

# The Guiding Light

## The Newsletter of The Episcopal Church of the Epiphany

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### Highlights from the Rector

*There is a time for everything,  
a season for every activity under heaven.*

*A time to be born and a time to die.*

*A time to plant and a time to harvest.*

*A time to kill and a time to heal.*

*A time to tear down and a time to rebuild.*

*A time to cry and a time to laugh.*

*A time to grieve and a time to dance.*

Ecclesiastes 3:1-4 (NLT)

October is a busy time for most parents, whether couples or single parents. Even grandparents get in on the busy-ness, and aunts and uncles as well. Children and teens keep us all very busy if they are actively in our lives.

Fall is also very busy for the children and teens. Perhaps their lives are too busy! Nevertheless, my words of wisdom are for those of us who are busy, as well as for those of us who support the busy ones.

Remember this is only a season in our lives. It is a blessed and precious time.

Folks whose children have grown up and moved away are in a different season of their lives. Many are still very involved with their grandchildren, or nieces and nephews. They have not forgotten this season of life, and they have much wisdom to share. Many of them are at church every Sunday. And each Sunday our church prays for all children and youth during "Prayers Around the Cross" because we care so much about them growing up knowing that they are loved by their church.

I encourage you parents of children and teens to pause and think about a question. *If God has all the time in the world for you, can you not find time in your busy schedule to pray, to breathe, to hug and laugh, to honor God's presence in your busy lives, and give God thanks for all of your blessings?*

For you folks who are NOT as busy these days, I encourage you to take on an extra person or two in your life of prayer. Pick out someone you do not know so well from church, possibly a busy family with young children who does not get to church often. Pray for them daily, that God will be in the midst of their busy lives, helping them raise their children and keep them happy, healthy, and safe. Keep it a wonderful, loving secret in your heart. God will bless them and will bless you as well. Through your loving prayers, God will help us build up the family of Christ here at Epiphany.

Faithfully yours,

Mother Beth

## **NEWS / UPCOMING EVENTS**

**Vestry Meeting** - Will be held Wednesday, October 7<sup>th</sup>, at 7:00 p.m. in the Parish Hall.

**Vestry Person of the Week** - Tom Lowery for the week of October 11<sup>th</sup>, ; Billy Richards for the week of October 18<sup>th</sup>, Catherine Tucker for the week of October 25<sup>th</sup>, Luther Barringer for the week of November 1<sup>st</sup>, JoAnn Harrington for the week of November 8<sup>th</sup>, and Connie Keisler for the week of November 15<sup>th</sup>.

**Adult Forum & Children's Christian Education** - will be held each Sunday at 9:15 a.m.

**Midweek Evening Prayer with Holy Eucharist and Prayers for Healing** - Will be held each Wednesday evening at 5:30 p.m.

**Choir Rehearsal** - We will meet the first and third Wednesday evenings of the month at 6:00 pm. Anyone interested in joining our choir, please join us. There is always room for one more choir member.

**Daughters of the King** - Will meet in the Library at 10:00 a.m. Saturday, October 10<sup>th</sup>.

**Mthr. Beth's Discretionary Fund** - Please remember the third Sunday of each month, (October 18<sup>th</sup> this month) the loose plate offering goes to her discretionary fund. Please give prayerful consideration to this important ministry so as to allow Mthr. Beth to help those from the community and within our own parish that may need financial assistance from time to time.

**The Outreach Committee** - The next meeting will be held Sunday, October 25<sup>th</sup> at 11:30 a.m. following the morning service. The months that have five Sundays have been designated as Outreach Offering Sunday, and that occurs next on Sunday, November 29<sup>th</sup>. Please give prayerful consideration to this ever-so important ministry.

**The Next Men's Night Out** - Sunday, October 18<sup>th</sup>, at 6:00 p.m., at China Garden Buffet in Hickory,

**YARD SALE** - The Vestry has chosen Saturday, October 17<sup>th</sup> for a yard sale fundraiser to sponsor mission and outreach. JoAnn Harrington and Catherine Tucker are heading this committee which will need lots of helping hands! Please stay tuned for information on planning meeting and details to follow. Items can be brought to the church beginning Sunday, October 11<sup>th</sup>.

**Blood Drive** - St. Joseph's Catholic Church on October 31<sup>st</sup>, from 12:30 until 4:00 p.m.

**The Next Newsletter Deadline** - For the November newsletter will be Tuesday, October 27<sup>th</sup>, in order to have them in the mailboxes by Sunday, November 1<sup>st</sup>. Please mark your calendars. The newsletter is posted on our website for your convenience as well. We count on our newsletter as a major source of communication for our parish and friends. Please help us keep our information current. Help us save on postage by picking up your copy of the newsletter from your church mailbox within the first two weeks it is printed. Please turn information in to Kathy Hardin either in her church mailbox or (preferably) by emailing her at [kathy@compasspointwebdesign.com](mailto:kathy@compasspointwebdesign.com). You may also email your articles to the church at [secretary@epiphanynewton.org](mailto:secretary@epiphanynewton.org). Thank you for your help!

**Weekly Bulletin Announcements and Prayer Requests** - Terri Beauvais, our Parish Administrator/Secretary greatly appreciates your help in communication. Weekly bulletin information should be turned in on Tuesday and Thursday mornings from 9:00 a.m. until noon which are her office hours. You may also email Terri at [secretary@epiphanynewton.org](mailto:secretary@epiphanynewton.org). (FYI: Announcements turned in later than 10 am on Thursday will not make it into the bulletin for that Sunday because this is when it "goes to press"!) Prayer cards are available in the narthex and also on the table at the back of the church for your use in requesting prayer for more than one Sunday. Names written on the sheet as people come in are not guaranteed to be correctly transferred to our permanent weekly prayer list. It helps the office greatly if you also fill out a prayer card for those you wish to add for continued prayer. Thank you so much!

### **DONATED ORTHOPEDIC ITEMS**

*Donated Orthopedic items are available for those in need or a roller walker, crutches, and other orthopedic supplies that are in excellent condition. If you are interested in these items, please call Mr. James Jones at 828-855-0783. If no answer, you may leave a message on his answering machine with your phone number and he will contact you. Mr. Jones has been a past member of Epiphany and has moved back to our area.*

### **THE HIGHLAND EPISCOPALIAN**

*The October edition of The Highland Episcopalian has been posted online to save printing and mailing costs for the Diocese. This saves the Diocese \$3,000.00 per issue. For those of you who do not have access to the Internet, you will find a copy of the October edition on the table in the narthex. You can read or download this October edition at [www.diocesewnc.org](http://www.diocesewnc.org). Find the heading "news" and click on "Highland Episcopalian". All past issues of this diocesan newsletter can be viewed there. (Please call Mthr. Beth, Terri, or Kathy Hardin if you need assistance).*

### **A REMINDER FROM THE SECRETARY'S OFFICE**

*Please make every effort to turn in announcements for the Sunday Bulletin each week on Tuesday mornings, **and no later than Thursday morning by 10 am.** This is most helpful to try and avoid errors or omissions of important announcements that have to be posted in the bulletin or monthly newsletters. Proper communication is vital to helping the office run smoothly and in an organized manner.*

***It is vital and most helpful that you always let the office know, even if you told Mthr. Beth!** (Many people tell Mthr. Beth many, many things. She appreciates knowing these things. However, if they pertain to church schedules, please take the responsibility to follow through in the proper way with the church office rather than leaving that to her. Thank you!*

*Any announcements such as upcoming meetings, any change in date or time of meetings, replacement of your ministries for the Sunday bulletin, a request to have someone added or removed from the prayer list on the back page of the bulletin or a deceased loved one we need to pray for are all important information that needs to be delegated to the parish office. To report your announcements, you can call the office during working hours at 474-1876 or e-mail your information to [secretary@epiphanynewton.org](mailto:secretary@epiphanynewton.org). Your cooperation with the above requests is greatly appreciated and will help to avoid errors in posting announcements.*

*The office will be closed the week of October 11<sup>th</sup>. Terri will be on vacation and Mthr. Beth will be having surgery on her left foot. For your information, the schedule of office hours for the month of October is posted on the secretary's door in the parish hallway.*

*Thanks~ Terri & Mthr. Beth*

### **DAUGHTERS OF THE KING**

*The DOK St. Teresa of Avila Chapter enjoyed a day at the Roads End Retreat in the Blue Ridge Mountains on September 12th, with six members and one guest attending. The day started with a breakfast, and then we went to the chapel, where our retreat leader, Jane Eriksen, led us in Morning Meditations after the Celtic Tradition. Jane then took us on a tour of the grounds. Returning to the retreat home, she gave a teaching on Wayne Muller's "Sabbath Time." The Scripture Isaiah 58:11-14 was used for us to meditate on in silence. It wasn't hard to find a spot to commune with God, since Roads End has peaceful outdoor meditation areas, guided trails with the stations of the cross, an outdoor labyrinth, a pond, and the small chapel. With views of the mountain top, we felt very close to His beautiful creation. After a lunch prepared and served by Sadie Presnell, the other retreat leader, we shared our meaningful experience from our quiet meditations. We then drove to the two Episcopal churches, St. Mary's and Holy Trinity, where Jane gave us a guided tour of their Ben Long frescoes, "The Last Supper," and "Mystery of Faith." We returned to our homes with a deeper awareness of our Lord.*

*-Ann Adams, President*

### ***Coupons for Soldiers and Families***

*Thank you, thank you for the many coupons received to help our military families overseas. Twelve very large packages of coupons have been sent to different bases around the world. The Air Force, Army, Marine and Navy bases in nine different countries have been checked off our mailing list so far. The Outreach Committee budget pays for the postage on these packages.*

*Grocery and drug store coupons are only used in the stores (Commissaries) on the bases. The grocery, drug stores and eating places off the bases in the foreign countries will not accept any coupons from our papers. The Commissaries on the bases tend to carry the more known brands of products. Coupons distributed by specific stores such as Walgreens and Dollar Store cannot be used in the Commissaries. Also, the ownership of dogs and cats by military families in the areas we send to is not known, so those coupons do not need to be cut out.*

*Coupons and coupon booklets can be placed in the baskets in the Narthax, and they will be sent to grateful military families around the world. Any questions or volunteers to help cutting out coupons, please contact Carol Clise.*

### ***Cell Phones and Calling Cards for Soldiers***

*The Outreach Committee is continuing to collect used cell phones and chargers to send for recycling. The recycling company then furnishes free one-hour calling cards for our military in the United States and overseas. Cell phones can be placed in the baskets in the Narthax.*

*If you have a relative or friend in the military who would like a calling card, please call Carol Clise.*

### ***Holy Communion***

*At Holy Communion, which is the proper way to receive the wine -- to sip from the chalice or to dip the wafer in?*

*Either way is acceptable, according to an article by the Rector of the Episcopal Church of Saints Peter and John in Auburn, New York. The practice of "intinction," or dipping the wafer in the chalice, developed because at the time of the great influenza pandemic, Episcopalians feared that sharing the common cup could spread the disease more rapidly. He adds, however, that it is likely that the wine's alcohol kills germs. He cautions those dipping the wafer to avoid letting their fingers touch the wine.*

*He notes that the grace of Holy Communion is not divided into two parts so that the person who receives only the Bread gets half as much grace as those who receive both the Bread and Cup. When we receive Holy Communion, we receive the Risen Christ whose life feeds us.*

*(Adapted from the Gospel Messenger by Carol Clise)*