

Epiphany Star March 2011

Sisters and Brothers,

We are about to begin our Lenten journey with Christ and with one another. While it is a penitential and solemn season, Lent is also a time of great opportunity for us as Christians. Like any other opportunity, we can let it slip by with little notice, or we can live into the potential it brings.

We often think of the season of Lent as a time for giving up things we enjoy. Chocolate is high on the list, as are television, coffee or soda and, in recent years, Facebook. Giving up a habit or something we like can be a way of marking the significance of these forty days, but simply abstaining from those things may not take full advantage of the opportunity to grow in our faith formation. I wonder what would happen if we were intentional about to how we spend our time, and what takes our focus away from our spiritual life, and gave that up instead. If we spend time on the computer, rather than in significant relationships, if we spend weekends on the sofa rather than in worship, if we watch mindless TV when we could be serving others, those might be areas to consider adjusting during this Lenten season.

And what if we went beyond the giving up, and actually replaced those things with alternatives which would help us grow in the knowledge and love of God? If we give up time on the computer, perhaps we can use that time in prayer and study. If we give up a particular food or drink, perhaps we can give the money we would have spent on it to help others; perhaps to CCM or Nets for Life. And whenever we miss that food, we can take time to pray for the people who are hungry every day. If we give up television, perhaps we could volunteer those hours in our community; maybe at the Lord's Pantry, Room in the Inn, or within our own parish.

What we choose to give up or take on isn't as important as the impact it has on our spiritual lives. Lent is a time to be intentional, to focus on the things that come between us and God, or between us and other children of God. It is a time to reevaluate our priorities, to reflect on the things by which we separate ourselves from God.

As we journey together through these forty days, my prayer is that we will reflect deeply on their meaning, and take advantage of the opportunity they offer. Rather than a challenge to see if we can make it through without coffee or Facebook, I hope we will go deep within ourselves to make important and lasting changes in our relationships with God and with one another. May God give us the will to grow in our faithfulness, and the strength to emerge from our Lenten journey as renewed and strengthened children of the Living God.

Blessings and Peace,

Linda +

All You Can Eat Pancakes

On Saturday, March 12, Leaksville Moravian church is holding its annual all you can eat pancake breakfast. All of the proceeds will be given to the Cooperative Christian Ministries to be used in their various programs. The breakfast will be served from 7 – 10:30 am and tickets are \$5.00 and may be purchased in advance or at the door. Thank you for your continued support.

Caring For Creation

EIGHT WAYS TO “GREEN” YOUR EVENING ROUTINE

1. Bike, walk, or carpool home from work, to the restaurant, or to wherever you’re going.
2. Eat a local, organic, vegetarian or vegan dinner. Organic, local, and vegetarian/vegan are great ways to have a “greener” diet. They’re healthy too!
3. Play a board game, cards, or some sort of people-focused game (like charades) that doesn’t require the use of electronics and, thus, saves energy.
4. Have a talk with your family. It could help a lot more than the environment to give some focused attention to your loved ones.
5. Read a book. Again, this saves energy. And it can be both highly entertaining and educational.
6. Do yoga. Along with the fact that this is another low-energy activity, yoga can improve your health and can help you keep a balance in life as well, helping you to stick to your greenest possible lifestyle. You don’t have to be able to sit in a lotus position...many of the poses are simple for people of all skill and strength levels.
7. Use organic cotton or bamboo sheets. Cotton may be a “natural” material, but it is also the second-most pesticide-laden crop in the world (after coffee). Of course, no need to go buy new sheets if you’ve got fully functional ones now, but next time you are in need of new ones, go organic cotton or bamboo!
8. Go to bed early enough every night to get up with the sun. The day starts for us when we wake up, and the day starts for nature when the sun comes up. Lining up these two “days” is one great way to green your life. No, not because the early bird gets the worm, but because if we are awake when the sun is up, we are asleep more when the sun is down, and that means we use lights less and save energy. (Source: thefuntimesguide.com)

Thank you!

A special thank you to the entire Church of the Epiphany for your help with Room In the Inn. May God continue to bless your ministry. *Isaiah 41:10*

Thank you,

Rockingham County Help for the Homeless

Dear Epiphany Churchwomen,

I want to thank you so much for the wonderful “pounding” that you gave Melanie. Everything was so nice and I know it took many hands to plan such a lovely gathering. Melanie, as well as Mack and I, appreciate so much your kindness and generosity. We feel very blessed to be a part of such a warm, loving church family.

Love, Mary Jane

Dear Epiphany Churchwomen,

I just want to tell you how much Sarah and I enjoyed the “pounding” last week. We were truly overwhelmed by your generosity and the time you took to present your favorite recipes. Everything looked so pretty – it was an afternoon of fun! What a great church family we have. Thank you so much.

Love, Susan & Sarah.

Riverfest 2011 September 16th and 17th

It may seem early to mention Riverfest, since September seems so far away, but we need to start planning our strategy. Several people have expressed an interest in our parish having a presence at Riverfest again. Anyone interested in being a part of this committee, please let Vicky Petty know as soon as possible.

There are a number of different ways we could approach this prospective venue, so sign up and become a part of this great occasion. We need input from as many people as possible in order to be successful in this outreach and evangelism opportunity.

Following is a list of the services and special observances during Lent and Easter at the Church of the Epiphany. Please make a note of these days, and plan to attend as many as possible:

Tuesday, March 8, 6:00 p.m. - Annual Shrove Tuesday Pancake Supper.

Wednesday, March 9 - ASH WEDNESDAY - Holy Eucharist and Imposition of Ashes at 12:00 noon and 7:00 p.m. 6:00 - Soup and Sandwich Supper hosted by the vestry.

Each Wednesday during Lent - March 16, 23, 30, April 6, 13, 20, 6:00 pm - Taize' Holy Eucharist
Continued

(Note: No Wednesday mid-day services during Lent)

Sunday - April 17 - PALM SUNDAY - Services at 8:30 and 11:00

Thursday, April 21 - MAUNDY THURSDAY - Holy Eucharist with Washing of Feet at 7:00 p.m.
6:00 p.m. - light Agape meal

Friday, April 22 - GOOD FRIDAY - 12:00 noon - Good Friday Liturgy with Communion from reserved Sacrament 5:30 p.m. - Stations of the Cross - Church yard

Saturday, April 23 - THE GREAT VIGIL OF EASTER - 8:00 p.m.

Sunday, April 24 - EASTER DAY - Services at 8:30 a.m. and 11:00 a.m. (Festival Eucharist)
Flowering of the Cross - 9:45 a.m.

** Incense will be used.

Mission and Outreach

I am the Vestry liaison for Mission and Outreach for Epiphany. We have many Mission and Outreach projects we currently work with on a regular basis. I feel sure there may be Outreach opportunities we as members are participating in that the church is not aware of. If you know of a Mission and Outreach possibility please let me know so we can promote the opportunity in our congregation.

I will be using the bulletin board in the hall between the kitchen and ladies bathroom to update our Outreach Projects. This bulletin board will also be a means to communicate the needs in our community so each of you can see what the Outreach opportunities are and see which one you may want to be involved in.

Mission and Outreach is such an important part of who we are at Epiphany. I would like for each of you to consider becoming a part of a Community Outreach program. Every one of us has a cause in our hearts, so please give some prayerful thought to what your cause is. *Thanks! Vicky Petty*

Room in the Inn (RITI)

We have been able to serve our neighbors at RITI 4 times this year. We have 3 more opportunities before RITI has to close down for the year at the end of March. We are still looking for some folks to sign up for food on March 31 and be an overnight host on March 3, 17 and 31. We especially need men to volunteer to spend the night since there have only been male neighbors recently. Staying overnight means getting there around 6 pm, having a great meal, watching some TV, reading, chatting or whatever before going to sleep around 10 or 10:30 pm. There are plenty of cots for everyone with pillows, sheets and blankets. A member of the RITI staff also stays the night so it is not all on you to make sure things are ok. In the morning you can leave early if you need to get to work or anywhere else or stay until about 8 am when everyone leaves. There is a sign-up sheet in the church Narthex. Please volunteer if you can. Contact Rob Martin (255-5235) if you have any questions.

The Pastoral Care Committee is looking for volunteers to visit parishioners who, for one reason or another, are unable to attend our services. If you are interested in this type of ministry, please contact Mary Jane McKinney or Betty in the church office. This visitation is an important ministry that can certainly brighten anyone's day.

What is your *Cause*?

Whether we realize it or not, each of us was created for a great *cause*. We sometimes think we know what our *cause* is without giving it much thought or better yet much prayerful thought. For example on the radio the other day there was an interview with a guy named Matthew Barnett. Matthew felt called relatively early to become a preacher. His father was a preacher and he felt that his *cause* was build a Mega-church and preach the word of the gospel to thousands of people each week. He worked diligently toward his *cause* or as he later found out his own personal dream. Time after time his dream was knocked down by one thing and then another. Then one day when he was walking through a park alone, God came to him and told him what he needed to do. God told him to go feed **one** hungry person, clothe **one** person needing clothing, start small and help individuals and his *cause* would become much clearer to him. Matthew did that exact thing, which leads him down a much different path. He also told of his then girlfriend, now wife, who was working at the same shelter he was answering the phone. She took a phone call that a family was in need of some food. She felt that she needed to deliver this food herself and handed off her post at the phone to someone else, grabbed a bag of food – which consisted of raw zucchini and a loaf of bread (that's all they had available then) and took it to the address. When she walked in a mother and her five starving children met her, the children immediately grabbed the bag and started eating the raw zucchini as if they had not eaten in weeks. When she witnessed this she immediately knew what her *cause* was to be. Matthew has since founded **the Dream Center**, a beacon of hope for homeless families, drug addicts, abused women and children, victims of human trafficking, teen runaways, gang members, and many others whose lives were filled with brokenness. Their mission statement is “The Church That Never Sleeps”. If you want to know more about Matthew and his story he has written a book *The Cause Within You*. You can also visit the website www.thedreamcenter.org.

Ok, so some of you may think all of that is pretty radical, out there, unreachable, only needed in big cities, or just plain nuts. But the bottom line is there is plenty of needs not being met right here, right now. And we as Christians are called to find our *cause* and reach out to those less fortunate in our own special way. Our history at Epiphany is a history of Mission and Outreach. We have always been a very giving congregation with time, talents and money.

So what is your CAUSE? How will you make a difference in our community? Each of us can make a difference even if it is helping only one person at a time.

Room in the Inn

RITI will be open thru March 31, 2011.

Church of the Epiphany's responsible for dinner, breakfast, and overnight host on these dates.

Thursday, March 3

Thursday, March 17

Thursday, March 31

Check with Rob Martin to see how you can help.

Church of the Epiphany Endowment Fund

An endowment fund is used for funds, in which the donor specifies that the principal is to be held in perpetuity. The principal is unexpendable and is invested to produce earnings that are generally available for use for a specified purpose.

In the last few years several of our parishioners bequeathed monies to the Church of the Epiphany. In 2010, the vestry released \$10,000 of these funds as seed money for the establishment of a Church of the Epiphany Endowment Fund. An Endowment Committee consisting of Rob Martin (chair), Rex Rouse, Ginny Sharrow, Mike Redman and Pug Webster was formed. The Endowment was funded September 9, 2010 with the Episcopal Church Foundation.

An endowment is LEGACY STEWARDSHIP, providing a way in which we address the matter of disposing of the accumulations of our lifetime. It is the opportunity to leave a planned gift that constitutes both a legacy in generations yet unborn and a final witness to those whom we hold most dear.

Memorials can also be designated as endowment contributions, thus adding to the body of permanent funds and making it possible to provide financial support over the long-term.

Community Garden

Several folks from the Adult Sunday School class had a discussion last spring about how we can better use the church facilities. One idea was to have a community garden. What a great way to act as Christ's hands and feet on earth. We could not make it happen last year but this year can be different.

It turns out First Christian Church in Eden has some experience with a garden and food distribution, and could use some help. We've had discussions with them and attended a meeting with the Rockingham Co-op Extension. The Co-op provides financial assistance, gardening information and some coordination assistance. If this works out, next year we could consider having a garden at Epiphany.

What we need now is leadership and volunteers. I'm confident that one of us recognizes the challenge and opportunity this presents, has the desire to champion this cause and the ability to lead Epiphany down this path. Please don't be intimidated. There are plenty of resources available on gardening and we'll be working with folks that have already done this. And don't sit back and assume someone else will take this role – if there is no leadership from Epiphany, it's not going to happen.

If you don't feel called to lead, then please consider volunteering to help. I'm sure we can't have too many folks willing to plant, water, weed, harvest and distribute food. A sign-up sheet will be in the Narthex or you can contact Mother Linda or Rob Martin.

Adult Sunday school

The Adult Sunday school is currently having discussions about the top 10 issues facing churches today. We have a few more interesting weeks left before we move on to what will probably be a bible based program.

Attendance can certainly be better. This may be because folks just don't want to attend Sunday school, don't think they need to, want something different than what they have experienced in the past, have something better to do at 9:45 am, would rather meet at a different time, or

Why don't you come to church a bit earlier, or stay a bit longer, have some coffee or juice and attend one of the classes and see what it's all about? We try to start by 9:45 am.

If you have ANY input regarding Adult Christian Education, please talk to Mother Linda or Teresa Martin. Anything and everything is open for discussion.

Cursillo *~by Rob Martin~*

I want to introduce you to Cursillo, in case you don't know what it is, and invite you to attend a Cursillo weekend. And for those who have attended a weekend, I would like to invite you to consider being part of a weekend team.

The best way to describe Cursillo is as a short course on Christian living. It is a 3 day weekend, from Thursday evening to Sunday afternoon. It is hosted by a team of lay people with the assistance of 2 clergy. The weekend is comprised of 15 short talks, discussions and activities related to the talks, a daily service, fun and lots of food. It's a great experience and can be life changing. If you are familiar with Happening, it's almost like that. Happening was developed on the Cursillo model, to give young people the opportunity to have a similar experience.

It's also worth mentioning what Cursillo is not, and try to dispel some myths.

First, it is not an Episcopalian course on living – it is a Christian course on living. The only thing Episcopalian is some of the services – and the folks there. There is no lecturing on conservative or liberal viewpoints or any controversial issues facing the church today.

The weekend participants come from parishes all over our diocese. And some folks have styles of worship that we are not familiar with in our parish. The music is different than we are used to – there is no pipe organ on the weekend. Some folks like to raise an arm in praise, much like the priest does during Eucharist. This is not encouraged or discouraged, folks just worship as they always do.

You are given the chance to forget about time over the weekend. You can put your watch away and let the hosts worry about that for you. I'm sure this scares some people, but in all seriousness, it turns out to be a wonderful experience being able to free yourself of this burden for a few days.

Cursillo has been very secretive in the past and I'm not sure why. It is a 3 day weekend, so I can't explain everything in a few sentences. But I'm sure anyone who has attended a weekend would be glad to talk to you about what goes on. There are occasional regional Cursillo meetings and regular small group meetings are encouraged. All these meeting are open to everyone – no closed society here.

More info can be found at <http://www.nccursillo.org/> or asking someone who has attended - Mack and MJ McKinney, Ted Fix, Rob Martin, Mary Ivie, Lyn and Wayne Seymour, Meg McGuire, Jeff Margensey (apologies to anyone I forgot).

The next weekend is May 12 - 15, 2011 at Camp Walter Johnson in Denton, NC. Please contact one of the folks listed above if you would like to talk about attending.

Memorials

A donation was given in loving memory of Ann Arnold
by Suzanne & John Saleeby

In loving memory of Mrs. Iola Burns

by Nancy Garner

In loving memory of Jo Beth Earles
by Nancy Garner

May they rest in peace and rise to glory.

**Cooperative Christian Ministry
(CCM)**

Many thanks for your donation through the “Souper Bowl of caring” this month, and for the non-perishable items that were donated as well! Thanks to your generosity we were able to help 95 families in our community with food, medicine, utilities and rent in the month of January. Thank you again for donation you can provide.

Good ideas for living in community

- 1-If you open it, *close it.*
- 2-If you turn it on, *turn it off!*
- 3-If you unlock it, *lock it back.*
- 4-If you break it, *admit it.*
- 5-If you can't fix it, *call someone who can.*
- 6-If you borrow it, *return it!*
- 7-If you value it, *take care of it.*
- 8-If you make a mess, *clean it up!*
- 9-If you move it, *put it back.*
- 10-If it belongs to someone else and you want to use it, *get permission.*
- 11-If you don't know how to operate it, *leave it alone or ask for help.*
- 12-If it doesn't concern you, *stay out of it.*
- 13-If it will brighten someone's day—*say it!*
- 14- If you start a project, *finish it.*

Cost at Epiphany

We've been keeping the thermostats at a lower setting in order to keep cost down! Our Duke Energy bill was \$212.38, Piedmont Gas was \$769.14 for the month of January. Yes it is cold but we are usually here a short time and it's important to keep the thermostat at a reasonable temperature. *Let's be warm but not wasteful.* If you turn the thermostat up, turn it back down to a lower setting before you leave. Also, please check the toilets and urinals to be sure they are not still running after they have been flushed. Our expenses are high and our income is not, we pay over \$1,600.00 in utilities monthly so please help us keep our cost down. Thank you for being a responsible team player.

Epiphany 2011 Pledges

2011 Goal \$165,103

January 12, 2011 37 Pledges = \$130,496 (\$34,607 Short)

Actual Income vs. Expense

YTD 2010=under: \$14,940 / 1-31-2011 – under: \$3,504.00

Come Join the Choir

Consider a new twist to your Lent and Easter season. JOIN THE CHOIR! Experience the season in the preparation of the music that begins with Ash Wednesday, proclaims the meaning of the Forty Days of Lent and ends with the last Sunday of Lent, also called Sunday of the Passion, or Palm Sunday. This powerful service, with its triumphant entrance into the church, ends with a silent procession signaling the beginning of Holy Week. Of course there is no Easter without Holy Week which ends on Saturday evening with the celebration of Great Vigil and the First Eucharist of Easter. It is a service that this organist/choirmaster will argue is the most exciting service of the church year. Then Easter Day!

Experience a new dimension to this season. Choir rehearsals are on Wednesday evenings at 7pm. We might even talk you into going to choir camp at the beach in August. Think about it. ~ Gene ~

Lector & Layreaders Schedule

Mar.6 Wayne Seymour

Mack and Mary Jane McKinney

Mar. 13 Mike Redman

Mike Redman and Charlotte Maness*

Mar. 20 Susan Stone

Ginny Sharrow and Babby Dineen*

Mar. 27 Ted Fix

Ben Tucker and Rob Martin*

Acolytes

Mar.6 : Team 1

Mar.13: Team 2

Mar. 20: Team 3

Mar. 27: Team 1

Coffee Angels

Please contact Vickie Byrd or sign the signup sheet to become a Coffee Angel. It's not hard to do, but on Sunday mornings it would be very helpful, and it's nice to use your talent here at Church of the Epiphany. If you are not able to be a "coffee angel," please contribute to the coffee fund. Please donate coffee, tea or snacks to be used during this time.

Recycling aluminum cans for our youth

Many thanks to all who have donated cans to our youth fund. Thanks to Bryant Lemons, they are being sold and recycled. The first sale of cans totaled \$26.00, the second sale totaled \$56.00, as of now the total is \$82.00.

This money will be used to help sponsor the youth mission trip which is scheduled for July. It's usually one of the hottest months and our youth and others are "sweating in the heat" to help someone (usually an elderly) with home repairs which they cannot otherwise afford. Please continue to support and give your cans to our youth fund. And again, thanks Bryant for helping with this project!

Youth Update

The youth have some great opportunities coming up. The diocese has several events scheduled which we should try to attend. We also have some events of our own that will be more successful with as much participation as possible. With everyone's busy schedule it is very difficult to compete for each person's time, but hopefully we can continue to have an active youth program with everyone's commitment. Here are some of the events coming up:

Unload the Truck the 1st and 3rd Fridays of each month **Lord's Pantry**, Bridge St., Eden, NC

We meet at Lord's Pantry between 4:00pm and 4:15pm to unload a food truck that comes from 2nd Harvest in Winston Salem. It usually only takes an hour or so depending on how many show up. ***We really need help and involvement from our church family.***

Outreach Weekend March 4th – 6th **St. Timothy's** in Winston Salem, NC

Youth get a chance to roll up their sleeves and help the community through various outreach projects. It is amazing and inspiring to see what a difference can be made in just one weekend. Registration is open through February 17th. Last year's event included work in a community garden, building handicap ramps, sorting clothes for children and more.

Happening 56 March 25th – 27th **Walter Johnson Retreat & Conference Center**, Denton, NC

Designed for youth grades 9th – 12th. A powerful youth led weekend, which builds on the teachings from Confirmation and provides space for personal renewal of one's relation to Jesus Christ. Team Registration closed January 14th; candidate registration is open until March 9th.

If you are interested in participating in any event, please let us know. Thanks to all of you that support us spiritually, physically and financially. Your presence is what enables us to do the things we do.

Many thanks to Mother Linda, Vicky Petty, Rob Martin, Mary Jane McKinney, Susan Stone, Pug Webster, Gene Burns and Ginny Sharrow for submitting articles for this edition of Epiphany Star.