

Christ Episcopal Church Xenia

THE TRUMPET



LENT

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www.christepiscopalxenia.org

March 2014 Volume 5, Issue 3



Pastor's Page

Dear Sisters and Brothers,

This month we enter again upon Lent, our most powerful season of *metanoia*-- usually translated as repentance.

And "repentance" doesn't quite say it all.

Metanoia is a whole turning of our lives, a re-orienting of our minds and spirits and hearts more fully and deeply and yearningly toward God.

Our worship will reflect our yearning for God and our grief over our failures when we are not as fully God's people as we would like to be.

And the African Bible Study and the Labyrinth will offer us ways to move closer to God....to deepen our connection to ourselves, our brothers and sisters, and

our Creator. Can we make the time -- such a little time! -- to do these things?

We can give up chocolate and alcohol, cigarettes or TV -- these are not bad things to give up for Lent. But we also can do those positive things that will enrich and deepen our spirituality: prayer in its many forms, study, and exploring in community the Presence of God in our lives.

I pray for a blessed and holy Lent for each of us, filled with joy and grace and the time for God.

In God's peace,
ML+

Have a joyful Lent!



Warden's Words

Winter has not been kind this year. There has been snow on snow on snow, and loss, and change at every turn. Ritter's death was hard. Betsy's death was hard. I found out this week that a family member might have cancer. And it snowed *again* today.

Lately I find myself praying without ceasing. As I wash the dishes, I pray for a friend's marriage. I brush my teeth and pray for healing for another friend. I pray my rosary every night and ask God to bless Christ Church. I see pictures of daffodils posted on Facebook by friends in the south and pray for spring.

And running in the back of my mind during all these prayers are these words from Romans 8:

Do you think anyone is going to be able to drive a wedge between us and Christ's love for us?

There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture:

They kill us in cold blood because they hate you. We're sitting ducks; they pick us off one by one.

None of this fazes us because Jesus loves us. I'm absolutely convinced that nothing—nothing living or dead, angelic or

INSIDE THIS ISSUE

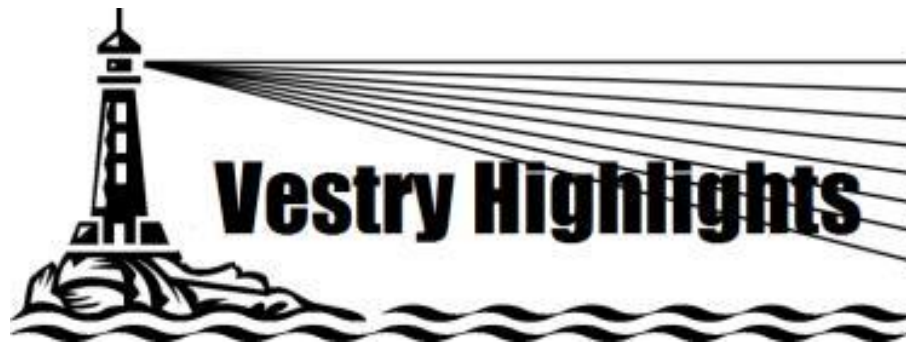
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demonic, today or tomorrow, high or low, thinkable or unthinkable—absolutely nothing can get between us and God's love because of the way that Jesus our Master has embraced us.

(from *The Message*, which, while not a true translation, is one man's meditation on the Bible.)

Lent is just around the corner. The longing for spring seems to intensify during Lent, but why don't we, this year, sit quietly with winter for a while longer. It feels cold and desolate – but it's the perfect distraction-free place to pray without ceasing. Will you join me?

- Dana Rhyne , Senior Warden



Vestry Meeting 2/9/14

The Christ lamp was lit and Mtr. Lynn opened the meeting with prayer.

- ✓ **The Vestry unanimously elected Chandra Hightower as Treasurer and Tanya Ellenburg-Kimmet as Clerk of the Vestry.**
- ✓ **New members Mark Cummings and Carol Conway were welcomed, as well as new Wardens Dana Rhyne (Sr. Warden) and Larry Thomas (Jr. Warden)**
- ✓ **Mtr. Lynn led the Vestry Orientation: national and diocesan canons, tradition, vestry job descriptions, skills, etc., and brief Family Systems' overview.**
- ✓ **Updates given on the photo directory (coming soon!); stage ceiling repair in Parish Hall (awaiting roof repair); and snow removal (Shelter guests)**
- ✓ **Plans discussed for installing doors to enclose Becky's office, beginning work with the congregation on discerning Pastoral Care ministers, organ repair beginning this coming**

week, and advertising in Yellow Springs' "Red Book".

- ✓ **Motion by Larry Thomas: begin budgeting process earlier so that Vestry final approval is made in November. Carol Conway seconded. Unanimous approval.**
- ✓ **Treasurer's Report was unavailable, as updating the Church Windows financial software is still in process.**
- ✓ **Length of terms for Clerk and Treasurer discussed and approved (Clerk, if Vestry member, 3 years; Treasurer, reappointment annually for 3 years)**
- ✓ **Check Signing authority: Motion by Barbara Bonham that check signers should be: the Treasurer, both Wardens, and a parishioner (JoAnne Earley), with 2 signatures (the Treasurer and one other signer) on all checks. Larry Thomas seconded; unanimous approval.**

Closing prayer by the Sr. Warden; Mtr. Lynn adjourned the meeting.

News from the Ministries

Have clothing. Need clients

CLOTHING CLOSET

Since the first of the year the weather has either closed the Clothes Closet completely or kept many clients at home on Tuesdays. Meanwhile donations continue to come in. Our weekly numbers were about half what they normally had been. It is beginning to pick up with warmer temperatures.

We are now opening an hour earlier on Tuesdays - 10 AM to 2 PM. In February we started opening on the last Saturday of the month. We had 40 walk-in clients on the 22nd. They took clothing for 84 people. We saw many new faces. I was very pleased with our first Saturday. Thanks to Vikki Carter, Mary Luttrell, Carolyn Cotterman, Bradley Alexander and two of our shelter guests for volunteering Saturday.

I have printed some flyers with our new hours and am trying to find places that will post them. Bud's Automotive have one on their door. Faith Community Methodist, Dayton Avenue Baptist, and St. Brigid Catholic Churches all have posted them. I delivered one to IHN, Family Violence, the Red Cross Shelter, Greene County Library and Cox Elementary School. I posted one on the bulletin board at Xenia Adult Recreation and Services Center, Wendy's, Kroger and the Xenia Laundromat. Plan to go the YMCA also. Memorial Presbyterian have been making us mats for our shelter guests for a couple of years. I'm sure they will take a poster for their church when I pick up the next batch of mats. Do you know of somewhere you could post a flyer? Let me know and I'll provide you the 8 1/2 by 11 "poster" with our info.

- JoAnne Earley

Bible Quiz

Moses was a prophet and lawgiver for God's chosen people, the Israelites. What does the name Moses mean in Hebrew?

- A. "Out of the water"
- B. "Giver of the Law"
- C. "Prophet"
- D. "God is good"



Answer: A (See Exodus 2:10.)

NOTES FROM THE GREEN TEAM:

The Benefits of Composting

No one really knows who actually discovered the benefits of composting. Regardless of its origin, it's clear that life grows from death. Drawing new life from the leavings of the past has been happening on earth since the beginning, and mankind can make use of this divine gift by turning raw materials into nutrient-rich compost for organic sustainability. Organic gardening principles have been developed with earth itself – for example, the results from forest fires. The bottom line is that the best compost is little more than rotting organic matter.

Successful composting requires a basic knowledge of the process that operates in a compost heap. The basic guidelines for making good compost is to add nutrients and micronutrients to the soil depending on the temperature and available moisture. Composting attracts nature's soil builders in the form of earthworms and friendly insects that rejuvenate the soil and increase plant growth. One can achieve a good compost from two parts vegetable matter and one part animal matter or manure. The materials selected must include biodegradable compounds and contain nutrients that are available and usable to microorganisms. Examples of organic vegetable matter include pond algae, wood ashes, coffee grinds, feathers, organic kitchen garbage (except grease, oil and animal fats), dry dog food, eggshells, flowers, grass clippings, leaves, and weeds.

There are additional factors in making a decision to compost or not to compost such as where to locate your compost pile, maintaining its appearance and size, proper drainage, aeration, and insulation.

In order to speed up decomposition, it is recommended that to break down the raw materials into nutrient-rich organic matter. Also, by adding moisture as you build the pile, wetting it down periodically and aerating with frequent turning of the materials in the compost pile will increase microbial action at an accelerated rate.

Getting started is the most important thing in establishing organic sustainability by utilizing the benefits of composting for organic gardens. Plant some seeds; start your compost pile and learn as you go. Borrow what you need from the earth and give back what you have in abundance to stay in the natural flow.

Reference: <http://www.naturalnews.com>



By the Green Church Team



STEWARDSHIP COMMITTEE

STEWARDSHIP

Thoughts on Stewardship
Gratitude & Greatness by Jillian McLeod

When I want a challenging perspective on some element of Christian living, I often look to Thomas Merton. Here's how he defines gratitude:

"To be grateful is to recognize the Love of God in everything He has given us - and He has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him."

I readily acknowledge that *everything* was given to me: my body, my mind, my family, my upbringing, my heritage, my gender, my ethnicity, my very life.

I think there's more here though; not just a reminder to be grateful at all times.

Since the Love of God is in *everything* He has given me, and He has given me *everything*, then I *always* have something to contribute to God's kingdom. That then makes my life, as it is this very moment, today, (not at some point in the future when I've gained more expertise and knowledge, or when I'm earning more money), full of small and meaningful ways for me to be a blessing to the world around me.

What a relief to know that I don't have to say, pledge at least 77% of my yearly earnings, or bake cookies for the entire congregation every Sunday, or sponsor and prepare all the meals for Loaves & Fishes for the next 5 years, or some other paralyzing lofty ambition. In order to be a good steward of my gifts and an active member of this community I just need to faithfully try to say yes to the numerous opportunities I get each day, to make small and perhaps unnoticed contributions to God's kingdom. Like smiling at you when we meet at the altar.

Blog on www.tens.org and first published in: The Chronicle of Christ Church Cathedral, Springfield, MA

PASTORAL CARE

The ministry of Pastoral Care is one of visitation, listening, praying, encouraging and sharing. Pastoral Care ministers visit parishioners who are homebound or who have been admitted to the hospital or to a nursing facility, reflectively listening, supporting, and sharing, and being the compassionate presence of Christ. They do the work of Chaplains, and will be trained in this ministry. Who among us might have these gifts, and this call?



KNIT WITS

Meeting on March 15th - the third Saturday of March
11 AM - 1 PM

at the Nickell House

Open Gathering of everyone interested in
participating in this ministry.

We'll be knitting and crocheting to meet a variety
of needs in our community

You don't need to know how to knit or crochet -
you'll learn with us

Please bring your ideas, yarn, needles
and prayers!

(or just bring yourself!)

Questions?

Call Barbara Bonham, 239-7561
Christ Church Office 372-1594
Mother Lynn 532-5019

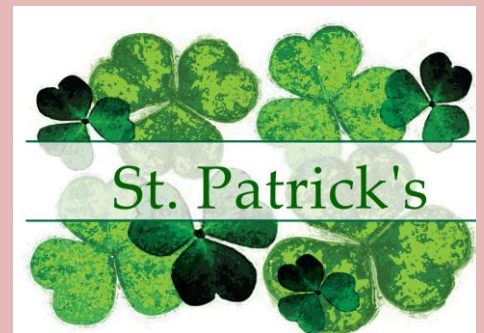




Pancake Supper
Tuesday, March 4th
5 PM – 7 PM

Dates to Remember

Tuesday, March 4 th	–	Shrove Tuesday, Pancake Supper
Wednesday, March 5 th	–	Ash Wednesday
Sunday, March 9 th	–	Daylight Savings Time begins
Monday, March 17 th	–	St Patrick's Day
Thursday, March 20 th	–	First day of Spring
Sunday, April 13 th	–	Passion Sunday
Thursday, April 17 th	–	Maundy Thursday
Friday, April 18 th	–	Good Friday
Sunday, April 20 th	–	Easter Sunday
Thursday, April 24 th	–	Earth Day



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 p.m.**

- **MAUNDY THURSDAY – APRIL 17**
 - **Soup and Bread Meal at 6:00 p.m.**
 - **Holy Eucharist at 7:00 p.m.**

- **GOOD FRIDAY – APRIL 18**
 - **Good Friday Liturgy at 7:00 p.m.**

- **PASSION SUNDAY – April 13**
 - **Service at 9:30 a.m.**

THE LABYRINTH IN THE PARISH HALL WILL BE OPEN EVERY WEDNESDAY IN LENT, 11 AM – 6 PM

Announcements

Altar Flowers: If you would like to donate flowers for the altar, either in memory of or in honor of a loved one, just sign up on the Flower Chart on the Parish Hall bulletin board. Send the check into the office with 'Altar Flowers' on the memo line - or see Pam Feinour or Doug Pultz. (Cost is \$20)

Coffee Hour: We need volunteers for the coffee hour. Sign up is in Parish Hall.

Website update:

We've updated the website and have our own domain name once again. Our new web address is www.christ-episcopal-xenia.org and have no fear, if you have the other one bookmarked, it will still take you to this site.

Lenten Schedule:

This issue of the Trumpet is packed... packed with things occurring this month. See page 8 and 9 for the condensed schedules of events.



MARCH BIRTHDAYS

03 Dana Rhyne
04 Heather Holland Schroeder
07 Russell Walker
09 Elizabeth Clark
15 Sue Ralstin
17 Shirley Ellis
18 Jonathon Feinour
23 Pam Feinour
29 Summer Watts



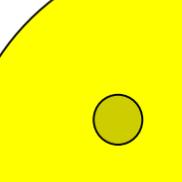
If we have missed your birthday, please let us know.

Keep the Church Directory "up to date"... if you are planning a move in the near future, or have a new phone number or e-mail address please be sure and let the church know.

Thanks!

Check out our Church website:
www.christ-episcopal-xenia.org

Parish Office email address:
christepiscopalxenia@gmail.com



PUZZLE

A new creation

Just as spring brings beauty and renewal,
in Christ we, too, are made new.

Directions: Follow each flying butterfly to its correct number. Then write that word on the line with the corresponding number to read 2 Corinthians 5:17.

"Therefore, _____ , _____
 2 3 4 5 6 7
 _____ : _____
 8 9 10 11 12 13
 _____ , _____ is here!"
 14 15 16 17

2 CORINTHIANS 5:17, NIV

Butterfly Pretzels



- 45 miniature twist pretzels (to make 20 butterflies)
- Cookie sheet covered with parchment paper
- Light cocoa and multi-colored Candy Melts (available at craft stores)
- Disposable decorating bags
- M&M's, Skittles, sprinkles, cinnamon drops, etc.

1. Break five pretzels into pieces for antennae.
2. On cookie sheet, arrange pairs of whole pretzels as shown.
3. Melt Candy Melts in microwave, separating colors into different bags.
4. Pipe melted brown candy down the center to hold pretzels together, making a head and body. Press on two pretzel pieces for antennae.
5. Pipe other melted candy into the pretzel holes.
6. Add M&M's and other decorations into melted candy on the wings. Let cool. Enjoy!

Christ Episcopal Church, Xenia Service Calendar, March 2014

Ministry	3/2	3/9	3/16	3/23	3/30
Worship Leader	ML	ML	ML	ML	MP Barb
Altar Guild	Ruth, Tanya	JoAnne, Becky	Dana, Tanya	Pam, Becky	Ruth, Tanya
Lector	Pete	Debbie	Pam	Barb	Mark
Ushers	JoAnne, Doug	Donovans	Rick, Tommy	JoAnne, Doug	Rick, Brad
Intercessor	Ruth	Doug	Rick	Mark	Dana
Chalice	Barb, Rick	Mark, Ruth	Debbie, Kim	Pam, Rick	-----
Vestry Member of the Week	Carol Conway	Barb Bonham	Kim Holbert	Vikki Carter	Mark Cummings

Service Calendar, April 2014

Ministry	4/6	4/13	4/20	4/27
Worship Leader	ML	ML	ML	MP-Ruth
Altar Guild	JoAnne, Becky	Dana, Tanya	Pam, Becky	Ruth, Tanya
Lector	Nancy	Chandra	Ruth	Tommy
Ushers	JoAnne, Doug	Donovans	Elizabeth, Tommy	Rick, Brad
Intercessor	Barb	Mark	Rick	Doug
Chalice	Kim, Ruth	Barb, Rick	Pam, Debbie	-----
Vestry Member of the Week	Dana	Larry	Tanya	Chandra

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



Christ Church Easter Lilies To Honor Your Loved Ones

*Christ Episcopal Church is seeking members to honor their loved ones in memory or thanksgiving by purchasing Easter Lilies for \$10.00. Please place your order by **Sunday, April 13.***

Place the following order sheet in the offering plate or mail to the office with your payment.

Name: _____

In Memory: _____

In Thanksgiving: _____

Number of Plants: _____

Amount Enclosed: _____

Thank you for your contribution.

*Christ Church * 68 E Church St * Xenia OH
937.372.1594*

From the Garden

Why Medicinal Herbs?

Those of us who are over 60 are the first generation to experience modern pharmaceuticals and processed food. We have made many advances and have benefited from our learning.

Yet we are beginning to understand that there are problems as well as benefits related to the changes.

It is not my goal to debate the pros and cons of these advances but to ponder the value of what has been lost. As too often happens with development, we have thrown away far too much of the past in favor of the new.

Our grandparents and great grandparents knew a very different relationship with the natural world. They often grew at least a portion of their own food and used herbs from their gardens to enhance the taste of their daily cuisine. They also understood the other benefits of herbs. Before the end of World War II, especially in England and Europe, the study of medicinal herbs was required for those in medical school.

For a significant portion of the world, herbs are still a vital means to healing. In China, for instance, Traditional Chinese Medicine is practiced alongside modern medicine. Ayurveda is still practiced in India and has a presence in the West as well. These practices are thousands of years old and are still valued by those who study and practice the healing arts.

In my journey I am finding that plants are a vital part of the web of creation in which we all exist. They add oxygen to the air we breathe, and are essential to the entire food chain. At a deeper level they have been critical to the development of the human immune system. They also can normalize the function of our DNA.

Yet in many ways we have cut ourselves off from this rich and vital part of our world. I would like to share the history and potential benefits of some common herbs that grow in our back yards or in other parts of the world. Like the many foods we eat, herbs can help the body heal and sustain itself.

More to come.....

-Pete Sinnott



Moving Closer to God in Lent



Often when we study the Bible we learn the meaning of the text, or the context in which the words were written. But another way to study it is to consider how it touches our hearts. What does this passage say to me in this moment? And how does my understanding of the Word connect me to my friends, family, and the world around me?

Each Sunday morning during Lent we will explore the answers to these questions, meeting at 8:30 a.m. in the Nickell House. The first meeting will be on March 9th.



Another way we can deepen our spiritual life during Lent is the labyrinth, a way of meditation that is thousands of years old, and a prayer form Christians have used for centuries.

We will have a labyrinth in our Parish Hall throughout Lent, and the Hall will be open to the community Wednesdays from 11 am to 6 pm.

The process is simple, but instructions will be available.



What Is A Labyrinth?

Labyrinths are ancient human symbols known to go back at least 3500 years and probably much older. They appeared on most inhabited continents in prehistory, with examples known from North & South America, Africa, Asia and across Europe from the Mediterranean to Scandinavia. The labyrinth symbol was incorporated into the floors of the great Gothic pilgrimage cathedrals of France in the twelfth & thirteenth centuries. The most

famous extant design is the example in the nave floor of the Cathedral of Notre Dame de Chartres outside of Paris. This labyrinth was built of honey colored limestone with marble lines around the year 1200 and is now over 800 years old.

Why Do We Walk Labyrinths?

A labyrinth is not a maze, but a walking meditation device with a single winding path from the edge to the center. There are no tricks, choices or dead ends in a labyrinth walk. The same path is used to return to the outside. Combining a number of even older symbols, including the circle, spiral and meander, the labyrinth represents the journey inward to our own true selves and back out into the everyday world.

Walking a labyrinth is a right brain activity (creative, intuitive, imaginative), and can induce or enhance a contemplative or meditative state of mind. It is a tool which can clear the mind, calm our anxieties during periods of transition and stress, guide healing, deepen self-knowledge, enhance creativity, allow for reconciliation, restore feelings of belonging to a community, and lead to personal and spiritual growth.

For many walkers the labyrinth becomes a metaphor for the journey of life: although full of twists and turns, each of us is on a single path through his or her life, and yet each person's journey is a separate and distinct qualitative experience. In walking labyrinths, modern seekers are emulating and recapturing the pilgrimage tradition of many ancient faiths.

From: <http://www.labyrinthcompany.com>

A Paper Bag on your table + A Nickel



+ your Lenten prayer and sacrifice

**= A flock of chickens - a cow - a clean water supply -
vegetable seeds - two goats - a llama - fish fingerlings -
3 piglets....or so many other things!**

If everyone in the family will put a nickel in the bag at every meal, at the end of Lent we can purchase one - or more - of these for families who will gladly accept food, but even more gladly receive the things that will help them to produce their own, now and into the future.

Nickels will be available at church if you'd like to change your dollar bills. The following prayer is a blessing for our Lenten meals.

*Let us pray. Loving God who gave us Jesus as Savior
and Model for living, give us grace to love your
children the world over - brothers and sisters we may
never see, but who share with us the life you have
given. May our small sacrifices be a source of life for
them, as Jesus' sacrifice is the source of life for all.
Bless us, Holy One, and bless the food we are about to
eat, in Jesus' name. Amen.*



The Chancel Choir is looking for singers! Even if you feel you do not sing "well", but enjoy making a joyful noise to the Lord, we will welcome you with open arms. Rehearsals are from 7:00 to 8:00 pm on Wednesdays at the church and we sing about once a month during Sunday Service. Come join this fun group of people as we sing God's Praises!



From Newsletternewsletter.com



If you are not on the email mailing list or not receiving emails and you thought you were on the mailing list for the church, email Tanya at cecxtanya@gmail.com Make sure any spam filters allow email from cecxlist@googlegroups.com and cecxtanya@gmail.com

Submissions:

Anyone who wishes to submit information or creativity (links of information, upcoming events, shout-outs of recognition) for the Trumpet should do so ASAP. **Deadline for submissions is March 25th.** Submit information by hand to Tanya or by emailing it to cecxtanya@gmail.com.

For the Months of March, let's bring:



**Food
Pantry
Needs**

**Beef Stew
and
Crackers**