35 volunteer nurses.
- For every dollar donated to the Clinic we are able to provide \$9 worth of services.
- The Broad Street Clinic has over 650 patients.

Contact: Swing Harre swingharre@gmail.com 728-6255

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.

FREE FAMILY LAW CLASSES

By Deborah Van Dyken
Attorney at Law

NC Board Certified Family Law Specialist

at

Beaufort Train Depot, 614 Broad St., Beaufort

Tuesday, February 1, 7:00pm-8:00pm

How divorce affects children and how parents can minimize damage.

Tuesday, February 8, 7:00pm-8:00pm

What to do if you think your spouse is cheating on you.

Tuesday, February 15, 7:00pm-8:00pm

How to separate and divorce with less hassle and cost

These classes are free and open to the public

Please visit our website at www.dvdlaw.org for more info and the latest Family Law Advice Column

Many Thanks

I would like to take this time to thank all of you for your generous gifts during the 2010 Christmas season. Each year my "church family" grows and grows and that has been the greatest gift of all. Some of you have been a part of my life all of my life and some of you have come to me in the last seven years. Either way, you and your prayers have been a blessing to me.

Love, Martha

Jan & I thank each of you for your cards, gifts & other "goodies" given us during this past Christmastide. We continue to be humbled & blessed by your generosity & kindness to us. May God continue to bless & keep you during this New Year.

Fr. John + and Jan

Our Family would like to thank everyone at St. Paul's for all your cards and gifts given this Christmas Season. We feel very blessed to have such a generous Church Family. We love you all and we hope you have a blessed 2011!

The Heads

*Eternal rest grant them, Lord
Our Sympathy to...
...friends and family of Strug Steed*



Attention Anglers!

The Fin-Addicts fishing club will meet **Tuesday, February 8** 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, February 10**. Anyone interested in joining Fr. Paul, please call the church office by Wed., February 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 **February 17**.

Book/Film Group

The Book/Film Group will meet **Thurs., Feb. 17 at 7:00pm** in the office classroom. They will discuss the film "The Kids Are All Right". Jim & Anne Searl will host a viewing at their home on a date to be announced. If have any questions, call James Searl at 726-2381.

Prayer Shawl Ministry

The Prayer Shawl Group will meet on **Thursday, February 17** at 10:30am in the Ladies' Sunday School Classroom.

Congratulations New Vestry

At the Annual Parish Meeting, four new vestry members were elected to fill the 2011-2013 term. Congratulations to Pennyloyd Baldrige, Jack Gilstrap, Dolores Meelheim and Vicki Morris. The new officers for 2011 are Jack Gardner-Sr. Warden, Joe Ustach-Jr. Warden, Patti Dill-Clerk, George Dill-Treasurer. Many thanks to outgoing vestry members Dick Brown, Julia Hamilton, Sarah Jo Safrit, and Ellen Sewell. Thank you for you service to St. Paul's.

Yard Maintenance Crew

We will **NOT** have a yard clean up day in February. Our next yard clean up day will be Saturday, March 5 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**

Carteret County Domestic Violence

Happy 2011! I hope everyone had a wonderful Christmas and New Years. We wish all the best in the upcoming year! Below you will see the CCDVP Wish List for the shelter.

Wish List for CCDVP follows:

Laundry supplies, Distilled Water, Cleaning Supplies, Paper Products: paper towels and toilet tissue, African American hair products, Food cards to purchase perishable items such as milk, eggs, cheese, etc,
Hair brushes

Should you be lead to help with these needs, drop off is at

Caroline's Collectibles, 3716 Arendell Street, Morehead City, NC, 252-726-3081.

Thank you for all your efforts to assist CCDVP & their clients in need.

Your **WILL** is an opportunity to honor those who have given meaning and purpose to your life
St. Paul's Endowment Fund



PARISH HEALTH MINISTRIES
AFFAIRS OF THE HEART
FEBRUARY IS CARDIOVASCULAR HEALTH MONTH

28 DAYS TO A HEALTHIER HEART

The numbers are scary. Heart disease & stroke kill one in every 3 men, one in every 2 women, making cardiovascular disease still the nation's number ONE killer. In 2007, the American Heart Association challenged Americans to create a culture of physical activity & health in an effort to combat these diseases. Quote: Every one of us has the opportunity to achieve a healthier heart, mind & body. We just need to make a commitment & get started. Focus on achieving just one heart - healthy goal per week during February & you can be much closer to becoming the 'number one me'.

The four weekly suggestions are:

- Week One -Focus on your potential to increase active living. Commit 10 minutes a day to a physical activity such as walking, jogging, swimming, biking.
- Week Two-Hold that cheese. Slash those artery-clogging saturated fats completely. A small amount of grated parmesan is acceptable occasionally.
- Week Three-Pass on the salt. Take the advice of the Surgeon General, the AHA, the National Heart, Lung and Blood Institute and those affected by hypertension -- cut back and CUT OUT in your diet. Read labels, watch processed foods and do not add salt to anything.
- Week Four -- LOL! Not lots o luck, but LAUGH OUT LOUD! Laughing and smiling can be an important part of your positive revolution. You cannot experience humor and feel depressed at the same time! (Or as someone recently said, you cannot worry and pray at the same time! Thanks, P).

CAN WE PREVENT A HEART ATTACK?

Yes, many times we probably can, so it is certainly worth the effort. In a nutshell, here is that list we have read many times that needs to be reviewed:

- It is best not to smoke. Narrows our arteries. And speeds up aging.
- Get your cholesterol and Blood pressure checked often and know what they are.
- Have a regular exercise program
- Maintain a healthy weight. That means eat a balanced and heart - healthy diet.
- Manage how you cope with stress. Stress is inevitable so we need to know how to handle it.
- Moderate your alcohol intake. There is a link between alcohol consumption, high blood pressure and diabetes.

If none of this sounds doable or not fun, please consider the consequences. Occasionally, we hear of those who claim to do all of the above, but still have heart disease. We cannot discount the importance of heredity, age, sex, ethnicity & other factors. But enough studies have been done to know that adopting the life style as listed above will contribute greatly to cardiovascular health. If you are at risk, talk to your doctor immediately & ask if you should be referred to a cardiologist for further testing. Know your Numbers like Total cholesterol, triglycerides, blood sugar, & of course, blood pressure, weight & waist circumference. Ladies, Scarlett O' Hara may have desired a 14 inch waist but we only need to be 35! Men, yours should be 40!

MORE ABOUT THE NEW CPR TECHNIQUE

Two years ago I wrote that a new CPR procedure was in the works. Well, it still is but some progress has been made so I think it is OK to inform you. We are in the process of getting certified, purchasing practice mannequins & setting up practice sessions. Basically, what was once ABC - airway, breathing & compression, is now CAB -- Compressions, airway, & breathing. Chest compressions are THE most important & should be started immediately. There is NO MORE MOUTH - TO - MOUTH breathing. A complete guide will be posted in future articles as we schedule practice sessions. In the meantime, if you come upon an emergency, call 911, put person on a hard surface on their back & start compression, 100 times a minute which is fast. Do not panic, but if interested, go online & start gathering your own information. It is easier & it will save lives. BTW, do you know where the AED (Automated External Defibrillator) is located? Do you know how to use it? We will do some review of that along with our CPR.

DIVINE CLOUD -- from Morning from Beverly

Cloudy days lately? How about a good book, a toasty fire & a good cup of tea? Better still, how about God's Promise to be with us always. The gloominess of cloudy days threatens the sunshine. The world hammers at us on every side with negative news which mars our thinking and causes a real Light deficit. And, then consider the pounding our spirits take when the alarm fails, there's no hot water, the car won't start, the checkbook won't balance, or the boss is in a foul mood. God used a cloud to remind the Israelites of his Presence along their journey from Egypt: 'For the cloud of the Lord was above the tabernacle by day, and fire was over it by night. (Exodus 40:38). What a joy it must have been to see that cloud, a symbol of God's Presence. God's promise of faithfulness is no different today.... why not look again, there just might be a Divine Cloud in your day.

HUMOR IS HEALTHY

A woman was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked the clerk, "Do these turkeys get any bigger?" The clerk answered, "No, ma'am, they're dead"!! (Communication does often make a difference!)

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DOK Esther Study 6PM-8PM Potters for Parkinson's 10am	2 Spiritual Formation 10:45am 8 PM AA	3 Beaufort Garden Club 9:30AM	4 DIOCESAN 8 PM AA	5 CONVENTION
6 Youth Sunday Super Bowl Subs 8 PM AA	7	8 Fin-addicts 7pm Potters for Parkinson's	9 Spiritual Formation 10:45am Julian Gathering 4:30 8 PM AA	10 Saug Harbor Eucharist 11:00AM 8 PM AA	11 8 PM AA	12
13 Convention Report 9:30am 8 PM AA	14	15 DOK Esther Study 6PM-8PM Potters for Parkinson's	16 Spiritual Formation 10:45am Vestry 7pm 8PM AA	17 Prayer Shawl 10:30am Grief Support 2pm Book/Film Group 7pm 8 PM AA	18	19
20	21	22 DOK Esther Study 6PM-8PM Spiritual Formation 7pm @ Clawson's	23 Spiritual Formation 10:45am Julian Gathering 4:30 8PM AA	24	25 8 PM AA	26
27 8PM AA	28	<div style="border: 1px solid black; padding: 5px;"> <p>Each Wednesday 10:00 AM Morning Eucharist Spiritual Formation 5:30 PM Evening Eucharist 7:00PM Choir Rehearsal</p> </div>		<div style="border: 1px solid black; padding: 5px;"> <p>Each Sunday 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> </div>		

Sunday Servants for February



Altar Guild – Kathy Bohley, Cathy Brandt, Pat Pitman, Nancy Smith

Acolytes

Eucharistic Ministers

February 6	8:00AM 10:45AM	Susan Smitherman Sarah Head Rachel Henry Emily Bulla Duncan Englehardt	Allan Harding/Barbara Harding First Lesson Henry Gregory Second Lesson Josie Daniel Sarah Head Taylor Hollingshead Greet/Bread-(8am) Gail Williams (10:45) Sandra Howarth Ushers:8am Sam Williams, Ike & Helen O'Neal, George Dill 10:45am Bill Blair, Deborah Van Dyken, Ashley Domke, Stephanie Hamilton
February 13	8:00AM 10:45AM	Vicki Morris Jake Lasky Rachel Henry Alyx Goodwin Charlie Klose	Patti Dill/Susan Smitherman First Lesson Len Gilstrap Second Lesson Henry Gregory Julia Hamilton Dick Brown Greet/Bread-(8am) Dick & Anna deButts (10:45) Christopher & Amanda Schoden Ushers:8am David Clawson, John & Ellen Sewell, Phil Morris 10:45am Tip Noe, Pennyloyd Baldrige, Roberta Brown
February 20	8:00AM 10:45AM	Scott Brooks Charlotte Henry Josie Daniel Emma Lasky Eddie Minchin	Lewis Bryan/Scott Brooks First Lesson Sandra Howarth Second Lesson Walt Schaw Sarah Jo Safrit Mamre Wilson Greet/Bread-(8am) Jim Smitherman (10:45) Lee & Lynda Phillips Ushers:8am Gerald Troyer, Jr., Lynwood Daughtry, Jim Smitherman, Jeff Vinton 10:45am Jack Gardner, Lee Phillips, Madeleine Schaw, Frank Sherman
February 27	8:00AM 10:45AM	Susan Stumbaugh Allie Minchin Julia West Jadranka Weygoldt Ashley Domke	Len Gilstrap/Jack Gilstrap First Lesson Charles Phillips Second Lesson Tricia Phillip William Davis Frank Rock Greet/Bread-(8am) Dolores Meelheim (10:45) Jan Carlisto Ushers:8am Walt Glancy Bill & Helen Rawls, Dick deButts 10:45am Charles Hale, Steve Mehan, Joe Ustach, Marnie Park



St. Paul's ECW Lenten Retreat

The ECW invites you to join us as we begin our Lenten spiritual retreat
led by

The Reverend Mary Reese
of

St. Andrews Episcopal Church, Goldsboro.

March 11, 2001

10:00 am to 2 pm

The Beach House, Trinity Center, Salter Path.

A signup sheet is available in the Parish House

Cost \$10 in advance.

Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing food relief and financial support to communities throughout the United States. The program began in 1994 with 34 families in Monroe, Georgia (between Atlanta and Athens), and has grown to serve hundreds of thousands of families every month across 45 states. Angel Food Ministries crosses denominational lines and has spread the good news of the gospel of Christ through salvation tracts that are placed in each food order.

Blessings by the box

Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60. Comparison shopping has been done across the country in various communities using a wide range of retail grocery stores and has resulted in the same food items costing from between \$42 and \$78.

Generally, one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one could purchase at a grocery store. There are no second-hand items, no damaged or out-dated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe.

Also offered are specialty boxes such as steaks, chicken and pork. Many participants in this bonus program appreciate the expanded choices. Additionally, there is no limit to the number of units or bonus foods an individual can receive, and there are no applications to complete or qualifications to which participants must adhere. Angel Food Ministries also participates in the U.S. Food Stamp program, using the Off-Line Food Stamp Voucher system.

Bridgeway Church of the Nazarene is a proud Host Site for Angel Food Ministries. We DO NOT accept CHECKS! We accept CASH and EBT. When using these methods of payments you will need to come by and place your order. To use a Credit or Debit card you may order online at www.angelfoodministries.com. Or you may call AFM's Customer Care Team to place your order using Credit or Debit cards 1-888-819-3745. There is a \$2.00 convenience fee when using this payment method. We will be taking CASH or EBT orders at Bridgeway Church on Wednesday Evenings from 5-6:30 PM and on FRIDAY 2/11 from 9am-7pm. Online orders are due by 11:59PM on 2/15. EBT orders are not accepted online at this time. In order to use this method of payment you must come to the Bridgeway Church on the designated days to place your order. Distribution will be on Saturday 2/19 from 10:30 am-11:00 am. There are NO qualifications to meet, no minimum to purchase. This is for **ANYONE** that eats. Feel free to call and leave a message with any questions. Someone will contact you ASAP! Food that is not picked up at the designated time will be donated to a family in need at the discretion of the church.

Bridgeway Church of the Nazarene, 100 Lockhart Dr., Beaufort,

Email: angelfood@BridgewayNC.org, Website: www.bridgewaync.org

Message Line: 252-732-5698

Church Phone 252-728-1929

February 2011 Menu with pricing is posted on the bulletin board in the Parish Hall.

Crosswinds

~ Where the World and Faith collide ~

Comments from the Youthquake Mountain

Jacob Smith, Middle School

Youthquake 2011 really showed me who I am this year. I feel completely renewed and ready to watch for God's path. I am so blessed.

Nina Elise Berner, High School

This weekend was so amazing! I hope everyone had a great time! I want to remind you all to not forget! God is ALWAYS with you .. I'm having a hard time being away from Youthquake, I always have wanted to go back but this year I really miss it and wish I never had to leave! I'm more cautious with what I watch and listen to. The Lord has entered my life and this time I'm certain it won't faze out even after 2 months like it has in the past!

Stephanie Hamilton, Middle School

This year was my first year at Youthquake and wow I am so amazed at the things I got to do. This was an amazing experience and I can't wait to go next year. So happy this has changed my life for good!

Allie Minchin, High School

Okay, so this is the 3rd year I've been to Youthquake and I'm always saying "okay .. this year I'm going to change! I'm going to read the bible every night and always pray." but after a few weeks I kind of forget about all that, but this year Youthquake hit me pretty hard [in an amazing way of course] and after spending time with God and praying about it I know it's going to be different. I'm a changed person and see life in a whole new perspective and look for the Holy Spirit everywhere I go. It's an amazing feeling and I pray that everyone that went is also changed.

Ashley Domke, Middle School

My experience at Youthquake was something I will remember for the rest of my life. I know that I will go back every year. I really for the first time felt God working in my life and the lives of my friends and I know that's something amazing. Youth is something that I hope continues for a long time because it is an amazing way to get Gods word out to the world.

Tori Smith, High School

Youthquake was absolutely amazing this year. I got closer to so many friends. When I was climbing the mountain and prayed with my westies ... God was really in that place. Two of my friends got saved this weekend and what an experience. Jacob [*her brother*] always impresses me each year with his passion for God. I'm so lucky to have him as well as each and every one of you.

Mamré Wilson, Chaperone and Driver of the Middle School folks

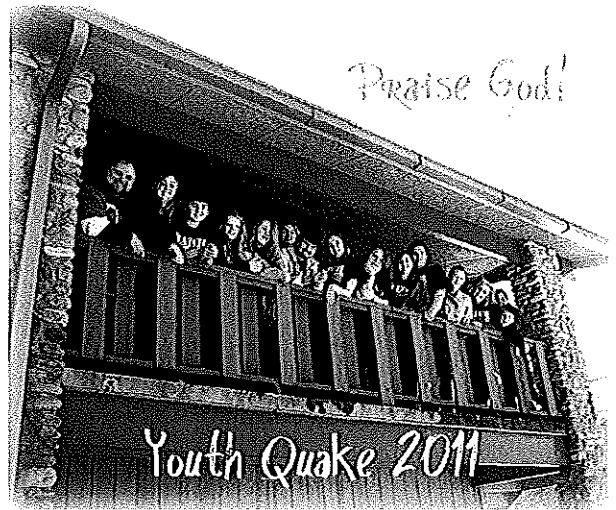
I am in awe of Youthquake! It was a real awakening for me, learning things I never knew and singing with the band, as well as sharing a room with my room mates Stephanie and Ashley ... you folks are terrific and I hope to be able to share more time with ... thanks for letting me go with you!

Superbowl Sunday

On **Sun., Feb. 6**, the Crosswinds Youth will offer food & treats, to enhance your Super Bowl Sunday. The youth will prepare subs & snacks that can be pre-ordered **today**. Order forms are in your bulletin. **Please complete a separate order form for each sub ordered.** Completed order forms can be put in the basket labeled "Sub Forms" on the table by the Crosswinds Bulletin Board in the Parish Hall, or they can be put in the offering plate or brought to the Church Office. **Sub orders are due no later than Jan. 31.** All profits will go to support our Summer Mission Trip.

Hairspray

Many of our Youth will be performing in the East Carteret HS Musical "*Hairspray*" this month. Performances will be Feb. 17- 19 and 25-26 at 7pm with a 1pm matinee on the 19 and the 26. Come support our youth as they "Welcome back the 60s!"





The Epistle

February 2011 Edition
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Ginny Poindexter—Parish Nurse



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**The Epistle deadline for
March is
Monday, February 21.**

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