

ST. PAUL'S LETTER

Volume 31 Issue 3

www.stpaulscary.org

April 2007

St. Paul's Episcopal Church in Cary is home to an active, caring, and diverse congregation of the Episcopal Diocese of North Carolina. Through corporate worship, spiritual development, fellowship, and service we continue to grow together in faith. We strive to be Christ's welcoming, reconciling and transforming presence in the world through our many and varied ministries.



April 2—8

Monday—Friday at 7:00 p.m.

Saturday, April 7, Easter Vigil
at 8:00 p.m.

Sunday, April 8, Easter Day
7:30 a.m., 8:45 a.m., and
11:15 a.m.

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Next Newsletter Deadline
April 18, 2007
at 10:00 a.m.

Letter From The Rector

The Rev. George Adamik

Sunday Church Services
7:30 a.m., 8:45 a.m., and
11:15 a.m.

Dear Friends:

Come and join together for worship during the holiest week of the year. St. Paul's will offer a variety of liturgical opportunities during Holy Week, inviting us to pray and reflect upon the most significant events of our salvation.

PALM SUNDAY, April 1 **7:30 a.m., 8:45 a.m., and 11:15 a.m.**

At all three Sunday liturgies we will bless and distribute palms and hear the reading of the Passion of Christ from the Gospel of Luke. At both the 8:45 and 11:15 liturgies the palms will be blessed and distributed outside the doors of the church, followed by a procession into the church.

The Palm Sunday Liturgy begins with great joy and celebration as we recall the long awaited messiah entering the holy city of Jerusalem, and progresses toward a somberness that leads us into this holiest of weeks.

HOLY MONDAY, April 2 **7:00 p.m.**

At the conclusion of your day, gather for a simple meditative celebration of the Eucharist. There is no music at this service which invites us into a holy silence.

HOLY TUESDAY, April 3 **7:00 p.m.**

Take part in a spiritual journey through the Stations of the Cross as we meditate on the path of Christ to the cross. The liturgy will invite us to reflect upon the Millennium Development Goals which challenge us to make a local and global difference in our world.

HOLY WEDNESDAY, April 4 **7:00 p.m.**

Gather in the middle of the week for a simple meditative celebration of the Eucharist, along with the laying on of hands and prayers of healing.

MAUNDY THURSDAY, April 5 **7:00 p.m.**

This liturgy of the Eucharist remembers the night Jesus gathered with his disciples to celebrate the Last Supper. We will offer the ritual of the washing of the feet for those who wish to participate. The Eucharist concludes with removing of the Eucharist from the church to symbolize the emptiness of the next day. This is followed by stripping the altar and departing from the church in silence.

Continued on page 2

YEAR-ROUND STEWARDSHIP

Stewardship is an act of hope, in response to God's promises. But most of all, stewardship is an act of love, in response to our belief that "God so loved the world that he gave his only Son, that whoever believes in him shall not perish but have eternal life." When we love God, we want to give ourselves to God: our heart, our soul and our strength. Because God loves us first, our love for God is always multiplied and returned.

(Thoughts borrowed from the ELCA)

Dear LORD, help to us to remember that all gifts come from you, most importantly your precious Son, our Lord and Savior Jesus Christ. Help us to live into your dream for us, our church and our community. In the name of Jesus we pray. AMEN

BISHOP'S VISIT AND CONFIRMATION



Confirmation is one of several ways to become a member of St. Paul's and/or the Episcopal Church. If you have further questions about church membership feel free to speak to one of the clergy at any time.

Adult Confirmation classes are being scheduled for this Spring so that we will be prepared when the Bishop visits St. Paul's on Sept. 9, 2007. To avoid the summertime we will begin classes on Wednesday, April 18 at 7:00 p.m. until 8:30 p.m. and meet for 5 weeks (as shown below). All adults and older teenagers are welcome. The classes may help you decide whether or not you want to be confirmed. Childcare is available; please let us know the names and ages of your children. If you would like to attend these classes, call the church office at 467-1477 ext.10 or e-mail stpauls@stpaulscary.org.

April 18	Church History and Anglican Identity The Rev. Dr. Sally L. Harbold
April 25	Scripture The Rev. George Adamik
May 2	The Book of Common Prayer The Rev. B.J. Owens
May 9	The Sacraments The Rev. George Adamik
May 16	Spirituality – a theology of growing in faith The Rev. Dr. Sally L. Harbold

Letter from Rector continued from page 1

GOOD FRIDAY, April 6

12:00 noon

Stations of the Cross for children. While all are invited to participate, the liturgy is designed especially for children.



7:00 p.m.

This Good Friday service is called the Liturgy of the Reserved Sacrament. This is the only day of the year that the Eucharist is not celebrated. However, we receive the Eucharist that was consecrated the night before during the Maundy Thursday liturgy. Also during the Good Friday Liturgy we meditate upon the Passion of Christ as read from the Gospel of John.

EASTER VIGIL, April 7

8:00 p.m.

The celebration of the Easter Vigil is considered the most significant and sacred of all liturgies. In the early church this was **THE EASTER LITURGY**. The service begins outside the doors of the church in the darkness. After the lighting and blessing of the Easter fire, the Paschal Candle is lighted and the congregation processes into a darkened church carrying the light of Easter. With all in the congregation holding their lighted candles, the Exultet, one of the most beautiful and sacred texts of music is proclaimed.



We then hear readings from scripture tracing our salvation through history, followed by the proclamation of Easter and the most incredible sound of music and bells.

After the renewal of our Baptismal promises we celebrate the Easter Eucharist proclaiming that Christ is risen.

EASTER DAY, April 8

Celebrate Easter Day at the 7:30 a.m., 8:45 a.m., or 11:15 a.m. liturgies. **Chapel Service** for children will be offered during the 8:45 a.m. and 11:15 a.m. liturgies. A Festive coffee hour will take place between 10:00 a.m. and 11:00 a.m.



George

HERMANO DAY

Many thanks from the Episcopal Farmworker Ministry for the generous donations received on our 10th annual Hermano Day. Representatives from the farmworker ministry returned to Newton Grove with a large van full of donations to be distributed to the farmworkers in the labor camps by Father Tony Rojas. Muchisima Gracias!

Submitted by Gale Herman

ST. PAUL'S ON THE WEB

We've now hit 123 registered users on St. Paul's website! Why register? You'll have access to: Vestry and Finance Committee minutes; a year-to-date financial summary; acolyte, liturgy, and usher schedules; room request forms and other policies and forms; and, starting in April, registered members will be able to receive a regular e-mail that describes upcoming events and provides links to the latest announcements, newsletter, calendar, and transcripts of homilies. Registering is easy, just visit www.stpaulscary.org today!

Top 5 Referrers	
<i>Referrer</i>	<i>Count</i>
Google	3549
Yahoo	496
Diocese of North Carolina	420
MSN, EarthLink, and AOL	224

Nine Most Visited Pages Since Summer '06	
<i>Page</i>	<i>Hits</i>
St. Paul's Homepage	21,342
Newcomer	1,632
Contact Us	1,373
Ministry Groups List	1,331
Preschool	1,286
Children	1,025
Clergy and Staff	983
Site Map	890
Directions	884

COFFEE TALK

Sponsored by MOMS

Last month we began a series of informal discussions on the 2nd and 4th Wednesday evenings of the month as an opportunity for the women in the parish to meet, greet and talk about a variety of subjects. Our first month of discussions gave us all a chance to greet some newcomers, reconnect with some familiar faces and just enjoy the camaraderie that emerges as a result of common experiences. If you are interested in joining us for another round of discussion and self-expression, or you just want to share a cup of coffee with some parish friends, please drop by on April 11 and April 25 at 7:00 p.m. in the library. Child care will be provided. Topic to be determined. If you have any questions, please contact Sherri Hubbard at shubbard@ncdoi.net.

WARDEN'S CORNER



At the annual Vestry Retreat in January, Vestry members sought to identify goals for the parish for 2007. We are excited to share these goals and look forward to working together toward accomplishing them!

Goals for 2007

Develop and begin living into a 5-year rolling plan that outlines our parish vision and financial strategy for supporting that vision

Discern a 5-year vision that includes the evolution of our programs, ministries and staffing
Develop a financial plan to support this vision, including the goals of incorporating mortgage payments and the full diocesan asking into a balanced budget by 2010

Improve our support of St. Paul's many ministries

Ensure key ministries have viable recruitment, leadership training and leadership transition plans
Support the financial needs of existing and emerging ministries

Become a more inviting and welcoming church

Invite the broader community to St. Paul's for worship, spiritual nourishment, education, dialog and outreach

Provide a welcoming environment for all who enter St. Paul's to discern, nurture and inspire the use of God-given gifts and talents

Welcome diversity of demographics and thought

Improve communication with parishioners and with the community

Create a framework for ongoing listening and understanding of the expectations, needs, and concerns of our parishioners

Continue to develop avenues of communication via our website, e-mail and local media

Embrace the Millennium Development Goals

Examine how we can integrate the Millennium Development Goals more fully into the life of St. Paul's, including our education program, ministries and budget

Honor the full Diocesan Assessment in 2007

Submitted by Dan Loughlin, Senior Warden

ALTAR GUILD THE QUIET MINISTRY

Have you ever arrived early for church or stayed in the sanctuary after the service, seen the flurry of activity in the small room to the right of the altar and wondered, "What's going on in there?" That room is called the Sacristy and it is where the Altar Guild stores and prepares the elements for the Holy Eucharist.

The Altar Guild is a relaxed and unassuming ministry. We are grouped in teams and each team meets once a month on its assigned Saturday. On that morning, we clean the altar and baptismal font, polish the alms basins (some people call them "collection plates"), vest the altar, and prepare the bread, wine, and water for the upcoming Eucharist. We also make the beautiful flower arrangements that decorate the altar. For special occasions, we decorate the whole church. On Sunday after each service, you will see us cleaning up the previous communion and preparing for the next one. We also maintain the chapel for the children's service and Indian Orthodox church, as well as prepare it for the monthly Wednesday night healing service.

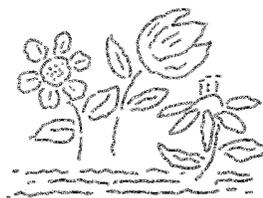
We are a silent, yet integral part of the church service. We work in the background and we like it that way. After all, we work for His glory, not our own. Unfortunately, our silence has cost us. We met many visitors at the Ministry Fair who had never heard of us. We hope to change our obscurity.

The Lord and St. Paul's have gifted us with extraordinary and dedicated members, but, like many ministries, we are searching for some additional people to help fill our ranks. Whether you are new to St. Paul's or have been here for years, if you are looking for a (quiet) way to become involved, meet fellow parishioners, and also learn more about the Holy Eucharist (and other "liturgical details"), please consider joining the Altar Guild. Our schedules cover four months at a time and the next one comes out mid-May (for June – September). If you are interested and would like more information, please contact Heather Gates (841-5629 or heatherlh@mindspring.com) or Margaret Haughey (460-1503 or mhaughey@nc.rr.com).

Submitted by Heather Gates

ELDERBERRIES

The Elderberries are planning to tour the beautiful Duke Gardens on April 18. Those who wish to carpool should meet at St. Paul's at 9:00 a.m. Speak to Lois or call her at the office (467-1477) with questions. All are welcome.



Duke Garden Tour

ELDERBERRIES

Submitted by The Rev. Lois Reardin

ASP SO MUCH TO CELEBRATE!



Appalachia Service Project

There is so much to celebrate

surrounding ASP

this year. First of all, we've grown! Our group has expanded to 35 participants this year. And the church's enthusiasm for this great event has more than kept up. This year's Spaghetti Dinner & Silent Auction was a huge hit. Lots of money was raised, but the most important part was the excitement in the air – provided by the more than 170 participants in that festive dinner. Thanks abound for all the parishioners who came out on March 9th, and we especially thank Linda Cozzolino, Sue Remavich, Aleta McClenney, and of course Sheila Reilly (the Auctioneer) and Bill Fierke and the Food Network All-Stars (Men's Club) for their hard work and their dedication to youth ministry at St. Paul's.

And there's still space if you want to come to ASP! We are in need of **one more adult** (older college students and up are eligible) and we have one more space for another **youth participant**. We will leave on June 10th and return June 16th. If you are interested, please contact Annie Stoller as soon as you can!

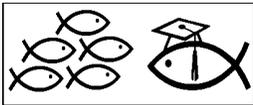
Submitted by The Rev. Bernard J. Owens

THE 2007 HIGH SCHOOL CONFIRMATION CLASS WAS A HIT!



This year's High School Confirmation class was a hit! We had twenty-six 9th, 10th and 11th graders participate in the 10-week class, in which we covered everything from living the Christian life to figuring out just what we commit to when we reaffirm our Baptismal Covenant. The discussions were lively and thought provoking, and we even got the chance to talk about what to wear (dresses and ties) and what not to wear (chicken costumes) on the day of confirmation. George, Sally and I had a great time, and were grateful for the opportunity to spend time with such an engaging group of young people. Don't forget about Confirmation Sunday (September 9th), when the Bishop will be with us for the "big day"!

Submitted by The Rev. Bernard J. Owens



Sunday School Scribbles

"Let the little children come to me...for it is to such as these that the kingdom of God belongs." - Matthew 10:14

Letter from the Director

From the Church
School Director



Thirty children completed communion classes this spring, and most were recognized in church on Sunday, March 11. The fourth and fifth graders presented the new communicants with crosses they had made, and we all shared in the joy of celebrating the children. We congratulate them on the latest step they have taken toward a deeper understanding of their faith and the traditions which we honor each week in church.

Participating in children's spiritual development, whether at home or in Sunday school or children's chapel, is such a wonderful privilege. Let's all try to enjoy the chances we have to influence and instruct our young ones.

Jennifer Shy

VBS

Think it's too early to start planning for St. Paul's Vacation Bible School ("VBS"), which is scheduled for the week of July 16 - 20? Think again! At last year's VBS, we hosted over 100 children, who sang, played, crafted and created, all to the glory of God. The volunteers who participate in this exciting undertaking help create priceless spiritual moments for the children of our parish and those who might like to be part of our parish. We thank those of you who have already expressed a desire to be a part of the VBS team this year, and we hope to hear from many more of you in the coming days. We can hone our special agent skills together! Stay tuned to the weekly bulletins for the



latest VBS updates and please contact Jennifer Shy at the Church office if you have a question or would like to volunteer your time and talent!

Your Church School Committee

We are here to serve. Please contact any of the individuals listed below with your comments and questions:

Jennifer Shy (churchschool@stpaulscary.org)
Caroline Shank (cshank@nc.rr.com)
Dee Barker (barker699@aol.com)
Maggie Williford (mwilliford71@hotmail.com)
Alana Loughlin (loughlin@bellsouth.net)
Sherri Hubbard (shubbard@ncdoi.net)
Kelly Gregg (paulandkellygregg@nc.rr.com)
Lesley Lloyd (lvauclain@nc.rr.com)

Clergy Liaison - B.J. Owens

Egg-citing Easter!

On April 8 we will celebrate Christ, our risen Lord, with the appearance of our Sunday School butterflies, the placement of our mite boxes on the Easter cross, and several mighty Hallelujahs! As part of our Easter celebration, there will be a special Easter coffee hour (more food!) and the Sunday School egg hunt. Our Sunday School children will be divided into two "hunting" parties – ages 3 to 1st grade and 2nd grade to 5th grade. So, remember your mite boxes and your Easter baskets and we will see you on Easter Sunday!

**EASTER
EGG HUNT!**



Stations of the Cross

At 12:00 noon on Good Friday, there will be a special children's "Stations of the Cross" service. The brief service will be enjoyed best by children first grade and older, and by adults of all ages and generations. Kid's Club will also be open for little ones.

Teacher and Volunteer Appreciation

When: April 20, 7:00 – 9:00 p.m.

Where: Youth Wing

Who: All Sunday school and children's chapel teachers. Invitations to be mailed prior to the event.

Children's Chapel – Summer

While Sunday School will let out for the summer on May 20, Children's Chapel will chug along through the summer months during both services. In order to keep the children spiritually engaged during those lazy summer Sunday mornings, we need volunteers! Lesson plans will be available in advance – we simply ask for 20 minutes of your time on an occasional summer Sunday. Please contact Jennifer Shy if you are willing to help.

Church School Calendar

Be sure to watch the bulletin and mark your calendars for these upcoming events:



April	6	Stations of the Cross
	8	Easter Egg Hunt—Hallelujah!
	20	Teacher Appreciation Wine and Cheese
May	20	Last Day of Sunday School



From the Halls of St. Paul's Preschool

The month of March flew by as preschoolers celebrated St. Patrick's Day and prepared for Easter- they are so excited about hunting for Easter eggs. Spring Break is the first week of April and when we return we have class pictures on Tuesday and Wednesday. I hope you all have a Happy Easter and Happy Spring.

Love In Christ, Mary Catherine

Summer Fun Program

When: Week 1 - June 4 -7
Week 2 - June 11-14
9:00a.m. - 12:30p.m.
Where: St. Paul's Preschool
Who: 3 years old - 6 years old
(must be potty trained)
What: Camp-like experience with songs, crafts and games

What's Happening

April

2-6—Spring Break
10 or 11—Class Pictures
18— 3's Hot Lunch
19—4's & 5's Hot Lunch

May

4— No School WCPSS workday
23—End of Year Program 3,4 & 5 year olds
23—Last Day of School- Dismiss at Noon

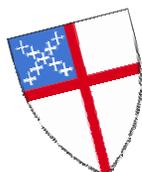
E.Y.C.

(Episcopal Youth Community)

For more information contact Annie Stoller at youth@stpaulscary.org or 467-1477 ext. 37

APRIL 2007

April 1—No EYC
April 3—Stations of the Cross — 7:00 p.m.
April 8—EASTER SUNDAY — NO EYC
April 15—Youth Sunday & \$10 Dollar Prom
6:30 - 8:00 p.m. Jr./Senior EYC
April 20-22—Senior High Trip to NIGHTWATCH
April 22—Regular EYC for MIDLERS!!
April 29—Random Acts of Kindness



EYC switches to EVENINGS starting April 22nd
Middlers—4:00-5:00p.m.
SHARED DINNER at 5:15 p.m.
Seniors—6:00 - 7:00 p.m.

Check the website for details!
(www.stpaulscary.org)

Senior High Compline and Fellowship

Every Tuesday Night
From 8:00-9:00p.m. in the church!

THE JUSTICE THEATER PROJECT PRESENTS "STILL...LIFE"

The Justice Theater Project will present "Still...Life," an original play written by members of The Justice Theater Project. "Still...Life" examines both sides of the Death Penalty in North Carolina using the actual words of Death Row inmates, their families, victims, chaplains, attorneys, a warden, prison guards, and others.

The Justice Theater Project is an advocacy, activist theater group. The mission of The Justice Theater Project is to use the dramatic arts as a way to call to the fore of public attention the needs of the poor, the marginalized, and the oppressed.

Join us for an opening night complementary reception after the show on Friday, April 13th. Post show discussions will take place after the Saturday, April 14th and Sunday, April 15th performances.

April 13 and 14 at 8:00p.m., April 15 at 3:00p.m.
Cardinal Gibbons High School Performing Arts Center, Raleigh.

Suggested donation of \$10 per person, no tickets necessary. For information and large group seating, please e-mail melissa@thejusticetheaterproject.org www.TheJusticeTheaterProject.org
Sponsored by a grant from The Paul Green Foundation.

MUSICALLY SPEAKING



I would like to thank the Senior Choir for the hard work and extra rehearsals for the Faure' *Requiem* that was presented March 18 with members of the North Carolina Symphony, guest soloists, and conductor. It was a wonderful Lenten gift to the parish and the community. Thank you, Rich McCreery for fixing the podium for our conductor.

At the beginning of Lent we had a special service where we "buried" the "alleluias" with liturgical dancers and a beautiful banner made by Mary Hemperly. I would like to thank Mary and those dancers, Maddy Rossie and Megan Andrews, who have been dancing professionally for many years. Maddy is the daughter of St. Paul's parishioner, Nazaly Miller and Megan is a very good friend of Maddy's. We will see them in the future as they enlighten our services with their talents.

April will begin with Palm Sunday and the sounds of "Hosannas" from our choirs as four of them will lead the 8:45a.m. and 11:15a.m. services. Holy Week services will be held at 7:00 pm each night of the week except for the Saturday Easter Vigil which will begin at 8:00p.m. There will be special music Maundy Thursday led by the Jubilate Choir, and special music Friday and Saturday nights. Easter Day will be ushered in with the Jubilate Choir leading the music at 8:45a.m. and the Bells of St. Paul's, brass quartet, and Senior Choir at the 11:15a.m. service. What a great day it will be and my favorite of the liturgical year! Our calendar for the remainder of April is listed. It will be a very busy month.

April music calendar:

- April 14 – Saturday – 10:00 a.m. – 12 noon Children's Choirs rehearse for cantata
April 15 – 8:45 a.m. – Youth Choir and Canterbury Handbells
11:15 a.m. – Senior Choir
April 18 – Wednesday – Epiphany and Junior Choirs sing at Chatham Creek Rest Home
April 21 – Saturday 10:00 a.m. – 12 noon Children's Choirs rehearse for cantata
April 22 – 8:45 a.m. – Jubilate Choir
11:15 a.m. – Senior Choir
April 25 – Wednesday – Epiphany and Junior Choirs sing at Cary Rehabilitation Center
April 29 – 8:45 a.m. and 11:15 a.m. – Children's Choirs present the cantata, "Elijah" during the worship services.

Children's Choirs will present the cantata "Elijah!"

April 29

This charming and witty cantata creatively tells the story of Elijah. From his confrontation with Ahab and Jezebel through his journey in the desert, Elijah shows his faith in the God who provides. Concluding with one of the most dramatic moments in the Old Testament, Elijah asks God to send down fire upon the altar at Mt. Carmel. There, the people of Israel see the power of the true and living God.

May God bless you as we celebrate together this Holy season of Easter.

Lee Harris
Minister of Music

ST. PAUL'S CALENDAR OF EVENTS

MAY 1 DEADLINE SET FOR SCHEDULING EVENTS ON CHURCH CALENDAR

Submitted by The Rev. Sally Harbold

As we continue to grow, our church calendar becomes challenged by the many events which are scheduled by our numerous ministry groups. Therefore the staff is asking all programs and ministries to begin to plan your own calendar of events in two six - month sets. Please submit your July through December (2007) events to the church office by no later than May 1, 2007. Then we will ask you (and remind you) to submit your January, 2008 through June, 2008 events to the church office no later than November 1, 2007. Once all of the events are before us, the staff will work quickly to set a church event calendar which honors all of our annual events, seasonal liturgies, and special programs, and prevents any events from competing with each other. Whenever it is possible please submit alternative dates for your events so that we have some flexibility in scheduling. Thank you!

Events taking place

July, 2007 through December, 2007

Due May 1, 2007

Events taking place

January, 2008 through June, 2008

Due November 1, 2007

ABOUT OUR CHURCH



Congratulations to Dorothy and Steve Duke on the birth of their granddaughter,

Louise Caroline Craft. Louise's parents are Thea and Wes Craft.

We express our sympathy to Jill Zapadinsky for the death of her grandfather, Keith Eisenhower; to Alana Loughlin for the death of her grandmother, Margaret Beard; to Lee Harris for the death of her uncle, Frederick Sturm; and to Marion Flowers for the death of her husband, Harry Flowers.

CHRISTIAN SOCIAL MINISTRIES (CSM)

WAKE INTERFAITH HOSPITALITY NETWORK

Our next week of serving the homeless in partnership with White Plains Methodist Church starts on Easter Sunday, April 8, and ends the following Sunday, April 15. Sign-ups will be available in the narthex of the church for several Sundays before Easter. If you would like to be on the e-mail list to sign up to help, please send your e-mail address to Anne Pilgrim: ampilgrim@bellsouth.net.

Three or four times a year we assist while White Plains Methodist hosts several homeless families for a week. The families move each week to a new church home, and during the week are looking for jobs or are working, while the children are at day care or in school.

Each morning they are taken to the Day Center on Method Road, just off Western Blvd., and from there they go to their various daytime locations. Each evening they return to the host church for dinner and the evening, and to sleep. Volunteers prepare food, provide evening babysitting, and sleep at the host church overnight to provide assistance if it should be needed. Volunteer jobs include cooking and serving meals, providing babysitting, sleeping overnight, and helping with set-up and take down. It takes about 40 people from St. Paul's to provide our share of the help for the week. In addition we provide supplies like plates and cups, sandwich bags, and other paper goods. New volunteers are always welcome! This is a good opportunity for high school students who need community service hours, and it's fun besides.

Submitted by Anne Pilgrim

URBAN MINISTRIES FOOD DRIVE

St. Paul's will sponsor another food collection for Urban Ministries on April 29 and May 6, 2007. Our last food drive, in February, was the most successful ever, contributing 500 pounds of food to the food pantry. Last year Urban Ministries filled over 4500 client requests for food. A single request might represent a single person, or a family of 5 or more.

We are looking this time for nonperishable staples: rice, dried beans, macaroni and cheese, peanut butter, applesauce (glass jars OK). If you don't have time for a separate shopping trip, we'd be happy to have other items from your pantry, such as tuna fish, granola bars, canned fruit, cereal, or packaged noodles or pasta.

By the time of this next food collection, Urban Ministries will have moved to a newly renovated building on Capital Boulevard, with improved facilities for serving the needs of the community with both food and medical services. They will be working with an expanded schedule, and are looking for additional volunteers to interview clients and/or pack food for the food pantry. Anyone interested in volunteering should contact the volunteer coordinator at Urban Ministries, 836-1642, or you could talk to Anne Pilgrim, a member of St. Paul's and a volunteer at Urban Ministries, 362-4068.

Submitted by Anne Pilgrim

HEIFER INTERNATIONAL – VALUABLE SHEEP & HARDY LLAMAS

Over the next months through the end of the year, we hope to create an ark to send to Heifer International. An ark is a gift of \$5000.00, and each week we help meet that goal with our offerings to the ark the usher brings forward. It is helpful to understand exactly what is in the ark we send, and how each creature benefits the recipients. Each month will focus on one or two animals. This month we learn the value of sheep and llamas.

SHEEP

Entire communities depend on wool and meat from sheep. That's why a gift of a sheep can bring "shear" joy to a family in need! You can help many hungry families through a gift of a high-quality breed of this hardy animal. Struggling families use sheep's wool to make clothes, or sell it for extra income.

Sheep often give birth to twins or triplets and can graze on even the hilliest, rockiest pastures unsuitable to other livestock. Some Heifer families use managed grazing techniques or keep their sheep in zero-grazing pens, to protect the environment and permit efficient collection of manure for fertilizer that improves soil and pasture land, so this benefits their farming efforts as well.

Wool Works Wonders! Warm in winter, cool in summer, waterproof and durable — wool is a valuable product that struggling families can use for clothing or sell for extra income. All over the world, Heifer partners are raising sheep to advance the cause against hunger and poverty.

LLAMAS

When resources are scarce, it's important that livestock don't use up land reserved for people. At home in rough, mountainous areas of Latin America, llamas are a blessing to families with limited pasture land, and they play a pivotal role in the cultural life of indigenous communities on the high plains of Bolivia, Ecuador and Peru.



HEIFER INTERNATIONAL

Women weave their llamas' fleece into warm clothing to wear or sell. They load them up with goods for market and trek with them across rugged slopes at high altitudes. As they travel, llamas' padded feet don't damage the fragile terrain and their selective browsing doesn't destroy sparse vegetation. Llamas are remarkably disease resistant and require little care.

Llamas and their kin, the alpaca, provide Heifer families with invaluable sources of transportation, income, and wool, which is prized for making blankets, ponchos, carpet and rope.

Each family that receives livestock from our ark will pass on one or more of the animal's offspring to other families who are in need in their community. What a wonderful remembrance for a 16 year old's birthday, a golden wedding anniversary, or to celebrate the birth of a grandchild!

Submitted by Margaret Haughey

ADULT EDUCATION

SUNDAY OFFERINGS

NEWCOMERS CLASS:

April 15

Library at 10:10 a.m.

The Rev. Dr. Sally Harbold will lead a discussion for new members to learn about the Episcopal Church in the USA.

PASTORAL CARE CLASS

April 29 & May 6

Library at 10:10 a.m.

The Rev. Candy Snively and the Rev. Bernard J. Owens will lead classes on Pastoral Care as a Healing Art. Pastoral Care is a major part of ordained ministry, but it is something which we can all practice in our care for one another. Candy is currently a Chaplain Resident at Rex Hospital, and B.J. served as Chaplain Resident in the North Carolina Children's Hospital at UNC before being ordained to the priesthood. Please feel free to come to either or both sessions.

SPIRITUAL DISCIPLINES

April 15, 22, 29, May 13 & 20

Chapel at 10:10 a.m.

How deep is your relationship with God? Want to get even closer? Do you long for some time alone? How about celebrating your love for God? If any of these thoughts intrigue you, join us for a five session course on Spiritual Disciplines.



Don't worry what spiritual disciplines are. You'll find out during our first session, an introduction on April 15th. Contact Jennifer Durant at jdurant@nc.rr.com.

EFIRD BIBLE STUDY CLASS ON THURSDAY OFFERING

THE BOOK OF MARK WITH DR. MICKEY EFIRD

Thursdays, April 12 - May 24

Conference room at 7:30 p.m.

A new video Bible Study unlocks the secrets of the Book of Mark. You will marvel as Dr. Mickey Efird helps you understand what the scriptures say and what they mean to us today. Dr. Efird has trained pastors for over 40 years at Duke Divinity School. One pastor described Dr. Efird's studies as a "feast for the soul." Kevin Swann will facilitate this informative study.

ADULT EDUCATION COMMITTEE:

April 10, 2007

Library at 7:00 p.m.

Submitted by Nita J. Byrd, chair

FOR MORE INFORMATION VISIT:

www.stpaulscary.org

MONTH-END MONDAY

Sponsored by MOMS



Love to go bowling, but never seem to find the time? Well, now's your chance to get out and have some fun! We will meet at Buffalo Lanes in Cary on April 30th at 7:00p.m.. The nominal \$9 per person fee includes 2 hours of bowling (no limit on games) and shoes.

Interested? Please RSVP with Deb Richards at 303-8835 or debrichard@nc.rr.com by April 23rd so we can make sure there is space for all interested adult. .

PLAYGROUP

Sponsored by MOMS

Come join us for some play-time and fellowship at our new playgroup. We usually meet the 1st and 3rd Friday of the month from 10:00-11:30 a.m., but due to Holy Week activities, we will **not meet April 6** (come

participate in the Stations of the Cross instead). So **April 20th** will be the only playgroup in April. Read any Good (Children's) Books Lately? Come meet with us and talk about children's books. Bring some of your favorites or just come and hear about some new ones. For more information contact Leah Dail at 233-0603 or e-mail LeahDail@nc.rr.com.



St. Paul's Episcopal Church
221 Union Street
Cary NC 27511

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Staff

The Rev. George Adamik, Rector
The Rev. Sally L. Harbold, Associate Rector
The Rev. Bernard J. Owens, Associate Rector
The Rev. Antoinette Wike, Priest Associate
The Rev. Lois Reardin, Priest Associate
The Rev. Candy Snively, Deacon
Melanie Fairbrother, Office Manager
Chris Lewis, Financial Manager
Lee Harris, Minister of Music
Olivia Ittoop, Music Assistant
Gaylene Henry, Music Assistant
Mary Catherine Troxler, Preschool Director
Anne Stoller, Youth Program Coordinator
Jennifer Shy, Nursery Director/Church School Director
Church Office: 467-1477: Fax 467-0152
The Rev. George Adamik 467-1477 x 13
The Rev. Sally L. Harbold 467-1477 x 12
The Rev. Bernard J. Owens 467-1477 x 23
The Rev. Lois Reardin 467-1477 x 36
Office Manager 467-1477 x 10
Financial Manager 467-1477 x 21
Church School Office 467-2578 x 19
Preschool Office: 467-3788 x 16
Minister of Music Office: 467-6241 x 15
Youth 467-0976 x 37

Vestry

Dan Loughlin,, Senior Warden
Paul Gregg, Junior Warden

Margie Best, Rick Bradley, Ottis Cowper, Dorothy Duke,
Jennifer Durant, Carol Flickinger, Josh Geigerman,
Manoj George, Betsy Flagg McBrayer, Mary Wood
Treasurer: Kay Burgess

E-mail addresses are:

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churchschool@stpaulscary.org Jennifer Shy
preschool@stpaulscary.org Mary Catherine Troxler
kidsclub@stpaulscary.org Jennifer Shy

Sunday Services:

7:30 a.m., 8:45 a.m. & 11:15 a.m.