



The Guiding Light

The Newsletter of the Episcopal Church of the Epiphany

February & March
2011

OUR MISSION

TO SHARE THE LOVE OF CHRIST WITH ALL PEOPLE THROUGH PRAYER,
WORSHIP AND BIBLE STUDY;

BY CARING FOR THOSE AMONG US AND BY SERVING THE WIDER COMMUNITY

Reflections from the Rector

Dr. Bernie Seigel is a Yale/New Haven surgeon and oncologist famous for his encouraging research and treatment of cancer patients, shared in his first book *Love, Medicine and Miracles* (G.K.Hall, 1988) and then his many books and presentations on the relationship between the body and mind in healing since then. I will always remember the inspiration this book was for me in my study as a hospital chaplain working with cancer patients at High Point Regional Hospital in High Point, NC. As an artist who is also a believer, I found his work fascinating.

Dr. Seigel used art therapy with many of his patients, and their art told the story of what was going on with their souls in the journey they dealt with. For example, a woman dealing with her fears of breast cancer sketched a landscape with trees. Without even realizing it, she had drawn the exact number of trees-four-as the number of her children. Her worries were about dying and leaving them with no mother to care for them. This sketch opened up conversation in a way that was much easier than perhaps another way.

The color purple was used quite often, Dr. Seigel found. Purple is a spiritual color, used in art when people are expressing deep life issues, involving their heart and soul. This was especially interesting to me, because purple is The Church's liturgical color for the Season of Lent. This is the season when we are going deeper into our hearts and souls, thinking of our lives and the issues we may have, and opening the way for God to come closer.

God is always our best medicine. We do not need to have a disease to seek God's closer presence. Miracles happen every day when people simply decide to live

a healthier life, by being closer to the One who created them and loves them more than they love themselves.

God loves you so dearly that God came into this world in the flesh to be with you and show you the Way of Life over Death. God seeks in Holy Love to save all people from aimlessness and sin. God has spoken through the prophets and apostles throughout time, and we have God's word in Holy Scripture to light our path. We have the Communion of Saints in Light that have gone before us in faith. We have saints now who join us in the journey of faith in our own churches and in our own lives. There is simply no reason for us to walk alone, or to remain lost. We can always choose new life!

If we are the Body of Christ, then, should not the arms be reaching? The hands be healing? The feet be moving somewhere? If we are the Body of Christ, should not the mind be creating and the mouth be speaking the good news of the Kingdom of God? Jesus said it: "here it is."

Lent is the season for healing and renewal of the Body of Christ. Let us be about our work.

Mother Beth+



Bible Studies and Discussion Groups to Choose from for Adults of all Ages

Sunday Morning Faith Chats @ 9:15 -10 a.m. (aka "Adult Forum")

"Faith Chat for Wellness of Mind, Soul, and Body"

We will be combining a variety of four approaches:

1. A study of the **lectionary texts** for the Sunday at hand, **especially The Psalms**
2. A study of several articles from the book **Good is the Flesh: Body, Soul, and Christian Faith** edited by The Rev. Jean Denton, BSN, pioneer in Parish Nursing and Executive Director of the National Episcopal Health Ministries in Indianapolis
3. A look at our three or four favorite DVDs (voted on by members of the class) of the **Faces of Faith** series, and discussions of their viewpoints, using scripture to enlighten our chats
4. A glance at parts of the **book of Ephesians**, sprinkled in-between and between.

Evening with Treasured Friends, Parts I & II Dinner and Discussion

February 27 and March 27, 6 - 8 pm

Epiphany Church is blessed to be a multi-cultural church in its history and in the present make-up of its congregation. We treasure who we are, because we enjoy our fellowship with each other. We want to share our friendship with others in the faith. Although we are a small membership church, many of us within our own church have not even had the chance to get to know one another, and the faith journeys that brought us to where we are today. So we are setting aside two evenings to help that happen.

We wish to have conversations of life history and faith journey which have brought us to Epiphany, to this particular place in our faith. We wish to also continue the conversations from our learning about the effects of growing up in different cultures, divided as they were because of society's barricades. It is so important for these stories to be heard. Our conversation will be respectful and fruitful for everyone. And we care for one another so much, it will be really great to get to know everyone's background and childhood. God works in wonderful ways to bring people's lives together!

Join us as we explore our own friendship and go deeper with it. Come over to Epiphany to have dinner, bring a friend, and spend an evening with us. No doubt all, in faith, will soon become treasured friends.

How to Study the Bible "Adult Lunch Bunch" Sunday, March 13 12:30 - 2 pm

We will look at two books by this same title, one by John MacArthur and one by John Evans. (If you would like to order a copy to read before the study, see Ann Lowery. They are \$8 each and it is not necessary for you to own them for the lunch bunch session. We will be using excerpts from the books for the discussion.) Join us for an enjoyable lunch and discussion about The Good Book and good ways to approach it.

Love, Medicine and Miracles

Supper and Discussion

Sunday Evening, April 3, 6 - 7:30 pm

This famous book by Bernie Siegel, MD was quite a hit in 1988 when it first came out. Its wisdom still speaks today. Our bodies and minds and spirits all work together for our overall wellness. Let Mother Beth know if you would like to take part in reading this book for discussion, and sign up. She will order the book for you if you do not already have it. You will get a postcard reminder with details closer to the supper and discussion night. See you April 3rd!

News and Events

Lenten Adult Bible Study and Lunch "Embracing an Adult Faith"

Thursdays March 10 - April 7 11 a.m. - 1 pm

We will use Author and Bible Scholar Marcus Borg's book and accompanying DVD to revisit Christianity's most fundamental questions: Who is God? What does salvation mean? What place does Jesus hold in contemporary Christian faith? The five sessions are: *God, Jesus, Salvation, Community, and Practice*. The study addresses fundamental questions that adults struggle with as faith matures. Bring your own favorite version of the Bible, as we will be using it for reference throughout the five sessions for the topics.

Led by Mother Beth and Ann Lowery.

Kids Lunch Bunch

Stay tuned for more information about planned activities. We are working on an outreach project for the Safe Harbor Rescue Mission. Dates:

12:00 noon - 2:00 pm

Feb 6
Feb 27
March 6
March 20

Traces of the Trade and Blood Done Sign My Name

These are two important films that have been viewed by many people from our three Episcopal Churches and from other churches in our area over the last six months in our efforts to begin the process of reconciliation and healing from the divisions and wounds caused by the legacy of slavery, segregation and racism.

Mother Beth will be purchasing a copy of these films for her own library, and she will make these available for small groups to watch together as they wish. They will stay at the church to be viewed in the library, or be loaned out for book clubs, civic groups, schools or other churches by speaking to Mother Beth.

If you would like to set up a time for watching either of these films, please feel free to let the church office know (464-1876) and we will arrange the showing for you. Thank you for your interest.

Bishop's Reflection

"The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes" (John 3:8).

There is a wind blowing in Egypt. It's the wind of change; it's the wind of revolution; and it's the wind of destruction. These events are never one dimensional. On the one hand, there is a great sea change going on in the Middle East. Any time a million people assemble and cause a ruler who has held power for 30 years to announce he is stepping down, something is going on. There is a creative force in the world that is blowing and we do not know where it comes from or where it goes. But there is always the potential for destruction. Certainly in Egypt the very wind that brought down President Mubarak has also eliminated the police force and caused massive food shortages and violence. I mean we never live in melodrama but the world which is mixed with good and evil; grace and sin; creativity and destruction.

Perhaps that is why The Church has never been completely comfortable with The Holy Spirit. The Spirit blows her wind and our carefully defined categories get all mixed up and the ways in which we have ordered the world get scrambled. The trick is to know what to hold onto and what to let go of. Letting go of an autocrat is a good idea; letting go of order and food distribution is not. When the Holy Wind blows, we must sort out what it is God is allowing to die and into what God is breathing new life.

My image of this is the Church as a sailboat. We need sails to catch the wind; to give us new ways of praying; to open the Church to people we have excluded in our blindness and prejudice; to call us to stand for those without a voice in the halls of power. As the prayer for ordination says, "let the whole world see and know that things which were cast down are being raised up, and things which had grown old are being made new, and that all things are being brought to their perfection by him through whom all things were made, your Son Jesus Christ our Lord."

Our keel, therefore, is Jesus Christ. Without a keel a boat cannot go on the journey, but sails in circles or capsizes. The keel keeps us headed for the New Jerusalem. Without a sail, a boat simply flounders and you have a president like President Mubarak for 30 years.

On this Feast Day of the Presentation of the Lord, let us remember the words of Simeon to Mary: "This child is destined for the falling and the rising of many." Nothing is nailed down anymore. The wind blows and there will be institutions and customs and countries and churches that will fall and rise. Thank God we are people of hope and faith for we know that amid all the changes, God's wind is blowing. Let us make sure that Jesus Christ is our keel and then raise our sails.

+Porter

**Bible Studies and Discussion Groups
to Choose from for Adults of all Ages (continued)**

Continuing the Conversation: Small Group Opportunities

Thanks to all who came to the lunch February 2nd at Ascension to "Continuing the Conversation" as we seek to continue our work to heal the wounds caused by slavery, segregation, and racism. We had a great time of sharing and a delicious lunch, and have formed three "working groups." We hope you will join one of them. All are welcome. Please pass the word to others who might be interested. We feel we are moving forward together with positive energy.

1. If you are interested in working on Social Justice Issues around race and racism. The next meeting will be on Wednesday, March 2 at Exodus Church at noon. If you have questions contact Susan Smith:

revsmith@exodushomes.org

2. A group will meet Tuesday March 1 at First Presbyterian in Hickory to discuss Tim Tyson's book *Blood Done Sign My Name*. If you have questions contact Pat Turner: pwtturner@embarqmail.com

3. If you are interested in being part of a small group to form friendships across racial lines contact John Ross:

johnross@charter.net

Hope you will come and be part of one of these groups. Please spread the word to others you know who might be interested.

(From Karla Woggan, Ascension; and Reggie Longcrier, Exodus)

SHROVE TUESDAY PANCAKE SUPPER AND TALENT SHOW!!

Tuesday, March 8th 5:30 pm

(Talent Show will start at 6:30 pm)

Do you have talent? Do you have guts? How about a little of both? Well, we want you to celebrate in Mardi Gras spirit (rated G of course) at our first annual Epiphany Talent Show following the Shrove Tuesday supper in the parish hall.

Perhaps you wish to show us how well you play the piano, organ, trumpet, kazoo, or other musical instrument. Perhaps you have a song to sing us, or a poem to recite. Maybe we never knew that you were a juggler or a magician. It could be that you are a superb whistler, joke-teller, or lizard handler, and we will find out as you reveal your hidden talents to the whole crowd!



The big sign-up sheet will be in the parish hall. Just put your name there, then describe your act to the MCs (Mother Beth and Billy Richards) rather than write them down in more than a simple title. We don't want to "spoil the show" for everyone by giving away too much information, and we do want to be sure we are prepared for you.

The parish hall will be "flipped" so that the stage will be where the big cross is, and tables and chairs will be closer to the kitchen end. This should be a fabulous evening. Best of luck!



PARISH MINISTRIES - FEBRUARY 2011

SAVE THIS LIST!

DATE	FEB. 6	FEB. 13	FEB. 20	FEB. 27	MARCH 6
LESSONS YEAR "A"	Fifth Sunday after the Epiphany	Sixth Sunday after the Epiphany	Seventh Sunday after the Epiphany	Eighth Sunday after the Epiphany	Last Sunday after the Epiphany
LECTOR	D. Cobb	D. Brandon	C. Bivens	T. Lilly	Z. Robertson
CHALICE	A. Campbell	Z. Robertson	A. Williams	H. Craddock	C. Bivens/ T. Lilly
USHER/ GREETER	C. Bivens P. Winstead	G. Batz J. Batz	E/D Ben-Davies	J. Collins E. Sigmon	D/S Brandon
COFFEE	T/J Harrington	B/J McPherson	R/V Leath	M/G Jupin	A. Roper M. Roper
FLOWERS	T/B Lilly	H/J Craddock	B/J McPherson	OPEN	OPEN
ALTAR GUILD	J. Cuomo J. McPherson M. McRee	J. Craddock M. Roper W. Williams	J. Craddock M. Roper W. Williams	J. Collins E. Godinho J. Harrington	J. Collins E. Godinho J. Harrington
ACOLYTE/ CRUCIFER	A. Cortney	W. Roper	C. Hartis	A. Donovan D. Donovan	J. Byrd
BELL RINGER	A. Cortney	W. Roper	C. Hartis	A. Donovan D. Donovan	J. Byrd
VESTRY PERSON	K. Hardin	B. McPherson	V. Leath	T. Lowery	G. Jupin
NURSERY	As needed	As needed	As needed	As needed	As needed

***** IF YOU ARE SCHEDULED TO SERVE AND ARE UNABLE TO BE HERE, IT IS YOUR RESPONSIBILITY TO FIND A REPLACEMENT AND TO NOTIFY STACEY IN THE PARISH OFFICE OF WHO WILL FILL IN FOR YOU. IF THE OFFICE IS CLOSED, PLEASE CALL THE VESTRY PERSON ON DUTY FOR THE WEEK. Thank You!**

02/01	Christopher Hartis, Jr.	02/16	Samuel Tucker
02/02	David Brandon, Sr.	02/17	Matthew Weinrich
02/04	David Johnston	02/18/	Emylin Wright
02/04	Landa Gonzales-Roper	02/18	Marilyn Bornemann
02/06	Thomas Lilly	02/19	Kathy Hardin
02/06	Holley Wright	02/23	Ronald Bivens
02/07	Alan Roper	02/26	Margaret Roper
02/08	Melissa Campbell Johnson	02/26	Andrew Barringer
02/08	Maureen (Ben-Davies) Swanson		
02/11	Joyce Collins	MARRIAGES	
02/12	Jacob Christopher		
02/14	Travis Gibbs (Nicole Cuomo's ex-husband)	02/28	Skeet and Stacey Hartis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2011</h1>						
		1	2 HS/HE 5:30 pm CHOIR 6:00 PM	3	4	5
6 CF 9:15 am HE 10:30 am C 11:30 am KLB 12:30 pm	7	8	9 HS/HE 5:30 pm VESTRY 7:00 PM	10	11	12 Raeanne's International Club in Parish Hall
13 CF 9:15 am HE 10:30 am C 11:30 am HB 4:30 pm ECW 1:00 pm Catawba Country Club	14	15	16 HS/HE 5:30 pm CHOIR 6:00 pm	17	18	19
20 CF 9:15 am HE 10:30 am C 11:30 am CDF -Sunday Collection MNO 6:30 pm Olive Garden	21	22	23 HS/HE 5:30 pm DOK 6:15 pm	24	25	26
27 CF 9:15 am (Visioning) HE 10:30 am C 11:30 am KLB 12:30 pm HB 4:30 pm Evening w/ Treasured Friends 6:00 pm HC Sunday	28					

Key for Calendar: AT = Acolyte Training; CF= Christian Formation; HE = Holy Eucharist; MP = Morning Prayer; C=Coffee Hour; ECW = Episcopal Church Women; MNO = Men's Night Out; KLB = Kids Lunch Bunch; HB = Handbells; HC = Home Communion Sunday; HS= Healing Service; CDF= Clergy Discretionary Fund; OF = Outreach Fund

Office Hours are Monday-Thursday 9:00am-2:00pm unless otherwise noted on calendar, in bulletin, or on office door in emergency.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2011</h1>						
		1	2 HS/HE 5:30 pm CHOIR 6:00 PM	3	4	5
6 CF 9:15 am HE 10:30 am C 11:30 am KLB 12:30 pm	7 Mother Beth Valle Crucis Board Meeting	8 Shrove Tuesday Pancake Supper & Talent Show 5:30 pm	9 Ash Wednesday Services: 12:00 noon 6:30 pm VESTRY 7:30 PM	10	11 Stations of the Cross 5:00 pm Tom and Ann Lowery	12 DOK Lenten Quiet Day at St. Peter by-the-Lake 9:00-12:00
13 CF 9:15 am HE 10:30 am C 11:30 am ALB 12:30-2:00 pm HB 4:30 pm	14 Mother Beth Clergy Retreat Valle Crucis	15 Mother Beth Clergy Retreat Valle Crucis	16 TCT Spaghetti Luncheon 10 am HS/HE 5:30 pm CHOIR 6:00 pm "Getting to know you" Supper 6:00 pm	17	18 Stations of the Cross 5:00 pm Zoe Robertson	19
20 CF 9:15 am HE 10:30 am C 11:30 am KLB 12:30 pm CDF -Sunday Collection	21	22	23 HS/HE 5:30 pm "Getting to know you" Supper 6:00 pm DOK 6:15 pm	24	25 Stations of the Cross 5:00 pm Billy Richards	26
27 Visioning Breakfast 9:00-10:00 am HE 10:30 am C 11:30 am HB 4:30 pm Evening w/ Treasured Friends 6:00 pm HC Sunday	28	29	30 HS/HE 5:30 pm "Getting to know you" Supper 6:00 pm	31		

Key for Calendar: ALB = Adult Lunch Bunch; AT = Acolyte Training; CF= Christian Formation; HE = Holy Eucharist; MP = Morning Prayer; C=Coffee Hour; ECW = Episcopal Church Women; MNO = Men's Night Out; KLB = Kids Lunch Bunch; HB = Handbells; HC = Home Communion Sunday; HS= Healing Service; CDF= Clergy Discretionary Fund; OF = Outreach Fund

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PARISH MINISTRIES - MARCH 2011

SAVE THIS LIST!

DATE	MARCH 6	MARCH 13	MARCH 20	MARCH 27	APRIL 3
LESSONS YEAR "A"	Last Sunday after the Epiphany	The First Sunday in Lent	The Second Sunday in Lent	The Third Sunday in Lent	The Fourth Sunday in Lent
LECTOR	Z. Robertson	A. Lowery	A. Williams	A. Campbell	C. Hartis
CHALICE	T. Lilly/T. Lilly	T. Lowery	D. Brandon	H. Craddock	A. Campbell
USHER/GREETER	D/S Brandon	H/J Craddock	E. Godinho K. Hardin	T/J Harrington	R. Hungerford R. Kummer
COFFEE	A. Roper M. Roper	J. Collins E. Sigmon	W/J Trammell	C. Tucker W. Williams	C. Bivens P. Winstead
FLOWERS	OPEN	Lenten Greenery	Lenten Greenery	Lenten Greenery	Lenten Greenery
ALTAR GUILD	J. Collins E. Godinho J. Harrington	S. Brandon R. Hungerford G. Jupin W. Shook	S. Brandon R. Hungerford G. Jupin W. Shook	F. MacDowell P. Parsons J. Trammell	F. MacDowell P. Parsons J. Trammell
ACOLYTE/CRUCIFER	J. Byrd	A. Cortney	W. Roper	C. Hartis	A. Donovan D. Donovan
BELL RINGER	J. Byrd	A. Cortney	W. Roper	C. Hartis	A. Donovan D. Donovan
VESTRY PERSON	B. McPherson	P. Parsons	B. Richards	K. Hardin	G. Jupin
NURSERY	As needed	As needed	As needed	As needed	As needed

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03/01	Marion MacDowell	03/21	Justin Weinrich
03/01	William Shook	03/22	Ann Bollinger
03/03	Steve Godinho	03/23	James Guerrant
03/05	Gerry Rouser	03/24	Fred Bornemann
03/06	Gloria Batz	03/25	Ann Lowery
03/09	Robert (Bob) Williams	03/25	Ahren Weinrich
03/11	Wayne Trammell	03/28	Dona Richards
03/11	Grace Cortney	03/28	Crystal Cuomo Lail
03/15	Peter Weinrich	03/29	Ted Campbell
03/16	Kenneth Cuomo		
03/17	Todd Reynolds		
03/18	Chad Parsons		

**"Getting to Know You"
Wednesday Night Suppers During Lent**

**March 16 - April 6 @ 6 pm
(after the 5:30 pm healing service)**

Just because you are a member of a small church doesn't mean you know everyone! And just because you have been going to church with someone for 30 years doesn't mean you know everything about everyone! Bring your photo albums, scrapbooks, collections, hobbies (well, parts of them that you can get through the door or into the parking lot to take people "on tour" to!). Just decide which night you are going to be a display person, and then the other nights, go around and take the tour!

We will also sing songs and have an evening devotional time which will include writing prayers on our WALL OF PRAYER.

These special prayers which you offer will be offered again during Holy Week services such as Palm Sunday, Maundy Thursday, Good Friday and possibly Easter.

We will attempt to organize our sharing of photos and hobbies through a sign-up sheet in the parish hall, or just email the church: secretary@epiphanynewton.org and let us know which Wednesday you want to bring your items or your scrapbook to share. We will make sure we have a clean table reserved for you. Let's get to know each other better! "To know you is to love you," right? Amen.



ECW News

ECW dues of \$12.00 for 2011 will be accepted at any time. Dues are used to fund projects that ECW votes to sponsor. They can be given to either Ann Lowery or Zoe Robertson.

We will have a luncheon meeting on February 13 at 1:00pm at the Catawba Country Club. The cost of the meal will be \$15.00 including tax and gratuity. Please let Nancy Shanks know if you plan to attend. It is imperative to get an accurate head count.

Every woman in the church is a member of ECW. We hope that a lot of you will join us for lunch. We always have a great time.

Daughters of the King News

On Saturday, January 8, 2011, new DOK officers were installed by Mother Beth to serve for the next two years. The officers are:

- » Ann Lowery, President
- » Joyce Trammell, Secretary
- » Joyce Collins, Treasurer

The daughters are proud of our chapter, and we look forward to exciting activities in the future.

(Submitted by Ann Adams, Past President)



LENTEN QUIET DAY

SATURDAY, MARCH 12TH 9AM TO NOON

St. Peter by the Lake Episcopal Church, Denver, NC

CHRIST MAKES ME WELCOME

Deacon Judy Cole and Courtenay Smith will co-lead our Quiet Morning. We will have times of group discussion as well as reflection times throughout the morning. Our indoor Labyrinth will also be available.



Join us for a powerful and spiritual morning as we prepare for the Lenten Season.

Light refreshments will be available throughout the morning

'Repairing the Breach...' Isaiah 58:12

A Service of Repentance, Healing, & Reconciliation

SAVE THE DATE:
April 9, 2011

Trinity Church, Asheville - 11am

- *Bring your parish Banner for the service
- *Get youth from your parish to attend the service
- *For all clergy that want to order a commemorative handmade reversible black, white, and purple stole for the service please contact Melissa Bailes @ vineyard_studio@yahoo.com by February 28, 2011
- *Also if you would like to reserve the Repairing the Breach Banner to display at your church please contact Osundu McPeters @ youth@diocesewnc.org

Coordinated by the Commission to Dismantle Racism

Just for Fun

Thank God for church ladies with typewriters. These sentences (with all the BLOOPERS) actually appeared in church bulletins or were announced in church services:

- » Don't let worry kill you off - let the Church help.
- » Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.
- » For those of you who have children and don't know it, we have a nursery downstairs.
- » Next Thursday there will be tryouts for the choir. They need all the help they can get.
- » A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- » At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.
- » Please place your donation in the envelope along with the deceased person you want remembered.
- » The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- » This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.
- » Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.
- » Ladies Bible Study will be held Thursday morning at 10 AM . All ladies are invited to lunch in the Fellowship Hall after the B. S. Is done.
- » Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

Corner Table Spaghetti Luncheon

Our March spaghetti luncheon at The Corner Table has been moved because of a scheduling conflict. The new date is:

Wednesday, March 16, 2011
10:00 a.m. until 1:30 p.m.

A sign-up list will be available in the Parish Hall, or contact Janice McPherson for further information.



Visioning Breakfast

The Diocese has asked each parish to provide its input again. This time we are giving vision to the eight goals created by the Executive Council from our first survey two years ago. On Sunday morning, February 27th, you are invited to our Visioning Breakfast from 9:00 - 10:00 am in the parish hall, sponsored by our vestry. Mother Beth and Kathy Hardin will lead this exercise, which should be a lot of fun. It's always good to dream for the Lord.

In our Prayers for Healing and Strength:

Almighty God, comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. In your name we pray.

Jackson Arabis, Lorraine-Baker Neal, Luther Barringer, Jane Biggerstaff, Kristen Black, The Rev. Gus Boone, Marilyn Bornemann, Jason Call, Zelma Clemmons, Barbara Cobb, Harold & JoAnne Craddock, Joy Crosby, Barbara Crump, Charlie & Pat Dalton, Lucy Echerd, Peggy Ervin, Don Flick, JoAnne Flick, Jessy Fupril, Sarah Goodrich, Bill Guy, Roberta Hungerford, Rachel Hunt, Fred Keisler,, Raeanne Kummer, Thomas Lilly, Ann Lowery, Jacque Lowery & Family, Frank Lutz, Zella McPherson, Mac McRee, Sarah Palmer, John & Diane Paton, Geraldine Reed, Cindy Reynolds, Anna Ruth Robinson, Gloria Rumore, Jacob Schmidt, Vivian Scott, Nancy Shanks, Forest Shook, Lawrence Shook, Edd Sigmon, Cozette Sinclair, Candy Smith, Hattie Spaulding, Betty Storey, Dorothy Steele, Paul Steele, Shirley Sudderth, Frances Tate, Michael William.

For Those Who Have Died:

Almighty God, look with pity upon the sorrows of your servants for whom we pray. Remember them, Lord, in mercy; nourish them with patience; comfort them with a sense of your goodness; lift up your countenance upon them; and give them peace; through Christ our Lord.

Cheryl Lutz



Lenten Reflections

Sinful men and women can be changed into new creatures by the marvellous work of God in Christ Jesus, which is prior to all experience.

Oswald Chambers

It is very easy to forgive others their mistakes; it takes more grit and gumption to forgive them for having witnessed your own.

Jessamyn West

- Give up complaining—focus on gratitude.
- Give up pessimism—become an optimist.
- Give up harsh judgments—think kindly thoughts.
- Give up worry—trust Divine Providence.
- Give up discouragement—be full of hope.
- Give up bitterness—turn to forgiveness.
- Give up hatred—return good for evil.
- Give up negativism—be positive.
- Give up anger—be more patient.
- Give up pettiness—become mature.
- Give up gloom—enjoy the beauty that is all around you.
- Give up jealousy—pray for trust.
- Give up gossiping—control your tongue.
- Give up sin—turn to virtue.
- Give up giving up—hang in there!

Whoever wishes to be my follower must deny his very self, take up his cross each day, and follow in my steps.

Luke 9:23

Humanity is never so beautiful as when praying for forgiveness, or else forgiving another.

Jean P.F Richter

Epiphany Scrapbook

December and January were busy, event-packed months, from saying farewell to Deacon Anita, to the holidays, to the Bells' visit and our carol singing, to the Bishop's visit on our January 2nd anniversary, to the Holy Smoke Barbeque Job Fair for Safe Harbor in late January, to winning the Diocesan grant and starting on the replacement of our roof. Enjoy the memories...



Stop Hunger Now

Once again the Rotary Clubs (District 7670) are sponsoring a volunteer day to package 250,000 meals for school lunch programs in Haiti. Last year several Epiphany parishoners volunteered and helped meet the 250,000 meal goal.

This year's event will be held at the American Legion Fairgrounds on US Route 70 in Newton. A sign-up sheet will be posted on the bulletin board, and if you have any questions, contact Tom Lilly.

GARDENING GOD'S WAY IN THE 'SPRING' OF LENT

Plant three rows of peas:
Peace of mind
Peace of heart
Peace of soul

Plant four rows of squash:
Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Plant four rows of lettuce:
Lettuce be faithful
Lettuce be kind
Lettuce be obedient
Lettuce really love one another

Plant three rows of turnips:
Turnip for meetings
Turnip for service
Turnip to help one another

Water freely with patience and cultivate with love.
There is much fruit in your garden because you reap what you sow.

To conclude our garden
We must have thyme:
Thyme for God
Thyme for study
Thyme for prayer



Outreach News

Safe Harbor Holy Smoke Barbeque and Job Fair

Epiphany was well represented at the Safe Harbor Fair held last Saturday, January 22. It was wonderful to see the fellowship going on between the three churches - many people catching up with old friends or making new ones. *Special thanks to Mike and Gloria Jupin* for being there at the crack of dawn to set up and make barbeque, Kathy Hardin for marketing this event, Deacon Anita for bringing us into this program, and many others I'm sure I'm forgetting to name.

Please plan on attending the Epiphany Outreach Meeting in February so we can share the five main areas that Safe Harbor needs assistance with. None are too time consuming and all sound like a lot of fun. As I recruited Zoe Robertson as a horsewoman extraordinaire; Anita Williams as event planner, Val Leath as a cleaner like no other, my Mom (Roberta) with her famous baking skills, Ann Lowery as our resident vocalist who would "love to teach piano on the side," and Catherine Tucker, an actress and semi-famous authoritarian on African-American Literature - not to mention Bob with his Birdhouse manufacturing Business, and Reggie with his wealth of knowledge in financing, and Mike and Gloria as chief cooks and bottle washers - no wonder people were running from me as I tried to take them on the tour! Seriously folks, there are many ways to share your gifts or time on a short or long term basis, not just individually, but as a group you may belong to through our church. I know that many of you volunteered based on your interests and talents that I'm not aware of. If you cannot attend the Outreach Committee Meeting in February, I'll post current information on the Outreach Board on the Fellowship Board. If you have any questions or want to contact Safe Harbor, at this point, I'll be the liaison. You can reach me at 464-1278 or 234-8124. Thanks for all you do!

Raeanne Kummer

**Next Outreach Committee meeting:
February 20th following the service**

Just for Fun (cont.)

Mother was preparing pancakes for sons Evan, 5, and Ryan, 3. The boys started arguing over who would get the first pancake. Mother saw a chance for a moral lesson here. "If Jesus were here, he would say, 'You can have the first pancake. I can wait.'" "Great idea!" said Evan. "Ryan, you can be Jesus."

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Kentucky back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight.

There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played 'Amazing Grace,' the workers began to weep. They wept, I wept, we all wept together. When I finished I packed up my bagpipes and started for my car. Though my head hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen nothin' like that before and I've been putting in septic tanks for twenty years."

This is for all the germ conscious folks that worry about using cold water to clean. John went to visit his 90 year old grandfather in a very secluded, rural area of Saskatchewan. After spending a great evening chatting the night away, the next morning John's grandfather prepared breakfast of bacon, eggs and toast. However, John noticed a film like substance on his plate, and questioned his grandfather, asking, 'Are these plates clean?' His grandfather replied, 'They're as clean as cold water can get em. Just you go ahead and finish your meal, Sonny!'

For lunch the old man made hamburgers. Again, John was concerned about the plates, as his appeared to have tiny specks around the edge that looked like dried egg and asked, 'Are you sure these plates are clean?'

Without looking up the old man said, 'I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!' Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass. John yelled and said, 'Grandfather, your dog won't let me get to my car.'

Without diverting his attention from the football game he was watching on TV, the old man shouted:

'Coldwater, go lay down now, yah hear me!'

The Desert Will Bloom

Have you ever been in a real desert? There are many kinds, some with huge sand dunes and others with just rocks. Some are very hot, others quite cold. The important thing about deserts is that they are usually empty and quiet.

After a rain shower, things change. It does not rain very often in deserts, but when it happens it is beautiful. Suddenly bright, colorful flowers spring up overnight. They don't last long, but for a while, the desert flowers spread a lovely and colorful glow. This shows that even in the most unfriendly places, beauty can appear.

People in the Bible often went off into the desert. Even today, people still do it to find quiet and avoid distractions. If they are patient they see the beauty.

You need to be alone sometimes. You need a quiet place where you can think about your life and where you are going. This is especially true during the season of Lent. Give yourself a rest. Find a "desert" in your room, in the woods or in church. Wait for the flowers of God's love to come to life. Be patient. They won't blossom right away, but they will bloom eventually.



Embracing the Invitation to a Holy Lent

Friday, March 4, 2011, 10am-3pm
\$35, includes lunch

Facilitator - The Rev. Jeanne Finan

Come away for a day of preparation for Lent. Using scripture, poems, and prayers that focus on penitence, forgiveness and reconciliation, as well as time for silence, writing and exploring the surrounding beauty of Valle Crucis, come away to a holy place to prepare for a holy season.

Walking Our Way Through Lent

Friday, April 1, 2011
10AM - 3PM - \$35, includes lunch

Facilitator - The Rev. Jeanne Finan

Using the labyrinth and the Stations of the Cross, we will walk and pray as we move along our Lenten Journey. A brief introduction to both the history of the labyrinth and the Stations of the Cross will be offered

Sacred Pauses: Balancing Daily Work & Worship

Friday, April 8, 2011
10AM - 3PM - \$35, includes lunch

Facilitator- The Rev. Elizabeth Canham

The workshop will offer suggestions for creating our own rhythm of prayer pauses to enrich daily life..

The Healing Power of Forgiveness

Saturday, April 16, 2011

10AM - 3PM - \$35, includes lunch

Facilitator: The Rev. Charlotte Cleghorn

This day will be a combination of presentation and quiet reflection as we consider what forgiveness is and isn't, and how we might move towards forgiveness into the healing grace of God.

Jesus and the Parables

Friday, April 29, 2011

10AM - 3PM - \$35, includes lunch

Facilitator: The Rt. Rev. G. Porter Taylor

During this program day we will focus on Jesus' parables. We will look at parables of grace, the kingdom, and judgment. Participants are asked to bring a Bible. The day will be mixed with presentation, small group discussion, and plenary.

With Our Two Labyrinths

Monday, May 16 2011

10AM - 3PM - \$35, includes lunch

Facilitator - Tom Eshelman

Have you heard about labyrinths and want to know more? Now is your chance! In this day long retreat you will learn about the fascinating history of this ancient tool of walking meditation and prayer as you spend the day walking our indoor and outdoor labyrinths.

PROGRAM REGISTRATION
(Feel free to copy this form but please use one form per person)

Event for which you are registering: _____

Starting Date: _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

E-Mail: _____

Your Faith Tradition: _____

** I would like to room with _____

____ I will not be staying at the Conference Center but will commute.

____ I am coming for a Program Day and will not need lodging.
(If you wish to arrive the night before a Program Day, call to check on room availability.)

Enclosed: _____ Nonrefundable, nontransferable deposit of \$ _____

_____ Full payment of \$ _____

Return this complete form with your check (payable to VCCC) to the address below. You will receive a registration confirmation by email with any further information necessary.

VCCC, PO Box 654, Valle Crucis, NC 28691

** When requesting a specific room mate(s), registration forms and deposits should be mailed together.

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The Episcopal Church of the Epiphany

P. O. Box 270
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