

THE TRUMPET



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www.christ-episcopal-xenia.org
May/June 2014 Volume 5, Issue 5/6

Upcoming Events:

- Seventh Sunday in Easter, June 1
- Day of Pentecost, June 8, Vestry Meeting, 11AM
- Trinity Sunday, June 15, Father's Day
- Season after Pentecost - Proper 7, June 22
- Season after Pentecost - Proper 8, June 29, CECX Picnic, Noon
- Independence Day, July 4
- Season after Pentecost - Proper 9, July 6
- Season after Pentecost - Proper 10 July 13
- Season after Pentecost - Proper 11 July 20
- Season after Pentecost - Proper 12 July 29

In this issue:

Warden's Words	2
News from the Ministries	3
Children's Corner	6
Schedules	7

PRIEST'S PAGE

Dear Friends,

What a beautiful Holy Week and Easter we had. If you were here, you know how blessed we've been. God is indeed good!

We're still collecting nickels from the Lenten meal bags, and at the end of the month, you'll choose what you'd like to send to families to help them find ways to sustain their lives. If we can give a couple of families the means to become self-supporting, we'll have done something of immeasurable value. I thank you.

Spring is definitely here, and summer not far behind. Pentecost will be our choir's final Sunday, and we'll miss them. They add so much to our worship and we are blessed by their dedication. Joe has been a God-send!

Doug Pultz is almost single-handedly spearheading our presence at First Fridays in Xenia. He was pretty nearly overwhelmed this month...more kids than he'd dreamt possible, and greater poverty! Please help out – a few hours on one of the first Fridays this summer is all that's needed. We can make a difference.

I'll be away for a bit following hip

replacement surgery. Fr. Elaine will be on hand for Sunday Eucharist, and life will continue as usual. When I get back, I may even be able to give Communion again! That's the "usual" I want to return to, and I'm looking forward to it. I'm grateful for your prayers and all your support.

Blessings on you all – enjoy the gift of this lovely spring.

In peace,
ML+



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

The Trumpet will be taking the month of July off. Look for the new issue August 1st.

Submissions:

Anyone who wishes to submit anything for the Trumpet should do so ASAP.

Deadline for submissions is July 25th. Submit information by hand to Tanya or by emailing it to cecxtanya@gmail.com.

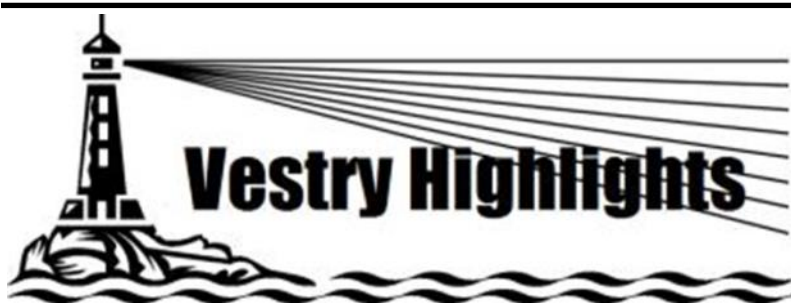
WARDEN'S WORDS

by Dana Rhyne, Senior Warden

The other week a parishioner came up to me before church to comment on a maintenance issue. My first response was, "Hey, I'm not the Junior Warden anymore – it's not my job!" Ah, a knee-jerk denial of responsibility – way to be a church leader! I was a little bit (ok, a lot) ashamed of myself. But the incident made me start thinking.

Our small church depends on every member to be involved – whether that means tackling

a warden during coffee hour to discuss an issue, or singing in the choir, or helping clean up after an event. My heart swells as different readers pray the prayers of the people – I love hearing new voices lift up our concerns each Sunday. We're all in this together, this bringing of God's kingdom on earth.



For April 13, 2014

+The March "To-do" list reviewed, with most items completed: Office door quote received, outdoor furniture to be resealed, plans for services outside for Palm Sunday, lawn work assigned, reducing the price of Trumpet printing, further discussion of supply organists for Roxanne's vacation.

+Decision reached on how to pay for the roof repairs.

+Decision to use GoFundMe for shelter donations as a trial for one year.

+Clothing Closet was able to purchase more clothing racks from Kmart clearance sale.

+Green Team announced the donation to the Arbor Day Foundation.

+Shelter Committee announced a summation of shelter service this year. It is agreed we saved

lives and we have plans to hire 2 people to help coordinate the shelter administration next year.

+Wardens' Reports were received; Discussion on the relocation of the cigarette butte receptacle. Discussion on another African Bible Study in the Parish hall this time.

+Treasurer Report by Chandra Hightower: She created a voucher for transferring the memorial funds for brass polishing as well as other vouchers. There was an overpayment to the Diocese, so we will be receiving money back.

+ML+ led a discussion about parking issues during funerals. She will talk to funeral directors about this. Fr. Elaine Silverstrim will be covering for Mother Lynn during her absence.

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



NEWS FROM THE MINISTRIES:

ONE TO ONE CLOTHING CLOSET

The Share One-to-One Ministry continues to be busy. Since February 25 we have had 411 clients come through our doors. Those 411 people recorded that they were getting clothing items for a total of 981 people. That averages almost 110 people per day we are open.

K-Mart have been selling their fixtures. We have purchased 1 round clothing rack and 4 or 5 other racks have been purchased and donated to us by clothes closet volunteers.

Four very nice National Honor Society young people came March 24 and carried our summer boxes up from the basement. Then they helped fold and box some winter clothing items and carry them down to the basement. The clothes closet volunteers are VERY thankful for these young people's willingness to do this for us. We are all too old to carry those heavy boxes up and down the steps. I gave them pizza, veggies, chips, candy and drinks before they started working.

We will continue to be open the last Saturday of each month from 10 to 2, at least through the summer.

GREEN TEAM



would like to remind folks of the following:

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.

FROM THE GARDEN— Pete Sinnott

Until post World War 2 Echinacea was distributed by many pharmaceutical companies and commonly prescribed by physicians. Echinacea stimulates the body's immune system as it wards off viral and bacterial infections. There are many wonderful uses for Echinacea—far too many to mention here. For more information go to: <http://www.healthy.net/scr/mmedica.aspx?MTId=1&Id=200> . David Hoffmann is an internationally recognized Herbalist.

Why Medicinal Herbs - Echinacea

In the garden we know Echinacea as the purple coneflower, and many people grow it as an ornamental. In any case, it's a wonderful addition. The coneflower is perennial, grows 3 – 4 ft high and has beautiful flowers year after year long into the fall. They are easy to grow, and if you'd like some please let me know!!



BIRTHDAYS & ANNIVERSARIES FOR THE MONTHS OF MAY AND JUNE

Birthdays		Anniversaries	
May	June	May	June
09 Matt Gillespie	03 Barrett Eskridge		
Kim Hazel	14 Pete Sinnott	02 Pam & Rick Feinour	11 Betsy & Jack Kitch
Lisa Ann Smith	16 Carolyn Cotterman	08 Genny & Richard	18 Mark & Karen Cummings
Cannon Lowe	20 Glenn Donovan	Loveless	21 Tanya & Ryan Kimmet
14 Barbara Symonds	22 Samantha Krouskop	09 Chris & Jennie Hudson	
19 Camilia Davis	23 Becky Gentry	12 Elizabeth & Max Clark	
19 Marilyn Thomas	24 Richard Henderson		
28 Amber Conley	26 Debbie Gillespie		
30 Maria Thomas	26 Holly Gillespie		



Article – Natural Pest Control

Did you know that very few backyard gardeners know how to use natural methods for organic sustainability? There are plants that work together to help one another grow; there are plants that repel insects for organic pest management; and plants that repel other plants for natural herbicide control are of great value to both small backyard gardeners and commercial growers.

Certain protective botanicals don't always act instantaneously, and must be planted several years or seasons in advance to have lasting benefits. For example, companion planting pest control using marigolds to prevent nematode growth should be done at least one season ahead before expecting to see great results. It's important to remember that both secretions and odors from various plants are valuable traits for organic pest control and companion planting where repelling or attracting certain aspects and effects is attempted.

There are ten easy companion planting tips that you can use now:

Companion planting for chemical free pesticides and organic sustainability is a huge subject that can take years to master; however, there are a few easy things you can do in your own garden right now to make use of this intriguing method of gardening.

1. Protect carrots by planting them with leeks to repel both carrot and onion flies. They won't even lay their eggs and your yield will increase tremendously.

2. Growing radishes. Plant them with lettuce to repel earth flies that hate the smell of lettuce and make them take flight.

3. Aphids will injure almost all plants, causing headaches for gardeners everywhere. To repel aphids, plant nasturtiums around broccoli and bunches of chives among sunflowers and tomatoes to discourage infestations.

4. Ladybugs are natural enemies to aphids and are excellent for use in organic pest management. Order ladybugs in bulk online or buy them from gardening centers. If you're wondering how to improve your gar-

den and reduce the aphid population, this is one of the most effective methods of doing so.

5. Asparagus and tomatoes complement one another and improve the vigor of both plants. Place a row of asparagus between two rows of tomato plants.

6. Beans and potatoes work in concert for organic pest control. Planting bush beans with potatoes in alternating rows protects the spuds from the Colorado potato beetle and the beans from the Mexican bean beetle.

7. Broccoli and other cruciferous vegetables belonging to the cabbage family do well when companion planted with celery, dill, peppermint, sage and rosemary; as well as potatoes, onions and beets.

8. Repel moles around a vegetable garden with a border of castor beans; mice with a border of daffodils; and yarrow makes a wonderful boarder for an herb garden as it encourages the growth of essential oils in the herbs.

9. Remember that companion planting for pest control includes keeping those cute little rabbits out of the garden. Onions repel rabbits and can be inter-planted with peas, beans, lettuce and cabbage.

10. If your garden attracts raccoons, plant corn and pumpkins together so that the large pumpkin leaves grow around the base of the corn stalks. Cayenne pepper sprinkled on the corn silk will also act as a deterrent.

Natural organic pest control may be a complex subject; however, there are many simple things you can do in to improve your garden for increased vegetable harvest and organic sustainability.

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





STEWARDSHIP — Fr. Elaine Silverstrim

As a consequence of a recent conversation with Mother Lynn, I did volunteer to try to write an article for the church newsletter on one aspect of Stewardship of Creation, of which we are each and every one - a creation. However, I was charged to tie this stewardship of creation, ourselves, specifically our health, with the Affordable Care Act signed into law in early 2010. Most of us can recall the heated rhetoric of the mid-term elections which brought the Tea Party from the background of political landscape to front and center, full-fledged leader of one entire political party. The sad reality is that a very deeply human issue, the need, and I would say, right, for universal and affordable access to health care has become one of the most contentious issues in our common lives.

So I'm very aware that I've agreed to tread where even angels would run away. I will approach the topic from two vantage points. Creation - me too. Each and every one of us is a totally unique, one of a kind, creation. We come complete with genome sequences over which we had no control. We will be white, black, brown, Asian, European, African, South American, gay, straight, short, tall, etc. through a genetic toss of 23 paired dice tracing our history back hundreds of thousands of years. We arrive with predispositions for a variety of diseases, and every female is born with her life-time supply of eggs, for eventual use - or not - in reproducing some of our sequences into the unknown future for humanity. With all these givens, it would seem we have no stewardship responsibility toward this body that houses our spirits.

Not so. Just as environmentalists are trying to impress upon us that we live on the only earth available to us for now and thus it behooves us to take some level of care for what has been handed to us by no effort on our part, so we have certain response-abilities toward the one and only body we are given. It has to last a lifetime. Ideally we want that span of time to be long and fulfilling. And, ideally, we want to same for our fellow residents on this planet. This means a whole range of personal care considerations. Personal care covers food security and healthy places to live, opportunities to explore and expand our fullest potential at every level, physical, intellectual, emotional and spiritual. It also recognizes that illness, accidents and hereditary diseases exist and need attention. Health Care is a significant part of Stewardship of Creation that focuses on the one and only sacred house for our spirits that we will ever have.

This is where the Affordable Health Care Law, which I mentally call Ameri-care, comes in. One of the immediate and most critical aspects of the Law arrived with the signing of the law back in Jan. 2010. This is the Patients Bill of Rights. This Bill of Rights immediately ended denying

children health insurance based on pre-existing condition and announced the banning of denying health insurance to adults effective Jan. 1, 2014. It instituted keeping young adults on a parents policy through age 26, regardless of whether they were matriculating students or not. The Bill of Rights ended arbitrary dropping of insurance due to honest mistakes on applications and guaranteed a right to appeal any denial of claim, eliminated annual limits and lifetime caps, as well as a public review of any hike in insurance premiums deemed 'unreasonable', based on policy-holder complaint.

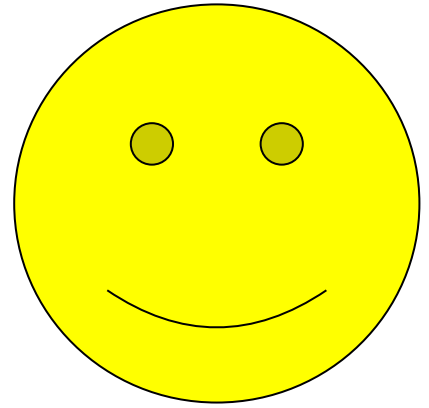
Medicare recipients received a cash payment of \$250 for anyone who fell in the "donut hole" in 2010 and a 50% discount on all drugs in the donut hole from 2011 forward. Two very important changes due to the Bill of Rights included annual preventive care at no cost and a mandated portion of every premium going to actual health care delivery (80-85% must go to actual care and refunds to employers or individuals if the policy has 'overcharged'). Note: all of these changes occurred before the sadly disastrous roll-out of open enrollment in October of 2013 for the Exchanges. So - this Law helps everyone with Health Insurance, not just the newly insured under the Federal or State Exchanges or Medicaid expansion where states realize the moral concern involved with providing care to our most vulnerable brothers and sisters.

It actually represents a major shift in the health care paradigm from going to the doctor only when the body shows signs of something wrong. For people who haven't seen a doctor in more years than they can count, it means getting in for an actual no co-pay physical and an enormous sense of relief that one is no longer one disaster away from full bankruptcy or even death.

There is a great deal more to this law than can be covered in this article. For anyone interested in learning more, rather than political sound bites (either side) I recommend going to the healthcare website: hhs.gov/healthcare/facts/timeline. The timeline for full implementation extends to 2023. It can be improved. That would take all our political leaders to at least begin by admitting that universal health care is a basic human right. Oh Well. It won't suddenly change individual behaviors to take better care of each unique body walking around. But, for many, this can be and will be a major step forward in personal stewardship of the unique, one of a kind creation which is their own body. And the relief of having insurance may be one of the biggest spiritual gifts some people will get - prayer comes much more readily when one feels better able to control such a significant aspect of being alive.



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!)



A FATHER'S LOVE

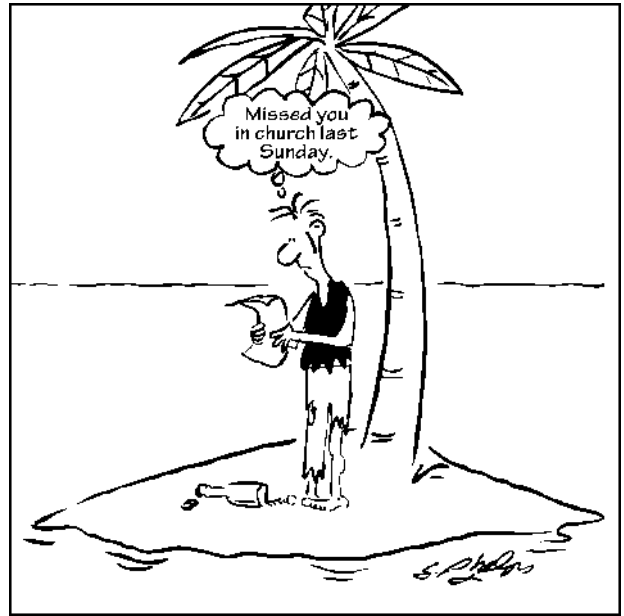
Psalm 103:13 (NIV) describes what God the Father feels toward us: "As a father has _____ on his children, so the LORD has _____ on those who fear him."

Directions: Match the biblical children to their father, using the clues by the father's name. Then write the corresponding letter on the line to complete the Bible verse above.

- | | | |
|-----------------------------|-------------------------|--|
| • Shem, Ham and Japheth = M | • Rachel and Leah = S | • Cain, Abel and Seth = O |
| • Solomon = O | • Isaac and Ishmael = P | • Reuben, Simeon, Levi, Judah, Issachar, |
| • Jonathan = I | • John the Baptist = N | Zebulun, Joseph, Benjamin, Dan, Gad, |
| • Jesus = C | • Jacob and Esau = A | Naphtali, Asher and Dinah = S |

- God:** "This is my Son, whom I love; with him I am well pleased." C
- Adam:** God gave him another son because his older killed the younger. _____
- Noah:** His sons were blessed and told to multiply and replenish the earth. _____
- Abraham:** God promised he would be a father of many nations. The Jews and Arabs descended from these two sons. _____
- Isaac:** His older son sold his birthright, and his younger son tricked Isaac and received the blessings for the firstborn. _____
- Laban:** He had two daughters; the older was tender-eyed and the younger very beautiful. Both married Jacob. _____
- Jacob:** Two wives and two handmaids gave him 12 sons and a daughter. _____
- Saul:** His son was David's best friend. _____
- David:** He had many children, but one was known for his wisdom, for having many wives and for building God's temple. _____
- Zechariah:** His son, a cousin to Jesus, was born to be a messenger of repentance. _____

Answer: compassion



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.)

Service Calendar for June 2014

Ministry	6/1	6/8	6/15	6/22	6/29
Worship Leader	Father Elaine	Father Elaine	Father Elaine	MP Rick	MP Barbara
Altar Guild	JoAnne, Becky	Dana, Pam	Ruth, Tanya	JoAnne, Becky	Dana, Pam
Lector	Barbara	Pam	Nancy	Mark	Chandra
Ushers	JoAnne, Doug	Donovans	Elizabeth, Tommy	Rick, Brad	Tommy, Brad
Intercessor	Rick	Doug	Debbie	Ruth	Dana
Chalice	Kim, Ruth	Rick, Pam	Barbara, Mark	n/a	n/a
Eucharistic Visitors	Dana (Bill)	Rick, Jenny (Joyce)	Kim, Barbara (Mary)	n/a	n/a
Healing Prayer Ministers	Jenny, Evening	Ruth, JoAnne	Doug, Pam	n/a	n/a
Vestry Member of the Week	Tanya	Chandra	Dana	Larry	Mark

Service Calendar for July 2014

Ministry	7/6	7/13	7/20	7/27
Worship Leader	ML	ML	ML	MP - Pam
Altar Guild	Ruth, Tanya	JoAnne, Becky	Dana, Pam	Ruth Tanya
Lector	Ruth	Tommy	Dana	Becky
Ushers	JoAnne, Doug	Donovans	Elizabeth, Tommy	Rick, Brad
Intercessor	Barbara	Mark	Rick	Doug
Chalice	Kim	Ruth	Debbie	n/a
Eucharistic Visitors	Dana (Faith)	Jenny, Barbara (Faith)	Mark, Kim (Mary)	n/a
Healing Prayer Ministers	Mark, Debbie	JoAnne, Doug	Pam, Ruth	n/a
Vestry Member of the Week	Vikki	Carol	Kim	Barbara

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

