

# The Epistle

## September 2010

The Monthly Newsletter of  
St. Paul's Episcopal Church

### Rector's Reflections



Be kinder than necessary because everyone you meet is fighting some kind of battle.

*Billie Holliday*

Pleasant words are like a honeycomb, sweetness to the soul and health to the body.

*Proverbs 16:24*

Those who say, "I love God," and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. The commandment we have from him is this: those who love God must love their brothers and sisters also.

*I John 4:20-21*

A local establishment I frequent, which will remain anonymous, used to have the above referenced quote from Jazz great Billie Holliday posted on the bulletin board near their cash register. It was a good thing they did because they often did not have my order ready when promised and if they did it was sometimes not completed to my satisfaction. The quote, which was recently replaced by an equally poignant one from the Hebrew Scriptures, was and is a constant reminder to me that as human beings, created in the image of God we are called to treat each other at all times with dignity and respect (The Baptismal Covenant, BCP, p. 305).

This commitment to civility in our discourses and relationships with one another is rooted in the Great Commandment given by Jesus immediately after washing his disciples' feet on the night prior to his death: "I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another" (*John 13:34*.) This call to love, to treat one another as we ourselves wish to be treated, with courtesy, respect and politeness, with Civility, is the proof of our commitment and membership in the fraternity of God. "By this," our Lord says, "everyone will know that you are my disciples..."

I must admit that too often I fall short of the Great Commandment to love, and find myself in need of repentance, forgiveness and amendment of life. In fact, the ones I often fail and hurt the most are those, to whom I most vociferously pledge to love, honor and cherish, namely my spouse, my children, my fellow brothers and sisters in Christ. It deeply saddens me when I realize that I have once again fallen short, missed the mark of God's high calling to be his witness and ambassador, in other words, haven fallen in to sin, and betrayed Christ to whom I have pledged my all. It saddens me too when others within our parish do not demonstrate love and civility towards each other and bring hurt and shame on name of Christ and cause unnecessary division within the community of Faith.

In these anxious economic times, fraught with fear, deep mistrust of one another, and the extreme political polarization, within and without the church, the likes of which I have not experienced in my lifetime, it seems we are destined to become a community disconnected from ourselves, living as if we do not need each other or God. This is not the Judeo-Christian way of our ancestors. Jesus and the apostle Paul grew up in a culture that believed there was no "existence" whatever outside the context of the community. The Rabbis taught: "To be, is to be in community." Scott Peck, author, psychiatrist and Episcopal layman quoted in a recent sermon by the Rev. Sally B. White, with personal comment by Ms. White said this:

A critical cornerstone for civility is a consciousness that we individuals are not autonomous; no one of us is the center of the universe; we are connected in relationships, organizations, groups, systems, a 'web of exchange' – and I might add an interdependent web of all existence.

He [Mr. Peck] reminds us that the word "religion" is derived from Latin roots that mean "to connect," and it is in recognizing and nurturing our connections that we find healing, health, and wholeness. In his words, "relatively and understandably rare though it may be, civility is the path of growth, the road to personal and collective salvation or healing. Civility is hardly the only way to live, but it is the only way that is worthwhile." [The Rev. Sally White, sermon June 10, 2010 and Scott Peck from his book A World Waiting to be Born pp. 40, 45-47, 73; quote p. 54.]

Friends in Christ, as we move forward together seeking God's will for our individual and corporate lives my prayer is that we will, as Dr. Peck and the Rev. White graciously remind us, take the path of civility and love, the only path worthwhile and laudable as followers of Christ.

**Pax, John+**

# ✠ Parish News

## September Outreach

**Meals on Wheels of Beaufort** is our outreach project for September and operates under the Beaufort Fellowship of Churches. This is a service which is provided for homebound folks who are either disabled, elderly or without transportation or those recuperating from surgery. Meals are prepared by Piggly Wiggly, picked up between 11:00am to 11:10am and then delivered by volunteers Monday thru Saturday. Some recipients want meals daily and some want meals two or three times per week. Some recipients pay for their meals and some require monetary assistance. Monetary assistance currently costs about \$250 monthly. All donations are used to help pay for meals and are greatly appreciated. Volunteers to deliver meals are also needed and very welcome. Many of our current volunteers are aging out—so please, if you have an hour to an hour and fifteen minutes to spare once a week or once or twice a month, please volunteer.

Call Sandra Howarth at 241-4292.

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.

### **Prayer Shawl Ministry**

The Prayer Shawl Group will meet on **Thursday, September 16** at 10:30am in the Ladies' Sunday School Classroom.

### **Contribution Needed**

St. Paul's Grief Support Group is in desperate need of a 3 drawer filing cabinet. If you know of a gently used one that you can donate, contact Martha at the church office 728-3324.

### **Attention Anglers!**

The Fin-Addicts fishing club will meet **Tues., Sept. 14** 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

### **September 12<sup>th</sup> Covered Dish Supper**

Claud Wheatly has advised the rector that he does not want "to be the major subject at the covered dish dinner..." scheduled for September 12 and that "the fact that I have taught the class for 63 years is not important as far as I am concerned." Out of respect for Mr. Wheatly, his St. Paul's family will, of course, honor his wishes. Let us still gather, on this first Sunday of the new church school year, as a parish family for the purpose of good food, fellowship and in thanksgiving for the mission and ministries of the Church and reflection on our common life in Christ. Please bring a covered dish and plan to join us following the 10:45 Eucharist.

### **Book/Film Group**

The Book/Film Group will meet **Thurs., September 16 at 7:00pm** in the office classroom. They will discuss the book "To Kill a Mockingbird". The book is available at the public libraries. If have any questions, call James Searl at 726-2381.

### **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 **September 16**. Fr. John will lead the group in a discussion of the Theology of Life after Life.

### **2010/2011 Foyer Groups**

#### **(TIME FOR SIGN UPS AGAIN THIS YEAR)**

Foyer comes from a French word meaning 'hearth' or 'fireside'. Foyer groups are usually composed of 8 to 12 individuals & meet monthly in various group members homes (or other selected places) for a simple meal. Group members bring dishes for the meal while the host/hostess provides the meat dish. This is a wonderful opportunity to meet new friends & get to know those individuals who may be just names or faces in our parish. It is a wonderful way for new members to make new relationships.

### **Sunday School Resumes and Teachers Commissioned Sunday, September 12**

Join us for worship at either the 8 or 10:45am services as we commission our Sunday school teachers and their assistants and begin our fall program at 9:30am. Classes are offered for pre-school through adult. Hope to see you there!

**There are sign up sheets in the Parish Hall . Again, there will be family groups for those who want to bring their children & there will also be adult groups. We will mix singles into the adult groups with at least two singles in each group if possible. There will be a place for everyone. You will need to re-sign up even if you are currently in a Foyer Group. If you have questions, please call Patricia Phillips at 728-2631**

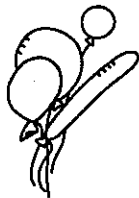
### **Acolyte Training**

There will be an Acolyte Training class on Sunday, September 26 after the 10:45 service. This is required for all current acolytes and for those 6th -12th grade who would like to become an acolyte.

## September Birthdays

2	Thelma Carlisto	19	Margaret Merrick
	Jacob Smith		Marion Willhauck
5	Mamre Wilson		Mildred Farior
6	Kim Porter		Sarah Drury
10	Mitchell Brooks		Jane McKee
11	Wanda Gaskill		Jim Stallworth
	Bethy Rose	20	Ellen Sewell
12	Bobby Montgomery	21	Caitlyn Brandt
	Eddie Minchin	22	Peggy Marcus
	Henry Gregory		Donnie Dudley
14	Joyce Gross		Jason Michels
	Josie Daniel	23	GINNY BECKER
15	Margaret Wallace	24	Babs Barnes
	Ryan Salter		George Rose
	Madeleine Schaw		Lynda Phillips
	Stephanie Hamilton	25	Patti Dill
16	Jan Carlisto	26	Rick Smith
	Jack Gardner		Bruce Chadwick
17	Suzanne Bullard		Mike Noe
	Gil Potter	27	Anna Claire Sherman
18	Tom Owens	29	Linda Connor
			Bill Rawls
			John Mease
			Michael Glover
		30	Richard Babcock

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, September 4 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 September

- Sept. 5—(10am) Mamre Wilson & Choir  
 Sept. 12—(8am) Mary Lee & Lynwood Daughtry  
 (10:45) **COVER DISH LUNCH**  
 Sept. 19—(8am) Sylvia Wheatly/Lynne Eastman  
 (10:45) Tina Banks  
 Sept. 26—(8am) Nancy Stephenson  
 (10:45) Judy & Gary Mercer

## SEPTEMBER

### Flowers for September

- September 5—Dave & Patti McRae  
 September 12—Mary Lou Hill  
 September 19—John & Wanda Gaskill  
 September 26—Jeanette Holland



### Altar Chair for September

Sandra Howarth

### September Altar Guild

Bitsy Dudley, Peggy Marcus,  
 Patricia Phillips, Carol Sadler

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

Martha da Silva, Ginny Becker, John Mease, Evelyn Sewell, Gertrude & Tex Cavett, Eula Parkin, Doris King, Walt Schaw, JoAnn McComas, Tori Smith, Jean Ferguson, Tommy Midgette, Claudette Fonseca, Nancy Johnson and Dan Curtin.

**As well as our service men and women especially**  
 Jeremy Brandt, Thomas Irwin, Brian Mead, Travis Guidt, Chris Wilson, Anthony Martin, and Steven Herod.

### The Singing Returns

Adult Choir will resume rehearsal on Wednesday, September 8 at 7:00pm. The Choristers will resume on Sunday, September 12 at 9am and the Youth Choir will also resume that day at 4:30pm. Please get involved in helping us "Make a Joyful Noise".

## Thanks and Blessings

Dear Sisters and Brothers,

Please come and help St. Andrew's Episcopal Church celebrate our 103rd anniversary.

The celebration begins with worship service on Sunday, September 12 at 5 pm at St. Andrew's Episcopal Church, 901 Harris S., Goldsboro. Our special guest is the Rt. Rev. Santosh Marray, Bishop Assisting of the Diocese of East Carolina. Bishop Marray is a dynamic speaker. He was born in Guyana, South America and is former Bishop of the Seychelles. This will be an inspirational service of thanksgiving, worship and praise. A reception follows the service.

Our celebration continues with the Annual Jazz Dinner Dance at Walnut Creek Country Club, 508 Lakeshore Dr., Goldsboro, NC on Friday September 17 from 7pm to midnight. Music will be provided by Moment's Notice of Raleigh. Come enjoy great food and fellowship. The cost for the Jazz Dinner Dance is \$0 per person. For tickets please call Thomasina Barnes at 919-736-7442, Annette Bryant at 919-735-9621 or Vanessa Stovall at 919-751-2828 or email sec.standrewsgoldsboro@gmail.com. RSVP by September 10

**Sincerely, Annette Bryant-Anniversary Chairperson**

Dear Friends in Christ,

On behalf of **Crystal Coast Habitat for Humanity**, I want to thank you for your donation of \$85.

Currently we are working on three faith build homes in "God's Property" Subdivision on Faith Lane in Newport. One home is in the completion stage of trim and painting, a second home is in the framing and siding stage, and we have a foundation started for a third home. We ask that you share this information about our Faith Build Projects and ask for support to help us complete these homes for the three families.

Your church has always played a large part in the success of our ministry and we are especially thankful to your congregation for their support in our mission to eliminate poverty housing along the Crystal Coast.

**In partnership, Kris Durham-Executive Director**

Dear St. Paul's Episcopal Church,

Thank you so much for your recent gift to **Least of These International Ministries**. Your partnership with us in our work makes what we do possible.

Because of your generosity we are able to continue working with the children still housed in government orphanages and in making improvements on our foster home. Our school in the Gypsy village continues to thrive and grow and we are able to add so much to the lives of these under-served children due to faithful support from wonderful people such as yourselves.

We realize there are many needs in the world today competing for your attention. For this reason, it means that much more to us that you would choose to share your support with our ministry.

May God bless you in all of your efforts for having compassion on these precious children!

**In His Service, Amy Noe**

Dear St. Paul's

On behalf of the **Episcopal Farmworker Ministry's** Board of Directors and staff, please accept our most sincere thanks for the \$1005 donation to be used as needed. Your financial assistance enables us to continue providing programs offered to the migrant & seasonal farmworkers that work in the North Carolina fields each year. We thank you for your continued support of this ministry, which enables us to provide the much needed physical, emotional, and spiritual guidance to the farmworkers.

I thank God for the opportunity to serve his people through the Episcopal Farmworker Ministry, and also for actions such as yours that gives us the security to continue offering our services through the love of Christ. **Fr. Tony Rojas, Director**

Dear Friends of St. Paul's,

Thank you very much for your very generous contribution of \$520 designated for scholarships for children studying at Episcopal Schools in the Dominican Republic during the 2009-10 academic year. Many children in the DR would not get a good education without help like yours. Your involvement has made a difference in the lives of these children & in the life of the Dominican Episcopal Church.

**Sincerely, Bob Stevens  
Executive Director**

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

...Patty White on the death of her sister, Eleanor Nalley  
...Walt Schaw on the death of his brother, Paul Schaw



### **Vestry Highlights**

The vestry met in the parish hall in monthly session. Some items discussed or acted on are as follows:

- Representing the Building Committee, Jim Smitherman shared the revised plans for renovation of the current parish hall (a blend of previous B & C options). Lee Dixon of EDA was present to answer questions. After a short discussion it was agreed that the vestry meeting would begin and further discussion would take place during Old Business.
- The minutes of the June meeting were approved with one change.
- George Dill, Treasurer, gave his report and the vestry acknowledged the transfer of funds for the month.
- There was no Senior Warden or Junior Warden report.
- Jack Gardner, Buildings and Grounds, reported that John Teare had written a memo concerning the refurbishing of the 1891 bell in the courtyard. After contacting the Maryland company which is still in business, and getting an estimate of the cost (around \$2000 plus shipping) Jack recommended that we wait until the end of the year to handle this using monies in the current Buildings and Grounds budget. He also is having a New Bern firm, Coastal Securities, inspect our current fire security system.
- During Old Business there was discussion of the Building Committee's report ending with Tricia Phillips making a motion as follows;" Let us move forward with plans for the Parish Hall renovation and expansion plan and set up an informative Parish Update Meeting in the fall between Sunday Services." Ed Wheatly seconded the motion and it was unanimously approved by the vestry. A committee was formed to plan the Parish Information Session including Sarah Jo Safrit, Joe Ustach, Ed Wheatly, John Carlisto, from the vestry, along with Jim Smitherman from the Building Committee.
- The Sabbatical Committee will meet August 26 and report at the September vestry meeting.
- The Claud Wheatly Celebration was scheduled for Sunday, September 12 after the second service with a Covered Dish Meal in the Parish Hall.
- New Business included the quarterly report from the St. Paul's Endowment Fund with a fund total of \$253,456.27 as of June 30, 2010.
- After discussion of coming events, the vestry meeting was adjourned with prayer.
- The next vestry meeting will be held on September 15 in the Parish Hall at 7:00PM.

### **2010 Vestry Members**

Dick Brown  
Julia Hamilton  
Sarah Jo Safrit, Sr. Warden  
Ellen Sewell

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

Patti Dill, Clerk  
Jack Gardner  
Nancy Stephenson  
Ed Wheatly

George Dill, Treasurer

Charles Phillips, Asst. Treasurer



## PARISH HEALTH MINISTRIES

### LIFE LINE SCREENING REPORT

LifeLine Screening came to St. Paul's in July and approximately 75 people were screened that day between 9 and 5. A good group from our church participated. You should have received your reports by now. If you got a questionable screening, please follow up with your doctor ASAP. If you were unable to be screened that day, check for other screening dates in our area. If you are not sure you need these screening tests, check with your doctor. They highly recommend them. Thanks go to Mr. Teare and Martha for their help in preparing for this event.

### NEWSWEEK ISSUE

If you have not seen the June 28 issue of NEWSWEEK magazine, please try to find one and read the section on 'The Science of Healthy Living'. (There is a copy in the Parish Nurse office). There are at least 30 pages of articles concerning several important health-related issues. These include 'Taking Charge of your Medical Future', 'The Good News about Aging and the Brain', 'Surviving the Passage to Caregiving', 'Sleep Deprivation Dangers', and a very good 'Guide to Healthy Living at any Age'. Also, if you would like more information on any of these topics, please see Ginny. The Good News! In the article about our aging brain, it states, 'a deeper understanding now of NORMAL cognitive aging is producing interventions that promise to be more effective than memory exercises and crossword puzzles!' Seniors, it is NORMAL to have Senior Moments!

### AMAZING VITAMIN D -- THE NEWEST NUTRITIONAL POWERHOUSE

Who knew that this little nutrient we always thought just helped build strong bones and teeth could also fight cancer, depression and even heart disease? So why and what do we need to know about this 'Wonder Vitamin'? You probably do recall that we need Vitamin D to absorb Calcium that aids in bone growth and strength. A deficiency in children can cause rickets and poor tooth formation; in adults it causes bone malformation and osteoporosis. Now studies are showing that there are other important effects on some heart problems, some cancers and even depression. Low levels in children can result in more severe asthma. Vit D offers some protection against certain cancers such as breast, colon and prostate. It seems to help with depression in older adults. It can also help with weight gain in women after menopause. Who knew?

How is Vitamin D normally produced? It is a pure Catch -- 22. We need to expose our skin to direct sunlight! Ah-hah! But doesn't that cause skin cancer? YES, so that is a No-No. The amount of sun needed to provide enough Vit. D would be very risky. So we must look for other sources such as dietary. Fortified milk and some other dairy products, eggs, cereals, fortified fruit juices, and fish oils provide Vit D. So how can we be sure we are getting enough? There is a simple blood test that checks levels so if you have not had this done, ask your doctor.

Most adults will need to take supplements. How much depends on age and risk factors. Again, your doctor will order the appropriate dosage, especially your pediatrician for your children. For adults, the need increases with age. Most multivitamins do not have enough but Vit D is available over the counter by itself. Talk to your doctor, have the test and then TAKE the correct dose. No need to over-do it, but do it.

### HUMOR IS HEALTHY.....

Overheard at the gym: 'I have to exercise early in the morning before my brain figures out what I am doing'.

### PASTORAL CARE

For the last few months or longer, it seems we have seen an increase in illnesses, surgeries or crises in the parish. Our Pastoral Care Commission and Parish Health Ministries have worked to identify these members and provide for some of their needs. Please continue to help us by informing Frs. John and Paul, the office or Ginny of these needs. Also, we cannot thank those of you enough who serve in this ministry by providing meals, transportation and other support for our sick. You are truly servants of God when you reach out to those in need. Also, keep this ministry in mind next year when we do Time and Talent cards and volunteer your help.

PHM wants to wish all of our students (of all ages), teachers and parents a great start to a new school year. Remember to stay healthy so that you can do your best work, make good grades, survive the stress and actually enjoy the experience! For those of you who are leaving us temporarily for the wide world of education or jobs, keep us in your minds and hearts, as we will you.

A Simple Prayer -- Dear God, we thank you for every day that you give us the gift of life. Help us to be good stewards of our total health. Make us ever mindful of the needs of others, and help us to know how to minister to those needs. In Christ's name, Amen.

## Dear Friends in Jesus

Friday, September 10, 2010  
at 7PM

You are invited to a piano concert given by Sherry Jayroe Malcolm held at Crystal Coast Church of the Nazarene, 4311 Country Club Road, Morehead City (252-726-1818). This is not an ordinary concert, the Lord has impressed on Sherry not only to give her time and talent, but also use this time as a prayer and praise service worshipping our Father AND to pray for our nation.

**“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land”**

*(2 Chron. 7:14).*

## Martha's Medical Update

I want to let everyone know about my most recent encounters with my “head doctors”. In late July, I went for a follow up MRI. I was told by a doctor that I had tumor growth again. This doctor told me that I would need surgery and/or Gamma Knife Radiation again. I had been told by my neurologist (who is no longer in North Carolina) back in August of 2009, that I was not a candidate for either. I had already had enough radiation and surgery could leave me paralyzed or cause a stroke. Or I could take a chemo pill to see IF it is tumor growth. And if that didn't work they would treat for necrosis.

As most of you know, I AM A FIGHTER. I was not going to let some doctor, that acted like this was my first day in the game, make those kinds of decisions for me. I called Dr. Steve Boone and asked his opinion and he verified my thoughts about going to Duke and referred a specific doctor. So I called my oncologist at the RAAB clinic and she chose to refer me first to a radiation oncologist, Dr. Papagikos, from Wilmington (also part time in Morehead City). He consulted with Wake Forest Medical (the only other hospital in the state that has Gamma Knife) and they both agreed that it was not tumor growth but radiation necrosis. This is the death of tissue surrounding the tumor. I was put on medication accompanied by 2000iu of Vitamin E. At this point, all is well and there have been no side affects. I return to the doctor in Wilmington on September 24 and I expect nothing but good news.

I would like to thank Dr. Boone for his professional input, to Fr. John and the vestry for their support and TO ALL OF YOU for your prayers.

I am LIVING PROOF that they work. Please continue to pray for me and my family as we embark on another leg of this journey

## Dave Ramsey's Financial Peace

It was for our freedom that Christ set us free, so why do we continue to allow student loans, credit cards and car payments to enslave us? During Financial Peace University (FPU), you will discover a world of freedom by using proven, biblical principles to permanently break free from the bondage of debt. FPU will be here at St. Paul's on **Thursdays, Sept. 9-Dec.9, 6:30pm-8:30pm**. Sign up on FPU participants list in the parish hall. Cost: \$99 per couple or individual.

**Financial Peace University  
Fall 2010 Schedule - Registration Open  
All sessions meet on Thursdays, 6:30-8:30 p.m.**

Session Title	Date
1. Super Saving: Common Sense for Your Dollars and Cents	Sept 9
2. Relating with Money: Nerds and Free Spirits Unite!	Sept 16
3. Cash Flow Planning: The Nuts and Bolts of Budgeting	Sept 23
4. Dumping Debt: Breaking the Chains of Debt	Sept 30
5. Credit Sharks in Suits: Understanding Credit Bureaus and Collection Practices	Oct 7
6. Buyer Beware: The Power of Marketing on Your Buying Decisions	Oct 14
7. Clause and Effect: The Role of Insurance In Your Financial Plan	Oct 21
8. That's Not Good Enough!: How to Buy Only Big, Big Bargains	Oct 28
9. Of Mice and Mutual Funds: Understanding Investments	Nov 4
10. From Fruition to Tuition: Planning for Retirement and College	Nov 11
11. Working In Your Strengths: Careers and Extra Jobs	Nov 18
12. Real Estate and Mortgages: Keeping the American Dream from Becoming a Nightmare	Dec 2
13. The Great Misunderstanding: Unleashing the Power of Generous Giving	Dec 9

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Each Sunday</b> 8:00 AM Holy Eucharist, Rite I Followed by Coffee Time 9:30 AM Sunday School 10:45 AM Holy Eucharist, Rite II Followed by coffee time. 5:30 Crosswinds</p>	<p><b>Each Wednesday</b> 10:00 AM Morning Eucharist Spiritual Formation 5:30 PM Evening Eucharist 7:00PM Choir Rehearsal</p>		1 8 PM AA	2 Beaufort Garden Club 8 PM AA	3	4 Yard Work 9am
5 8 PM AA	6 Labor Day Church Office Closed	7	8 Choir Rehearsal Resumes Julian Gathering 4:30 8 PM AA	9 Snug Harbor Visit 11am Financial Peace (FPU) 6:30-8:30	10 8 PM AA	11 Private Party
12 Sunday School Resumes Covered dish after 10:45 service Choristers 9am Youth Choir 4:30pm 8 PM AA	13 Financial Peace (FPU) 6:30-8:30	14 Fin-addicts 7pm	15 Vestry 7pm 8PM AA	16 Prayer Shawl Group 10:30am Grief Support 2pm Financial Peace (FPU) 6:30-8:30	17 Wedding Rehearsal 4pm 8 PM AA	18 Golmont/Basham wedding 4pm
19 8PM AA	20 Financial Peace (FPU) 6:30-8:30	21	22 Julian Gathering 4:30 8PM AA	23 Financial Peace (FPU) 6:30-8:30	24 8 PM AA	25
26 African Team Ministreis 8PM AA	27 Financial Peace (FPU) 6:30-8:30	28	29 8PM AA	30 Financial Peace (FPU) 6:30-8:30		

## Sunday Servants for September

**Altar Guild** – Bitsy Dudley, Peggy Marcus  
Patricia Phillips, Carol Sadler



### Acolytes

### Eucharistic Ministers

<b>Sept. 5</b>	8:00AM	Lewis Bryan	Steve Boone/Lewis Bryan
	10:00AM	Julia West	First Lesson Marnie Park
		Sarah Head	Second Lesson Grace Deely
		Alyx Goodwin	Julia Hamilton
		Henry Gregory	Marnie Park
			<b>Greet/Bread-(8am)</b> Guy & June Smith <b>(10am)</b> Roberta Brown
			<b>Ushers:8am</b> Gerald Troyer Jr., Lynwood Daughtry, Jim Smitherman <b>10am</b> Tip Noe, Brad Drury, Dave Farrior, Shelvey Lloyd
<b>Sept. 12</b>	8:00AM	Taylor Hollingshead	Allan Harding/Barbara Harding
	10:45AM	Charlotte Henry	First Lesson Dick Brown
		Jake Lasky	Second Lesson Joe Ustach
		Stephanie Hamilton	Pat Schaaf
		Charlie Klose	Dick Brown
			<b>Greet/Bread-(8am)</b> Nancy Smith <b>(10:45)</b> Fran Rock
			<b>Ushers:8am</b> Walt Glancy, Ike & Helen O'Neal, Jeff Vinton <b>10:45</b> Pennyloyd Baldrige, Roberta Brown, Charles Hale, Joe Ustach
<b>Sept. 19</b>	8:00AM	Susan Smitherman	Patti Dill/Susan Smitherman
	10:45AM	Rachel Henry	First Lesson Pennyloyd Baldrige
		Allie Minchin	Second Lesson William Davis
		Emma Lasky	Frank Rock
		Ryan Salter	William Davis
			<b>Greet/Bread-(8am)</b> Jim Smitherman <b>(10:45)</b> Jan Carlisto
			<b>Ushers:8am</b> Sam Williams, Bill & Helen Rawls, Joe Smith <b>10:45</b> Jack Gardner, Madeleine Schaw, Frank Sherman
<b>Sept. 26</b>	8:00AM	Scott Brooks	Lewis Bryan/Scott Brooks
	10:45AM	Thomas Porter	First Lesson Walt Schaw
		Julia West	Second Lesson Callie Head
		Jadranka Weygoldt	Len Gilstrap
		Ashley Domke	Mamre Wilson
			<b>Greet/Bread-(8am)</b> Dolores Meelheim <b>(10:45)</b> Tina Banks
			<b>Ushers:8am</b> David Clawson, Phil Morris, John & Ellen Sewell <b>10:45</b> Jack Gilstrap, Steve Hamilton, Andy Harris, Isaac Parker



## ECW ANNUAL BAZAAR NEWS – Saturday, November 13, 2010

This is our largest fund-raiser & helps us to contribute generously to local outreach projects. We hope all women (and men) will be very involved: work in a room, cook, bake, donate time & items, help set up, buy items & raffle tickets & luncheon tickets, & stay to help clean up. Room titles with a brief explanation and a contact person are listed below. To learn more or to help, contact a room chairperson or bazaar co-chairs: Jimmy Pake at 252-838-6116 or Joyce Gross at 252-422-2941.

**THE COUNTRY STORE** – Now is the time to make jellies, jams, preserves, & pickles if you have not done so earlier. If you have empty jars, bring them back to the parish house for refills. JoAnn McComas 728-3469.

**FROZEN FOODS – Goodies Needed for Food Room** - Casseroles, appetizers, soups, chili, and Brunswick stew are big sellers in the frozen food department. Label items with the number of servings or cups. Labels, containers & some suggestions will be available soon. Norma Gardner-728-5058

**BAKED GOODS – The hottest place at the bazaar!** Why, because St. Paul's has a reputation for the best baked goods in Beaufort. Homemade items such as cakes, breads, pies, and cookies always sell well. All items should be in clear plastic containers or wrap. Containers for cakes and pies will be available soon. For additional ideas call Ann Carter at 728-5501.

**PARTY & GIFT FOODS** - items that require minimal or no preparation for parties and unexpected company during the holidays. Gift foods are great for shut-ins, drop-ins, or hostess gifts and are appropriately decorated with a Christmas touch. All party and gift foods should be in containers with 8 to 12 servings. Non perishable items are the best but things that can be refrigerated or frozen after purchase also work. Call Len Gilstrap at 728-4782.

**RAFFLE & SILENT AUCTION** – These have been a money-makers and will continue to be with your donations - maybe a special treasure or a gift which you have never used? Call Patti Dill 240-1362.

**THE GOURMET KITCHEN** – cookbooks, pots & pans in good shape, dishes, glasses, electrical appliances in good shape, stainless steel flatware sets, cooking utensils, decorative kitchen items, kitchen linens including tablecloths, and anything else that would sell in the gourmet kitchen. Call Rosemary Green at 241-6801.

**LET US KEEP THE FEAST** – St. Paul's very own cookbook will be available for purchase FOR \$19.95; it makes the perfect hostess gift, birthday or Christmas gift for friends, family, teachers and neighbors. Salesperson –TBA

**UNIQUE TREASURES** – furniture, antiques, small treasures, items which are special but no longer used. Call Carole Sadler at 728-7365 if you have questions about donations.

**BOOK ROOM** – Hoping to find a few great reads at the bazaar? If so, make space on your bookshelves. Fill a grocery bag or two with books you've read and let us sell them in the book room. (No old textbooks, Reader's Digest books or musty smelling books. Anything else will be great.) Then, come to the bazaar and refill your shelves. Check with Sarah Jo Safrit 728-3213.

**SECOND GO ROUND** – Give a new life to those special items which you have stored but haven't used; let us recycle them for you. Items should be clean and in good shape. Kay Salter - 728-7076

**TOYS** – like new, clean and not broken. Call Madeleine Schaw at 728-4555.

**THE CRAFT, JEWELRY & CHRISTMAS ROOM** – Bring "gently used" CHRISTMAS DECORATIONS – items which you love but no longer use. Check your attics and Christmas closets. Please go through your jewelry for the "JEWELRY TREE". What fun it is to find something different to wear. If you can make anything for the craft room, please do so. Ideas include hats, ornaments, scarves, pillows, wall hangings, bridge table covers, aprons, Christmas ornaments, Christmas aprons, napkins, and picture frames. Please think of something. For suggestions call Susan Smitherman 728-7581

**LUNCHEON** – Lynne Eastman and Nancy Smith are our Gourmet Chefs and Roberta Brown is in charge of Luncheon Servers. To volunteer to cook or help serve call Lynne, Nancy, or Roberta.

We need your items and help; however, please **DO NOT BRING ITEMS TO THE OFFICE OR PARISH HOUSE.** Please store them until Monday, November 8; we simply have no store room.

Keep this page for future reference as you begin to search for items or to make things for the bazaar.

# Crosswinds

☪ Where the World and Faith collide ☪

## Make a Splash with Crosswinds!

### New Crosswinds Crossover

Welcome Asia Banks, Duncan Englehardt, Ben Lasky and Nicholas Lee into our Crosswinds family! We had a great turnout for the Lock-in and Water Park. Those who missed it really missed out on the fun! A "Thank You" goes out to Mamre Wilson and Michelle Lasky for chaperoning the trip to the Waterpark. A special "Thank You" also goes to Michelle Lasky for providing breakfast.

### Meetings Begin

Our meetings will resume on Sunday nights at 5:30-7:30pm beginning on September 12<sup>th</sup> with our first meeting being a special one held at the home of Bill and Helen Rawls. There will be hot dogs, hamburgers and swimming in the Lake. We will carpool from the church at **5:00pm and return to the church by 8:00pm**. All Youth Grades 6-12 are invited to join Crosswinds. We are hoping for a good turnout for our first Sunday meeting.

### Parent's Meeting

We will have a parent's meeting on Tuesday, September 14<sup>th</sup> at 5:30pm in the Men's Sunday school classroom. It's important for as many parents as possible to attend this meeting as we discuss the upcoming year.

### Crosswinds Youth will be making the "Ultimate Choice"

This year we will be teaching using the resource "Ultimate Choice: Carolina Experience." What do you get when you cross reality TV, extreme sports, and a spiritual discipleship experience? The answer: *Ultimate Choice*. This TV-series based youth ministry resource will force your teens to evaluate their faith through an honest look at the struggles of their peers. Skydiving, whitewater rafting, and decisions of faith—ultimate choices come in many forms. Which choices will your teens make in their own lives?

### Confirmation Classes offered

Bishop Marray will be at St. Paul's on Sunday, December 5 for a visitation and possible confirmation. In the course of their Christian development, those baptized at an early age are expected, when they are ready and have been duly prepared, to make a mature public affirmation of their faith and commitment to the responsibilities of their Baptism and to receive the laying on of hands by the bishop. Those baptized adults, unless baptized with laying on of hands by a bishop, are also expected to make a public affirmation of their faith and commitment to the responsibilities of their Baptism in the presence of a bishop and to receive the laying on of hands. (BCP 412) A five-part Confirmation Class will begin on Sunday, October 13<sup>th</sup> during the Sunday school hour for those youth considering confirmation. Please let me know if you are interested in being confirmed.

### Calendar

Sunday 9/12	Sunday school Begins Crosswinds Meeting 5:30-7:30pm at the Rawls' House
Tuesday 9/14	Parent's meeting 5:30-6:30pm in the Men's Sunday School Room
Sunday 9/19	Crosswinds Meeting 5:30-7:30pm.
Sunday 9/26	Crosswinds Meeting 5:30-7:30pm.



# The Epistle

September 2010 Edition  
St. Paul's Episcopal Church  
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**The Rev. Paul Head-Associate Rector**  
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**Martha da Silva—Administrator**  
**Janet Hollingshead—Part-time Secretary**  
**Rick Smith—Organist/Choirmaster**  
**Ginny Poindexter—Parish Nurse**



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***The Epistle* deadline for  
October is  
Monday, September 20.**

*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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