

# 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.*

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## Letter From The Rector

*The Rev. George Adamik*

Dear Friends,

There are so many emotions surrounding 9/11, aren't there? Many unresolved. Who can forget where they were that day 10 years ago. On Sunday, September 11, 2011 we will gather as a faith community to commemorate that tragic day, from which there is still a need for so much healing. The theme of all three services as well as my homily will be about 9/11.

After the 10:45 service we will gather together for food and fellowship. I see this as a very powerful opportunity for all of us. Let me tell you why.

Without getting too much into my homily for that day, since I have been thinking about it for a while, I was at Ground Zero just a few weeks after 9/11. What was so powerful to see that day was St. Paul's Chapel, which was in the shadows of the Twin Towers, becoming a place of refuge for first responders and those who came to help. You know how that started? The vicar of St. Paul's, as well as the rector of Trinity Church, Wall Street, told me how someone came along and set up a charcoal grill on the steps of St. Paul's and started cooking hamburgers and hot dogs for the workers. Eventually there were lots of grills, and over the course of more than a year not only did that food bring people together, but St. Paul's Chapel became a place of rest and comfort for those responders. It became a place for people to talk with each other about their pain and loss. It became a place of hope and healing.

I guess I see our gathering that day as being that kind of opportunity. A place to come together on a day that will be mixed with so many emotions. It will be good to be together. Like those first responders we can hang around grilled food and talk with each other and provide comfort in our conversations together.

I am at a loss to think of something else that would be as powerful as what we plan to do on 9/11. Please plan to join us.

*George*



Gather together as  
a faith community at  
St. Paul's on  
September 11

Next Newsletter  
Deadline:  
September 21  
at 10:00 a.m.

## Warden's Corner



It is hard to believe that we find ourselves at the end of August, and that this exceptionally hot summer is going to turn to Fall soon. I hope you have had an enjoyable and safe summer season so far. It has certainly been a busy period for St. Paul's and the Vestry! Among our many action items we have:

- Hired our new Associate Rector for Youth Ministry, the Rev. Lauren Kilbourn;
- Approved new Narthex Guidelines which will improve communication and reduce clutter in the narthex;
- Approved and completed Epiphany House exterior renovations, prior to St. Paul's Center for Hope and Healing (CHH) assuming occupancy as of August 1, 2011;
- Developed plans and timeline for our upcoming "Open Hands" capital campaign drive which will commence in early September 2011;
- Increased the working hours of our Church School Director Ms. Christine Ingram;
- Developed a revised 2011 budget which reflects changes in both income and expenses; and
- Agreed to participate in a study of Episcopal congregations that have experienced consistent and

substantial growth over the past several years. The study is sponsored by the Office of Congregational Vitality and the Office of Research at the Episcopal Church Center in NY. The study will consist of on-site observation of worship services and interviews with church leadership.

On Sunday September 11, we are hosting our annual St. Paul's parish picnic. This year the picnic will be at St. Paul's instead of a local park pavilion and will be both a celebration of the heroic events following the attacks on Sept 11, and a solemn remembrance of those who perished. It will be a pot-luck event for the entire parish, and volunteers will of course be cooking hotdogs, hamburgers, and veggie-burgers for all. More details will be forthcoming in the Sunday bulletins and website.

The Fall worship schedule will resume on Sept 18 (7:30 a.m., 9:00 a.m., 11:15 a.m.)

Finally, I wish all of you a safe and happy Labor Day weekend. Please keep up your pledges and enjoy the rest of summer.

*Jeff Kager, Senior Warden*

## Hospitality, Parish Life, and Pastoral Care

### About Our Church

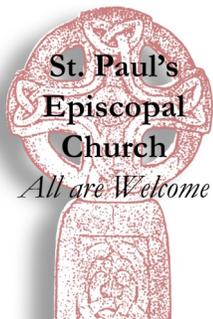
**We express our sympathy to** Mike O'Dowd for the death of his father, Philip O'Dowd; to John McBrayer for the death of his friend, John Michael Stolz; to Penny Fusco for the death of her father, Jerald Plummer, to Claude Wilson and Haley Gray for the death of their wife and mother, Lorraine Wilson; to Ann Lockhart for the death of her uncle Carey Johnson; to Beth Bordeaux for the death of her mother, Betty Lou Warren; to Kevin McAllister for the death of his father, Bob McAllister; to Katie Robinson for the death of her uncle; Bill Smiley; to Gail Phillips for the death of her friend,

Francis Yonky; to Kelly Isaacs for the death of her sister, Kim Day; and to the family of Jane Layno, former member of St. Paul's.

**We celebrate the marriage of** Sarah Elspeth Ritchie and Michael Scott Bailey. They were married on July 23, 2011. Sarah is the daughter of Steve and Kathy Ritchie. We also celebrate the marriage of Alyson Beauchamp Courington and John Jones.

**We rejoice in the baptisms of** Max Martin Andes, son of Keith and Juliet

*(Continued on page 3)*



## About Our Church (continued)

(Continued from page 2)

Andres; Joseph Andrew Eisenrieth, son of Kristopher and Amy Eisenrieth; James Carter Gossin and Natalie Reed Gossin, son and daughter of Daniel and Ashley Gossin, and Molly Jane Lukasina, daughter of Christopher and Victoria Lukasina; Lily Belle Hill, daughter of Otway and Wendy Hill; Allen Julian Puckett, son of Stephen and Beth Puckett; Benjamin Michael Concini, son of Mike and Sara Concini; Connor Patrick Falato, son of Colin and Melanie Falato; and

Lilah Leigh Rogers, daughter of Jacob and Kelly Rogers.

**We celebrate the births** of Ethan Liddell Dewell, grandson of Gene Dewell; Charlotte Seraphina Bracken, daughter of Joe and Melissa Bracken; Elliot George Funk, son of Eric and Laura Funk; Elise Victoria Litzinger, daughter of Brian and Maria Litzinger; and Conner Arnold Deese, son of Vicki and Nathan Deese.

*Submitted by Melanie Fairbrother  
Office Manager*



Dear St. Paul's family,

Thank you so very much for taking the time to recognize my time with you, with the festive coffee hour last month.

Thank you for the digital frame and the framed photo and the deluxe scrabble board and Kindle from the choirs. I shall cherish these gifts and through them remember the years that I have been privileged to share with all of you.

I shall miss you all, and ask that you stay in touch. God Bless,

*Olivia Delahaye*

### Ministry of the Week



|        |  |
|--------|--|
| Sep 4  | Labor Day<br>No Coffee Hour                |
| Sep 11 | Parish Picnic<br>No Coffee Hour            |
| Sep 18 | Prayer Stitchers                           |
| Sep 25 | Ministry Fair<br>Volunteer<br>Coordination |

### MINISTRY LEADER REMINDER-OF-THE-MONTH

#### *GUIDELINES FOR USE OF NARTHEX FOR COMMUNICATIONS AND DISPLAYS*

With Vestry approval, the Communications Committee has developed guidelines to help keep the narthex a welcoming, transitional space that at the same time provides vital information about our active parish life. These guidelines are posted on the web site for your reference. Please refer to them when you're making displays for your ministries and help keep the narthex a clutter-free, welcoming space.

## Prayer Stitchers

Prayer Stitchers returns to weekly meetings beginning Wednesday, September 7 and Thursday, September 8. We meet Wednesday mornings at 10:30 a.m. and Thursday evenings at 7:00 p.m. in the Youth Wing.

We are a prayerful, inclusive handwork ministry. If you enjoy knitting, crocheting, weaving, quilting, or any other craft that can be used to make items which provide comfort, warmth, support, and prayer to persons in need, join us. We welcome all! If you would like to learn how to knit or crochet, we can help you. Our membership includes

skilled knitters and crocheters who enjoy teaching.

Thanks to everyone who has donated yarn to Prayer Stitchers! Because of your generosity, we have kits available for anyone who would like to make a cap, scarf and/or mittens for a homeless person or a prayer shawl or lap robe for someone in need of comfort and prayers.

Questions? Contact Beth Barnes (380-7214, eanbarnes@gmail.com) or Marilyn Mitchell (854-1887, mdmitchell19@gmail.com).

*Submitted by Beth Barnes*



*Prayer Stitchers*

## Elderberries



Certificates attesting to accomplishments often begin with the words, "Be it known..." BE IT KNOWN that the Elderberry Ministry provides fun, fellowship, and food on the third Wednesday of most months. The Fall schedule begins on September 21 with a pot-luck luncheon in the Youth Wing at noon. October 19th will find the group headed to Smithfield to visit the Ava

Gardner Museum. Reservations are in place to enjoy lunch and the Rembrandt exhibit at the Raleigh Museum of Art on November 30. We will gather in December (on a date to be announced later) for our end of year Holiday Luncheon at a local restaurant. Mark your calendar and BE IT KNOWN that all are welcome.

*Submitted by the Rev. Lois Reardin*

## ST. PAUL'S COOKBOOK



## "Recipes and Remembrances" - St. Paul's Commemorative Cookbook

As part of St. Paul's 50th Anniversary Celebration in 2008, the Cookbook Committee, under the leadership of Susan Hawkins, published a very special volume of parishioners' favorite recipes and recollections of our times together. A snapshot of our history this book is filled with entries to warm your heart and your tummy!

If you have not yet had the opportunity to order one for yourself, or need an extra as a special gift, a limited number of copies are available. Please contact Sue Remavich (remavich@bellsouth.net or 468-6036) if you would like to purchase a copy for \$12.

*Submitted by Sue Remavich*

## Fall at CHH

St. Paul's Center for Hope and Healing is celebrating its one year anniversary since launching last September, 2010. How far we have traveled over the course of a year!

We at CHH are very excited to bring you a great fall-line up of programs including:

- Individual Counseling (call for appointment)
- Spiritual Direction (call for appointment)
- Grief Support Groups (call for availability)
- Mindfulness Training for Health and Well-Being (Monday drop-in group starting Sept. 12)
- Mindfulness-Based Stress Reduction by Duke Integrative Medicine (starting Tuesdays Sept. 13)
- Special Needs Seminars (Tuesday, Sept. 20 and Tuesday, Sept. 28)
- Spirituality classes
- Christian Spirituality-Journey towards

God (evening: Sept. 20, daytime: Oct. 18)

- Spirituality and Midlife Transition (daytime: Nov. 15, evening: Dec. 13)
- Bullying Seminar (Wednesday. Sept 21)
- Seminar on Optimism (Wednesday, Oct. 5)
- Clergy forum on Anxiety (Sunday, Oct. 9)
- Emotionally and Intellectually Nurturing Your Children (Wednesday, Oct. 19)
- Dialectical Behavioral Therapy (four Wednesday evenings starting Oct. 26)
- Skills Club/Homework Buddies (Wednesdays in September)

Please be looking for details in the coming weeks but registration is open for all of these-if you want to speak with Juli Kirby immediately about a course,

*(Continued on page 5)*



St. Paul's Center for Hope and Healing

## CHH (continued)

(Continued from page 4)

just give her a call at 621-3825 or email at [chh@stpaulscary.org](mailto:chh@stpaulscary.org).

General Update: CHH has been spending the summer working towards moving into the Epiphany House both in coordinating volunteers to update the interior and the Town of Cary on the permit process. We've also been interviewing mental health practitioners and developing business infrastructure. CHH has also been awarded several community grants (one

in April, one in July) and our wonderful fundraising team has several grant applications pending.

And of course, we've been developing Fall programming! Please pass along our courses to anyone you feel may benefit from them and if you have any questions, have an idea for a course, would like to volunteer, or want registration details, please contact Juli Kirby @[chh@stpaulscary.org](mailto:chh@stpaulscary.org).

*Submitted by Juli Kirby*



## Women's Study Group

The Women's Study Group is a group of women reading both spiritual and non-spiritual books to celebrate our love of reading and learn more about our faith. Our upcoming selections are:

September: *Major Pettigrew's Last Stand* by Helen Simonson

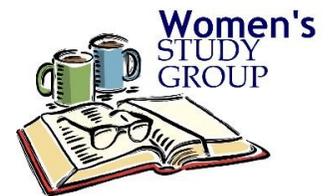
October: *Christ of the Celts* by J. Philip Newell

November: *Water for Elephants* by Sara Gruen

December: *The First Christmas* by Marcus Borg

We meet the 2nd Tuesday of the month from 12-1:30 p.m. (9/13, 10/11, 11/9, and 12/13) in the Bride's Room. We would love to have you join us, even if you don't finish reading the books - our discussions cover much more than the plot lines! For more information, contact Leah Dail ([LeahDail@nc.rr.com](mailto:LeahDail@nc.rr.com)).

*Submitted by Leah Dail*



## Newcomers News

Remember the loaf of bread someone from St. Paul's brought to you that first Sunday you completed a pew card? Remember the type of bread and exactly how it tasted? Maybe not, but you probably do remember the smile of the person bringing it to you, and your own smile when you realized what was happening! St. Paul's bread ministry is one of the most warmly received and appreciated, and one of the simplest ministries to connect to and become part of.

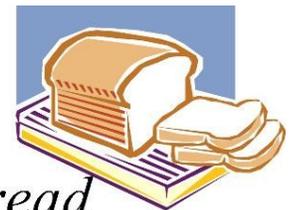
The Newcomer Ministry is in need of folks to deliver bread after each service, and especially after the late (11:15 a.m.) service. The bread ministry is our first expression of hospitality in reaching out to newcomers and visitors who complete a pew card. It is important to keep the circle of welcome "tight" with a delivery of homemade bread on the very Sunday

that our visitors attend St. Paul's and complete a pew card for the first time.

This is a wonderful opportunity for parishioners who are seeking an opening in the ministry of welcoming. A brief side trip on the way home from church on Sunday morning to deliver homemade bread is an offering of kindness that is always received warmly and you will be rewarded richly by the experience!

Please contact Ann Lockhart (678-1132 or [annlockhart@nc.rr.com](mailto:annlockhart@nc.rr.com)) to learn more about how you can become a part of this memorable part of our ministry. The Newcomer Ministry can also always have more greeters, bread bakers, telephone callers, and document preparers. Please let us know if you are interested in helping those who are new to St. Paul's feel welcomed!

*Submitted by Ann Lockhart*



*Bread  
Ministry*

## Name Badges

Fall is here and that means new programs, new classes, and new faces! Wearing our name badges helps everyone to remember who we are and encourages us to be on a friendly, first name basis. A name badge tells people that you want to be known and called by name; it promotes introductions and interactions.

Name badges may be obtained by completing a form at the newcomer desk in the narthex/lobby. The cost to St. Paul's for a name badge is \$5.00, and any contribution to offset this cost is greatly

appreciated! A "donation" jar for name badges is located on the newcomer desk. It can take up to several weeks for completed badges to be returned to the newcomer desk.

Where is that name badge!? I try to keep mine handy in the console of my car so that it is always ready to snap on when I attend an event at church, including worship services! If you have mislaid your name badge, please get another one. Then you know the old one will turn up and you will have a spare!

*Submitted by Ann Lockhart*



## Lobster Fest Returns! Saturday, October 15, at St. Paul's Lobster Shack, (Show times below)

Live, on our stage and direct from Maine, starring 1 ½ lb. succulent lobsters (live or we cook, for take home), lobster meals (chicken for the landlubbers, chicken nuggets for the young'uns), and featuring once again the \*Wicked Good St. Paul's Quarta Pounda Lobsta Roll (on a grilled La Farm Bakery Brioche Roll – we'll keep the filling separate for take-out). (\* In Maine, wicked good is "the best.")

**TIME FOR A LOBSTER PARTY!** These are too good to keep to yourself. Invite some friends, tell some friends, make some friends, for our just-cooked lobsters or cook live yourself, or join friends at the St. Paul's Lobsta Shack and Lobsta Courtyard for the Fest.

St. Paul's sales begin after each Service starting September 18.

Convenient on-line ordering with PayPal for your friends outside St. Paul's, plus full information on: [www.Lobsterfestcary.com](http://www.Lobsterfestcary.com). You don't have to "sell", just send them the link.

And Introducing: PPD (Party-Pack Delivery)! Minimum six lobsters with small delivery charge, twelve or more delivered free! (Within 30 minute drive of St. Paul's, details on the web site.)

### Curtain times:

|                          |            |
|--------------------------|------------|
| Dine-In, Meals and Rolls | 11AM – 2PM |
| Pick-Up, Meals and Rolls | 11AM – 3PM |
| Pick-Up, Lobsters only   | 11AM – 4PM |

### Ticket Prices:

|   |      |
|---|------|
| Live, 1 1/2lb Maine lobster:                          | \$17 |
| Just-Cooked 1 1/2lb Maine lobster:                    | \$19 |
| Quarta Pounda Lobsta Roll, slaw, chips, brioche roll: | \$13 |
| Lobster Dinner, sides and dessert:                    | \$22 |
| Chicken Dinner, sides and dessert:                    | \$10 |
| Chicken Nugget meal (children):                       | \$4  |

The past Fests have been very successful, and we ask your support again by both 1) purchasing lobsters if you can, and just as important, and 2) passing on information about the Fest through word of mouth, e-mailing the below web site to friends, posting on your Facebook page. Proceeds from the Fest go to St. Paul's Youth, Outreach programs including Frankie Lemmon Foundation, Shriners Children's Hospitals, and others, as well as various St. Paul's programs.

For more information, go to [www.Lobsterfestcary.com](http://www.Lobsterfestcary.com). See you October 15!

*Submitted by Ted Straub*





**Come to the St. Paul's  
Ministry Fair  
September 25<sup>th</sup> in the  
parish hall**

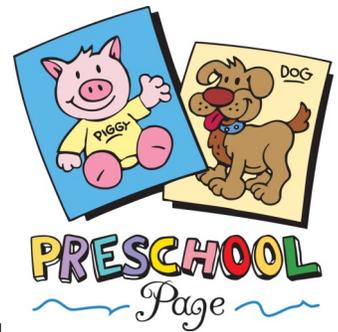


Educational and Spiritual Development

**Preschool News**

St. Paul's Preschool is back in full swing. I hope you had a relaxing summer and are ready to back to the fabulous activities at St. Paul's. Teachers have been busy getting ready for a packed year of fun and learning. With Labor Day being later in September, classes begin early this year – Monday, August 29th!! The 1 and 2 year olds begin their first 2 weeks with a 2 hour day; this allows them an easier time transitioning away from Mom and Dad. Parent Orientation was on Thursday, August 25th and Meet Your Teacher on Friday, August 26th. The children are always excited and a little anxious at the same time. Starting each year brings new expectations and challenges alike. We want to offer your child the best preschool experience possible but the

most important thing is for your child to feel safe, welcomed, and loved. We look forward to meeting the families that are new to St. Paul's and seeing familiar faces that we have grown to love. Remember, you may always stop by the Preschool Office with questions for me or Chris. The first several weeks will be a little crazy as we all adjust to our "new" day. You may also email me with questions – [stpaulspreschoolcary@gmail.com](mailto:stpaulspreschoolcary@gmail.com). We still have a couple openings in our 2 and 3 year old programs, so if you have neighbors that are looking – send them our way.



Once again - Welcome – we are glad that you are here!!!

*Sincerely, Mary Catherine Troxler,  
Preschool Director*

**WHAT'S HAPPENING AT ST. PAUL'S PRESCHOOL**

|                |         |  |                                |
|----------------|---------|--|--------------------------------|
| Aug. 25        | Th      | Parent Orientation                         | 7-8pm in the parish hall       |
| Aug. 26        | F       | Meet Your Teacher                          | Time Varies from 9- Noon       |
| Aug.29         | M       | First Day of School for classes that start | Toddlers and 2's 9:30-11:30    |
| Sept. 5        | M       | No school                                  | Labor Day                      |
| Sept. 12/13    | M / T   | First full day for Toddlers and 2's        |                                |
| Sept.14        | W       | Chapel starts for 3, 4 and 5 year olds     | 9:50am and 10:10am             |
| Sept. 21 or 22 | W orTh  | Muffins for Mom                            | Before drop off in parish hall |
| Sept. 30       | F       | No school                                  | WCPSS Workday                  |
| Oct.3 or 4     | M / T   | Chapel starts for 2 year olds              |                                |
| Oct. 12 or 13  | W or Th | Donuts for Dad                             | Before drop off in parish hall |
| Oct. 17 or 18  | M/T     | Picture Day– individual and siblings       |                                |
| Oct. 27        | Th      | Halloween Parade 3,4 &5 year olds          | 9:45am in parking lot          |
| Oct. 31        | M       | No school                                  | WCPSS Workday                  |

## Children's Ministries

Christine Ingram  
Children's Ministries  
Director  
467-1477, ext. 19



### Teachers Needed

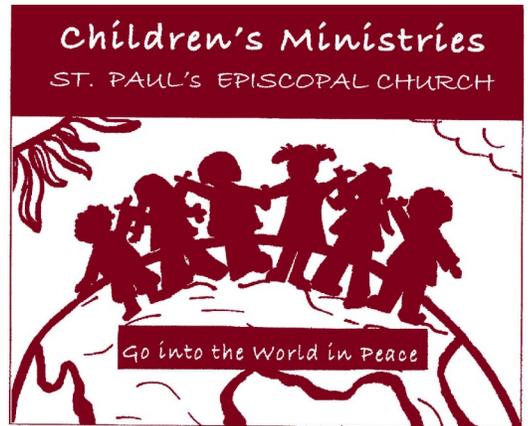


## Focus Groups

In October we will be conducting two focus groups: (1) Children's Chapel Changes and (2) Sunday School Curriculum. We would love your participation and feedback on either of these subjects. Focus groups will be in the evenings or weekends and childcare will be provided. Please email Christine Ingram ([churchschool@stpaulscary.org](mailto:churchschool@stpaulscary.org)) to let us know if you would like to participate.

## Sunday School Teachers

Eighteen super volunteers have signed up to join the Sunday School Ministry but we still need 10 more! Teaching Sunday School is a wonderful way to share your talents with the church and the children-and it is fun too! We have openings in 3 year olds (1 opening), kindergarten (2 openings), 1st grade (3 openings), 2nd grade (1 opening), 3rd grade (2 opening) and 5th



grade (1 opening). Lesson plans are provided and teachers work in rotating teams so you teach about once every three weeks, assist once every three weeks, and are off once every three weeks. If you can't commit to joining a teaching team, we also need substitutes to assist when our teachers need a Sunday morning off. Contact Christine Ingram to volunteer.

## Sunday School Registration

It is time for the children of St. Paul's to register or re-register for Sunday School. Registration forms are available

on the St. Paul's website, in the church office and in the narthex. Please complete a registration form today!

## A Beach Bash!

Over 140 children and 100 volunteers enjoyed fun in the sun at this summer's Vacation Bible School. The children had a beach blast as they made crafts, sang songs, heard stories, ate snacks, performed experiments, and played games-all while exploring connections with God, family, and friends. A special thank you to all the clergy, staff, and volunteers that made our week so much fun!

Another big thank you to all the VBS children and their families! Their generous donations of snacks, disposable plates/cutlery/cups, plastic bags, juice boxes, and sunscreen will all be utilized by the InterFaith Food Shuttle organization. Interfaith Food Shuttle helps people in need in Wake County and surrounding areas and was instrumental in assisting the victims of the Raleigh tornadoes.

## Calendar of Events

|            |   |
|------------|---|
| Sep 11     | Sunday School Teacher Orientation - 9:00 a.m.                   |
| Sep 13     | Training for Children with Special Needs Volunteers - 7:00 p.m. |
| Sep 18     | Sunday School starts at 10:10 a.m.                              |
| Sep 25     | Sunday School dismisses at 10:45 a.m. (Ministry Fair)           |
| Oct 30     | Clergy Forum for Kids / Parents - 10:15 a.m.                    |
| Oct 30     | Pumpkin Carving - 5:00 p.m.                                     |
| Nov 6      | Christmas Pageant Participant Forms available                   |
| Nov 20     | Drawing for Christmas Pageant Speaking Parts                    |
| Nov 27     | Intergenerational Event at 10:10 a.m.                           |
| Dec 9 & 10 | Christmas Pageant Rehearsals                                    |
| Dec 11     | Christmas Pageant at 9:00 a.m. Service -- No Sunday School      |
| Dec 18     | No Sunday School  |
| Dec 25     | Christmas Day - No Sunday School or Children's Chapel           |
| Jan 1      | No Sunday School  |

## Children's Ministries

### Children's Ministry Committee

Christine Ingram, (Director); Christa Magee (Chair), Frank Bricio, Melissa Tanner, Karen Baker, Leslie Blake, Laura Gorman, Kathleen Neff, Helen Carpenter, Kerry Haggerty, Stephanie Hochanadel and Julia Rudy

## Children's Ministry Committee Updates

The Children's Ministry Committee would like to thank Dean Keiswetter for his 3 years of service to the children of St. Paul's. Dean is rolling off our committee and we will miss him! We also want to thank Christa Magee for volunteering to chair our committee for the 2011-2012 year. And, a big thank you to Julia Rudy, Kerry Haggerty, Helen

Carpenter, and Stephanie Hochanadel for agreeing to serve on the committee. We look forward to their fellowship and guidance as we move forward into the fall. Returning members of the Children's Ministry Committee are Frank Bricio, Melissa Tanner, Kathleen Neff, Leslie Blake, Laura Gorman, and Karen Baker.

## Clergy Forum for Kids

Does your child ever ask you questions about Jesus, God, church, death, etc. that you just don't know how to answer? A Clergy Forum for Kids and their Parents is scheduled for October 30 during the Education Hour. Write down those hard to answer questions and submit them to Christine Ingram.

Our clergy will then attempt to answer those questions and have a time for open questions and answers. This is also a great time for your children to get to know our clergy in a casual environment. More information will be coming soon, so start writing down your kid's questions!

## Children with Special Needs

Our Assistance Program for Children with Special Needs is kicking off this Fall! If you have a child that has special needs, please contact Christine Ingram so we can figure out how to best assist you and your child. We also need volunteers (at least 13 years old) that could "buddy" with our children with

special needs on Sunday Mornings on an "On Call" basis. Training for our volunteers is scheduled for Sept. 13 at 7:00 p.m. and additionally on Sept. 17th (time TBA) where you will get a chance to meet the children and their families. Please contact Christine Ingram for more information.



Children's Chapel

### Help Needed

Children's Chapel volunteers are needed for the Fall semester. Lesson plans are provided and preparation time is minimal, but the rewards are great! Sign up lists are available on the St. Paul's website and in the narthex.



### Youth

Rev. Lauren Kilbourn  
Associate Rector for Youth  
youth@stpaulscary.org

**Wanna Be Friends?**  
[www.facebook.com/stpaulscaryeyc](http://www.facebook.com/stpaulscaryeyc)

### You're Invited!

**Who:** Youth grades 6-12

**What:** EYC Fall Kickoff

**When:** Sunday, September 18, 4:00-7:00 pm

**Where:** St. Paul's Youth Wing

**Bring:** Your awesome self, an appetite, ideas and suggestions for your EYC year, a smile on your face, and (if you'd like) a friend!

*This event is going to be an awesome party full of food, games, worship, and fellowship. I would love to see all of our youth there so I can get to know you!*

*Thanks, Lauren*

## A Note from Lauren



Greetings, St. Paul's family! First of all, I would like to thank the vestry, staff, and EYC committee for such a warm welcome during my first week of work. What a great honor to be greeted so hospitably. I am delighted to be joining the team of the St. Paul's staff, and look forward to the weeks and months ahead of us as the program year kicks into gear.

**YOUTH AND PARENTS,** be on the lookout for an EYC registration form

coming to you via snail mail during the second week of September. If you did not receive any mailing, please contact me at the church office (467-1477 ext.23) or email: [youth@stpaulscary.org](mailto:youth@stpaulscary.org). This form will help us to know you better and will also get you on our "roster" for all things youth! Forms will also be available at the Parish Picnic on September 11 and at our Fall Kickoff on September 18.

### Getting to Know You...

**Name:** Lauren Kilbourn

**Favorite place in the world:** North Carolina!

**What is in your CD player right now?** Ohhh... unfortunately I have a 5-disc changer and an eclectic ear: Gorillaz (Plastic Beach), Vivaldi's Four Seasons, an 80's mix my friend made, Missy Elliott (Miss E), and The Indigo Girls (All That We Let In).

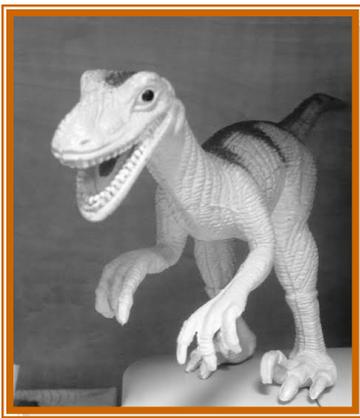
**Favorite Books:** The BCP, any Harry Potter, and most recently *The Irresistible Revolution* by Shane Claiborne

**Favorite Color:** Hot Pink!

**Mac or PC?** Ooh... another hard one. I'm a Mac at home and a PC at work.

**Favorite things to do:** Walk my dog (Maurice), paint, sing, hang out with cool people, ride roller coasters.

**An interesting fact:** I collect dinosaurs.



## Nets for Life

You can join in the fight against malaria.

Malaria, a preventable disease, kills nearly one million people each year. 90% of those are in sub-Saharan Africa. Children under 5 account for 85% of total malaria deaths. Pregnant women are also at greater risk.

Mosquitoes carrying malaria feed from dusk till dawn. The frontline of defense in preventing malaria is the use of long-lasting insecticide-treated nets, which simultaneously provide a protective covering for the body while releasing chemicals to repel the infection-carrying mosquitoes. Each net can provide coverage for three people. Research shows that when three-quarters of people in a community use nets properly, malaria transmission is cut by 50%, child deaths cut by 20%, and mosquito population drops by 90%.

We at St. Paul's can join with Episcopal Relief and Development to help prevent malaria and the deaths it

causes. Bishop Curry has charged each parish with purchasing a \$12 mosquito net for each adult communicant. For St. Paul's, the number is approximately \$6500 (540 adult communicants). The people of St. Paul's have donated \$3298.50, just over half the amount needed. If you have not purchased your net, please do so today.

Purchasing nets is as simple as placing a check in the offering, made out to St. Paul's with NetsforLife in the memo, or donating online at

<http://netsforlife.dioncmdg.org>.

When donating online, remember to note the following to ensure proper credit: St. Paul's, Cary, Diocese of North Carolina

For questions, please contact Melonie Wigley ([melonie.wigley@att.net](mailto:melonie.wigley@att.net))

*Submitted by Melonie Wigley*



## Stop Hunger Now

I've never not known where my next meal was coming from. I've always lived with the promise that I'd have three square meals a day. Because of this, it's hard to imagine that daily, 1.02 billion people in the world don't have enough to eat. It's hard to imagine that 25,000 people die of hunger-related illness every day.

Worldwide, 2.6 billion people live on less than \$2 a day. This amount simply isn't enough to sustain a stable living environment with food, water, and shelter.

Stop Hunger Now's mission statement is simple: "To end hunger in our lifetime by providing food and life-saving aid to the world's most vulnerable and by creating a global commitment to mobilize the necessary resources." They do this by helping organize meal packaging events, where groups of people can put together

thousands of meals which contain rice, soy, dehydrated vegetables, and vitamins that will be sent to developing countries.

Most of these meals go to schools and orphanages, this way parents will send their children to school, knowing they will get a daily meal.

Organizing an event is easy. Stop Hunger Now welcomes them in their North Raleigh warehouse. All you need to do is raise 25 cents for every meal you want to package. Imagine -- 40 volunteers could pay \$2500, package 10,000 meals in two hours, and changes thousands of lives.

For more information about how you can support or become involved in Stop Hunger contact our St. Paul's liaison, Josh McClenney ([aleta@att.net](mailto:aleta@att.net)).

*Submitted by Josh McClenney*



## Weekly Altar Flower Arrangement Donations



Did you know that you can donate money in thanksgiving for or in memorial to a person or an event at anytime during the year? You don't have to wait for the flower contributions at Christmas or Easter. There is a flower chart on the wall in the narthex where you can sign-up to provide the flowers for any given Sunday. You need to select the date you would like the flowers placed on the altar and write the reason for your contribution and your name on the

date line on the chart. The contribution is \$40 for each date you select on the chart. Your thanksgiving or memorial will be included the bulletin for that week. (Sign up must be posted at least 2 weeks in advance of requested date in order to be included in the bulletins.) The Altar Guild relies on the donations to purchase the altar flowers.

Please make out the checks to St. Paul's and include Altar Guild in the memo line.

*Submitted by Katie Robinson*

### Music Ministry Notes

**Rob Varner, Minister of Music**  
[music@stpaulscary.org](mailto:music@stpaulscary.org)

*"Music is the greatest joy we mortals know, A little sound from heaven shared with us below."*

## Notes from the Minister of Music

**Save the Date**



The kick off date for the full Music Program is Tuesday, September 13th

I am really excited about announcing two new programs to our Music Ministry Program this Fall, the DRAMA MINISTRY – "The St Paul's Players" and the GUITAR MINISTRY.

Mrs. Olive McKrell will be joining the music ministry team as the new Epiphany Choir Director. Ms. Olive has an extensive music background as a music educator in Kindermusik and vocalist. Mr. Mark and Mrs. Anne Marie Taranto will be coordinating our Drama Ministry and Mr. Earl Barber will be leading our Guitar Ministry.

Each year the Music Ministry Program looks for a group of volunteers to assist with the musical groups throughout the year. I encourage you to please consider assisting and lending a helping hand with this ministry...yet another opportunity to meet others, fellowship, and make a difference in the lives of our aspiring musicians and talented music leaders. We are also in need of 3 pianists who can serve as accompanists for our choirs. Please contact Mr. Rob Varner at [music@stpaulscary.org](mailto:music@stpaulscary.org) or (919) 467-1477 x15 if you are interested in this growing ministry.

## Handbell Corner

Beginning handbell workshop for anyone interested in exploring the art of handbell ringing or who would like a "refresher course" is welcome to join this session at 6:30 pm on Wednesday, September 7th (3rd grade through

adults). Contact Rob Varner, Minister of Music at [music@stpaulscary.org](mailto:music@stpaulscary.org) and/or 919 467-1477 x15. I look forward to our time together of exploring, fellowship ,and fun!



*"Music is the greatest joy we mortals know, A little sound from heaven shared with us below."*

## Registration for the Fall

An online registration form has been created and is now located on the music ministry home page. It is being requested that each person interested in joining the music ministry program this Fall to fill out the online form and click the submit button for submission. **WHAT IF I DON'T HAVE INTERNET ACCESS?!** For those individuals, there will be forms to fill out that will be located on the music room bulletin board. Our program goal is to try to use the least amount of paper as possible and at the same time provide information that is readily accessible to you at anytime.

Our music web pages have been recreated and I invite you to visit them and see if something interests you! Each musical group has its own webpage filled with information about each choir and ensemble. The Music Program Calendar for 2011 – 2012 will be posted on the music pages for easy access and perusal at any time. There is also a “member’s only page” where information about the music program will be posted on a regular basis. This is a secure location that will request each member of the music program to create a log in and a pass code to access

those pages.

As we move into the beginning of our Fall church calendar year, let us join together to give thanks and praise God for the wonderful gifts and talent that has been so graciously given to us and for the ability to share the joy of music to all who encounter its’ beauty in music and song.



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

### Music Ministry Schedule

|            |  |
|------------|--|
| Tuesdays   | 5:45-6:45 pm Canterbury Handbells (6 <sup>th</sup> -12 grades)                                     |
|            | 6:45-7:45 pm Youth Choir (6 <sup>th</sup> -12 <sup>th</sup> grades)                                |
|            | 7:45 – 9:00 pm Drama Ministry – “The St Paul’s Players” (6 <sup>th</sup> -12 <sup>th</sup> grades) |
| Wednesdays | 5:45 pm – 6:30 pm Epiphany Choir (K- 2 <sup>nd</sup> grades)                                       |
|            | 5:45 pm – 6:30 pm Junior Choir (3 <sup>rd</sup> -5 <sup>th</sup> grades)                           |
|            | 6:30 pm – 7:15 pm Proclamation Handbells (3 <sup>rd</sup> -5 <sup>th</sup> grades)                 |
|            | 7:30 pm – 9:30 pm St Paul’s Choir (adults)   |
| Thursdays  | 6:00 pm – 7:00 pm Guitar Ministry (6 <sup>th</sup> -12 <sup>th</sup> grades)                       |
|            | 6:00 pm – 7:00 pm the Bells of St Paul’s (adults)  |
|            | 7:15 pm – 8:45 pm Jubilate Choir & Band (adults)   |

#### Directors

|                                    |  |
|------------------------------------|--|
| Mrs. Olive McKrell                 | Epiphany Choir Director  |
| Mrs. Katy O’Brien                  | Junior Choir Director  |
| Mrs. Susan Gilbert                 | Jubilate and Praise Band Director  |
| Mr. Earl Barber                    | Guitar Ministry Coordinator  |
| Mr. Mark & Mrs. Anne Marie Taranto | Drama Team Coordinators  |
| Mr. Rob Varner                     | Youth & Canterbury Bell Choir Director,<br>St Paul’s & the Bells of St Paul’s choir Director |

*“Music is the greatest joy we mortals know, A little sound from heaven shared with us below.”*

## Stewardship

### A Bountiful Harvest of Gifts and Talents: Fall Ministry Fair & Stewardship of Time and Talent

#### Fall Ministry Fair

**Sunday, September 25, 10:00 – 11:15 a.m., Parish Hall**

*Hosted by St. Paul’s Volunteer Coordination Committee (VCC)*

Harvest is a time of joyful celebration! We invite you to help gather the bounty of gifts and talents at St. Paul’s by renewing your commitment to current ministries or by volunteering in new ways.

#### Stewardship of Time and Talent

**Ingathering: Sunday, October 2**

In advance of the Ministry Fair, a tri-fold form will be sent to you listing St. Paul’s ministries with a brief description of each. The Ministry Fair offers a great opportunity to speak with ministry leaders about specific opportunities. Completed forms will be collected in church on Sunday, October 2, or can be mailed to the church office.



*Continued on page 14.*



Ministry Fair

## A Bountiful Harvest of Gifts and Talents: Fall Ministry Fair & Stewardship of Time and Talent

Continued from page 13

### Ministry Leaders: Questions?

There will be an information table in the Parish Hall during Coffee Hour on September 18. Members of the Volunteer Coordination Committee will be there to answer questions about the Ministry Fair and to assign table space.

Set up for the Ministry Fair will be on Saturday, September 24, from 11:00 a.m. 'till noon.

# Facilities Management

## Keeping up the Grounds at St. Paul's

YARD WORK  
HELP  
NEEDED



As you drive into St. Paul's on Sunday, one of the first things you see, but may not really notice, is the grass. St. Paul's is on a large piece of land and has lots of grass that need regular care. We have a dedicated and hard working set of volunteers, who weekly mow the grass to keep it looking good. Our current team includes: Jeff Kager, Grif Griffin, Gordon Werner,

Greg Zeph, Tim Buckley, Lee Young, Richard Todd, Kurt Robinson, Craig Eppolito, David Jewell, and Kevin Swann. We are always looking for new helpers. The commitment is to mow once every couple of months for a few hours during the Spring and the Fall. Contact Fill Bowen: [fbowen@us.ibm.com](mailto:fbowen@us.ibm.com) (919) 215-4543 if you are interested in this great stewardship opportunity.

*Submitted by Fill Bowen*

## Courtyard transitions to Fall

**The Goal:** *Create a space that invites all who participate in gatherings, pass through, or view St. Paul's courtyard to savor and celebrate God in Nature.*

It's been a long, hot summer in the Courtyard! We took advantage of end-of-season sales, and continued executing the design with ornamental grasses between the benches and large arbor, as well as the Gathering Area entrance. We also added ground covers on either side of the walkway to the Chapel.

The first year is always the most crucial as newly planted materials get established.

Thank you to the handful of dedicated volunteers who have kept things

watered, weeded, and deadheaded. With a few exceptions, the plants are holding their own!

We'll plant additional ground covers as cooler temperatures prevail. Be on the lookout for other changes, too.

The ornamental grasses really put on a show with plumes this time of year. And perennials that have bloomed all Summer long make a final hurrah. Savor and celebrate God in Nature as the Courtyard transitions to Fall.

For background and to see pictures taken along the way, click on the Courtyard Transformation link on St. Paul's home page at [www.stpaulscary.org](http://www.stpaulscary.org).

*Submitted by Betsy Flagg McBrayer*



# September 2011

**Sunday Service Schedule**

7:30 a.m. Eucharist Rite I  
 8:45-12:30 Kids' Club  
 9:00 a.m. Eucharist Rite II  
 9:00 a.m. Children's Chapel  
 10:00 a.m. Fellowship-Coffee  
 10:10 a.m. Education Hour

11:15 a.m. Eucharist Rite II  
 11:15 a.m. Children's Chapel  
 4:00 p.m. Pre-ETC (1st & 3rd Sunday)  
 4:00 p.m. Middlers EYC  
 5:15 p.m. Senior EYC

**Wednesday Schedule**

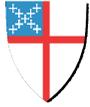
10:30 a.m. Prayer Stitchers  
 12:15 p.m. Liturgy Meeting  
 5:45 p.m. Epiphany Choir  
 5:45 p.m. Junior Choir  
 6:30 p.m. Proclamation Bells  
 7:30 p.m. St. Paul's Choir

Kick Off Date for the full Music Ministry is Sep. 13

| Sun  | Mon  | Tue  | Wed  | Thu  | Fri  | Sat   |
|--|--|--|--|--|--|---|
| <p>4 SUMMER SUNDAY SCHEDULE</p> <p>7:30am Eucharist Rite I<br/>                     9:00am Eucharist Rite II<br/>                     10:45am Eucharist Rite II</p> <p>BACK TO SCHOOL •• BACK TO SCHOOL •• BACK TO SCHOOL •• BACK TO SCHOOL</p>                 | <p>5 OFFICE &amp; PRESCHOOL CLOSED</p> <p>7:00pm Care and Share<br/>                     8:00pm AA</p>  | <p>6 6:00pm Canterbury Bells<br/>                     6:30pm Children's Ministry Committee</p>                  | <p>7 WEDNESDAY SCHEDULE</p> <p>10:30am Prayer Stitchers<br/>                     12:15pm Liturgy Meeting<br/>                     7:00pm Baptism Class<br/>                     7:30pm St. Paul's Choir</p>  | <p>1 7:00pm Prayer Stitchers<br/>                     7:15pm Jubilate Choir</p>  | <p>2</p>   | <p>3 3:00pm Mar Thoma<br/>                     8:00pm AA</p>      |
| <p>11 SUMMER SUNDAY SCHEDULE</p> <p>PARISH PICNIC IMMEDIATELY FOLLOWING</p> <p>10:45AM SERVICE</p>   | <p>12 7:00pm Finance Committee<br/>                     8:00pm AA</p>  | <p>13 12:00noon Women's Study Group<br/>                     FULL FALL MUSIC PROGRAM STARTS TODAY<br/>                     6:00pm Canterbury Bells<br/>                     7:00pm Youth Choir</p> | <p>14 WEDNESDAY SCHEDULE</p> <p>9:15am Julian Gathering<br/>                     10:30am Prayer Stitchers<br/>                     12:15pm Liturgy Meeting</p>   | <p>15 6:00pm Bells of St. Paul's<br/>                     7:00pm Prayer Stitchers<br/>                     7:15pm Jubilate Choir</p> | <p>16</p>  | <p>17 8:00am St. Gregorios<br/>                     8:00pm AA</p> |
| <p>18 SUNDAY SCHEDULE</p> <p>7:30am Eucharist Rite I<br/>                     9:00am Eucharist Rite II<br/>                     10:10am Education Hour<br/>                     11:15am Eucharist Rite II<br/>                     12:30pm Mar Thoma</p>   | <p>19 7:00pm Vestry<br/>                     8:00pm AA</p>   | <p>20 6:00pm Canterbury Bells<br/>                     7:00pm Youth Choir</p>  | <p>21 WEDNESDAY SCHEDULE</p> <p>10:00am Newsletter deadline<br/>                     10:30am Prayer Stitchers<br/>                     12:00noon Elderberries<br/>                     12:15pm Liturgy Meeting</p>   | <p>22 6:00pm Bells of St. Paul's<br/>                     7:00pm Prayer Stitchers<br/>                     7:15pm Jubilate Choir</p> | <p>23 7:00 pm Treasure Keepers</p>  | <p>24 8:00pm AA</p>   |
| <p>25 SUNDAY SCHEDULE</p> <p>7:30am Eucharist Rite I<br/>                     9:00am Eucharist Rite II<br/>                     10:10am MINISTRY FAIR<br/>                     10:10am Education Hour<br/>                     11:15am Eucharist Rite II</p>  | <p>26 7:00pm CHH Board Meeting<br/>                     8:00pm AA</p>  | <p>27 6:00pm Canterbury Bells<br/>                     7:00pm Youth Choir</p>  | <p>28 WEDNESDAY SCHEDULE</p> <p>9:15am Julian Gathering<br/>                     10:30am Prayer Stitchers<br/>                     12:15pm Liturgy Meeting</p>   | <p>29 6:00pm Bells of St. Paul's<br/>                     7:00pm Prayer Stitchers<br/>                     7:15pm Jubilate Choir</p> | <p>30 PRESCHOOL CLOSED</p>   |   |

# ST. PAUL'S EPISCOPAL CHURCH

Sunday Services: 7:30 a.m., 9:00 a.m. & 11:15 a.m.



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

Non-Profit Organization

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## THE PEOPLE OF ST. PAUL'S

Church Phone: 919-467-1477

Fax: 919-467-0152

Web Site: [www.stpaulscary.org](http://www.stpaulscary.org)

Clergy

**The Rev. George Adamik, Rector**

x 13 | [rector@stpaulscary.org](mailto:rector@stpaulscary.org)

**The Rev. Dr. Sally L. Harbold, Associate Rector**

x 37 | [rector2@stpaulscary.org](mailto:rector2@stpaulscary.org)

**The Rev. Lauren Kilbourn, Associate Rector for Youth Ministry**

x 23 or 467-0976 | [youth@stpaulscary.org](mailto:youth@stpaulscary.org)

**The Rev. Lois Reardin, Priest Associate**

[rector3@stpaulscary.org](mailto:rector3@stpaulscary.org)

**The Rev. Antoinette Wike, Priest Associate**

[rector4@stpaulscary.org](mailto:rector4@stpaulscary.org)

**The Rev. Candy Snively, Deacon**

[Candy.Snively@att.net](mailto:Candy.Snively@att.net)

### Staff

**Melanie Fairbrother, Office Manager**

x 10 | [stpauls@stpaulscary.org](mailto:stpauls@stpaulscary.org)

**Chris Lewis, Financial Manager**

x 21 | [financial@stpaulscary.org](mailto:financial@stpaulscary.org)

**Mr. Robert Varner, Minister of Music**

Minister of Music Office 467-6241

x 15 | [music@stpaulscary.org](mailto:music@stpaulscary.org)

*Susan Gilbert: Music Associate:*

[music3@stpaulscary.org](mailto:music3@stpaulscary.org)

*Katy O'Brien: Music Associate: [music4@stpaulscary.org](mailto:music4@stpaulscary.org)*

**Mary Catherine Troxler, Preschool Director**

Preschool Office 467-3788

x 16 | [preschool@stpaulscary.org](mailto:preschool@stpaulscary.org)

**Christine Ingram, Church School Director**

Church School Office 467-2578

x 19 | [churchschool@stpaulscary.org](mailto:churchschool@stpaulscary.org)

**Laura Gorman, Nursery/Kids Club Director**

[kidsclub@stpaulscary.org](mailto:kidsclub@stpaulscary.org)

### Vestry

Senior Warden: Jeff Kager

Junior Warden: Larry Cupitt

Betty Charlton, Dennis Daniels, Anne Pilgrim;  
Charlotte Heath, Beverly Hope, Brad Williford; Susan  
Coulter, Bill Holmes, Sue Remavich, and Glenda Swann  
Treasurer: John Goehrke — Clerk: Lanny Wase

### Sunday Service Schedule

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