

## Upcoming Events:

- Fifth Sunday in Lent, April 6
- Stewardship Meeting, April 12th at 10:30AM
- Knit Wits, April 12th at 1:00PM
- Palm/Passion Sunday Service, April 13 at 9:30AM
- Maundy/Holy Thursday, April 17 Soup Meal at 6:00 PM and Service at 7:00 PM
- Good Friday Service, April 18 at 7:00PM
- Easter Sunday service, April 20 at 9:30AM

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## PASTOR'S PAGE

Dear Sisters and Brothers,

Lent is nearly over. I know that I've not been entirely and 100% faithful to my Lenten disciplines. I've been largely faithful, however, and have been both comforted and strengthened by the practices. I hope you've found the same result in your Lenten disciplines, and that Lent has become your joyous and vital preparation for the feast of Resurrection.

Our African Bible Study was chosen to be a way to move more deeply into the Scriptures we've been reading each Sunday. This is not an academic Bible Study, where we discuss the historical, social, contextual, etc. perspectives on the Scriptures, but a way of prayerfully reading and listening to what God is saying to each of us in the Word. It is a beautiful way to open the Word of God with others, to more deeply appreciate the readings, and to move closer to God. If the leadership is willing, we will continue this practice after Lent, probably at a different time and place.

Wednesdays all through Lent the Parish Hall has been open – I know

because I've been here. The labyrinth has been here as well, and some of our Shelter guests prayed their way through this walk while they were still with us. I am not certain any of our parishioners have opted to do so. I can only think that everyone is too deeply immersed in their own particular Lenten prayer to add something new this year.

Whatever you have decided to do to move closer to God during Lent, I pray for you the grace to continue in strength. I pray that you are transformed and renewed as you daily reach out to God. I pray that religion truly becomes life in this Lenten time, and that all of us come to the empty tomb rejoicing and filled with gratitude for what God has done in Jesus Christ. We are a people ransomed and redeemed, and our lives can glorify God because of that.

A continuing joyous Lent and a blessed and exultant Easter!

In Peace,  
ML+



## WARDEN'S WORDS

by Larry Thomas, Junior Warden

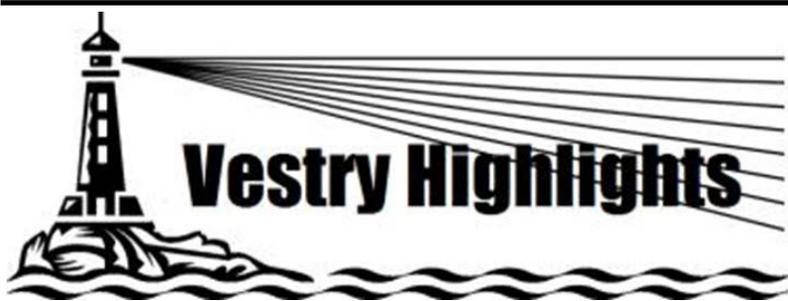
We all know what a "honey do" list is. It's where the wife or husband is always saying to their spouse "honey do this or honey do that". You all get my drift. The not so surprising thing is that the list never shrinks no matter how many jobs are checked off!

Christ Episcopal Church Xenia also has such a list although I've never heard any of the willing workers, that do the jobs, called "Honey!" We've replaced a bathroom vanity, toilet supply lines, kitchen faucet, dug up the yard at the Parish house for the new storage

shed, and so on. With all these jobs done there are still more that need to be done.

The roof has been replaced on the church as well as the parish house. The bell tower roof is finished and only the main bathroom roof remains to be done. Hopefully the next few weeks will see these jobs completed also.

We are steadfastly moving ahead and I would like to thank all of you who give of your time and effort to keep this ship sailing smoothly!



For March 9, 2014

+The Feb. "To-do" list reviewed, with most items completed: worship information on website, tracking process for Shelter donations, lids for recycling cans, arrangements made to recoat the outdoor furniture, supply organists for Roxanne's vacation.

+Barbara Bonham and ML+ reported on the Worship Conference they attended 2/28, noting an excellent Jazz Vespers and Friday night "Beer and Hymns" get-together.

+Discussed possibility of using Paypal on website for donations; decision referred to April meeting.

+Vestry agreed to Nursery areas in Parish Hall and church proper.

+Discussed Yellow Springs Red Book Ad. ML+ will contact re: phone # and picture.

+The various ministry reports were received, along with final report on the office work.

+Wardens' Reports were received; Larry Thomas reported on repair of the leak discovered in the basement, renewed water damage around the Sacristy door, and roof leak into the upstairs bathroom.

+Treasurer Report by Chandra Hightower: reorganization of Chart of Accounts is proceeding; need to determine use of Memorial Funds.

+ML+ gave report and discussed the labyrinth which will be offered to the parish during Lent.

+Sr. Warden offered closing prayer, and ML+ adjourned the meeting.



# NEWS FROM THE MINISTRIES:

## ONE TO ONE CLOTHING CLOSET

Will return next time

### GREEN TEAM The Lesser of Two Evils? Styrofoam vs Plastic

Ever been asked the question of “paper or plastic” and had that moment to ponder? Is it better to consume another tree or carry about something that will not break down for ages? Luckily, that answer is becoming clearer, since the paper industry is beginning to turn to renewable sources, making that decision easier. Paper ... or bring your own reusable bag.

But what about food service? Plastic or Styrofoam? Plastics are now being made of corn and recycled bottles. These items are also able to be recycled, keeping to the “reduce, reuse, recycle” progression. I was once told that Styrofoam wasn’t recyclable but yet was better than plastic, because it broke down into tiny particles that “almost disappear.” That idea is wrong. Styrofoam, aka polystyrene is a petroleum-based plastic. It’s remarkable for its ability to insulate, but when it breaks down, it leaches toxins into the environment. It is possible to recycle, but the market for recycling is small.

**“Recycled paper products, bamboo, and corn plastics are renewable, biodegradable, and compostable. Every ton of 100% Post-consumer waste recycled paper products you buy saves:**

- 12 trees
- 1,087 pounds of solid waste
- 1,560 kilowatts of energy (2 months of electric power required by the average US home)
- 1,196 gallons of water
- 1,976 lbs. of greenhouse gases (1,600 miles traveled in the average US car)
- 3 cubic yards of landfill space
- 9 pounds of HAPs, VOCs, and AOXs combined
- 390 gallons of oil”



At Christ Episcopal Church, the Vestry has made a commitment to an ongoing initiative to recycle and cut back on wastes in order to be custodial to God’s green earth. As a community of God’s people, we demonstrate our thanks by taking care of God’s gifts. Money has been set aside to purchase compostable kitchen disposables. If you see we’re running low, please let Becky know. If you’d like to purchase something, please make sure your purchases are compostable. Pete and Mother Lynn take our compost and use it on the farm, so we’re helping them out as well. If you have brought in Styrofoam or non-compostable plastics, please take them home for your own use. Your generosity is wonderful, and we hope you’ll continue to support the Church in this commitment to show our gratitude for our world.

-Tanya Ellenburg-Kimmet

Source:

*Polystyrene Foam Report - Report from Green Restaurant Association Creating an Environmentally Sustainable Restaurant Industry* <http://www.earthresource.org/campaigns/capp/capp-styrofoam.html>



We’re getting together  
April 12, at 1 PM  
Saturday afternoon at  
the Nickell House



Stewardship Meeting  
Saturday April 12  
10:30 AM at the Nickell  
House



Pinwheels of Prevention:  
During the month of  
April you can learn how  
to help prevent child  
abuse.

See more on page 8



## FROM THE GARDEN— Pete Sinnott

### Why Medicinal Herbs - Yarrow

Yarrow's botanical name is **Achillea millefolium**. The name "Achillea" comes from the Greek legend that says Achilles used Yarrow to stop the bleeding of his soldiers' wounds. Yarrow is in fact a vulnerary as it does stop bleeding and promotes tissue healing with its strong antibacterial properties. For another use we find this old wives' tale in A Modern Herbal by Mrs. Grieve:

"And once of yarrow sewed up in flannel and placed under the pillow before going to bed, having repeated the following words, brought a vision of the future husband or wife:

Thou pretty herb of Venus' tree,  
Thy true name it is Yarrow;  
Now who my bosom friend must be,  
Pray tell thou me to-morrow."

(Halliwell's *Popular Rhymes*, etc.)

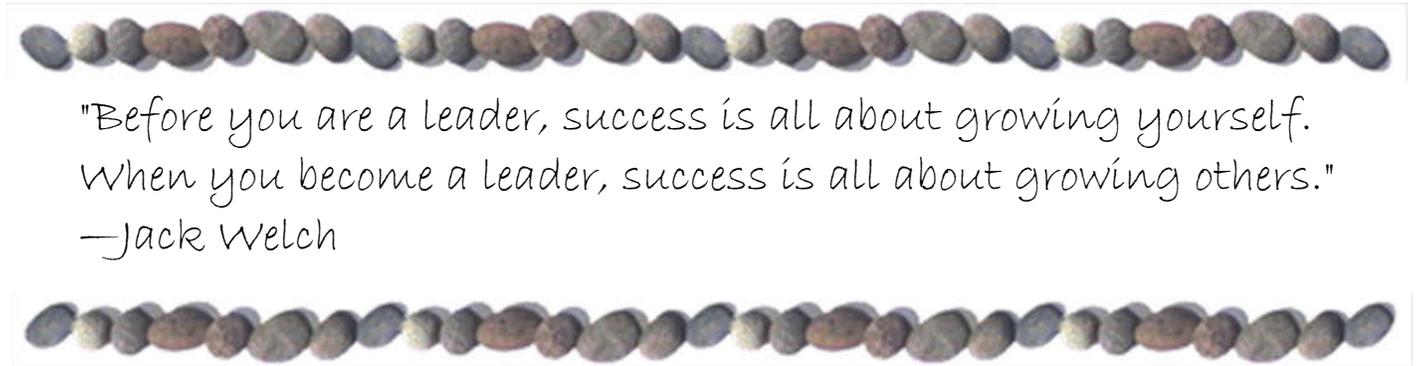
Yarrow grows everywhere—in your lawn and along roadsides. It is not often admitted into gardens as it tends to creep everywhere. But yarrow is very welcome in my herb garden. It makes a wonderful tea with an uncommon flavor and aroma. Yet when a cold threatens yarrow relieves a sore throat or lowers a fever. Michel Moore the herbalist also recommends yarrow when used early in the relief of migraine headaches.

The most common receipt for yarrow tea is 1 to 2 teaspoons in boiling water. Allow the tea to steep for 10 to 15 minutes and drink warm to hot.

Next month  
Echinacea!



### Leadership Lines



"Before you are a leader, success is all about growing yourself.  
When you become a leader, success is all about growing others."  
—Jack Welch

## NOTES MINISTRY

Jenny Hudson has offered to send notes to the people whose names we put on our Prayer List. She has often received such notes from churches praying for her, and would like to pass on to others the comfort and warmth those notes have meant. The notes will simply tell the recipients that we here at Christ Church are holding them in our prayers.



From our hearts  
to yours

If you'd like someone whose name you've placed on our prayer list to receive such a note from us via Jenny, just jot down the name and address and leave it in Jenny's mailbox in the Parish Hall.



## STEWARDSHIP — Becky Gentry

Stewardship  
Giving Thanks - Taking Care



Honoring God's gracious presence in our lives

It's Spring again – warmer temperatures, flowers in bloom, and robins singing. No other season expresses God's love for us more than the renewing beauty of Spring and the thoughts of God's love for us in the sacrifice of his only son, Jesus Christ.

This is also the time to think about our Stewardship to Christ Episcopal Church. I'll paraphrase the Stewardship Statement from Christ Church, Manlius New York (Fall 1998): We recognize with great thanksgiving, that God has blessed us all abundantly, maybe not with material things but with spiritual blessings. These blessings manifest themselves both in our individual lives and in our life together with our families and parish.

We need to seek to honor God's graceful presence in our lives by being faithful stewards of what we have been given: with our time, talents, and treasure. We need to explore how our stewardship applies in our individual lives within and outside Christ Episcopal Church. Please join us in recognizing God's grace when and where it occurs, and responding to our Lord with gratitude and generosity.

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## REVIEWS OF THE BEST PRACTICES CONFERENCE AT PROCTOR

The following are some reports from our members who attended the Best Practices Conference held at Proctor in March. Eight members of CECX attended the conference and a few wanted to share what they experienced.

As a newbie to the Diocese, I attended the Conference with my husband with no expectation, and less of an idea, about the conference. In fact, it wasn't until the afternoon of the presentation that I realized the presenter was an author and we were getting a synopsis of his book via power point. That being said, I found the day-long event thought provoking and illuminating. Every generation of faithful must ask and answer, "What are we all about?" The answer usually returns that we are not meant to idolize any of the systems and structures of the past, but rather need to glean and carry forward the treasures that don't need a home or power structure. I came away with an image of a sound system at our lovely church piping our Sunday service outdoors and a summer cycle of services in our lovely little

outdoor space, followed by potluck picnic. We might need a tent to protect from too much sun (or stray showers). But it really is more than symbolic. Our activities of 'worth-ship' are intended for the neighborhood we occupy. We really are so much more than our incredible building and history.

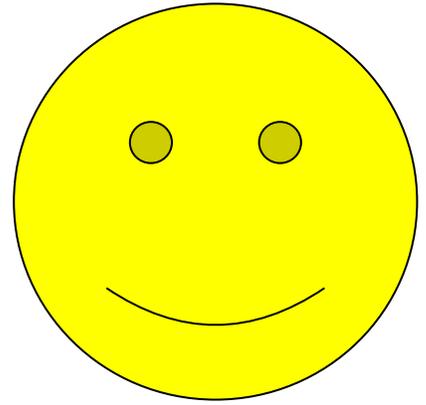
- Fr. Elaine Silverstrim

The conference centered on spiritual formation and sharing ones life in community. The focus was on going out and forming relationships that shared the essence of ones experience with God. We all have a wish, a hunger, for a relationship with God and community.

- Pete Sinnott



# Children's Corner



For those who are young, those who think they are young, those who feel young at heart, and those who aren't any of the above (nobody's looking... Have some fun!)

**PUZZLE**

**HE HAS RISEN!**

On Easter morning, Mary Magdalene, Mary the mother of James, and Salome were surprised to meet an angel at Jesus' empty tomb.

Directions: Use the word shapes to complete the angel's message, in Mark 16:6 (NIV).

for be crucified risen Don't is Jesus He  
looking where not the place who here  
the laid alarmed Nazarene they was him

1.

2. You are

3. has

4. He

5. See

Answer: 1. Don't be alarmed. 2. You are looking for Jesus the Nazarene, who was crucified. 3. He has risen! 4. He is not here. 5. See the place where they laid him.



## Bible Quiz

Who told the women at the tomb that Jesus had risen?

A. Two men in shining garments  
 B. A young man in a white robe  
 C. An angel  
 D. All of the above, depending on which gospel you read

Answer: D (See Matthew 28:5-6; Mark 16:5-6; Luke 24:4-6.)

## Service Calendar, April 2014

Ministry	4/6	4/13	4/20	4/27
<b>Worship Leader</b>	ML	ML	ML	MP - Ruth
<b>Altar Guild</b>	Dana, Becky	JoAnne, Tanya	Pam, Becky	Ruth, Tanya
<b>Lector</b>	Nancy	Chandra	Ruth	Tommy
<b>Ushers</b>	JoAnne, Doug	Donovans	Elizabeth, JoAnne	Rick, Brad
<b>Intercessor</b>	Barb	Mark	Rick	Doug
<b>Chalice</b>	Kim, Ruth	Barb, Rick	Pam, Debbie	n/a
<b>Eucharistic Visitors</b>	Dana	Jenny, Rick	Mark, Kim	n/a
<b>Healing Prayer Ministers</b>	Debbie, Carolyn	JoAnne, Doug	Jennie, Eve	n/a
<b>Vestry Member of the Week</b>	Vikki	Carol	Kim	Barb

## Service Calendar, May 2014

Ministry	5/4	5/11	5/18	5/25
<b>Worship Leader</b>	ML	ML	ML	MP - Pam
<b>Altar Guild</b>	Ruth, Tanya	JoAnne, Becky	Dana, Pam	Ruth, Tanya
<b>Lector</b>	Dana Rhyne	Becky Gentry	Pete Sinnott	Debbie Gillespie
<b>Ushers</b>	JoAnne, Doug	Donovans	Elizabeth, Tommy	Rick, Brad
<b>Intercessor</b>	Ruth Hazel	Dana Rhyne	Barb Bonham	Mark Cummings
<b>Chalice</b>	Barb, Kim	Mark, Ruth	Pam, Debbie	n/a
<b>Eucharistic Visitors</b>	Kim, Mark (Faith)	Jenny, Rick (Joyce)	Dana (Bill)	n/a
<b>Healing Prayer Ministers</b>	Mark, Debbie	JoAnne, Doug	Pam, Carolyn	n/a
<b>Vestry Member of the Week</b>	Vikki	Carol	Kim	Barb

If you can't be there for your assigned position, please find a replacement and let Becky know of the change.



**BIRTHDAYS & ANNIVERSARIES  
FOR THE MONTH OF APRIL**

Ash Wednesday is the beginning of Lent. As we seek to align our lives with the Passion of Christ through a deepened relationship with Him and one another, do keep in mind Lenten activities at Christ Episcopal Church, Xenia:

Ash Wednesday – March 5  
Liturgy of the Ashes at 12:00 NOON  
Holy Eucharist and Distribution of Ashes at 7:00 PM

Maundy Thursday – April 17  
Soup and Bread Meal at 6:00 PM  
Holy Eucharist at 7:00 PM

Good Friday – April 18  
Good Friday Liturgy at 7:00 PM

Passion Sunday – April 13  
Service at 9:30 AM

The Labyrinth in the Parish Hall will be open every Wednesday in Lent, 11 AM – 7 PM

**Birthdays**

- 07 Caedan Nieves
- 08 Lily Thomas
- 10 Jack Kitch
- 12 Barbara Bonham
- 13 Vikki Carter
- 21 Bill Huddleson
- 25 Joyce Murnahan
- 29 Faith Patterson

**Anniversaries**

- 03 Kathy & Bob Geyer
- 13 Camilla & Tyson Davis



*If you are not on the email mailing list or not receiving emails, email Tanya at [cecxtanya@gmail.com](mailto:cecxtanya@gmail.com) Make sure any spam filters allow email from [cecxlist@googlegroups.com](mailto:cecxlist@googlegroups.com) and [cecxtanya@gmail.com](mailto:cecxtanya@gmail.com)*

**Submissions:**

Anyone who wishes to submit anything for the Trumpet should do so ASAP. **Deadline for submissions is April 25th.** Submit information by hand to Tanya or by emailing it to [cecxtanya@gmail.com](mailto:cecxtanya@gmail.com).

*Pinwheels for Prevention*

PREVENT CHILD ABUSE AMERICA uses the pinwheel to remind us of the bright hopes and innocence of children. This symbol of childhood stands for the right of every child to live free from fear and free from the abuse that mars too many of their lives.

Abuse of children is a serious problem in this nation and across the world. Children are defenseless against abusers who are meant to love and care for them, and we plant the pinwheels to remind people of the needs of our children and the responsibility of all of us to all children everywhere.

**What are those Pinwheels?**

What can *we* do to help present child abuse?

- √ Help a neighbor in need by offering to baby-sit or give parents a break
  - √ Volunteer for your Prevent Child Abuse America state chapter or another child- or family-serving agency
  - √ Make a gift at this website: [www.pinwheelsforprevention.org/give](http://www.pinwheelsforprevention.org/give)
  - √ Donate \$10 by texting PINWHEEL to 20222\* (powered by [www.givebycell.com](http://www.givebycell.com))
- from website [pinwheelsforprevention.org](http://pinwheelsforprevention.org)*



The pinwheels we display are 100% recyclable; caring for our environment is one of the most important ways we care for our children.

