

The Epistle

March 2011

The Monthly Newsletter of
St. Paul's Episcopal Church

Rector's Reflections



Dear People of God at St. Paul's Parish,

Henri Nouwen, Roman Catholic monk, theologian and scholar who died in 1996 authored a wonderful book of Lenten meditations entitled, Show me the Way. In one reflection in particular, I was both challenged and convicted by Father Nouwen's image of the Incarnation as the great mystery of the descending way. He writes:

The love of God has become visible in Jesus...in the descending way...God has descended to us human beings to become a human being with us; and once among us, descended to the total dereliction of one condemned to death. It isn't easy really to feel and understand...this descending way...Every fiber of our being rebels against it.

The truth is we human beings want to elevate not humble ourselves. We want to be God, or at least like God, to control our destiny, to rule over others. But God in Jesus Christ reveals that God's way is not the way of power and might but rather the way of Servanthood. "I came not to be served but to serve," our Lord proclaimed. And as an example, our Lord on the night he was betrayed girded himself with a towel and washed his disciple's feet. Then resuming his place at the table said,

Do you know what I have done to you? You call me Teacher and Lord; and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do as I have done to you (John 13:13-15).

In obedience to our Lord's command we emulate his humility in the ancient Maundy Thursday foot washing liturgy. As we literally stoop to wash each others feet we experience first hand the descending way of our Lord. We identify with him in his servant ministry. His humility inspires us, challenges us and frees us. We let go of our desire for power and control, our desire to be God and find God. Nouwen puts it this way: "Jesus' way is God's way and God's way is not for Jesus only but for everyone who is truly seeking God. Here we come up against the hard truth that the descending way of Jesus is also the way for us to find God."

My prayer this Lenten Season, which begins with Ash Wednesday, March 9, is that through the "descending way" of Jesus we might all find God in God's fullness. And in so doing be set free to be more fruitful servants, joyfully sharing the Good News of the Incarnate One, our Lord and Savior Jesus Christ, with one another and the wider world in which we live.

Pax, John⁺

Liberty Chamber Singers Concert

The Liberty Chamber Singers will once again be performing at St. Paul's on Monday, March 14 at 7pm. This is an elite choral group from Liberty University who will be singing here as part of their Spring Tour. They are a truly incredible group. Please come out and experience this outstanding chorus! There will be a signup sheet in the Parish Hall for those families who are willing to host two or three kids from the group. All that is required is, a bed for them to sleep in, breakfast in the morning and a bag lunch.



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

The vestry met in monthly session in the God's Pod of the Parish Hall. All members were present along with Ellen Sewell, Audit Committee Chairwoman, treasurer, George Dill, associate rector, Paul Head, and rector, John Carlisto.

- * Ellen Sewell presented the 2009 audit with recommendations. The vestry adopted the recommendations as presented and the audit report was accepted with thanks for forwarding to the Diocese.
- * George Dill, Treasurer, reviewed the 2010 End-of Year Financial Report which showed a \$4,200 deficit, much better than the \$22,000 anticipated deficit projected at the beginning of the year.
- * Father John reported that the Diocese made a request at Convention for each parish to give an additional \$780 over their 2011 pledge to restore cuts made to various programs including Campus Ministry due to lack of funds. After discussion and agreement that we wanted to help, Jack Gilstrap asked if the Hamilton Discretionary Fund could be used as the source for this funding gift since it was designated specifically for youth. Father John agreed to use this Discretionary account under his control for this purpose and to send the money with a note that the money must be used for youth related projects or needed to be returned so the intent of the fund was not violated.
- * Jack Gardner, Sr. Warden reported that Ann Street Methodist Church had a fire related to old wiring and suggested that we engage an electrician to evaluate the condition of our wiring and fuse and breaker boxes. Joe Ustach, Jr. Warden, and Building and Grounds Co-Chairs, Jack Gilstrap and Lee Phillips will make contact with a few electricians and report back at a future vestry meeting. Jack also shared a nice thank you note from Ginny Poindexter, the parish nurse, for her Christmas gift certificate. Jack also reported that John Teare was having some health issues but would try to continue his duties as Sexton. His son, John, Jr. has done a great job filling in for his dad while he has been out.
- * Joe Ustach, Junior Warden, reported that President Susan Smitherman wants a Pod to be used by the ECW for storage of Bazaar items. The vestry agreed to consider her proposal when submitted.
- * Pennyloyd Baldrige, Outreach Commission Chairwoman, shared information about the Loaves and Fishes Ministry and an opportunity for groups within the parish to get involved in their new *Backpack Blessings* program. She also reported that a group of women were already active in the *Loaves and Fishes Ministry* providing a meal for the homeless and needy people in Beaufort on the fourth Thursday of each month at Calvary Baptist Church. Two-hundred and fifty dollars of the 2011 Outreach Budget was designated to help offset the monthly cost associated with this ministry. Pennyloyd also reported on the group *Family Promise Carteret* that utilizes local churches to host homeless families by providing shelter and food (13 churches are needed in our area and each would host one week each quarter of the year). Penny asked the vestry for permission to research the program further and to hold a meeting to determine if there is sufficient interest to become a hosting church. The vestry approved her request.
- * Under Old Business the vestry thanked local attorney and parish member Jane Gordon for her legal help in drawing up the agreement to sell the old organ and for reviewing the purchase agreement for the new organ. Discussion of the Parish House remodeling and addition was tabled to the March meeting to give the Committee time to meet and make a recommendation about next steps.
- * Under New Business the vestry agreed to meet in retreat on Saturday, March 5 from 10am – 3pm. The Parochial Report was reviewed and accepted for filing with the National Church and Diocese as required by Canons. The Vestry agreed to have the Altar Guild compile a list of items no longer used at St. Paul's for possible donation to a Mission Church in Garner where Martha da Silva's sister attends. The list will be reviewed and approved by the vestry when it is completed.
- * Following a brief Executive Session and prayers for the parish, including the sick and suffering, 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

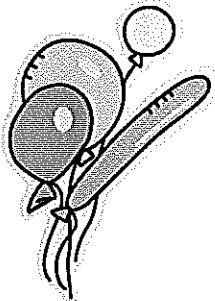
Pennyloyd Baldrige
Jack Gilstrap
Dolores Meelheim
Vicki Morris

George Dill, Treasurer

March Birthdays

3	Callie Head		
4	Walker Harris	23	Thomas Porter
7	Catherine Stephenson	25	David Harre
8	Meredith Brooks		Diane Meelheim
9	Tommie Midgett		Martine Myers
12	Milena Glancy	26	Anatoly Ehlers
14	Doris King		Kay Salter
	Jim Searl	27	Donald Lee
18	Steve Boone	28	John Teare
	Julie Young	30	Sandra Howarth
19	Dick Brown		Anne Searl
	Bryan Goodwin		Sharon Fulcher
21	Camie Sweeney	31	George Wooten
23	Thomas Porter		Michelle Lasky
			Ben Drury

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.



**SPRING FORWARD
MARCH 13 AT 2:00AM
TURN YOUR
CLOCK AHEAD
ONE HOUR!!**

Coffee Time for March

- March 6**—(8am) Tricia Phillips
(10:45am) JoAnn McComas,
Bill, Missy, & Sara Bailey
- March 13**—(8am) Joyce Gross & Jimmy Pake
(10:45am) Eddie & Brittany Wheatly
Hunter & Julie Young
- March 20**—(8am) Milena Glancy
(10:45am) Norma & Jack Gardner
- March 27**—(8am) Sylvia Wheatly/Lynne Eastman
(10:45am) Walt & Madeleine Schaw

MARCH

Flowers for March

- March 6**—Scott & Chrissy Brooks
- March 13**—Nancy & Joe Smith
- March 20** - Martha da Silva
- March 27**—Sam & Gail Williams



Altar Chair for March

Mary Duane Hale

March Altar Guild

Ginny Costlow, Jeanette Holland, Paula King

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

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, Gilbert Potter, Joe Christian, and Julia Hamilton

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.

Let us Keep the Feast: Eucharist through the Centuries Lenten Program

Every Sunday we gather together to say the sacred words, break the sacred bread and share as one body in the Lord's Supper. But where did these words and actions come from? Why do we celebrate the way we do? You are invited to our Thursday night Lenten Program, 6pm -7:30pm each week where we will experience The Lord's Supper as it was celebrated through the Centuries.

Our first program scheduled for March 17th will be a celebration of the "first" Lord's Supper, a Jewish Passover Seder that was celebrated by Jesus and his disciples prior to his arrest, trial and passion. The meal will be provided by a host family. Our next Program on March 24th will be a Pre-Nicene Agape Love Feast. Please bring one or two of the following foods, enough for yourself and a few others: uncut bread, juice, cheese, olives or grapes. The host family will add cold cuts and condiments for a more substantial meal. A host family will provide the meal for the last three lectures and liturgies. A basket for donations will be available to help offset the meal cost.

The Eucharist rites for the last three weeks will take place in the church and are as follows:

- March 31st - Late Medieval Tridentine Latin Mass
- April 7th - Holy Communion 1662
- April 14th - Holy Communion 1928

Please join your fellow worshippers as we explore our faith and practice together.

Ash Wednesday

The Ash Wednesday Liturgy with the Imposition of Ashes and Holy Communion will be offered at St. Paul's on
March 9 at 10am and 7pm.

In the Ash Wednesday observance, Christians are invited to the altar to receive the imposition of ashes, prior to receiving Holy Communion. The celebrant applies ashes in the shape of the cross on the forehead of each, while speaking the words, *"For dust you are and to dust you shall return."* In the context of the Ash Wednesday imposition of ashes, they remind each penitent of their sinfulness & mortality, and, thus, their need to repent & get right with God before it is too late. The cross reminds each penitent of the good news that through Jesus Christ crucified there is forgiveness for all sins, all guilt, & all punishment. The rite of ashes on Ash Wednesday is heartily recommended to the Christian as an opportunity for repentance and spiritual renewal within the framework of confession and absolution.

Ash Wednesday is a day of repentance and it marks the beginning of Lent and a period of preparation for the Feast of the Resurrection on Easter Sunday. Ashes were used in ancient times, according to the Bible, to express mourning. Dusting oneself with ashes was the penitent's way of expressing sorrow for sins and faults. An ancient example of one expressing one's penitence is found in Job 42:3-6. Job says to God: "I have heard of thee by the hearing of the ear: but now mine eye seeth thee. The other eye wandereth of its own accord. Wherefore I abhor myself, and repent in dust and ashes" (vv. 5-6, KJV). The prophet Jeremiah, for example, calls for repentance this way: "O daughter of my people, gird on sackcloth, roll in the ashes" (Jer 6:26). The prophet Daniel pleaded for God this way: "I turned to the Lord God, pleading in earnest prayer, with fasting, sackcloth and ashes" (Daniel 9:3). Just prior to the New Testament period, the rebels fighting for Jewish independence, the Maccabees, prepared for battle using ashes: "That day they fasted and wore sackcloth; they sprinkled ashes on their heads and tore their clothes" (1 Maccabees 3:47; see also 4:39).

Other examples are found in several other books of the Bible including, Numbers 19:9, 19:17, Jonah 3:6, Matthew 11:21 and Luke 10:13 and Hebrews 9:13. Ezekiel 9 also speaks of a linen-clad messenger marking the forehead of the city inhabitants that have sorrow over the sins of the people. All those without the mark are destroyed.

It marks the start of a 40-day period which is an allusion to the separation of Jesus in the desert to fast and pray. During this time he was tempted. Matthew 4:1-11, Mark 1:12-13 and Luke 4:1-13. While not specifically instituted in the Bible text, the 40-day period of repentance is also analogous to the 40 days during which Moses repented and fasted in response to the making of the Golden calf. (Jews today follow a 40-day period of repenting during the High Holy Days from Rosh Chodesh Elul to Yom Kippur.)

Shrove Tuesday Pancake Supper

This year's Shrove Tuesday celebration will take place in the parish hall on **March 8 beginning at 5:30pm. Pancakes will be served until 6:30pm followed by a Pancake Relay Race, burying of the Alleluia, and a short worship service. The evening will conclude around 7pm.** Donations will be accepted and will go towards the Crosswinds Summer Mission Project. The Men's Sunday School Class will cook pancakes, Crosswinds will serve and help clean-up, and families in the church will decorate the tables in Mardi Gras fashion.

March Outreach

Thompson Child & Family Focus is our outreach project for March. Thompson has a long history of Episcopal ministry and St. Paul's Beaufort has a long history of positive involvement in this ministry. In 1886 leaders in the Episcopal Church saw the need to serve North Carolina's orphans and created Thompson Orphanage on the outskirts of Charlotte. Unfortunately, not all children get the help or love they deserve, damaging them during their critical formative years. Thompson Child & Family Focus exists for this very reason - we believe that hope and hard work can heal suffering children. Their work centers on the well-being of children and their families. Thompson is a non-profit organization operating three distinct campuses, each providing comprehensive education, treatment, and care for children (birth to 18 years) in need.

The children Thompson's serves are fragile, bruised or broken. Their vision - their determination and their obligation - is to make them whole again. At Thompson, they do whatever it takes to help every child to feel safe, strong, happy, and loved.

“Our mission...called to serve children and families through **healing, teaching, worship, and play.**”

After serving children at that location for more than 75 years, Thompson was moved to its current 40-acre location just outside Charlotte in Matthews, NC. The name was changed to Thompson Children's Home in the 1970s and the agency began providing full service care for children. For a number of years St. Paul's ECW provided a summer vacation at the beach for residents of Thompson's Goldsboro Group Home. We housed the group at Trinity and provided amusement park rides, boat tours, picnics, etc. each year. Although the Group Home in Goldsboro has closed, St. Paul's has continued to provide general financial support for this important Episcopal ministry. Thompson has evolved into a leading provider of effective clinical and behavioral treatment, development education and proactive care for at-risk children and families. The Thompson Saint Peter's Lane campus in Matthews provides an array of services including intense clinical residential treatment; day treatment programs that combine strong therapeutic intervention with individualized classroom academics; off-site, specialized treatment and support for families experiencing attachment disorder issues; and foster/adoptive placements. The Thompson Child & Family Services Center located in East Charlotte provides School Based Intervention Therapy, foster/adoptive placements, community support services, refugee services, family education, and clinical therapy outpatient services. The agency's early childhood center in North Charlotte, Thompson Child Development Center, provides developmental and preventive programming for young children and their families through a variety of educational and therapeutic resources. The Center is five-star state licensed and accredited by the National Association for the Education of Young Children (NAEYC).

Thompson Child & Family Focus is a nonprofit agency. Program fees do not cover the cost of excellence that accompanies all Thompson services. Life for our children is threatened not only by terrible experiences but by lingering negative effects of a troublesome economy. Your critical support sustains the works we do and the lives we change.

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.

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

Mary Lee Daughtry on the death of her brother in law, Leslie A. King



Attention Anglers!

The Fin-Addicts fishing club will meet **Tuesday, March 15** 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, March 10**. 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 **March 17**.

Book/Film Group

The Book/Film Group will meet **Thurs., March 17 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, March 17** at 10:30am in the Ladies' Sunday School Classroom.

Yard Maintenance Crew

We will have a yard clean up day 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**

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, 728-7040.

Is your **Will** out of date? When you update it remember the church.

St. Paul's Endowment Fund

Classical Recital

Joshua Head and Andrew Struhar will perform works from Handel, Mozart, Brahms, and others in a recital of classical music on Friday, March 18 at 7pm. This concert is free to the public.



PARISH HEALTH MINISTRIES

The Advisory Board met in February to review the past activities of the ministry of Parish Nursing and to discuss and plan for the future. Since 2005, PHM has concentrated on two major areas -- reaching out to the sick or those in crisis situations, and promoting wellness & prevention of illness. This will continue but there will be some new opportunities for our members to benefit from our programs & offerings. A Parish Health Ministry has been defined as the INTENTIONAL reaching out to members and the community by churches or other faith-based groups that promote health as well as offering limited health-related services.

The response to the Time & Talent sheets was outstanding, so that will enable us to continue to serve our parish by offering Crisis meals, transportation for medical appointments, visiting shut-ins and nursing home residents, and assisting with Blood Pressure Screenings. Thank you very much to those who have volunteered for this part of the ministry. We remind everyone to keep us informed of any need that you may have or know about so that no one will be missed.

We will continue acquiring the equipment needed for loan such as wheelchairs, crutches etc. We are also getting some new equipment such as an electronic Blood Pressure apparatus, CPR practice mannequins, and possibly a cholesterol checking instrument.

There will be announcements soon about practice sessions for the new CPR technique & a review of the AED. (What is that?)

The Parish Nurse and others recently attended a class on 'The Beckoning Door--Measuring Our Church's Hospitality Quotient'. The session concerned taking a look at our facilities and membership to evaluate their 'friendliness' to those with disabilities. The Board agreed that this is a need at St. Paul's and recommended that a group including the Parish Nurse, Grace Deely and two Vestry members meet and plan how and what can be done to evaluate and improve our physical facilities as well as our welcoming practices of inclusion of all. Some specific needs were discussed as being immediate.

The Parish Nurse and the Advisory Board would like to encourage anyone who has a suggestion as to how to make our ministry more accessible and helpful to contact us. We are considering offering several educational programs this year to include Strokes-Prevention and Treatment, Handling our Prescription Meds Safely, and Caring for Caregivers.

The PHM Advisory Board includes Annette Cruse, Lynwood Daughtry, Grace Deely, Norma Gardner, Patti McRae, Doris McMullen, Dolores Meelheim, Vicki Morris, Pat Pitman, Bill Rawls, Madeleine Schaw, Nancy Stephenson, and Susan Stumbaugh. We thank them for their commitment and willingness to support, advise and serve this important ministry.

Keep checking the EPISTLE and bulletins for announcements concerning PHM activities.

COLDS AND FLU STILL BUGGING US

It is just March, so Winter is not over, nor are flu & cold season. Since there is no cure for the common cold, we need to continue to keep our defenses up and/or know how to manage the symptoms & prevent complications. Since colds & influenzas are caused by viruses, there is no cure & no magic treatment but there are many palliative measures that can relieve symptoms & possibly shorten the course of the illness & more importantly, prevent serious complications such as pneumonia.

Prevention includes minimizing contact with infectious people! Not easy, but this does mean avoiding as much close contact as possible. Parents should keep kids home until they are free of fever. Teach them about hand washing, sneezing & coughing in their sleeves, disposing of their Kleenex, washing their hands, AND **washing their hands!!** This works for adults, too! Parents should talk to their pediatricians about the use of OTC meds before they start dosing up their kids on several different things.

Depending on your symptoms, there are some common treatment measures that can at least make you less miserable:

- Stay home if at all possible. This is best for you and for your co-workers, classmates or friends. REST will help and is needed for the immune system to work.
- Stay hydrated by drinking liquids such as water, teas, soups.
- Use a room humidifier if you have chest congestion or difficulty breathing.
- For a sore throat, try gargling with warm salt water - 1/2 teaspoon of salt to 1 glass of water.
- Even if you are not hungry, try to eat nutritious foods or meals -- Important to boost the immune system.
- For aches and pains, ibuprofen may help, taken as directed. For other OTC meds, ask your doctor.

If your cold or cough does not subside in 7 days, you may have developed a bacterial infection that needs medical attention by your physician. Usually the common cold will 'run its course' and is over, but we do see more persistent viral infections now that can lead to serious problems, especially in children & the older populations. A continuing fever and /or a productive cough, or ear infections in children should be treated immediately by a doctor. STAY WELL! Spring is coming.

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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>1 DOK Esther Study 6PM-8PM</p>	<p>2 Spiritual Formation 10:45am 8 PM AA</p>	<p>3 Beaufort Garden Club 9:30AM</p>	<p>4 8 PM AA</p>	<p>5 Yard Work Day 9:00am</p>	
<p>6 8 PM AA</p>	<p>7 Shrove Tuesday Pancake Supper 5:30</p>	<p>8 Ash Wednesday Services 10am & 5pm Spiritual Formation 10:45am Julian Gathering 4:30 8 PM AA</p>	<p>9 Snug Harbor Eucharist 11:00AM DOK Esther Study 6PM-8PM</p>	<p>10 ECW Lenten Retreat @ Trinity Center 8 PM AA</p>	<p>11 8 PM AA</p>	<p>12</p>
<p>13 Daylight Saving Time Begins 8 PM AA</p>	<p>14 Liberty Singers 7:00PM</p>	<p>15 Fin-addicts 7pm Potters for Parkinson's 8PM AA</p>	<p>16 Spiritual Formation 10:45am Vestry 7pm 8PM AA</p>	<p>17 Prayer Shawl 10:30am Grief Support 2pm Lenten Program 6pm Book/Film Group 7pm</p>	<p>18 8 PM AA</p>	<p>19</p>
<p>20 8PM AA</p>	<p>21 DOK Esther Study 6PM-8PM</p>	<p>22 Spiritual Formation 10:45am Julian Gathering 4:30 8PM AA</p>	<p>23 Lenten Program 6pm 8 PM AA</p>	<p>24 8 PM AA</p>	<p>25 8 PM AA</p>	<p>26</p>
<p>27 8PM AA</p>	<p>28 DOK Esther Study 6PM-8PM</p>	<p>29 Spiritual Formation 10:45am 8PM AA</p>	<p>30 Lenten Program 6pm</p>	<p>31 Lenten Program 6pm</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>	

Sunday Servants for March



Altar Guild – Ginny Costlow, Jeanette Holland, Paula King

Acolytes

Eucharistic Ministers

March 6	8:00AM	Susan Stumbaugh	Allan Harding/Barbara Harding
	10:45AM	Taylor Hollingshead	First Lesson Katie Sherman
		Henry Gregory	Second Lesson Shelvey Lloyd
		Walker Harris	Mamre Wilson
		Stephanie Hamilton	Pat Schaaf
			Greet/Bread-(8am) Dolores Meelheim
			(10:45) Shelvey Lloyd
			Ushers:8am Sam Williams, Ike & Helen O'Neal, George Dill
			10:45am Jack Gilstrap, Steve Hamilton, Isaac Parker, Shelvey Lloyd
March 13	8:00AM	Vicki Morris	Patti Dill/Scott Brooks
	10:45AM	Jake Lasky	First Lesson Joe Ustach
		Rachel Henry	Second Lesson Nancy Ustach
		Emily Bulla	Sarah Jo Safrit
		Duncan Englehardt	Dick Brown
			Greet/Bread-(8am) George & Dale Wooten
			(10:45) Jeanette Holland
			Ushers:8am David Clawson, John & Ellen Sewell, Phil Morris
			10:45am Larry Becker, David Dubuisson, Jim Searl, Michelle Laughridge
March 20	8:00AM	Susan Smitherman	Lewis Bryan/Susan Smitheman
	10:45AM	Charlotte Henry	First Lesson Pennyloyd Baldrige
		Josie Daniel	Second Lesson Ilse Englehardt
		Alyx Goodwin	William Davis
		Charlie Klose	Frank Rock
			Greet/Bread-(8am) Gail Williams
			(10:45) Sandra Howarth
			Ushers:8am Gerald Troyer, Jr., Lynwood Daughtry, Jim Smitherman, Jeff Vinton
			10:45am Birkett Howarth, Bill Blair, Deborah Van Dyken, Brad Drury
March 27	8:00AM	Susan Stumbaugh	Len Gilstrap/Jack Gilstrap
	10:45AM	Allie Minchin	First Lesson Frank Rock
		Julia West	Second Lesson Fran Rock
		Emma Lasky	Mamre Wilson
		Eddie Minchin	Frank Rock
			Greet/Bread-(8am) Bill & Helen Rawls
			(10:45) Joe & Nancy Ustach
			Ushers:8am Walt Glancy Bill & Helen Rawls, Dick deButts
			10:45am Tip Noe, Pennyloyd Baldrige, Roberta Brown, David Farrior



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.

ECW Scholarship

The ECW values its students & all the work they do for St Paul's Church. We know each & every one of the students have many demands on their time & 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, & 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, 2010.

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PARENTING-ADVICE.NET

Parents, welcome to Parenting-Advice.net, an internet resource site for your first 20 years of parenting! If you are not familiar with this site, go to <http://www.parenting-advice.net/>. Sarah Chana Radcliffe, author of 'Raise your Kids Without Raising Your Voice', has been a professional counselor and parent-educator for 30 years. She will help guide you through the parenting maze with topics such as crying babies, unruly children, teens with attitudes, and much more. We will be including some of her advice in future EPISTLES, as well as other parenting information. Next month the topic will be 'How to Live with Fussy Eater!' Sound familiar? Also, if you have any burning questions or need some information or help with a concern, let us know and we will see what we can find. Oprah says she thinks teachers have the most difficult and important jobs of all. I have to put parenting right up there next to teachers, if not number one!

REMINDERS:

The Parish Nurse Office is open on Tuesday mornings from 10-12. This time is NOT just for Blood Pressure Checks, although you can get this done. We have scales if you need to start checking your weight. We have equipment you may need to borrow. If you have questions about your medications, treatments, or your particular illness, come talk to the PN and she will try to find your answers. If you just need to talk or vent or complain or whine or cry, we listen. The PN is also available by phone but some time it helps to have a one-on-one conversation. If we don't have an answer, suggestion or solution, we can often find one for you.

Check the local newspaper for the What's Happening at the Hospital column. There are classes and activities going on all the time that may be of interest to you.

Our annual Healing Service is tentatively being planned for a Wednesday during Lent. Details will be announced in the bulletins soon.

Crosswinds

☞ Where the World and Faith collide ☞

Sub Sales Success

Thank you, thank you, thank you! Our Sub Sale Fundraiser was a huge success. We raised \$1,038.00 for our Summer Mission trip. There were a number of people who donated items for the sale and I would like to acknowledge and thank them publicly:

Tom & Lillian Flynn from On A Roll donated over four dozen foot long rolls.

Benji and Marnie Parks from Beaufort Grocery donated all the meat and cheese.

Nina Berner and her Mom, Ginny, donated roma tomatoes.

Ashley Domke and Deborah Van Dyken donated almost 100 individual bags of mixed chips.

Stephanie, Julia, and Steve Hamilton donated the mustard.

Head Family donated the mayonnaise, roma tomatoes, black olives, and banana peppers.

Taylor and Janet Hollingshead donated a big bag of individual mixed chips.

Allie and Holly Minchin donated the shredded lettuce.

Tory, Jacob, and Rick Smith donated the pickles.

Len Gilstrap and her Mom, Ann Carter, baked all of the cookies.

Ryan Salter donated black olives and banana peppers.

Jadranka and Silke Weygoldt donated a big bag of individual mixed chips.

Sarah Jo Safrit donated the oil & vinegar.

Nancy Ustach made 5 lbs. of marinated onions.

A special thank you goes out to Barbara Deely for organizing the sale and prepping the meat.

And thanks to Len Gilstrap's organizational skills and great notes, we were able to do the entire fundraiser successfully again.

When Jumping into Revelation, Don't check Your Brains at the Door

Crosswind's middle-schoolers are studying Josh McDowell's "Don't Check your Brains at the Door." Come prepared to do some Myth-busting. We'll be putting truth to the myths about God, Jesus, and the Bible. The High-schoolers are jumping into one of the most complex and controversial letters in the Bible. Come prepared with Bible in hand to ask the hard questions and see what the Revelation of Jesus Christ offers to us all.

Kids serve the Shrove Tuesday Pancakes

Crosswinds kids will be serving the food and helping to cleanup after the Shrove Tuesday Supper on March 8. Please be ready to serve at 5:30. Aprons will be provided. Donations received will go towards our youth program.

Liberty Chamber singers concert

Crosswinds will once again be sponsoring a concert at St. Paul's on Monday, March 14 at 7pm featuring the Liberty Chamber Singers. This is an elite choral group from Liberty University who will be singing here as part of their Spring Tour. They are a truly incredible group. Please come out and experience this outstanding chorus! There will be a signup sheet in the Parish Hall for those families who are willing to host two or three kids from the group. All that is required is, a bed for them to sleep in, breakfast in the morning and a bag lunch.

Classical Recital

Joshua Head and Andrew Struhar will perform works from Handel, Mozart, Brahms, and others in a recital of classical music on Friday, March 18 at 7pm. This concert is free to the public.

Easter Pageant

We will have an Easter Pageant on Easter Sunday during the 9:30 service involving our kids, and our youth and a few adults. Since we will be rehearsing during the Sunday school hour, please make sure your child is attending regularly.

Calendar

Sunday 3/6	Crosswinds Meeting 5:30-7:30pm
Tuesday 3/8	Shrove Tuesday Pancake Supper, 5:30pm
Sunday 3/13	Crosswinds Meeting 5:30-7:30pm
Monday 3/14	Liberty Chamber Singers Concert, 7pm
Friday 3/18	Joshua Head and Andrew Stuhar Recital, 7pm
Sunday 3/20	Crosswinds Meeting 5:30-7:30pm
Sunday 3/27	Crosswinds Meeting 5:30-7:30pm



The Epistle

March 2011 Edition
St. Paul's Episcopal Church
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Janet Hollingshead—Part-time Secretary
Rick Smith—Organist/Choirmaster
Ginny Poindexter—Parish Nurse



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SPRING FORWARD
MARCH 13 AT 2:00AM
TURN YOUR
CLOCK AHEAD
ONE HOUR!!

The Epistle deadline for
April is
Monday, March 21.

The Epistle is the monthly parish newsletter for St. Paul's Episcopal Church, Beaufort, North Carolina.
For address changes or other information, please contact the church office
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