

ST. PAUL'S LETTER

ST. PAUL'S EPISCOPAL CHURCH

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.

Letter From The Rector

The Rev. George Adamik

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Dear Friends,

You can tell September has arrived by the things around us that so often happen at this time of the year. The summer has come to an end, the children following the traditional school calendar are back to school, our college students have left to return to campus, the sun is setting slightly earlier than during the summer, and the Yankees are in first place in the American League East.

You definitely know it is September around St. Paul's as the energy level picks up around so many of our programs. It is such an exciting time. I look forward to it every year. I want to particularly invite the over 150 new parishioners who have joined us since January to engage themselves in the endless possibilities here at St. Paul's. There will be a series of sessions for newcomers, led by the clergy, beginning Wednesday, September 30, at 7:00 p.m. and continuing for the succeeding three Wednesdays. Those sessions will then be followed by a series of Adult Confirmation Classes for those wishing to be confirmed or received into the Episcopal Church when the Bishop visits with us February 21, 2010. Come and learn about this wonderful faith community called St. Paul's where "All Are Welcome".

One of my favorite spiritual writers, Richard Rohr, says in his book "Things Hidden: Scripture as Spirituality", that religion exists to "astonish" us and "rearrange everything". He points out that religion, however, was not always about this. When we look at and study ancient religions, so often we see that they were attempts to assure that nothing new would happen. People wanted life to be predictable and controlled. And religion was seen as a way of manipulation and control, not only of humanity, but also of God. It is why some theologians say that Jesus came to end religion, meaning he came to end religion as it was. Jesus came to offer us good news with a new set of eyes. Jesus came to show us that "God is much different than we thought, and also much better than we feared". This really is the story of the scriptures. A people continually being astonished by God. A people continually having everything rearranged in their lives. Who do we want to be?

Friends, as we walk together here at St. Paul's, may we not find ourselves walking in the tradition of the ancient religions assuring ourselves that nothing new will happen, assuring ourselves that we already have all the answers. But may we walk courageously with those new eyes offered us in the gospel, and be astonished by God in our midst, and in our world. And while we may not be able to rearrange everything in our lives right away, how about we rearrange something in our lives this year?

I pray that through your life at St. Paul's, and the numerous opportunities offered for involvement and engagement, you will come to know this astonishing God who is closer to you than you are to yourself.

George

**Next Newsletter
Deadline
Sep. 16
at 10:00 a.m.**



Warden's Corner

I hope you have had a wonderful summer! St. Paul's looks forward to kicking off some of our traditional school-year programs after Labor Day. I encourage you to engage yourself in some of our wonderful ministries offered. It is a wonderful way to meet new people.

Speaking of new people, we have many new faces coming to St. Paul's. Our attendance numbers also confirm this. Please remember to wear your NAME TAGS and don't be shy about introducing yourself to someone new. You may be a newcomer's first impression of St. Paul's.

THANK YOU for your suggestions to our suggestion box (suggestions@stpaulscary.org). Each idea presented has caused us to look at our approach and environment differently and has even prompted conversation about new things. Please continue to email your suggestions to us. We look at them and value your thoughts!

DID YOU KNOW? A group of volunteers have been doing our lawn maintenance for St. Paul's this summer. Many thanks to all who have come to mow our grounds! A special thanks to

Fill Bowen and Jim Speight for all they do above and beyond the call of duty to the upkeep of our grounds.

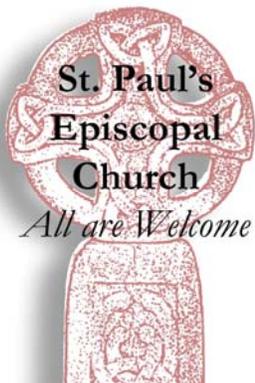
The Memorial Garden committee has been mowing and maintaining the grounds to the Memorial grounds too. Thanks to all who have helped to keep this space so beautiful and peaceful. A special thanks to Jackie Straub for her leadership in this area.

Our Courtyard between the sanctuary, education building and chapel will be undergoing change. Over the next few weeks we should see the beginnings of a retaining wall. This is the first stage of plans to landscape this space. The 2008 Lobster Fest monies were donated from the Men's Group to landscape our courtyard. Thanks to all who bought lobsters last year!

The circle in front of the entrance to the church will also be evolving. Boy scout, Quinn Burgess, has been working with a committee discussing ideas for his Eagle Scout project. We look forward to seeing our circle enhanced.

God Bless!
Mary Wood, Senior Warden

Hospitality, Parish Life, and Pastoral Care



About Our Church

We welcome our new communicants, Christiana Wert from Christ Church, Raleigh, NC; Thomas Pera from St. Stephen, Hobart, IN; Terrence O'Brien from Christ Church, Raleigh, NC; Douglas and Sandra Mazzeo from Grace Church, Elizabeth NY; and Caroline and Ken Armstrong from Grace Misson, Clayton NC.

We express our sympathy to Grace Wight for the death of her husband, James Allen Wight, Sr.; to Fred Lowry

for the death of his grandmother, Mary Lu Michaud; to Lorrie and Richard Todd for the death of their friend, Janice Gregory; to Olivia Ittoop for the death of her friend, Elizabeth George; to Melanie Fairbrother for the death of her cousin, Marty Cooley; to Margie Best for the death of her mother, Mary Frances Webb; to Willard Seehorn for the death of his friend, Neomi Blackford; to Laura Carathanasis for the death of her friend, Judy Cantor; to

(Continued on page 3)

About our Church (continued)

(Continued from page 2)

Gordon Werner for the death of his wife, Roberta Maria Werner; to Elaine Buxton Barry and Russ Buxton IV, for the death of their father, Russ Buxton III; to Etta Leighty and Dee Jewell for the death of their husband and father, Delbert Leighty; to Jack Midyette for the death of his mother, Harriette A. Paul; to Chris Schaubach for the death of his father, Eddie Martin Schaubach; to Margaret Haughey for the death of her uncle, Robert Hall Hulett; to Kay Burgess for the death of her friend, Neal Page; to Dennis Daniels for the death of his grandmother, Odell Daniels; and to Bonnie Walt, Debra Johnson and Lisa Walt for the death of their husband and father, Tom Walt.

We celebrate the marriage of

Brittany Elise Hanson and Daniel Robert Wilson. Brittany is the grand-daughter of Mary Lee Anderson.

We rejoice in the baptisms of Cora Marie Ganey, daughter of Neil and Kathryn Ganey; Emily Jane Hall, daughter of Daniel and Amy Hall; Jackson Brady Spencer, son of Michael and Erin Spencer; and Julianne Madden Knight, daughter of Christopher and Elizabeth Knight.

We celebrate the birth of Oliver Alexander Gatchalian, son of Nicole and Oliver Gatchalian; the birth of Henry Lee Collins, son of Carter and Lee Collins; and the birth of William Warren Evaul, son of Katharine and Mark Evaul.

Submitted by Melanie Fairbrother



Elderberries

The Elderberries will begin the Fall season with a trip to Bear Creek, NC where we will enjoy an open house tour of Southern Supreme, an internationally known mail-order gourmet food company. The date is September 16,

the third Wednesday of the month, our usual meeting day. Call Lois Reardin at 303-8483 or Peg Shenton at 952-3739 if you are interested in coming along. All are welcome.

Submitted by Lois Reardin



Life Writing Group

Several of the present group of "Life Writers" have indicated that they want to continue meeting in the fall and they welcome anyone who would like to join them. There are no requirements to join the group other than a

desire to write ... for your children or grandchildren, or just for the satisfaction it brings to yourself. Let Lois (303-8483) or the church office know of your interest.

Submitted by Lois Reardin

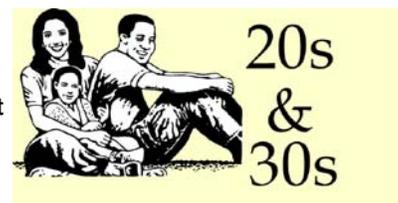


20s & 30s

All 20s and 30s are invited to join us in the Youth Wing from 6:00-8:00 p.m. on Wednesday, September 16, for our Fall Games Night! Child care (Kids Club) will be provided. Our last Games Night in the spring was a big

success, and we look forward to another fun evening. RSVPs are most appreciated. Please contact Sara Concini at sara.concini@gmail.com for more information.

Submitted by B.J. Owens





Women Welcoming Women (WWW)

Women Welcoming Women

Women Welcoming Women (WWW@St. Paul's) is a women's organization at St. Paul's that celebrates women of all ages and stages and provides them with the opportunity to socialize together several times throughout the year. Each social gathering is intended to be a relaxing evening out without any pressure to commit or to volunteer.

Our next WWW gathering is planned for Sunday, September 20 from 6:00 p.m. to 8:00 p.m. in the parish hall. Childcare will be provided in Kids' Club. Each guest should bring an appetizer or dessert plus \$1 to provide

for paper goods. Please note that appetizers and desserts may be store-bought as we don't exchange recipes in this group.

So that we may plan for seating, please RSVP by September 13 to Sherri Hubbard at sherri.hubbard@ncdoi.gov or to Jennifer Shy at churchschool@stpaulscary.org, or sign up in the narthex. If you aren't a planner, last-minute guests are always welcome at our gatherings. If, however, you require childcare, please let us know in advance so that we have sufficient help in the Kids' Club.

Submitted by Sherri Hubbard



Coffee Talk

Coffee Talk

Coffee Talk meets the 2nd and 4th Wednesdays at 7:00 p.m. in the library. Childcare is available in the Kids' Club. Coffee will be served. This is a very casual women's discussion group for all ages and stages and is an opportunity to make new connections with women here at St. Paul's. There will be a suggested topic and/or activity for our time

together: sometimes spiritual, sometimes not, always fun. On September 9, bring something for your hands to do (or not) while we get reacquainted and meet new friends. Look for upcoming topics in the weekly bulletin or contact Jen Dobridge

Submitted by Jen Dobridge

Newcomer News

Our second Newcomers Class will kick off at the end of September and run through October. Last spring, our first class was attended by about 25 people new to St. Paul's. Feedback was overwhelmingly positive! If you are new to St. Paul's or if you missed the opportunity to join us in April, join your clergy and other newcomers for this fall's offering. Class begins September 30 at 7:00 p.m. and runs consecutive Wednesday evenings concluding with a social on October 21 in the Youth Wing. The course will be led by the Rev. George Adamik, the Rev. Dr. Sally Harbold, and the Rev. B. J. Owens and is sponsored by the Newcomer Ministry. Newcomers will receive a postcard

invitation in the mail. In the mean time, you may indicate your interest by contacting Ann Lockhart (annlockhart@nc.rr.com or 678-1132) or the church office at 467-1477 to indicate your interest in advance.

The Newcomer Ministry is always eager to recruit folks to help with its undertakings, from bread baking to document preparation. At the present time, we would enjoy having some additional greeters, bread deliverers, and telephone callers. Please contact Ann Lockhart (annlockhart@nc.rr.com, or 678-1132) for more information about these ministries.

Submitted by Ann Lockhart



Fellowship Committee News

Line Dancing & Potluck, September 26 — Mark your calendars and get your cowboy boots ready, we have having a boot scootin' good time on September 26! Join the Fellowship Committee and all your St. Paul's friends for a potluck dinner followed by line dancing. Dinner starts at 5:30, so bring your favorite main dish, salad, or dessert. We will finish the night with some good ole fashion line dance instruction courtesy of the Cary Senior Center. So, put on your cowboy hats and grab a partner, we want to see you all there Saturday September 26 from 5:30-7:30 p.m.!

USO Collection — Thank you for everyone who contributed to the USO collection! We loaded their cart at the

USO on July 25 with snacks, cookies, water, and toiletries. Thanks to the St Paul's families who participated in this collection: Hawkins; Holdred; King; Mazzeo; Reilly; and Todd. Watch for a notice when we'll do this again in the fall.

Yard Sale — The First Annual Yard Sale event was a success with over 30 spaces signed up for yard sale tables and vendors. We had fun cleaning out our garages, and the vendor donations provided items for the raffle that raised over \$75 for us to put toward the water and snack purchases for the USO collection. We appreciate the vendors who supported this event and gave donations that exceeded our request.

Submitted by Katie Childers



Lobsta Fest: New and News

Saturday, October 3, 2009, at the St. Paul's Wharf and Lobsta Shack . (For this one day, the parking lot will be renamed "Maine" Street.)

What's new? The "Dine In" time is now 11:00 a.m.–2:00 p.m. Hours for pick-up are 11:00 a.m.–5:00 p.m. The time of day is more family friendly and festive (there will be events for all ages of kids). And, the new time will allow our Men's Group and Fellowship Events Team volunteers a chance to clean up after the event and get home to enjoy their lobster dinners.

Food Offerings: For the Purist, we continue to provide live, 1½ lb. Maine lobsters (\$17) to take home and create your own special lobster meal. For the Traditionalist, we will cook your lobster for you to take home warm or chilled (\$19), and pretend you did the work yourself. For the Socially Minded who want to dine at the Shack with friends we will provide the full 1½ lb. lobster meal with sides, dine in or take home (\$22). Adult full chicken meals with sides (\$10), and child chicken nugget meals (\$4) are once again available dine in or take home.

Now NEW, for the "Arm Chair" lobster aficionado, we introduce the St. Paul's

Quarta Pounda Lobsta Roll (\$12), generous chunks of lobster meat and a light sauce, served on a grilled La Farm Bakery bun with chips and slaw, dine in or take out. For take out, we will separate the bun and the mixture, so that you can heat the bun and assemble everything at your leisure (on your deck, in front of your TV, with friends, etc.). No muss, no fuss, just delishuss!

This is the third Annual Lobsta Fest: the first two have provided funds (last year more than \$6,000) for the Men's Group to give to Youth activities, to fund the beginning of the Courtyard Project, and to donate to CSM projects, and this year with your help, we will continue what we have started. We can only sell so many lobsters to members of St. Paul's, and to be really successful we need to sell the event to friends and associates. We will be sending Men's Group members tickets on consignment, and ask that they take them to friends. We will have tickets for sale and consignment, available to the congregation beginning Sunday, September 6.

GO, LOBSTAS!

Submitted by Ted Straub



Children's Ministries

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Letter from the Director

We have lots of new and exciting things happening in Sunday school this fall! In addition to the Episcopal Children's Curriculum, our fourth and fifth grade classes will spend about six weeks studying social justice and civil rights issues this fall during their Sunday school classes. Third graders will spend five weeks expanding their knowledge of the Bible and how to use it, and will receive their own Bibles to keep. Finally, in our continuing development of the Godly Play curriculum, we're going to try something new. The kindergarteners, first graders, and second graders will be grouped together in two multi-age

classrooms this year, following the Montessori tradition. First and second graders will be able to share their experience of the Godly Play classroom with their new kindergarten friends and all will benefit from exploring the stories of faith together.

Many thanks to ALL our Sunday school teachers, both new and returning, for their willingness to try new things and keep expanding our horizons! We look forward to another year of spending time together, learning about God's love in our own community

Jennifer Shy
Church School Director

Welcome Back Sunday Schoolers

September 13, 2009 kicks off our 2009-2010 Sunday School year. New classrooms, new teachers, new lessons, and, we hope, lots of new friends await our St. Paul's youngsters. If you haven't registered your child yet

for Sunday School, it is never too late at St. Paul's. Registration forms are in the narthex, in the classrooms, and on the web at www.stpaulscary.org, or you may contact Jennifer Shy at 467-2578 for registration information.

Faith, Family, & Frosting

To usher in the new Sunday School year, we'll have games, activities and, of course, frosting at our annual kickoff event. Faith, Family, and Frosting is scheduled for Sunday afternoon, September 27 at 4:00 p.m. in the Parish

Hall. Come join us for our "sweet" adventure, which is guaranteed to put a smile on your face and a yummy in your tummy. Watch the bulletin announcements for more details.

Future Stewards of the World

Last Sunday School year, the children met their stewardship goal with an offering of over \$2,000 for Smile Train International, helping provide cleft palate surgery to eight children in impoverished countries. This year, our 5th graders have selected Africa Hope Center as the children's stewardship recipient for the upcoming Sunday

School year. Africa Hope Center is a Kenyan-based, grassroots response to the HIV/AIDS orphan crisis. Look for the children's collection basket during the regular offering at the 9:00 a.m. and 11:15 a.m. services. Save your pennies and help restore hope in children who have lost both parents to AIDS.

Africa Hope Center . . .
... your partner in the fight against HIV/AIDS

Children's Ministries

It's a Wrap!

Summer was a swarm with children's activities here at St. Paul's. Our studies of "King David" during summer Children's Chapel kept the children on the edge of their seats. Vacation Bible School was an adventure as campers participated in Camp E.D.G.E. (Experiencing + Discovering

God Everywhere). And the Children's Ministry Committee hosted two Family Fun Nights. Both events provided an opportunity for family fun seekers to play well with others. Thanks to all of our families, volunteers, and children who make the summer months at St. Paul's a great place to hang!



The Children's Ministry Committee would like to thank our outgoing members, Sherri Hubbard, Kelly Gregg, and Lesley Lloyd, for their extraordinary service during the last 3 years. We will miss their commitment and their fellowship in the coming months. We would also like to welcome our 3 newest members, Frank Bricio, Melissa Tanner, and Selena Youmans, as they begin their three-year rotation on the Committee.

It's a Date!

- Sep 3 Sunday School Teacher Orientation
7:00 p.m. in the Library
- Sep 13 Sunday School begins: 10:10 a.m.
- Sep 27 Faith, Family, & Frosting
4:00 p.m. in the Parish Hall
- Oct 4 Blessing of the Animals
3:00 p.m. in the Courtyard
- Oct 25 Pumpkin Carving
5:00 p.m. in the Parish Hall

Children's Ministry Committee

Jennifer Shy, Kim McCombs-Thornton, Christine Ingram, Leslie Vaughn, Dave Mackie, Juli Kirby, Dean Keiswetter, Melissa Tanner, Selena Youmans, and Frank Bricio
Clergy Liaison – B.J. Owens: Vestry Liaison – Ann Lockhart

Blessing of the Animals, October 4

Mark your calendars for Sunday, October 4 at 3:00 p.m. for the Blessing of the Animals! In years past we have welcomed dogs, cats, gerbils, and

hermit crabs, and we look forward to another wonderful afternoon. We hope you can join us for this brief service of blessing!



Youth Confirmation Class

This fall the clergy will offer a youth confirmation class in anticipation of the Bishop's visit on Sunday, Feb. 21. All high school students who have not yet been confirmed are welcome and encouraged to attend. The class will be offered on Sunday mornings during the education hour (10:10-11:00 a.m.). It will begin on September 20 and conclude on December 13. We will not meet on the Sundays before and after Thanksgiving.

The classes will be led by the Rev. George Adamik, the Rev. Dr. Sally L. Harbold and the Rev. Bernard J. Owens. We look forward to some great discussions! If your child wishes to be confirmed in February, we ask that they plan to participate in this class. Please contact B.J. Owens at bernard.owens@stpaulscary.org by Sunday, September 13 to register for the class.



Preschool

News from St. Paul's Preschool

WELCOME BACK!! With Labor Day being later in September, preschool was in full swing on August 31. Chris Lewis and I love the seeing the children bounce through the doors ready to have fun. We have a great group of children and parents! I look forward to getting to know the many new

preschool families as we start the year with Muffins for Moms. This is a time for moms to mingle with other moms while having a muffin with their child before

school. The teachers have many learning adventures planned for fun-filled days at St. Paul's Preschool. I would like to let you know that the preschool will not be doing a yard sale this year. If you were saving treasures, thank you very much for thinking of us, and I am sure you can find a different organization to help. I am also proud to announce that St. Paul's Preschool was once again voted "Best in the West" by the readers of the Cary News in July. My teachers work very hard to make St. Paul's a great place for children and their families. Thank you to all who support this special outreach at St. Paul's.

Happy September!
Mary Catherine Troxler

Preschool Happenings!

SEPTEMBER		OCTOBER	
7	Labor Day No school	5 or 6	Chapel starts for 2 year olds
16 or 17	Muffins for Mom	7 or 8	Donuts for Dads
16	Chapel starts with B.J. Owens	12 or 13	Picture Day
		29	Halloween Parade for 3, 4



Acolytes

Acolyte Training

All youth in the 5th-12th grades are invited and encouraged to serve as acolytes at St. Paul's. On Tuesday, September 22, the first acolyte training session of the year will be offered from 5:00-6:00 p.m. in the church. We ask that all current acolytes attend - new acolytes will be trained, and "veterans"

can help teach (as well as brush up on their skills). If you wish to acolyte but have not yet signed up, this is a great place to begin. Please contact either Barbara Argonis (bargonis@earthlink.net) or B.J Owens (bernard.owens@stpaulcary.org) for more information.

Confirmation Class



Adult Confirmation Class

This fall the clergy will offer a four-week confirmation class for adults who wish to be confirmed or received when the Bishop is with us on Sunday, Feb. 21, 2010. The classes will be offered on Wednesday evenings from 7:00-8:00 p.m. in the Youth Wing, and will be held on October 28, November 4, November 11 and November 18.

The class, which George mentions

in his letter on the front page of this newsletter, will be an in-depth look at the sacramental and liturgical tradition of the Episcopal Church, and is a great resource for newcomers and anyone else who wishes to learn more about our faith. Please contact George at rector@stpaulscary.org to sign up for the class.

Episcopal Youth Community

Youth

By Fred Lowry

EYC UPDATES

Fred Lowry, Youth Director
youth@stpaulscary.org
www.stpaulscary.org/youth
 919-437-1477 ex. 37

Note from the Youth Director: Youth Program Interns

This summer four youth took the job of Youth Program Interns. Allen Ray, Mark Womack, Sarah Graves, and Zach Swann put in over 400 hours of work to help our youth program flourish in the 2009-10 year. Their group project was to build a website encouraging other youth groups to start Microloan accounts. Microloans

are small loans given to 3rd world entrepreneurs to help start or improve a business. They met the challenge with a fervor and passion that is synonymous with St. Paul's. Please take a moment to check out their website at www.smallloansbigideas.org.

Peace,
 Fred Lowry

Parents Meeting September 27

St. Paul's Youth Program will have a parents meeting on Sunday September 27 from 5:00 p.m. to about 5:45 p.m. to

answer questions, go over schedules, and announce exciting new initiatives. Please put this on your calendar today!

Senior High Compline and Fellowship

Each Tuesday evening at 8:00 p.m., all senior high students are invited to meet in the back of the church for an hour together. This is a wonderful time to check in with

each other in the middle of the week, to sing and play music, or just to experience the wonder of a simple candlelight service. We resume our schedule September 15.

Fall Middler's Conference

The world is a confusing, confounding, confuzzling place! Do you ever feel lost? Ignored? Afraid? Left out?

Visit the world of Dr. Suess and learn to let your faith guide you along. Fall Youth Event (FYE) this year is centered around the theme

Hey Seuss, focusing on four of Dr. Seuss' books.

They are looking forward to having The Rev. John Tampa, and Jake Melynk as our priest and musician for the weekend.



Fall Calendar

Middle School/High School
 Middle School - 4:00-6:00 p.m.
 Shared Dinner & Worship - 5:15-6:00
 High School - 5:15-7:30 p.m.

- Sep 13 EYC KICKOFF
Everyone 4:00-7:30 pm
- Sep 20 Summit Sunday
- Sep 27 "Make Your Own" Night
- Oct 2-3 Middle School Campout
- Oct 3-4 High School Campout
- Oct 11 Guitar Hero Night
- Oct 18 Kiva Carnival Prep
- Oct 25 Kiva Carnival / Crazy Costume Challenge
- Nov 1 Show & Tell / Skit in a Bag
- Nov 8 St. Nicholas Night
- Nov 15 Ice Cream Party
- Nov 22 Movie Night
- Nov 29 The Great Exchange
- Dec 6 Babysitting Fundraiser

The Diocese is excited about this conference; as these stories creatively come to life and shed a new meaning on some of the familiar classics. You can register at www.episdioncyouth.org. Scholarship money is available.



Julian Gathering

This group meets for silent prayer and the study of Julian of Norwich on the 2nd and 4th Wednesdays at 9:15 a.m. in the Brides Room. They will meet on September 9 and 23. Julian was a fourteenth century English mystic and her book, The Revelations of

Divine Love, is often acknowledged as one of the world's great spiritual classics. Extra copies of the book are available at each meeting, and newcomers are welcome to attend at any time.

Submitted by Lanny Wase

Outreach



St. Paul's Blood Drive—October 17

St. Paul's will host its quarterly Blood Drive on Saturday, October 17 from 9:00 a.m. to 1:00 p.m.

Please sign up to receive a donation time as soon as possible. There will be a sign-up sheet in the narthex on Sunday mornings or you may contact Brenda St.

Laurent at bdstlaurent@yahoo.com or by phone at 379-1915. We will be able to accommodate 3 people every 15 minutes.

PLEASE GIVE THE GIFT OF LIFE!
Rex Blood Services needs all blood types and, by donating one pint of blood, you can save 3 lives.

Submitted by Stacy Miller

Facts about donating

- * Anyone in good health, at least 17 years old and weighing at least 110 lbs. may donate blood every 56 days (our last drive was July 18, 2009).
- * Donors should eat breakfast/lunch and drink plenty of fluids before a donation.
- * Donors can resume normal activity after donating; however, avoid lifting heavy objects or strenuous exercise for 24 hours.
- * Many people feel great after donating. However, if you experience abnormal symptoms, let a staff member 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.
- * Bring a photo ID or blood donor card and a list of medications that you are taking.

Thanks for Urban Ministries support

CSM and Urban Ministries are grateful to St. Paul's for the great response to the recent food drive. We provided over 500 pounds of food to the food

pantry, this is one of the best food drives we have ever had. There will be another food drive in early November.

Submitted by Anne Pilgrim



Are you ready to pack?

Greetings to all! There will be a Stop Hunger Now meal packing event at St. Paul's on Saturday October 10th from 9am to 11am. More information will be forthcoming as we get closer to the event date. As we continue to be blessed with nourishment each day, we need to

continue to help nourish those who are much less fortunate. If you have any questions/concerns, please contact Glenda Swann at swannet@pipeline.com or 362-9950.

Submitted by Glenda Swann



Christian Social Ministries

Late summer greetings! The Christian Social Ministries (CSM) committee at St. Paul's works to facilitate efforts to "reach out" to those less fortunate in our local and world communities. The table below provides a snapshot of the array of nonprofit organizations receiving donations from the St. Paul's outreach budget, as allocated by CSM in 2009. There is a common theme among many of the recipient organizations selected: the commitment to support people in need as they work to achieve independence and self-sufficiency. We are proud of the assistance that our parish provides in helping those in need to "get on their feet."

Of the organizations receiving funding this year, those with asterisks (*) indicate those in which parish members are also involved in "hands-on"

volunteer support. Please note that this chart focuses solely upon those organizations to receive funding in 2009; it does not include the several, additional charities benefiting from "gifts-in-kind" (i.e. parish food/collection/gift collection drives throughout the year), or Heifer International donations (via special weekly offerings during services, tracked separately), or organizations in which parish volunteers give of their volunteer time (i.e. Wheels4Hope).

We encourage you to visit the "Outreach" sections on our church website (www.stpaulscary.org) for details on the many good works that our members are doing to make our community – and world – a better place. Hats off to the scores of St. Paul's "angels" who work selflessly, year-round, to reach out to those in need!

Submitted by Linda Cozzolino

"Go with the people. Live with them. Learn from them. Love them. Start with what they have. Build on what they know. But with the best leaders, when the work is done, the task accomplished, the people will say, 'We have done this ourselves'."

Lao Tsu, Chinese Philosopher, 700 B.C.

Recipient Organization (CSM Budget – 2009)	Population Served – Type of Support
Soldiers' Angels* - Adaptive Technology Project	Veterans, returning & active US servicemen
Urban Ministries: Open Door Clinic; Crisis Assistance Program	Families in crisis – health care/medical services
Wake Interfaith Hospitality Network (WIHN)*	Families in transition – housing/food assistance, job support
Stop Hunger Now (SHN)*	Families in crisis/poverty in developing world – skills training & support
Meals on Wheels*	Disabled, homebound elderly - daily nutrition
The Caring Place	Families in transition – housing, financial/job support, and training
Episcopal Campus Ministry*	College students – spiritual support, meals
Interfaith Food Shuttle	Families in need – nutritional support
Christian Community in Action	Families in transition - educational grants, financial/material assistance
Episcopal Farmworkers' Ministry	Migrant workers, eastern NC - financial/material assistance
Western Wake Crisis Ministry	Families in need - food/financial assistance
Alliance Medical Ministry	Families in need - healthcare services
Life Experiences	Developmentally disabled - employment support
Penick Village	Episcopal retirement community – annual parish donation

Wheels4Hope

Can't get cash for your clunker? Want to benefit your neighbors in the community? Want to receive an income tax deduction? Donate your used car to Wheels4Hope!! Tell your friends and neighbors to do the same!!

How often do you take your car for granted? What if you didn't have your car to drive to work? To your children's schools and daycare? Could you get there every day? Could you get there on time? Transportation is an often-overlooked necessity for people trying to improve their lives. An affordable, reliable vehicle makes a major difference for someone trying to get a job, keep a job, and provide for his or her family. The mission of Wheels4Hope is to fill that need. Wheels4Hope is a faith-based non-profit corporation and a fully qualified 501(c)(3) charity that is operated mostly by volunteers with proceeds going directly to our community.

Working with partner social service agencies, Wheels4Hope identifies individuals and families who need reliable transportation and then provides used vehicles to these recipients. Donated cars that can be refurbished to provide reliable transportation for a couple of years are placed as "program cars". This is not a "give away" program. Recipients pay a reduced cost for the program cars and take responsibility for their care and maintenance. If a donated vehicle does not meet the "program criteria" but can be repaired to meet North Carolina vehicle safety inspections, it is typically repaired, inspected, and offered for sale to the general public on the Wheels4Hope retail sales lot. Proceeds from the retail sales are used to fund repairs to the program and retail cars.

Car donations are the lifeblood of the Wheels4Hope outreach. Without

donated cars and trucks, we have no program. Currently, Wheels4Hope is experiencing a shortage of cars. That is where you, your friends, and your neighbors can help (and get a tax deduction). The donor of a car that goes into the "program" can deduct the fair market value of the car because it is being used for charitable purposes. The donor of a "retail" car can deduct the sale price of the car. If a donated car does not qualify for the program or cannot be sold on the retail lot, the donor can deduct the salvage value. Wheels4Hope provides documentation in all cases to make the tax deduction easy for the donor to obtain.

The second integral part of the Wheels4Hope outreach is volunteers. Handy with a wrench? Want to learn more about cars? Like to organize? Like to work with people? Wheels4Hope would love for you to become part of the team.

For more details, please visit the Wheels4Hope website www.wheels4hope.org, visit the Outreach section of the St. Paul's website www.stpaulscary.org, call the Wheels4Hope garage at 919-255-1325, or send me an email at mas223@bellsouth.net. Hope to see you at the garage!

Submitted by Mike Sweeney



Serve the Lord with gladness; Come before Him with joyful singing. Psalm 100:2



Join the Choir...
You'll Be Glad
You Did!

Festival of Choirs

Mark your calendar on Nov 8 at 6:00 p.m. to attend the Festival of Choirs service. This musical service will feature all the participants in our music program presenting music on the themes of Thanksgiving and Sharing. In conjunction with the Festival of Choirs there will be a food drive.

Musically Speaking— All are welcome

September is almost here and that means it's time for the music program launch. At St. Paul's we are fortunate to have a variety of music programs for all ages and interests. However, in spite of all the energy that goes into learning and making music, the program is not the reason we do what we do. The music program only serves us. The purpose for the program is to provide us with a place to experience Christ-centered relationships and express our faith through the creation of music. Our participation in music can be life-enriching and enable our hearts to hear God's music of peace and harmony.

A program the size of our music program at St. Paul's can only function with the support of many people. I would like to express my gratitude to these people who lead and help our music program run smoothly. Susan Gilbert is the director of the Jubilate Choir and provides keyboard accompaniment for the 9:00 a.m. service. Olivia Ittoop is the

administrator for the children's music program and directs the Epiphany Choir and Proclamation Bells. Katy O'Brien is the director for the Junior Choir. There are also many assistants who maintain our music library, service computers, make recordings, organize robes, accompany at the keyboard, sing, play instruments, coordinate snacks, make sure that children are attended to, and support our program through countless tasks. May God bless you as you serve.

I look forward to being with each of you for the weekly services and rehearsals. I also look forward to the memorable and fun special events coming up this year: festivals, workshops, conferences, Holy Days, cantatas, recitals, and shows. So get ready, take a deep breath – and make a joyful noise.

Peace,

Jason Pace
Interim Minister of Music

Jubilate Choir

I'd like to take this opportunity to tell you how excited I am to be directing the Jubilate Choir (and playing the piano), this coming year. We have a dedicated group of singers and musicians who strive to make worship meaningful and enjoyable. Thanks to all of you who have come up to me after services and told me how much our music means to you. It means a lot to us.

JOIN US! We can always use more singers and instrumentalists! You are welcome to join us at a Thursday night

rehearsal to see if this is something you might want to do.

We sing three Sundays a month at the 9:00 a.m. service, and we practice the Thursday evenings before these Sundays. The more the merrier.

Thank you again for your support,
Peace,

Susan Gilbert
Jubilate Choir Director



Jubilate
*a call to rejoice;
an outburst of
joyous triumph*

Weekly Music Rehearsals Begin September 1st

All are welcome -- Contact the director if you would like to participate in a choir or have any questions about a particular ensemble:

Tuesday - Sept 1

6:00 p.m. Canterbury Handbells (6th - 12th grade), Jason Pace

7:00 p.m. Youth Choir, Jason Pace (6th - 12th grade), Jason Pace

Wednesday - Sept 2

6:00 p.m. Epiphany Choir, (K - 2nd grade), Olivia Ittoop

6:00 p.m. Junior Choir (3rd - 5th grade) , Katy O'Brien

7:00 p.m. Proclamation Handbells (3rd - 5th grade), Olivia Ittoop

7:30 p.m. St. Paul's Choir (high school - adult), Jason Pace

Thursday - Sept 3

6:00 p.m. Bells of St. Paul's (adult), Jason Pace & Olivia Ittoop

7:15 p.m. Jubilate Choir (high school - adult), Susan Gilbert

September Service Music

Available on the church web site:
www.stpaulscary.org/music

	9:00 am - Jubilate Choir
Sep 6	10:45 am - Cantors: Joseph Ittoop & Steve Wheltle
	9:00 am - Jubilate Choir
Sep 13	11:15 am - St. Paul's Choir
	9:00 am - Jubilate Choir
Sep 20	11:15 am - St. Paul's Choir
	9:00 am - Youth & Jubilate Choirs, Canterbury Handbells
Sep 27	11:15 am - St. Paul's Choir

Pianist Needed



The Junior Choir needs an accompanist for their Wednesday weekly rehearsals in the upcoming season. If this is something that you might consider doing, please contact Jason Pace at music@stpaulscary.org

Serve the Lord with gladness; Come before Him with joyful singing. Psalm 100:2

Facilities

Buildings and Grounds

I would like to take the time to thank our volunteers who have come out all summer to help keep the grounds looking great by mowing, trimming and weeding. This job is one of sweat and endurance. The next time you see one of these wonderful volunteers, please thank them: Ottis Cowper, Damil Ghartey, David Jewell, Jeff Kager, Dan Loughlin, Neil McClenney, Jason Serino, Linda Targosky, Richard Todd, Brad Williford,

Brent Wood, and Greg Zeph.

I would also like to thank especially, Fill Bowen and Jim Speight, as they come up to the church just about every Saturday morning to care for the grounds. I cannot thank you enough for all the hours you have spent taking care of the property.

A big thanks to Tom Belington, Fill Bowen, Dennis Daniels, Jeff Kager, William Kager, Jim Speight for taking care of Epiphany House maintenance

Submitted by Chris Lewis



Sunday Service Schedule

7:30 a.m. Eucharist Rite I 10:10 a.m. Education Hour
 8:45-12:30 Kid's Club 11:15 a.m. Eucharist Rite II
 9:00 a.m. Eucharist Rite II 11:15 a.m. Children's Chapel
 9:00 a.m. Children's Chapel 4:00 p.m. Middlers EYC
 10:00 a.m. Fellowship-Coffee 5:15 p.m. Senior EYC

2009



Wednesday Schedule

12:15 p.m. Liturgy Meeting
 6:00 p.m. Epiphany Choir
 6:00 p.m. Junior Choir
 7:00 p.m. Proclamation Bells
 7:30 p.m. St. Paul's Choir

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00am Archives 6:00pm Canterbury Bells 6:00pm Children's Ministry Committee 7:00pm Youth Choir	2 WEDNESDAY SCHEDULE 12:15pm Liturgy Meeting 7:00pm Baptism Class	3 6:00pm Bell's of St. Paul's 6:30pm Teacher Training 7:15pm Jubilate Choir	4 7:00pm Treasure Keepers	5 3:00pm Mar Thoma 8:00pm AA
6 Summer Sunday Schedule Services at 7:30am, 9:00am, and 10:45am	7 Office Closed WCPSS Closed 8:00pm AA	8 10:00am Archives 12:00 Women's Study Group 6:00pm Canterbury Bells 6:00pm Youth Committee 7:00pm Youth Choir	9 WEDNESDAY SCHEDULE 9:15am Julian Gathering 12:15pm Liturgy Meeting 7:00pm Coffee Talk 7:00pm Stewardship	10 1:00pm Library Group 6:00pm Bell's of St. Paul's 7:15pm Jubilate Choir	11	12 8:00pm AA
13 Regular Sunday Schedule 10:10am Sunday School Begins 4:00pm Youth EYC	14 7:00pm Finance Committee 8:00pm AA	15 10:00am Archives 6:00pm Canterbury Bells 6:00pm VCC 7:00pm Youth Choir 8:00pm Youth Compline	16 WEDNESDAY SCHEDULE Elderberries Outing 12:15pm Liturgy Meeting 6:00pm 20s & 30s Game Night 7:00pm Evening Women's Study Group 7:00pm Stewardship	17 1:00pm Library Group 6:00pm Bell's of St. Paul's 7:15pm Jubilate Choir	18 6:00pm Mar Thoma Convention	19 6:00pm Mar Thoma Convention 8:00pm AA
20 Regular Sunday Schedule 10:10am Youth Confirmation Class 12:30pm Mar Thoma 4:00pm Youth EYC 6:00pm WWW	21 7:00pm Vestry 8:00pm AA	22 10:00am Archives 5:00pm Acolyte Training 6:00pm Canterbury Bells 7:00pm Youth Choir 8:00pm Youth Compline	23 WEDNESDAY SCHEDULE 9:15am Julian Gathering 12:15pm Liturgy Meeting 7:00pm Coffee Talk 7:00pm Stewardship	24 1:00pm Library Group 6:00pm Bell's of St. Paul's 7:15pm Jubilate Choir	25	26 5:30pm Line Dancing & Pot Luck Supper 8:00pm AA
27 Regular Sunday Schedule 10:10am Youth Confirmation Class 4:00pm Faith, Family & Frosting 4:00pm Youth EYC 5:00pm Youth Parents	28 7:00pm Care & Share 8:00pm AA	29 10:00am Archives 6:00pm Canterbury Bells 7:00pm Youth Choir 8:00pm Youth Compline	30 WEDNESDAY SCHEDULE 12:15pm Liturgy Meeting 7:00pm Newcomers Class			