

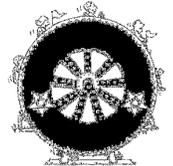
# ST. PAUL'S LETTER

Volume 31 Issue 2

www.stpaulscary.org

March 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.*



**Ministry Fair  
March 4, 2007**

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



**MARCH 11**

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**Next Newsletter Deadline  
March 21, 2007  
at 10:00 a.m.**

## Letter From The Rector

*The Rev. George Adamik*

Dear Friends:

All the resources, regarding clergy well-being, urge that parishioners be educated about sabbaticals, and their importance not only to the clergy person, but to the parish as well. The Alban Institute is such a resource, and is one of the most respected organizations leading the way in congregational and clergy wellness.

Roy Oswald, of the Alban Institute, makes his case for clergy sabbaticals by appealing to the long term self-interest of the congregation. According to Oswald, studies show that congregational effectiveness is increased through long term pastorates. However, most people need to be educated with regard to the emotional, spiritual, and physical demands of pastoral ministry. As Oswald says: **"90% of what a pastor does is invisible to 90% of the people 90% of the time."** Being on call 24 hours a day, 7 days a week takes an enormous toll on the minister. The work is never done. Even though ministry can be rich and meaningful, everyone in that role will eventually need some time to get out from under the never-ending pressure to be alert, compassionate, and present for any crisis or difficulty being experienced by any congregant at any time. Oswald suggests the following reasons for a congregation to grant a sabbatical to its pastor.

1. **A sabbatical encourages longer and healthier pastorates.** It is very difficult to realize long-term goals with high clergy turnover. Congregations with a sabbatical policy increase the probability that their pastor will stay long term.
2. **The nature of the role of the spiritual leader often is not understood by congregations.** Spiritual deepening does not take place when one is consumed by a never-ending list of pastoral situations. Quality chunks of time are necessary to read, pray, keep a journal, study, and connect with other spiritual leaders.
3. **Personal and professional development.** An astounding array of skills is necessary in order to be an effective pastor. An effective pastor needs to know how to manage: group processes; conflict resolution; parish administration; supervising, coaching, supporting and evaluating staff members; public speaking; pastoral counseling; as well as maintaining their own physical and emotional health. Pastors must keep pace with what is being written in the literature.
4. **Preventing burnout.** A sabbatical is a fire escape from the unending demands of ministry. It is impossible for an exhausted, cynical, and disillusioned person to be an agent of the Gospel.
5. **The Paradox of Pastoral Ministry.** Clergy are continually invited to overextend in the use of their time and energy. Often working long hours during the week, constantly "on call" meeting congregational demands, and unable to "get away" for long weekends to recharge, both clergy and their families are prone to a loss of emotional and spiritual vitality. A healthy rhythm between a "time of doing and a time of being" helps to keep us fresh and growing with balance in our lives. This is of utmost importance, especially in pastoral ministry where clergy have such little control over their own lives.

Continued on page 2

## Letter from Rector continued from page 1

A sabbatical provides time to take a break from the pressure to overextend and perhaps to establish new patterns for ministry and self-care.

**6. Congregational self-sufficiency.** An effective congregation exhibits a good balance between pastoral and lay leadership. The longer a pastor stays in a congregation, the more responsibility he/she will accumulate, and the more the congregation will take him/her for granted. When the pastor returns from sabbatical, the congregation will have a much better understanding of their own ministry and the ways in which they take their pastor for granted.

As I prepare for my sabbatical, taking place from May 10 to September 9, I will continue to provide information from the resources that can help guide us on this path together.

George

## 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 do 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 email [stpauls@stpaulscary.org](mailto: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

## CARE AND SHARE MINISTRY



The Care and Share Ministry would like to send out a big THANK YOU to the many parishioners/volunteers who have helped out over the last several months with meals, transportation, prayers and visits. Please remember that the Care and Share Ministry is here to help. If you are in need or know a parishioner in need, please contact a member of the Care and Share Leadership Team or the church.

The Care and Share Leadership team members are:

Margie Best	303-3830	Dee Barker	303-5581
Susan Coulter	362-4100	Judy Crow	363-4421
Larry Cupitt	387-7993	Jennifer Durant	465-3965
Sally Harbold	467-1477	Harry Kincaid	387-3824
Candy Snively	380-7101		

When a need arises the Care and Share Ministry Volunteers will be there to help.

## ELDERBERRY MEETING.

The Elderberries (60+ Seniors) will meet on Wednesday, March 21, 2007 for a Potluck Luncheon at 12:00 noon in the Youth Wing. Bring a dish to share and join us for fellowship and to learn more about the Life Writing Workshop as well as other exciting plans for the year. Contact Lois Reardin at the Church Office (467-1477) or Mary Lee Anderson @ 467-9977 if you plan to attend.

Submitted by Mary Lee Anderson

## TAKING THE PULSE OF ST. PAUL'S

One of St. Paul's goals is to contact parishioners to see how things are going and to gather feedback about their experience at St. Paul's. We are planning to take the information we receive and use it to enhance what we're doing well, and if necessary, make changes that can more effectively meet the needs of our parishioners.

Members of the PULSE Team will be calling every household in our parish starting now and completing all calls by December of this year. We look forward to listening to you! If you have any questions, please call Ricky Barker at 303-5581.

Many thanks to our PUSLE Team members: Judy Crow, Jenna Geigerman, Annette Smith, Steve East, Mary Kintz, Lorrie Todd, Anne Niles, Chris Schaubach, Anne Babb, Darlene Ray, Boma Fubara, Ricky Barker, Kent Daeke, Deb Richard, and Jane Afifi.

Submitted by Ricky Barker

## ST. PAUL'S ON THE WEB

Visit [www.stpaulscary.org](http://www.stpaulscary.org), where you'll find:

- \* Text of our clergy's sermons
- \* An electronic version of the newsletter
- \* Announcements for upcoming events
- \* and much more!

Register for the site and you'll have access to:

- \* Vestry and Finance Committee minutes
- \* Usher and Alter Guild Schedules

Lost your password? It is easy to get another. It's automated!

Lost your login? Email [administrator@stpaulscary.org](mailto:administrator@stpaulscary.org) and we'll let you know what it is.

If you have any questions about the website, please send the webmasters an email at [administrator@stpaulscary.org](mailto:administrator@stpaulscary.org)

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## MINISTRY OF MOTHERS SHARING (MOMS)

We are currently enrolling for our 8-week Spring session. This course is offered on Friday mornings (9:45- noon) from March 16 - May 11, 2007. It is an opportunity for women to develop self-esteem, relationship skills, and a more defined sense of their own spirituality at a time when they are facing the difficult challenges of raising a family. Detailed brochures and registration forms are in the narthex and on the website. If you have any questions, please contact Ginger Mole, [gmole@nc.rr.com](mailto:gmole@nc.rr.com), 460-1614 or Mary Kintz, [mmkintz@earthlink.net](mailto:mmkintz@earthlink.net), 772-0325.

## WARDEN'S CORNER

Lent is one of the most fascinating seasons of the church year, as we remember Jesus spending forty days and forty nights in the desert, tackling temptation head-



### Wardens Corner

on. In deference to Jesus' unflappable will, many of us choose to give up something we really enjoy. Others choose to take on a new responsibility. (The Ministry Fair is March 4<sup>th</sup>!) Still others use Lent as a reminder to take a little time out of our busy lives for prayer, listening, and introspection. I'm spending some time of this first day of Lent to reflect upon what it means to be a Christian, to be an Episcopalian, and to be a member of our St. Paul's community.

On January 26<sup>th</sup> and 27<sup>th</sup>, I had the privilege of serving as one of our parish's delegates to the Diocesan Convention in Greensboro. For me, the absolute highlight of the event was Bishop Curry's Pastoral Address. Bishop Curry, in his dynamic and captivating way, reflected on the story told in Matthew 14:29. This is the story of Peter getting out of the boat and walking across the water toward Jesus. Bishop Curry conveyed that this wasn't a story about razzle dazzle or magic, it was a story about "Peter becoming like Jesus, doing what Jesus was doing, participating in God's mission in the world, becoming the hands and feet, the heart and the face of Jesus." Bishop Curry went on to relay the words of St. Teresa of Avila:

Christ has no body now but yours  
No hands, no feet on earth but yours  
Yours are the eyes through which he looks  
with compassion on the world  
Yours are the feet with which he walks to do good  
Yours are the hands with which he blesses all the  
world

We are given the opportunity and the privilege to be Christ's hands and feet in the world, to welcome the stranger, to be compassionate to the dispossessed, to embrace the cast-outs and lepers. Christianity is a journey, maybe with the endgame of realizing Jesus' hopes and dreams for us. Lent is a good opportunity to continue taking steps in that direction.

Peace,  
Dan Loughlin  
Senior Warden

Note: You can find audio and text links to Bishop Curry's Pastoral Address on St. Paul's website: [www.stpaulscary.org](http://www.stpaulscary.org)



# 10<sup>TH</sup> ANNUAL 'DIA DEL HERMANO HERMANO DAY

For  
Hermano Day Sunday, March 18<sup>th</sup> is the  
10<sup>th</sup> Annual "Day of our  
Brothers" at St. Paul's. On

this day, we help our farmworker brothers by bringing donations of men's clothing, sheets and towels to church.

Representatives from the Episcopal Farmworker Ministry will be at St. Paul's to receive our donations and tell us more about their ministry.

Each spring, between 100,000 and 200,000 seasonal farmworkers make the journey from Mexico or Central America to North Carolina to hand-harvest our state's fruits and vegetables. Many come here under the U.S. Government's H-2A program, which helps US farmers find temporary labor.

The farmworkers earn very little for their labors (between \$5,000-\$7,500 per year) and much of that goes to pay for transportation to and from North Carolina.

Once here, the farmworkers work long, hot days under the harshest of conditions. They are exposed to dangerous pesticides and live in crowded, substandard housing. They often experience great isolation and loneliness.

The Episcopal Farmworker Ministry in Newton Grove,

NC, helps provide the farmworkers with food, medicine, clothing and bedding. Our diocesan priest to the farmworkers, Father Tony Rojas, provides the workers with a sacramental ministry, as he makes his rounds to more than 30 labor camps in Wake, Johnston and Sampson counties.

Father Tony counts on St. Paul's to help him help the farmworkers. The greatest needs are for:

- MEN'S PANTS- (sizes 24,26,28,30,32,34)
- MEN'S LONG-SLEEVED SHIRTS (Small and Medium)
- MEN'S T-SHIRTS (Small and Medium)
- MEN'S SOCKS
- MEN'S ATHLETIC SHOES- (Small Sizes)
- SHEETS, TOWELS, PILLOWS, LIGHT BLANKETS

**Both new and used items are welcomed.**

Quote from Father Tony Rojas, "*The farmworker understands that the Church, through its ministry, is trying to cover their bodies with clothes and their souls with the love of God.*"

Submitted by Gale Herrman

## SEDER DINNER FOR ADULTS AND YOUTH PLANNED DURING LENT Sunday, March 25<sup>th</sup>, 5:00 p.m., sponsored by the Men's Group

The Jewish Seder (SAY-dur) is the Passover Meal celebrated by our Jewish brothers and sisters commemorating their deliverance from slavery in Egypt. It is a meal celebrated in Jewish homes according to a ritual followed for centuries. It is believed that the meal Jesus was celebrating at the Last Supper was a Passover meal. Thus the ritual and meaning of that meal is significant for the Christian understanding of the Eucharist.

At St. Paul's we will celebrate a Passover meal, a Seder, as a means of learning about the Eucharist. We will follow a ritual and eat the foods of a Seder, pausing at specific times during our meal which will provide us opportunities for learning.

Child care will be provided for kindergartners and younger. Older children are invited to participate with their families, and a table for high school-aged teenagers will be set up as well.



The cost, to help offset expenses, will be \$5 for adults, and \$2 for youth and children. Signups will begin March 4. Please join us for this powerful spiritual experience!

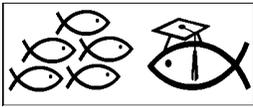
Any questions, or for more information, contact Fill Bowen or Ted Straub of the Men's Group.

## CSM "ST. PATRICK'S DAY" COFFEE HOUR

Christian Social Ministries is hosting the coffee hour between the services on Sunday March 18 (10:00-11:15a.m.) and invites you all to stop by the parish hall for some tasty Irish treats and some live Irish music provided by the traditional Irish music trio, Kylebrack (Alison Arnold and friends). We hope to see you there.

Slainte,  
Alison Arnold, CSM Committee Chair (469-5734)





# 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



We have had fun meeting many new children and their families over the past few months in Sunday school and children's chapel! Every week seems to bring new faces! We are enjoying developing connections with each other.

The Pancake Supper brought another opportunity to celebrate Mardi Gras and fellowship together, with children making masks and families chatting and eating together.

We are also looking forward to celebrating on March 11 with the children who have completed communion classes. There are so many exciting things happening in the Church School Program, and we are blessed by your participation!

Jennifer Shy

## Hippity Hop to the Egg Hunt!

For the first time ever the Church School will be hosting its annual Egg Hunt on Easter Sunday, April 8<sup>th</sup> during the coffee hour. Children ages 3 through 5<sup>th</sup> grade are welcome to hunt for eggs filled with Easter candy (Is there ever enough Easter candy?! The Church School Committee would greatly appreciate any Easter candy donations from parents. While you

**EASTER  
EGG HUNT!**



are shopping for your own family Easter goodies, please pick up an extra bag of small, individually wrapped candies and drop them off in one of the Sunday School rooms on either March 25 or April 1. Bring those bonnets and baskets and we will see you on Easter Sunday!

## 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 (lvauclein@nc.rr.com)  
Clergy Liaison - B.J. Owens  
(bernard.owens@stpaulscary.org)  
Vestry Liaison - Josh Geigerman (joshjen@nc.rr.com)

## Episcopal Education

St. Paul's is blessed to have clergy who are fully committed to the spiritual enrichment and education of our children. This spring the clergy will be providing age-appropriate lessons on what it means to be an Episcopalian. These lessons will be held during the Sunday School hour, so try extra hard to make it to Sunday school on these dates:

Feb. 18 – 4<sup>th</sup>/5<sup>th</sup> grades (Sally Harbold)

Mar. 18 – 2<sup>nd</sup>/3<sup>rd</sup> grades (George Adamik)

Apr. 29 – K/1<sup>st</sup> grades (B.J. Owens)

## VBS Pizza and Planning Meeting



On Sunday, March 18 at 12:30, the Church School will be hosting a pizza and planning meeting for this year's Vacation Bible School (scheduled for July 16 – 20.) If the pizza doesn't entice you to attend

the meeting, the VBS theme this year (spy kids!) should. VBS is one of the biggest and best of our Sunday School events. The kids and the volunteers are guaranteed to have a fun-filled week of spiritual adventure (think decoder rings!). To make this event happen, we need help! Please mark your calendars for March 18 and come out and see how you can join in the fun this summer. Child care will be provided during the meeting. For further information, please contact Jennifer Shy.

## We Love Our Teachers!

Our Teacher Appreciation Wine & Cheese is scheduled for Friday evening, April 20. All teachers who taught 1<sup>st</sup> and/or 2<sup>nd</sup> semester of Sunday School and all children's chapel volunteers are welcome to attend and will be fully appreciated. Child care will be provided. Teachers and other volunteers, mark your calendars and watch your mailboxes for further information.

## Church School Calendar

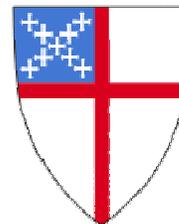
Be sure to watch the bulletin and mark your calendars for these upcoming events:



March	18	VBS Pizza and Planning Meeting (12:30)
	25	Drop off Easter candy in classrooms
April	1	Drop off Easter candy in classrooms
	8	Easter Sunday—Egg Hunt
		No Sunday School, No Children's Chapel

# E.Y.C.

(Episcopal Youth Community)



**SENIOR HIGH TRIP TO NIGHTWATCH** is scheduled for **APRIL 20-22**. The cost is \$100 plus meals and is due to Annie by **MARCH 16**.

## MARCH 2007

March 4—Ministry Fair and Regular EYC  
March 9—SILENT AUCTION AND SPAGHETTI DINNER FUNDRAISER!! Dinner is from 5:00 p.m. to 7:00 p.m., however youth need to be there from 4:30 p.m. to 7:30 p.m.  
March 11—No EYC  
March 16-17—30 Hour Famine  
March 18—No EYC  
March 25—George Adamik joins EYC!! 12:30-2:30 p.m.

Senior High  
Compline  
and  
Fellowship

Every Tuesday  
Night

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

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

**The Spaghetti Dinner and Silent Auction is a fundraiser to benefit ASP! Sign up in the Narthex or contact Sheila Reilly at 303-6248**

**ASP JUNE 10-16, 2007**

All rising 9th-12th graders  
Check the website for details!  
(www.stpaulscary.org)



## EASTER LILIES

Envelopes for lilies are in the pews. If you would like to place a lily in the church on Easter Sunday, please enclose a donation of \$15 and put it in the offering plate no later than March 25, 2007. Please write your name and the full name of the person(s) in whose memory or thanksgiving the flowers are to be given. Make checks payable to St. Paul's and put "Easter flowers" in the memo of the check. (Note: The envelopes have only "in memory" on them. Please indicate if this is given in thanksgiving for someone.)

## YEAR-ROUND STEWARDSHIP

### WE BRING OUR OFFERING...

It's an act of worship! Like our Old Testament ancestors, in our worship we seek to love and honor God. We express our love and devotion by sacrificing something of value. As they brought grain and animals, today we bring money to offer and we make our offering right in the middle of the worship service.

It's an act of liberation! We know the temptation only too well, of permitting money to hold sway over our lives. In the face of that temptation, we nevertheless break the hold of money and release it — lightly, freely, with joy. We are not those who seek to die with the most toys. We are free from that.

It's an act of community! This is about ministry that is beyond me, ministry that is shared with all the people of God. My offering is released into the care of the wider congregation, and so my offering becomes part of our

ministry, and expression that my identity is now part of the Church.

Finally, and most importantly, we make our offering in imitation of Christ. We are generous because Christ is generous, in his work and in laying down his life, and we want to be like him. We bear the baptismal cross on our foreheads, in memory and in imitation of the cross that Christ bore. Even so we bring our generous offering in memory and in imitation of the generous offering that Christ is.

St. Paul's Episcopal Church thanks you for your generous offerings!

(Thoughts compliments of the ECLA "Making Christ Known" brochure)

Submitted by Mary Wood



# From the Halls of St. Paul's Preschool

February finally brought some cold weather and a little snow to top it off. The children were so excited and had many stories to share when they returned to school. The four classes had conferences as it is time for them to register for kindergarten. Our registration was successful as we welcome new families to our preschool for the next school year.

The Museum of Natural Sciences came for our second in-house field trip of the year. The children love seeing the baby alligator, chinchilla, corn snake, hissing cockroaches and more.

The Preschool had new child-size toilets put in the bathrooms between the classrooms. We also put new countertops, toilets, partitions, paint and mirrors in the main bathrooms in the ed building. Adding a child-size sink has been a huge hit with the children. Chris Lewis worked with Nancy O'Dowd to make a plan and then Chris met with contactors to make it happen. The bathrooms look great- come check them out. Thank you Chris!! We also owe a big thank you to Tony Lampuri and Jim Hughey for their time and dedication in helping with the project.

Love in Christ, Mary Catherine Troxler

## Summer Fun Program

When: Week 1 – June 4-7  
Week 2 – June 11-14  
9a.m. – 12:30 p.m.

Where: St. Paul's Preschool

Who: 3 year old – 6 year old  
(must be potty trained)

What: Camp-like experience with songs, crafts and games

### March

19-22 – Scholastic Book Fair

26-No School – WCPSS workday



### April

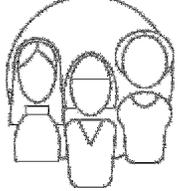
2-6 – Spring Break

10 or 11 – Class Pictures

18 – 3's Hot Lunch

19 – 4's & 5's Hot Lunch

## Women's Activities



## Women's Activities at St. Paul's

Sponsored by MOMS

Looking for fellowship and support from other women? Mark your calendar for some exciting activities open to all women. Childcare is provided for all events unless otherwise noted. We hope to see you!

**COFFEE TALK:** Informal discussions on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday evenings of each month as an opportunity for the women in the parish to meet, greet and talk about a variety of subjects. If you are interested in expressing your opinions, giving advice, or just connecting with other women in our parish and sharing personal experiences, please join us for coffee and a chat.

The first discussion topic will be on "Self-Acceptance" and we will be brewing for this topic on **March 14** and **March 28** at 7:00 p.m. in the library. There is no text or study guide to read before the meeting and you may attend one or both "talks." If you have any questions or you would like to suggest a topic for future discussion, please contact Sherri Hubbard at [shubbard@ncdoi.net](mailto:shubbard@ncdoi.net).

**MONTH-END MONDAYS:** A different event will be planned for the last Monday of every month. Activities are open to all women, so attend them all, or just a few, wherever your interest lies and by all means bring a friend.

**March 26th** – Aleta McClenney will lead a discussion of the book "Love, Eat, Pray" by Elizabeth Garden. As this falls during Lent it is a wonderful time for spiritual reflection. This book is in paperback and available at bookstores everywhere. Contact Deb Richard at 303-8835 or [debrichard@nc.rr.com](mailto:debrichard@nc.rr.com) with questions, suggestions, or comments.

**PLAYGROUP:** If you're a mom with young children looking for some fun and fellowship, come join our new Playgroup! We meet the 1<sup>st</sup> and 3<sup>rd</sup> **Friday** of each month from 10-11:30 in the church nursery or the Youth Wing (when nursery is not available). There is no need to bring anything - just show up when you can and play! For more information contact Leah Dail at 233-0603 or email [LeahDail@nc.rr.com](mailto:LeahDail@nc.rr.com).

## MUSICALLY SPEAKING



The month of March will have much to offer musically as we will begin the month

with Taize Evensong, March 4 at 7:00 p.m. This candlelight service of Evening Prayer is a unique style of worship that uses the music of Taize, France and incorporates simple melodies that are easily sung by the congregation as they are repeated quietly, sometimes in canon. You are invited to end your Sunday in this most meaningful way as you worship with your family, friends or neighbors.

The *Requiem* by Gabriel Faure will be sung during parts of the liturgy at the 11:15 a.m. service March 18. Leading us will be the Primavera Quintet, members of the North Carolina Symphony: Eileen Wynne, violin; Phyllis Whitlow, viola; Paul Goldsberry, viola; Gerald Nelson, cello and Lisa Ferebee, cello. Also accompanying the *Requiem* will be harpist, Anita Burroughs-Price, principal harpist for the North Carolina Symphony. The prelude will be played by the Primavera quintet and the offertory by the harp. Our guest soloists will be soprano Matalya Dickerson and baritone, James Longmire. These soloists blessed us last year when they sang solos for our spring cantata. Dr. Lisa Fredenburgh, Director of Choral Activities at Meredith College, Raleigh will direct the Senior Choir and I will be at the organ. This music is most fitting for the season of Lent. Please invite your family, neighbors, and friends to attend and worship with us.

The Capital Area Young Ringers Festival will take place at Edenton Street United Methodist Church Saturday, March 10. The Junior Handbell Choir – newly renamed the Proclamation Handbell Choir – will attend this all day

event. The children will ring with many other handbell choirs under the direction of Tim Waugh, a nationally known handbell clinician. The Proclamation Bells will learn a lot from their day with Mr. Waugh.

The Adult Handbell Festival will take place March 9 – 10 at Methodist College in Fayetteville, NC with guest clinician Hart Morris. Hart is Director of Music at Asbury United Methodist Church, Tulsa, OK. He has led numerous American Guild of English Handbell Ringer (AGEHR) conferences, festivals and workshops and is a published composer/arranger of handbell and choral music. The Bells of St. Paul's will enjoy a weekend under the tutelage of Hart Morris.

### Music calendar for March



March 4 – 8:45 a.m. Junior Choir and Junior Handbells (Proclamation Handbells)

11:15 a.m. Senior Choir

7:00 p.m. **Taize Evensong**

March 11 – 8:45 a.m. Jubilate Choir

11:15 a.m. Youth Choir and Canterbury Handbell Choir

No Senior Choir today

March 18 – 8:45 a.m. Epiphany Choir (grades K-2)

11:15 a.m. **Faure Requiem**

March 25 – 8:45 a.m. Jubilate Choir

11:15 a.m. Senior Choir and Adult Handbells

*Lee Harris*  
*Minister of Music*



### REGISTER FOR THE MS WALK TEAM NOW

Please join me on March 24<sup>th</sup> at the MS Walk! In celebration of my 10 years with multiple sclerosis, please join the "Dessert First!" team for our "Walking Celebration." Ten years ago, my doctors predicted I'd need a wheelchair in 2007 if I didn't begin a treatment. I'm so grateful that the treatment is working for me! There's no cure yet, but every dollar raised at the MS Walk funds services to local people in our community and research that is improving people's lives.

The Walk features accessible 1-, 3-, and 5-mile walking paths, terrific lunch by Carrabbas, fun for the whole family! Register now online at <http://tinyurl.com/394yxn> or contact me, Kathy Woolner, at 622-0248 or [kpw@woolner.com](mailto:kpw@woolner.com). Thank you for your support!



### MEN'S BEACH WEEK

Plan Ahead: Men's Beach Week  
April 23-29

Every year the men in the church get together for anywhere from a day to the whole week to relax, play sports, fish and eat.

# CHRISTIAN SOCIAL MINISTRIES (CSM)

## URBAN MINISTRIES FOOD DRIVE

Thank you, St. Paul's! The February food drive for Urban Ministries was the most successful one we've had, and Urban Ministries and CSM are grateful for your support! We collected 500 pounds of food, and too many grocery bags to count. They are being put to use as I write this article. Last year the Urban Ministries food pantry served over 4,000 clients who needed extra food once or more during the year to make ends meet. While clients are able to request food once every three months, most of the people who get food at the Food Pantry come only about once a year, when things get tight and they can't get by without some help. They and we appreciate your support.

Urban Ministries is moving from its current location on Semart Drive, next to Peace College, to a newly renovated building on Capital Boulevard, about a mile away, by the end of March. The whole agency will be working with newly extended hours, and serving many Hispanic clients as well as its more traditional client base. Volunteers are needed to interpret, interview, pack food, and help in the Medical Clinic. If you're interested, please contact the Volunteer Coordinator at Urban Ministries, at 834-4707. Or you can contact Anne Pilgrim, a member of St. Paul's and a volunteer at Urban Ministries, at 362-4068.

Submitted by Anne Pilgrim

## SUPPORTING THE CARYING PLACE

St. Paul's continues to support the Caring Place. The Caring Place is a non-profit organization that helps homeless families with housing needs with emphasis on practical life skills — their mission — Caring, Helping, Equipping People for Living.

In June of this year CSM asked St. Paul's parishioners to provide needed cleaning supplies for the Caring Place families and indeed they did. I delivered brooms, mops, and many kinds of "cleaners" to the Caring Place staff for distribution to their families.

St. Paul's and Genesis Methodist Church will provide dinner for the Caring Place families attending their weekly training meeting. This will take place March 8. Anyone who would like to help with this project please contact Ann Koehler at [map1k3@aol.com](mailto:map1k3@aol.com).

Submitted by Ann Koehler, Christian Social Ministries

## HEIFER INTERNATIONAL

WE DID IT! Honeybees, flocks of ducks, geese, chicks, llamas, goats, rabbits, water buffalo, cow, pig, honeybees, and trees...you must be wondering what "WE DID IT!" has to do with a list of God's creatures. "WE DID IT!" equates to sending a Gift Ark through our weekly contributions to Heifer International.

A Gift Ark costs \$5000.00, and at the end of December St. Paul's was able to reach that goal and then some! Christian Social Ministries asked members of St. Paul's to step up to the ark, place dollars equal to your age, or the anniversary you celebrate, and help continue this tradition of giving families a source of food, and "WE DID IT!" Christian Social Ministries thanks everyone in the St. Paul's Community for making this goal happen for 2006. We will keep you updated each month on various initiatives of Heifer International's commitment to its mission to end hunger and poverty and care for the earth.

Submitted by Margaret Haughey

## BLOOD DRIVE

St. Paul's will be having its quarterly Blood Drive on Saturday, March 24 from 9:00 a.m. to 1:00 p.m. Please sign up to receive a donation time as soon as possible. There is a sign up sheet in the narthex or you may contact Mary Marshall at [daisymae5061@nc.rr.com](mailto:daisymae5061@nc.rr.com) or by phone at 388-1856. We will be able to accommodate 3 people every 15 minutes.

Some facts about donating:

- Anyone who is in good health, at least 17 years old and weighs at least 110 pounds may donate blood every 56 days.
- Donors can resume normal activity after donating; however, avoid lifting heavy objects or strenuous exercise for 24 hours.
- Most people feel great after donating. If you have abnormal symptoms, let a staff person know.
- Travel outside the U.S. may be a cause for deferral. Check with a staff member about any overseas destinations.
- Donors must not be taking antibiotics. Symptoms and medication should cease for at least 24 hours.
- There is no longer a 12-month deferral for having had a tattoo applied, if it was administered in a licensed U.S. facility.

Bring a photo ID or blood donor card and a list of medications that you are taking. PLEASE GIVE THE GIFT OF LIFE! Rex Blood Services needs all blood types, and by donating one pint of blood, you can save three lives.

Submitted by Mary Marshall

# ADULT EDUCATION

## SUNDAY OFFERINGS

### NEWCOMERS CLASS

March 11—library at 10:10 a.m.

The Rev. George Adamik will lead a discussion for new members to learn about St. Paul's Episcopal Church.



### A VIEWING OF AN INCONVENIENT TRUTH WITH DISCUSSION

March 11, 18, and 25 – chapel 10:10 a.m.

An Inconvenient Truth is an Academy Award-nominated documentary about climate change, specifically global warming, and it suggests urgent actions that need to be taken. As God's appointed stewards, we are invited to care for planet Earth so that it may continue to be one of God's blessings for all generations. The movie will be shown on March 11<sup>th</sup> and 18<sup>th</sup>. Dan Loughlin, a computational environmental scientist will lead a discussion on March 25<sup>th</sup>.

## THURSDAY OFFERING

### LIFE MANAGEMENT SERVICES, LLC PRESENTS PREPARING FOR THE FUTURE

March 8, 15, and 22—conference room at 7:30 p. m.

Marilyn and Hal Shook, co-founders of Life Management Services, will present a capsule version of their nationally recognized program, PREPARING FOR THE FUTURE. It will provide a process and tools to enable participants to:

- Develop mission statements and goals for individuals and their children
- Identify current strengths and those to be developed
- Develop a time-phased plan to implement goals
- Make it happen through internal role playing.

You are invited to join Marilyn and Hal for this exciting program.

## FUTURE OFFERINGS

### Coming in April

#### PASTORAL CARE CLASS

Class will be lead by The Rev. Bernard J. Owens and The Rev. Candace Snively  
[More information forthcoming]

#### SPIRITUAL DISCIPLINE

April 15 through May 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 15<sup>th</sup>. Contact Jennifer Durant at [jdurant@nc.rr.com](mailto:jdurant@nc.rr.com). Participation limited to the first 20 people.

#### EFIRD BIBLE STUDY CLASS ON THE BOOK OF MARK

Thursdays, beginning April 12, and lasting for 7 weeks.

#### ADULT EDUCATION COMMITTEE

Tuesday, March 13, at 7:00 p. m.

Help plan the remainder of the spring, re-vision the committee, and begin thinking about the fall!

Submitted by Nita J. Byrd, chair

## ABOUT OUR CHURCH



**Congratulations to** Terry and Anne Babb on the birth of their granddaughter, Sophia Rose Babb, daughter of Michael and Naomi Babb; to Haley and Richard Gray on the birth of their son, Ivan Gray; and to Gene Dewell on the birth of his great grandson, Eliab Stephen Adams

**We express our sympathy to** Sandy Wimbish for the death of her father, Harry Edmunds Wimbish; to Jim Hughey for the death of his father Dr. James F. Hughey, Sr.; to Kim Smith for the death of her godmother, Peggy Rose; to Bill Waskom for the death of his mother, Peggy Waskom; and to Susan June for the death of her father Philip Schwender.



**We rejoice in the baptisms** of Logan Edward Gates, son of Jonathan and Heather Gates; Elizabeth Park Ingram and Owen Wayne Nicholson Ingram, children of Daniel and Christine Ingram; Nicholas Kai Newland, son of Larry and Jennifer Newland; Brooke Louise Pedersen daughter of William and Caroline Pedersen; Devin Riley Stone, son of Jason and Kara Stone; and Christine Owens Ingram.

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

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## Label

### 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.