

The Bells are Ringing

THE VOICE OF ST. PAUL'S EPISCOPAL CHURCH
Volume 4, Number 8 – October 2009

The St. Paul's Country Breakfast and Bake Sale Was a Huge Success!!

**Thank you to everyone for participating, donating food,
setting up, cooking, working, baking, cleaning up and
of course eating.**

176 plates @ \$6 = \$1,056.00

Bake sale = \$332.50

Donations = \$95.00

\$1,483.50

Diocesan match of \$1,000.00

\$2,483.50

All Proceeds to Support Local Outreach

American Cancer Society, Good Samaritan clinic (Burke Co.), Habitat for Humanity, Burke Hospice, Options of Morganton, Family Services of McDowell County, Thompson Child & Family Focus (Charlotte), South Mountain Children's & Family Center, Burke Elderly Nutrition (Meals on Wheels), and the Salvation Army Boys and Girls Club.

Fall Back! Daylight Savings Time ends Sunday, November 1. Don't forget to turn your clocks back one hour!



Our Mission

Seeking and serving Christ in all people and in the whole creation through:
WORSHIP, LOVE, JUSTICE, & RECONCILIATION

Leadership

The Rt. Rev. G. Porter Taylor, Bishop
The Rev. H. James Rains, Rector (828) 645-1383
The Rev. John Fitzgerald, Rector Emeritus

Vestry Members

| | |
|------------------------------|----------|
| Mac Hoffman, Senior Warden | 584-2961 |
| Jerel Hoffman, Junior Warden | 584-0192 |
| Diane Byerly (Finance) | 584-3417 |
| Betty Fowler (Worship) | 584-4692 |
| Rick Pindell (Christian Ed.) | 584-8760 |
| Art Trunkfield (Outreach) | 584-0615 |
| Lynn Hoffman (Clerk) | 584-2961 |

| | |
|--------------|--------------------------|
| Debbie Scott | Organist, Choir Director |
| Jerry Haynie | Treasurer |
| Lynn Hoffman | ECW President |
| Rose Raines | Happy Tuesday Outreach |

Sunday Worship

| | |
|--------------------------|------------|
| Holy Eucharist, Rite II | 9:00 a.m. |
| Children's Sunday School | 9:00 a.m. |
| Coffee Hour | 10:00 a.m. |
| Adult Bible Study | 10:30 a.m. |

Upcoming Dates

October

- 7 Vestry Meeting
- 5 Choir practice begins Mondays at 6 p.m.
- 12 ECW meeting
- 13 Happy Tuesday

November

- 1 All Saint's Day and Consecration Sunday
- 4 Vestry Meeting
- 9 ECW meeting
- 10 Happy Tuesday
- 13-14 Diocesan Convention
- 22 Vestry Election
- 29 First Sunday in Advent

December

- 2 Vestry Meeting
- 5 Hanging of the Greens
- 6 Church Christmas Party
- 8 Happy Tuesday
- 19 Poinsettias
- 24 Christmas Eve service 10 p.m.

January 2010

St. Paul's Episcopal Church, Lake James
1865 North Powerhouse Road Morganton
Phone: (828)584-0955
E-Mail: stpaulj@bellsouth.net
Visit our website: www.stpaullakejamesorg





From the Rector's desk

Stewardship Program

Throughout life, God gives us countless opportunities for spiritual and personal growth.

Worship experiences, including preaching and Holy Communion, are frequent and familiar to us. Other spiritual experiences, because we may not understand them or recognize God's invitation to us, might feel uncomfortable, so we avoid or dismiss them.

As part of this year's stewardship effort, Consecration Sunday, every family or individual in the parish will receive a letter and a Stewardship card from St. Paul's Church. Church members will be asked to consider a increase in their faith commitment for the coming year.

We want to challenge every member to deepen their faith by giving generously of both substance and service. It also offers an opportunity to live more fully into our Christian responsibility for supporting God's work in the world by our gifts of time and money.

I hope you will consider seriously my request and reflect on the ways your response can make a difference to this church and to our community. God is giving us an opportunity to grow spiritually, both as individuals and as a church. Please join me in accepting this invitation, and pray for strong, solid results from this effort.

In Christ,

Father Jim Rains +



*Jerry & Connie Haynie & Diane Byerly
Egg Prep*



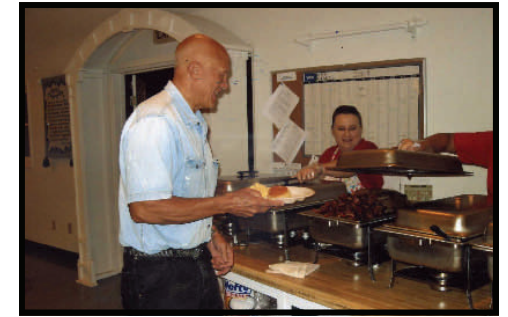
Joy Valmassoi Apple cooker



Rose Raines & Mary Phillips



*Peggy & Kermit Brittain
Red Creswell & grandson, Michael*



Our first customer



Here they come!!



Umm Good



Fr. John after a good breakfast

In Celebration

October Birthdays

"Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen." (BCP p.830)

- 4 Charles Bostian
- 5 Eric Anthony
- 10 Jessie Kypena
- 11 Carol Bostian
- 13 Peg Brittain
- 14 Debbie Perry
- 15 Eunice Barrier
- 17 Derek Keller
- 17 Diane Byerly
- 19 Gin Creswell
- 27 Jessica Byerly
- 28 Red Creswell



October Anniversaries

"Knit together in constant affection those who, in holy wedlock, have been made one flesh." (BCP p. 829)

- 6 Brooke & James Mullins
- 14 Terry & Debbie Perry
- 26 Daniel & Meg Kypena

NOTE: *If your name isn't mentioned, please contact either Art Trunkfield, 584-0615 or Sharon Rains, 828-645-1383, sharrains@verizon.net to update our church records.*

Church Register

September - Ann and Glenn Lowrance transferred to Salem Methodist, Morganton.

October Flowers

The sanctuary flowers for October are given to the Glory of God by Earl & Francis Bailey on the 4th and by Kay Rose on the 25th.

Prayer Corner

For Parishioners: Pat LaFevers, Rose Raines, Mildred Richard, Edna Scott, Rick Pindell, Eunice Barrier, Red Creswell.

For Others: Joy Valmassoi's mother; Pat LaFevers' sister Elsie.



From the Library

Submitted by Kay Rose

I would like for the library users to share their ideas about books and authors that they enjoy reading. I am going to leave new books on the table outside the library for two or three weeks and then put them on the shelves.

I have discovered I like Jack Higgins's books, I had never read him before I found them in the library.



There are two new books on the table, *Roaming The Mountains* with John Parris and *Gun Racks & Six Packs* by Bo Whaley. We get a lot of e-mails "you may be a redneck". I found that some of them come from this book.

Happy Tuesday

Submitted by Rose Raines

Happy Tuesday meets the second Tuesday of every month in the Fitzgerald Hall. It is an outreach program sponsored by St. Paul and is open to all Seniors in the area, including our own church members. We normally serve between 35 to 55 Seniors. For the month of September, our guest speaker was Father Jim Rains. He gave an enlightening review of his life and the places he had lived. Afterwards he shared a few jokes with the Happy Tuesday group. Then another wonderful meal was served and enjoyed by all. The next big event was "Bingo" and we had several winners. The guest speaker (Happy Tuesday) for the month of October will be Susan Janney from Legal Aid. For some seniors, Happy Tuesday is their only enjoyable outing of the month. It is a fun time for all including our church members who prepare and serve the food.

Who Am I?_____

The person featured in last month's newsletter was **Sharon Rains**.

Who Am I?_____

I am retired and live in a log cabin near the Linville River. I enjoy hunting, fishing, hiking and woodworking. I have two grown daughters and one granddaughter. I enjoy St Paul's and my church family very much. Who am I?

ECW_____

Submitted by Lynn Hoffman

The ECW is working ahead on the next project. "Options" is requesting **first aid and flu supplies** such as hand sanitizers, cold medicine, cough medicine for adults & children, aspirin, Tylenol, thermometers with sleeves, bleach and Lysol (or any) disinfectant spray. The regular wish list in in the church directory on the last page.

Vestry Highlights_____

October's Vestry Highlights will be published in the November newsletter.

Stewardship Campaign_____

Submitted by Diane Byerly

In order to have a clear picture of the finances at St. Paul's and to project an accurate budget for 2010, the vestry has authorized a Stewardship Campaign. A letter describing the campaign, along with stewardship cards, will be passed out during the month of October, with the hope that they can be returned to the church by Sunday, November 1st. Fr. Jim will preach about stewardship on the last Sunday of the month, October 25th. Please prayerfully consider how we can make this stewardship campaign a success.

Help Wanted_____

Newsletter Reporter (s) - This person (s) will be responsible for reporting on social activities of the church and its members.

Newsletter Clerk - This person will copy the Monthly Newsletter, place it in the church's entrance and mail it to the Newsletter mailing list each month.

Sunday School Volunteers - Several saints are needed to help with Sunday School. For further information, please see Biff Bauer or Fr. Jim.

LAY READERS, CHALICE BEARERS & GREETERS FOR OCTOBER

| OCTOBER | 4 | 11 | 18 | 25 |
|---------------------|--------------------|---------------------|--------------------|-----------------|
| Lay Reader | Mike Fowler | Jan Fitzgerald | Bob Bauer | Kermit Brittain |
| Chalice Bearer | Kermit Brittain | Bob Byerly | Diane Byerly | Tippy Doak |
| Greeters and Ushers | Bill & Rose Raines | Mike & Betty Fowler | Mac & Lynn Hoffman | Kay Rose |

If you are unable to be a Lay Reader or Chalice Bearer, or Greeter on your scheduled Sunday, please switch with someone on the list.

October 2009 Readings for Sunday Eucharist

| | |
|---|--|
| <p>October 4, 2009 Genesis 2:18-24 Psalm 8 Hebrews 1:1-4; 2:5-12 Mark 10:2-16</p> | <p>October 18 Isaiah 53:4-12 Psalm 91:9-16 Hebrews 5:1-10 Mark 10:35-45</p> |
| <p>October 11, 2009 Amos 5:6-7, 10-15 Psalm 90:12-17 Hebrews 4:12-16 Mark 10:17-31</p> | <p>October 25, 2009 Jeremiah 31:7-9 Psalm 126 Hebrews 7:23-28 Mark 10:46-52</p> |

Greeter Responsibilities:

- Be in the narthex by 8:45 am and remain there until after the first hymn.
- Greet people as they come in and give them a bulletin.
- Welcome visitors and have them sign the register.
- Keep doors to the sanctuary closed so that people who have already entered are not disturbed.
- *Smiles and hugs are great!*



Sunday after country Breakfast- Layreaders Diane Byerly and Tippy Doak

*—Can't Sleep?
 Don't Count Sheep.
 Talk to the
 Shepherd!!—*

Special Report

Resources available for H1N1 preparedness

[September 30, 2009]

With the onset of flu season, and related concerns about H1N1, many dioceses in The Episcopal Church are actively reviewing the most current data and have posted information on their websites in order to make decisions based on local practices and safety concerns in our church communities.

To link to diocesan websites: www.episcopalchurch.orgdirectory.htm

Extensive information about preparing for H1N1 and other potential pandemic influenza outbreaks is available on Episcopal Relief & Development's website er-d.org. This site links to strong examples of pandemic preparedness plans and offers resources that can help people to provide for congregational gathering needs should an outbreak occur. Additionally, Episcopal Relief & Development posted *Planning for Pandemic Influenza*, available at:

www.er-d.org/PlanningforPandemicInfluenza

The United States Government offers *H1N1 Flu: A Guide for Community and Faith-based Organizations* at

flu.gov/professional/community/cfboguidance.html

Included is a section, Vulnerable and Hard-to-Reach Populations, as well as links that congregations who may serve a homeless population may find especially useful: www.cdc.gov/h1n1flu/guidance/homeless.htm

Around the Diocese

Clergy Ember Day - October 1st

Eucharist and Healing Service - October 6th – 7 p.m.

Grace Church Asheville (871 Merrimon Ave.) Fr. Jim has led this monthly service for the past 4 years as part of the OSL team. All are welcome.

Tuesday Healing Service - 7 p.m.

Weekly healing service at Grace church, Asheville, offered by members of the ecumenical OSL group. Ones' prayer request is written on a card. Prayer ministers pray over the person silently for a period of time soaking physical emotional and spiritual hurts with God's love.

OSL Mountain Chapter - Oct. 8

This ecumenical healing ministry and teaching is open to all. Host church is Grace Episcopal Church, Merrimon Ave. Asheville. From 6:30–8:30 pm. Ask Fr. Jim for more information on this monthly meeting.

Fall Festival - October 10

The annual Fall Festival of the Frescoes in Glendale Springs. More information is available by calling 336 982-3076. or online: www.churchofthefrescoes.com

Healing Winds Conference - October 16-18

Annual Healing conference at Lake Logan sponsored by OSL chapters. Speakers are nationally recognized leaders in the ministry of healing prayer. This year's teaching will focus on the theme of "The Resurrection of the Forgotten Touch" Conference speaker, The Rev. Nigel Mumford, will lead us in receiving and ministering the forgotten touch.

Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. News about Him spread all over Syria, and people brought to Him all who were ill with various diseases, those suffering pain, the demon-possessed, the epileptics and the paralytics, and He healed them.

(Matthew 4:23-24)

Christian Faith and Daily Life: The Art of Dying and Rising—October 17th 10:00 to 3:00 p.m.

The Zabriskie Lecture with Timothy Sedgewick. Registration beginning at 9:30 Cathedral of All Souls, 9 Swan St., Asheville, NC 28803 Cost: \$20. or \$15. per person if you register with a friend.

To register for the **Zabriskie Lecture:**
www.centersforchristianstudies.org
to download a registration form.

Fresh Start Clergy Meeting - October 19

Lake Logan Conference Center

Fall Clergy Conference - October 19-21

Lake Logan Conference Center

Foothills Deanery Meeting - October 27

St. James - Lenoir, 10 am

St. Luke the Physician-Fall Classes

Class for membership in the International Order offered at St. James, Black Mountain. Saturday mornings from 9:30-11:30 a.m. beginning October 3 and ending November 21. Since we always pray for healing in the Name of Jesus, we think it is important for us to know as much as possible about Jesus' healing ministry. We will study the 49 accounts of healing encounters with Jesus recorded in the four Gospels and reflect on them and discuss what we can learn from them about healing in the church today. If interested, please contact Anne Weatherford at 828-669-6293. Anne is on the leadership of the Mountain Chapter of OSL with Fr. Jim.

Valle Crucis Conference Center.

To register or for information for upcoming Program Days : 828-963-4453 or email vccc@highsouth.com
Also visit the VCCC website at
www.highsouth.com/vallecrucis

1- Program Day - Hear my Cry, O God (Psalm 61:1)

Monday, October 12th -10 a.m. - 3 p.m. -
\$35, includes lunch

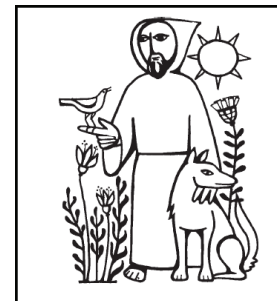
Facilitator - The Rev. Elizabeth Canham
This workshop on the psalms will focus on how we can pray through times of distress, fear, disappointment and the feeling that God has abandoned us. The economic downturn, job losses, war and natural disasters are all realities that cause us to fear the future and lose a sense of equilibrium in the present. Through reflection on psalms of disorientation, music, creativity and the creation of a "wailing wall" we will bring our anguish before God and, like the psalmists, rediscover the confidence that we are embraced by the God who holds and heals us. Canham is a noted author of many books and workshop leader. She leads tours around the world and is on the staff at Calvary Episcopal Church, Fletcher.

2- Program Day - Experiencing Contemplative Prayer

Friday, Oct. 23rd - 10 a.m. - 3 p.m. -
\$35, includes lunch

Facilitator - Jim Banks

When asked what is prayer, a common response is, "Talking with God." But what about *listening to God* or *being with God* or even *experiencing God*? Come to experience a variety of Christian prayer forms that disengage the calculating mind. The day will alternate between teaching, discussion and practice in a relaxed setting. Participants will experience praying with scripture, prayer beads and Centering Prayer, concluding with a contemplative form of intercessory prayer



Thought of the month.

*Always remember that the
shortest distance between a
problem and a solution is the
distance between your knees
and the floor.*

*The one who kneels to the
Lord can stand up to anything!*

Have something to share?

Send in good news or needs, thoughts,
thanks, & prayers!

We want to hear from you!

The Bells are Ringing newsletter is published
monthly by St. Paul's Parish- Lake James, Mor-
ganton, NC.

Editor- Sharon Rains, 828-645-1383,
sharrains@verizon.net - News Reporter- to be
filled; News Clerk- to be filled. Vestry Liaison-
Art Trunkfield, 584-0615.

Articles due by 3rd Sunday of the month.