

**Annual Reports**  
**St. Paul's Episcopal Church**  
**Cary, North Carolina**

**Jan 1, 2020**

**Annual Reports from Ministry Groups and Committees for 2019**

**HOSPITALITY, PARISH LIFE, AND PASTORAL CARE**

**CARE AND SHARE:**

Care and Share (CnS) Ministry is an in-reach ministry at St. Paul's that assists members on a short-term basis who are experiencing crisis in their lives. We are asked to be "the Hands and Feet of Jesus" as we strive to serve and care for others. Care and Share (CnS) Ministry responds to short-term needs for our church family. The CnS Leadership Team, with our over 100 volunteers, serves Christ by providing care and assistance in multiple ways.

Services provided in 2019 include the following:

- **Meals:** a minimum of 12 households received 64 meals. Gail Cowper leads this valuable part of our ministry.
- **New babies/moms:** One family with a newborn received meals under the leadership of Nicole Gatchalian.
- **Transportation:** 16 volunteer drivers have transported 5 persons to church on Sundays.
- **Funeral Receptions:** Led by Judy Crow and Gail Cowper, and with the assistance of an extraordinary team, provided 5 receptions for families experiencing a family death.
- **Transportation:** 16 volunteer drivers have regularly transported 5 individuals to church on Sundays. Approximately 10 rides to medical appointments were provided. Lesley Dinwiddie recently joined our team to lead transportation service.
- **Visits to hospitals, homes, and nursing facilities, and phone calls** were made to church members in need by our team members.
- **Prayer List Contacts:** Melonie Wigley and Kathy Huffman continue to contact St. Paul's members routinely who are on our weekly prayer list.
- **Card Ministry:** CnS ministry sent 58 sympathy cards and All Saints' Day cards and approximately 95 get-well and thinking-of-you cards this year. Thank you to Judy Wall, who makes and donates our greeting cards and to Linda Cozzolino, who makes our inspirational All Saints' Day cards.
- **Visiting Eucharistic Ministry:** Susan Coulter and Margie Best have taken communion to persons during 2019.

- Prayer Shawls and Baby Blankets: In conjunction with the Prayer Stitcher's ministry and Beth Barnes, 6 church members were presented prayer shawls and 8 babies received blankets made by the Prayer Stitchers.
- Blessing of the Hands: A service that acknowledges and reminds us all of the work we do to serve Christ by serving others, was sponsored by CnS February 24, 2019.

CnS continues to support our church family in obtaining medical and community resources as needed.

The CnS Leadership Team consists of Beth Barnes, Callie Simrill-Hester, Gail Cowper, Jeff Kager, Judy Crow, Kathy Huffman, Lesley Dinwiddie, Linda Cozzolino, Margie Best, Melonie Wigley, Nicole Gatchalian, and Susan Coulter. Tony Wike is our Priest Liaison and meets with us monthly.

*Submitted by Melonie Wigley and Marjorie Best.*

#### **FELLOWSHIP EVENTS COMMITTEE:**

The Fellowship Events Team ministry organizes events where parishioners can gather together to enjoy fellowship, create friendships, get a sense of community and provide help to other ministries.

We hosted a few coffee mornings throughout the year. We participated in a few mini-ministry fairs. The following are our main events:

- March 24, a group from St. Paul's were led through the Art in Bloom exhibition at the North Carolina Museum of Art by a docent. This is a wonderful event showcasing floral artists who represent museum paintings with their magnificent and creative flower arrangements.
- April 6, we hosted our fourth annual barbecue luncheon. We cooked and served BBQ meals to 76 adults and 2 children. Everyone enjoyed the BBQ and chicken. We made a profit of \$407.93. The profit was placed in the FET social activities fund for future use by the ministry and parish.
- In October, many of our FET members assisted at the Lobster Fest.
- November 8, we provided homemade soup for lunch in the youth wing for the Arts and Crafts Festival. One of our members made a 50 serving tomato bisque. Just about all of our committee members participated in making a chicken chili soup in the church kitchen, serving the soup, and cleaning up afterwards. We served approximately 140 servings with homemade bread made by three of our committee members. The profit, after some expenses, went to Outreach. The festival committee collected the money from the guests. We received so many compliments from people who remembered the soup from last year. People like to have a good wholesome lunch, and, in some cases, it allows them to continue shopping.
- On the morning of December 15, we hosted the Christmas Pageant Coffee Hour. The Children's Ministry provided many food items and snacks. It is one of the largest coffee hours of the year and a great start to the festive Christmas season.
- In the afternoon of December 15, we hosted a reception following Lessons and Carols service by the St. Paul's Choir. We served several homemade Christmas delights, and a simple fruit punch. This was a lovely ending to our Fellowship Events Team year, and it added to the Christmas spirit.

All of the above events brought ministry members together to further the “All Are Welcome” message of St. Paul’s. We all worked very well together while preparing our events to share our love of Christ and to spread the message of goodwill and kindness to all.

*Submitted by Raymonde Koonce.*

#### **MEMORIAL GARDEN:**

The Memorial Garden Ministry’s first and foremost responsibility is to ensure that St. Paul’s Memorial Garden is and continues to be a place for the interment / inurnment of ashes in simple dignity and in surroundings which proclaim our resurrection faith.

The committee submits the following for 2019:

- Continued to have major workdays (spring and winter) and performed routine maintenance of the memorial garden. Additionally, made sure that the irrigation system was inspected and maintained.
- Placed greenery on the markers in the garden and arranged flowers in vases for the columbarium for Easter and Advent. Palms were placed in all the vases for Palm Sunday.
- Ensured that the memorial garden was prepared and flowers in place for five interments in the garden and two inurnments in the columbarium.
- Ordered the engraving of the five names for the garden’s markers and ordered the two urns with engraved facing plates for the columbarium’s niches.
- Added one name to the remembrance wall.
- Maintained and updated the garden plot plan and the columbarium niche plan.
- Continued to maintain the memorial garden handbook.
- Removed the fountain (no longer functional) and the marble pedestal with bowl from the columbarium and added two matching flower planters in their places.

In 2020, the Memorial Garden Committee will explore the timing and possibility of adding the two final niche units (90 niches) to the large columbarium. In addition, the Memorial Garden Committee will work with the Grounds Committee in replacing the current storage used by the two committees for a larger one.

Members of the committee are Frank Bricio, Lisa Brown, Gale Herrman, Alana Loughlin, Katie and Kurt Robinson, Pete Stockett, Jackie Straub, Gordon Werner, and Keith Wood.

Members continue to be grateful to those volunteers who assist in the major workday, maintenance, or in the arrangement of flowers. Those parishioners are Jon Copperwheat, Brad Hirschy, Kay Lindquist, Joyce Loughlin, Stacey Prudich (and her children, Katie and Zach), and Paula Sours. Additionally, we welcome Dennis Pfeiffer to the volunteer team!

*Submitted by Jackie Straub.*

#### **MEN’S GROUP:**

The St. Paul’s Episcopal Church Men’s Group provides time, talent, and treasure to St. Paul’s and its programs and needs, as well as getting together for social activities. All men in St. Paul’s over the age of 18 are eligible members of the Men’s Group, and we currently have around 50 active members. The 2019 Men’s Group Executive Committee included

Rob Johnson (Vestry Liaison), Jeff Kager, Bill Fierke, Steve East, Rick Bradley, and Brian Rudy.

In 2019, we performed numerous activities in support of the church and its programs. The 2019 Lobster Fest held on Saturday, October 5<sup>th</sup>, was another success. We sold about 1,600 lobsters and 1,400 lobster rolls with a net income of over \$19,000.

The Men's Group had several fund-raising events in 2019, including Shrove Tuesday Pancake Supper, ASP Spaghetti Dinner (in cooperation with Youth Group ASP representatives), and Lobster Fest. All the money raised helps the church with in-reach and outreach programs.

In 2019, the Men's Group funded (or set-aside funds) for a variety of parish needs identified and approved by vestry and the Men's Group Executive Committee. This included \$7,000 in general support to the 2019 operating budget, \$625 for bibles for youth communion class, \$5,600 to Outreach from 2019 lobster fest proceeds, and \$4,900 to Youth from 2019 lobster fest proceeds.

Men's Group Beach Week in April welcomed 3 new men attending with a total of 30 during the week.

Additional Men's Group activities supporting the church include:

- Facility team that handles weekly church lawn mowing and gutter cleaning
- Set-up and cooking for annual parish picnic
- Cooking at various church luncheons.
- Saturday church workdays

*Submitted by Fillmore Bowen, Men's Group President.*

#### **NEWCOMER MINISTRY:**

The Newcomer Ministry welcomed dozens of visitors to St. Paul's in 2019. We have many bakers in our church family who bake loaves of bread that are put in the church kitchen freezer. After a visitor to a worship service signs a pew card, a volunteer delivers a loaf of home-baked bread during a home visit. This gesture is a meaningful one for many people, who later mention how much it meant to them, a true sign of welcome.

The Greeter Ministry was enthusiastically revived in the fall. Greeters are present at the doors for the 9:00 a.m. and 11:15 a.m. services, and welcome bags are arranged on the desk in the narthex. When a visitor is identified, the greeter offers a welcome bag, which has brochures and information that a newcomer finds helpful. There are bags for adults, as well as bags made for children, with appropriate contents.

In December, we hosted a Newcomer Brunch. We welcomed 18 newcomers, who enjoyed a meal provided by the ministry. George and Javier spoke, and several other ministry leaders attended. It was a casual gathering where visitors could chat with clergy and parishioners, learning more about the many opportunities available at St. Paul's.

St. Paul's is the only Episcopal church in the Cary / Morrisville / Apex / Holly Springs area. We meet many people who have driven from 30 to 40 minutes, looking for a church home. We are often told that they have been looking for an inclusive, non-judgmental, welcoming place. The Newcomer Ministry tries to embody our motto of "All Are Welcome."

*Submitted by Anne and Frank Laney.*

**PRAYER STITCHERS:**

“Not everyone can save the world, but you can do small things with great love.” (Mother Theresa). As a member of Prayer Stitchers said recently, “That’s what we attempt to do.”

Prayer Stitchers is a prayerful handwork ministry which supports the mission of St. Paul’s by making and distributing items that provide comfort and encouragement to persons within the parish and beyond including homeless persons and families, low-income families, children, individuals in hospital and hospice care, veterans, and others in need.

We are an outreach and in-reach ministry. In 2019 we made items in support of St. Paul’s outreach ministries including the Appalachian Service Project (afghans for 5 families, 5 hats and 5 prayer pockets for ASP student counselors, and an afghan for the spaghetti supper raffle), Habitat Build (an afghan for the family), Refugee for Refugees (an afghan and hats for family members), Veterans and Military Outreach [(USO (60 prayer squares), VA Medical Center Homeless Initiative (15 scarves, prayer squares and washcloth/soap sack sets), Vet-to-Vet Service Animal Initiative (4 hats sold with proceeds of \$48 given directly to the organization)] and St. Nicholas (2 baby blankets and 1 child’s sweater).

During the year we donated 416 items including hats, scarves, afghans, lap robes, baby blankets, and other items with a total value of \$4,256.00 to seven non-profit organizations and agencies for distribution to persons in need.

Prayer Stitchers participated in the St. Paul’s Arts and Crafts Festival and the Glenaire Crafts Show with a total of \$2,615.00 from the two events donated to St. Paul’s outreach ministries.

In coordination with the Care and Share Ministry, eight (8) baby blankets were given to parish families with new babies and eight (8) prayer shawls were given to parishioners and family members facing major health issues or loss of loved ones. Four hundred (400) prayer squares were made for the Rainbow Gathering to distribute at events. Nine (9) cross bookmarkers were made for Children’s Ministries to give to graduating fifth graders and thirteen (13) prayer pockets were made for the Youth Ministry to give to graduating high school students.

Sixty-four (64) prayer pockets were distributed to parishioners and persons outside the parish facing illness, loss of loved ones, depression, job loss, and other challenges. One hundred seventy-six (176) prayer squares were available in the narthex during the year for parishioners to take for themselves or to give to others and one hundred forty-one (141) were given to Glenaire Retirement Community for residents there.

All are welcome to join Prayer Stitchers for prayer and fellowship as we make items to give to others.

*Submitted by Beth Barnes and Marilyn Mitchell.*

**VISITING EUCHARISTIC MINISTERS:**

When communion has become such a meaningful part of your religious experience, and you no longer can attend church, because illness or injury keeps you at home, or in the hospital, or in a nursing home, a Visiting Eucharistic Minister (VEM) will bring communion to you, wherever you are. This is available on a short or long term basis. In a symbolic way, a VEM carries the parish with them as a sign of the whole church community’s care, support, and

concern. We “although many” continue to be “one Body in Christ.” Now I have to say that our VEMs are very special people, but really, no special talents are needed. They share themselves by being attentive and present to those who are being visited, willing to join with them in their anxieties and pain and willing to listen at a deep level. It’s like a friend visiting a friend. We hope our parishioners will avail themselves of this ministry if the need arises. At this time we have 8 active VEMs.

*Submitted by Rev. Candy Snively.*

## **EDUCATIONAL AND SPIRITUAL DEVELOPMENT**

### **ADULT FORMATION COMMITTEE:**

Adult Formation offered a variety of topics and opportunities for St. Paul’s in 2018. The Sunday morning offerings were well attended and greatly appreciated. Positive comments were abundant and participants usually left the chapel still discussing the topic. Except for the summer offerings, the content was planned (and primarily presented) by our exceptional clergy team.

Wednesday evening offerings also provided a wide variety of topics. Although the attendance was less than the Sunday offerings, Wednesday provided an opportunity for community building and a welcoming acceptance for several new members of St. Paul’s.

Again, this year, the Wednesday Eucharist was greatly appreciated. It gave participants the opportunity to have a deeper spiritual focus during Lent and Advent, as well as a communal opportunity for Bible study.

Sunday Sessions			
Title	No. of Sessions	Total attendance	Avg. Attendance
Women in Scripture	3	96	32
Nurturing Faith: From Childhood to Adulthood	5	182	36.4
Great Cloud of Witnesses	4	170	42.5
Acts, Episcopal Church	2	35	17.5
NOOMA	12	56	4.7
Roots Down	9	188	20.9
Meeting Jesus in Matthew	3	47	15.7
Total Sunday Attendance	38	774	20.4
Wednesday Sessions			
Spiritual Practices	7	56	8
Lenten Eucharists (noon and 7:00 p.m.)	6 x 2	24, 44	4.8, 8.8
Finding God with Emily Dickinson	4	40	10
Philippians	4	24	6
The Universal Christ	8	66	8.3

Moses: The Reluctant Prophet	7	66	6.2
Emily Dickinson	5	35	7
Advent Eucharists (noon and 7:00 p.m.)	3 x 2	19, 13	6.3, 4.3
Total Wednesday attendance	53	358	6.8

The Adult Formation Committee members are: Gerri Batchelor (Chair), Linda Rudisill (Secretary), Javier E. Almendárez-Bautista (Clergy), Bill Gautier (Vestry Representative), Andrea Johnson, Brandon Jernigan, Grant Ray, Howard Loughlin, Joe Ryan, and Myra Hawkins.

*Submitted by Gerri Batchelor.*

### **CHILDREN’S MINISTRIES COMMITTEE (CMC):**

The Children’s Ministries Committee (CMC) is so thankful for all of the volunteers and parishioners that have supported CMC programs as we continue to help the children of St. Paul’s know Christ and make Christ known.

- **Children’s Ministry Vision:** St. Paul’s Children’s Ministry offers a nurturing and inclusive environment where all children experience God’s love and begin their spiritual journey.
- **Children’s Ministry Mission:** Drawing upon the rich traditions of the Episcopal Church and by partnering with our parents, we strive to nurture the faith of every child and build a church community. We will accomplish this through Sunday school lessons, children’s chapel worship, pre-EYC, vacation bible school, stewardship, eucharist and liturgical education and fellowship.
- **Core Development Values:** liturgical education, sense of community, fellowship, moral values, spirituality, service and outreach.

**Outreach / Service:** The children of St. Paul’s continued to be generous with their time and treasure. In addition to collecting \$3000 to donate to Note in the Pocket, we hosted a parish wide “sort day,” where over 90 volunteers sorted clothing into size and gender for children in need in Wake County. We hosted three Note in the Pocket collection drives for clothing, and we collected over 12 bins of new / used clothing to be distributed to children in Wake County.

**Sunday School:** The Sunday School program served an average of 45 children on Sunday mornings this fall with classes being taught by 24 super Sunday school teachers.

#### Attendance History

- 2019 average attendance was 45 children
- 2018 average attendance was 47 children
- 2017 average attendance was 48 children
- 2016 average attendance was 53 children
- 2015 average attendance was 60 children
- 2014 average attendance was 60 children

Children's Chapel: Children's Chapel met throughout the year during the 9:00 a.m. service, and average attendance was 28 children.

Children's Stewardship: Our children continued to be generous in their stewardship contributions.

- June 2019-December 2019: \$1000 collected for Rise Against Hunger
- June 2019: \$3000 contribution made to Note in the Pocket
- June 2018 to May 2019-\$1428 (to date) to Note in the Pocket (June 9, 2019 Sort Date)
- June 2017 to May 2018-\$3000 to Note in the Pocket (June 3, 2018 Sort Date)
- June 2016 to May 2017-\$3100 to Note in the Pocket (June 4, 2017 Sort Date)
- June 2015 to May 2016-\$3033 to Stop Hunger Now (May 15, 2016)
- June 2014 to May 2015-\$2062.23 to PLM Families Together

VBS: Our *Fundamentals of Faith* Vacation Bible School was a big success this year. We are grateful for the numerous youth helpers and adult volunteers.

Communion Classes: Communion classes met during Lent and 24 children in first grade and older learned from the clergy about the traditions of our faith and the significance of the Eucharist. Communion class graduates received new Bibles as a special keepsake from their experience.

Christmas Pageant: The Christmas pageant provided opportunities for around 63 children to share the wonder and excitement of Jesus' birth with the parish. We enjoyed hearing 30 children speak, watching them all performing in costume and telling the story we love so well.

Other events sponsored by the Children's Ministries Committee in 2019 included a backpack blessing Sunday, Easter egg hunt, coffee hours, bounce houses at the parish picnic, a Mardi Gras celebration, stations of the cross service, pumpkin carving and chili cookoff, and an intergenerational Advent craft event.

Thank You: None of this would have been possible without the hard work and good effort of our parent volunteers and especially the members of the Children's Ministries Committee: Christine Ingram (Director of Children's Ministries), Natalie Sroka (Interim Children's Ministries Coordinator), Melissa Raasch (Chair), Lauren Campbell, Rachel Campbell, Sarah Fisher, Anthea Fok, Carrie Hess, Callie Simrill-Hester, Shannon Robinson, Sandra Talbird, and Melanie Williams.

We celebrate God's blessings and look forward to another wonderful year in 2020.

*Submitted by Natalie Sroka, Interim Children's Ministries Coordinator.*

### **JULIAN GATHERING:**

The Julian Gathering is a small discussion group which meets twice a month for spiritual fellowship, study, and prayer. It provides an excellent opportunity to know Christ and to make Christ known as we explore the writings of Julian of Norwich. Lady Julian was a 14<sup>th</sup> century mystic whose understanding of God's enduring, ever-present love offers a timeless message of hope and comfort.

The group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at 9:30 a.m. in the bride's room. Each meeting begins with a time of silent prayer, followed by reading and discussion of *The Revelations of Divine Love* by Julian of Norwich. Her insights serve as a catalyst for discussions on prayer, faith, gratitude, and other spiritual topics. Extra copies of the book are available at each meeting, and newcomers are welcome to attend at any time.

*Submitted by Lanny Wase.*

### **WOMEN'S STUDY GROUP:**

The Women's Study Group is open to women who are interested in reading and discussing literature with spiritual / religious themes. The group meets on the second Tuesday of each month from 12:00 noon to 1:30 p.m. in the cry room. In 2019, we read 5 fiction books and 6 non-fiction books. The group focuses on faith development through literature and discussion. Fellowship is a focus as well.

We alternate months reading fiction and then non-fiction, often choosing books that will challenge and inform us spiritually. The monthly meetings / discussions are led by members who facilitate the discussion of the book. Those responsibilities rotate within the group.

We believe that reading and learning about different issues and different points of view helps us live into St. Paul's mission to go forth in service to make this world a better place for all God's children. We joyfully do that, equipped with the knowledge and understanding we have gleaned from our readings and discussions.

*Submitted by Joyce Loughlin.*

## **OUTREACH**

### **DORCAS MINISTRIES:**

Dorcas Ministries is funded by financial donations and proceeds from the Dorcas Thrift Shop. In 2019, Dorcas Ministries has provided almost one million dollars in financial assistance and over \$500,000 worth of food to thousands of our neighbors in need. In addition, hundreds have taken training classes on financial management, job readiness, and cooking.

The only fund raiser is the annual Thanksgiving Breakfast, and I'm proud to say that St. Paul's has been a Bronze sponsor for the last 2 years with funds allocated from the Arts & Craft Festival and the Lobster Fest. From the 2019 Arts & Craft Festival, \$1,679.69 will be donated to Dorcas.

The Dorcas Crisis Ministry and the Thrift Shop are staffed by over 600 volunteers. More volunteers are needed if you have an extra 3 hours a week to spare.

For 2019, we collected 2,322 rolls of toilet paper, just 78 rolls short of our goal of 2,400.

In March we added additional opportunities for our parish families by staffing the Food Pantry the 2<sup>nd</sup> and 4<sup>th</sup> Saturday each month from noon to 3:00 p.m. We have a dedicated group of people that enjoy this added opportunity to help others. Many make it a family affair and volunteer together. We have more than doubled the number of parishioners participating in Dorcas Ministry opportunities over last year with 63 people who take

advantage of the Dorcas Ministry opportunities including the Thrift Shop, Warehouse, Training, Food Pantry, and members of the Board of Directors.

In order to have adequate coordination with all Dorcas activities we have expanded the Dorcas Ministry Liaison team. Starting in January, the Dorcas Dream Team consists of:

- Gail Cowper, lead on the Toilet Paper collection;
- Geri Johnson, lead on coffee hour/ministry fair;
- Sarah Butler, lead on the Food Pantry; and
- Nancy Fierke, lead on parish communications (newsletter, e-news, annual reports, etc.)

*Submitted by Nancy Fierke.*

### **EPISCOPAL FARMWORKER MINISTRY: HERMANO DAY:**

March 31, 2019 was St. Paul's 21<sup>st</sup> "Hermano Day." This is the day in which we support our farmworker brothers in Christ through donations to the Episcopal Farmworker Ministry. These donations bring needed relief to migrant farmworkers who travel to NC to work in fields about one hour from Cary. They rely on St. Paul's for clothing, bedding, food, and monetary donations used for medicine and transportation.

2019 was a very generous year. Cash donations of \$3255.00 were given by St. Paul's church members and 125 bags / boxes of clothing and 60 crates of donated food (estimated value \$2,129) were collected. These goods are distributed to men in 47 labor camps by the Episcopal Farmworker Ministry. The monetary donations are used by the ministry to provide necessary services to the farmworkers.

Additionally, 20 bags of clothing donated and collected throughout the year were recently brought to the Ministry (estimated value \$400.00).

Total bags of donated clothing/food/bedding, etc. with an estimated value of \$2529.00.

Total cash donations for Hermano Day was \$3255.00.

By sharing the bounty of our lives with those who provide us with the bounty of our tables, we live into the mission of St. Paul's to honor the presence of Christ in each other.

*Submitted by Gale Hermann.*

### **MEALS ON WHEELS:**

The St. Paul's Meals on Wheels Ministry is part of Meals on Wheels of Wake County. On the first Wednesday of each month we deliver a hot pre-packaged meal and side items to our elderly, home-bound, or needy neighbors on designated routes. We currently have six routes, all in Cary, and we work out of the Resurrection Lutheran Church. In 2019 we served over 720 meals.

Our St. Paul's volunteers work in two-person teams servicing the same route each month. This allows us to not only be familiar with the assigned route, but more importantly to build a caring relationship with those we serve.

We are greatly thankful for the time and effort from the St. Paul's members who have volunteered to serve monthly in our ministry: Toni Holderied, Dana Petersen, Mike O'Dowd, Terry Babb, Ted Straub, Tommy Harrill, Annette Smith, Bob Johnson, Geri

Johnson, Gerri Antonides, Robin Miller, Damil Gharthey, and Yvonne Gharthey. Many of our volunteers have served others through this ministry for over a decade.

And we also thank our substitute volunteers. They often are asked to fill in for others on short or no notice! They are Jan Barbee, Barbara Brickman, Malcolm Lockhart, Charlie Parrish, Gail Duncan, Elaine Hunt, Dennis Holderied, Lauren Campbell, John Hemperly, and Jenny Smith.

The ministry especially wishes to thank Damil and Yvonne Gharthey for their years of service as monthly volunteers. Damil and Yvonne will continue to serve in the ministry as substitutes.

*Submitted by Bob Petersen.*

### **REFUGE FOR REFUGEES:**

The Refuge for Refugee ministry (R4R) continued to support three refugee families actively in 2019, one from Afghanistan, one from Myanmar, and one from Ethiopia. We also worked with a family of Syrian refugees, although our relationship with them is informal. Working with U. S. Committee for Refugees and Immigrants (USCRI) we had expected to welcome another family in September – gathering furniture for their apartment and going to the airport with USCRI to welcome them to the area – only to learn that they did not get on the plane because the U.S. had reached its quota for fiscal year 2019. We expect to welcome another family in January of 2020, but details are currently unavailable. Again, this year we lost one family during the year: the Ethiopian family, with three young adult daughters and two young adult sons, was healthy enough and sufficiently adapted to relocate to a large Ethiopian community in the Sioux City area.

Our ministry members still assist with things like teaching English as a Second Language, getting them to medical appointments, helping them navigate the bureaucratic maze of government and health care, and just being a friendly “ear” to listen. This year, we have been assisted with generous donations from the St. Paul’s community and from Dorcas Ministries. Thank you to all who have contributed time, money, and talents to make the stranger feel welcome in our land.

*Submitted by M. M. Cupitt.*

### **ST. NICHOLAS MINISTRY:**

The St. Nicholas Ministry made Christ known in our community this year by brightening the Christmas season for 386 needy children / and their parents. St. Paul's St. Nicholas Ministry works with area agencies to identify needy families and children in our community – CommWell Health, The Healing Place of Wake County, PLM Families Together, and the R4R refugee ministry here at St. Paul's.

The St. Nicholas Ministry owes a great deal of gratitude to the many parishioners who respond so overwhelmingly each year to this outreach ministry. If each of the gifts collected is valued at \$50, the outpouring of gifts from the congregation represents an outreach effort of more than \$19,300.00 in addition to the gifts and gift cards provided by our ministry. We were also able to provide coats, backpacks, shoes, balls, toys, books, and many other miscellaneous items with the monetary gifts donated in 2018.

*Submitted by Colette Hibberd.*

## **RISE AGAINST HUNGER:**

***Matthew 25: 34-36, 40:** Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me... Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.*

Rise Against Hunger (formerly Stop Hunger Now) is driven by the vision of a world without hunger. Their mission is to end hunger by 2030 by providing food and life-changing aid to the world's most vulnerable and creating a global commitment to mobilize the necessary resources. At just 34 cents per meal, Rise Against Hunger meals are distributed through global partners that administer school feeding programs, orphanages, health clinics, vocational training, and a growing focus on the education and empowerment of women as a key in the pursuit of zero hunger.

At each meal packaging event, St. Paul's commits to packaging 10,000 meals. Volunteers from 4 years of age and up commit their time and money to both packaging the meals and paying for the food ingredients used in these meals. This is a wonderful ministry where people of all ages learn there is something impactful that they can do to make this world a better place for all.

On June 2<sup>nd</sup>, 2019, Ramsey and Brooke coordinated with Rise Against Hunger to host St. Paul's 14<sup>th</sup> meal packaging event. We had 84 volunteers of all ages who packaged 10,000 meals. We raised \$2,476 in donations (and utilized \$975.68 in Outreach funds). The meals packaged at St. Paul's were sent on a shipping container to Eswatini (formerly Swaziland) with Rise Against Hunger's partner Adventist Development and Relief Agency.

As a result of this event, St. Paul's surpassed 140,000 total meals packaged for Rise Against Hunger since they began hosting events. In addition to the numbers, we witnessed some great connections happen during the event, including one parishioner who expressed interest in getting involved with the Refuge for Refugees ministry, and one newcomer with her 4-year-old daughter came after seeing the announcement on Facebook, and she plans to start attending St. Paul's.

*Submitted by Ramsey McIntire and Brooke Mautz.*

## **URBAN MINISTRIES:**

Urban Ministries of Wake County (UM) engages our community to serve and advocate on behalf of those affected by poverty by providing food and nutrition, promoting health and wellness, and by laying the foundations of home.

In 2019, the good people of Saint Paul's, Cary donated more than 12,000 pounds of food to the Urban Ministries food pantry through direct food donations and through donations direct to UM.

A special thanks to the Arts and Craft Festival, which made a most generous donation, for "Food," to Urban Ministries.

We are making a difference! Feed the Hungry! Let's keep "The Little Red Wagon" rolling!

*Submitted by Joe Ryan.*

#### **VETERANS AND MILITARY OUTREACH:**

Thank you, our St. Paul sisters and brothers for your support. Veterans and Military Outreach (VMO) is thriving. It is no easy feat to organize an outreach, but our prayers have been answered and thanks to your generous donations and the endless hours committed by our dedicated volunteers you have all made it possible. A warm thank you.

November saw our annual veteran's recognition Sunday prior to Veteran's Day, when we listed the names of St. Paul's veterans along with a special prayer to honor our parish veterans and their family members. We also held our annual Dog Biscuit drive to raise funds for the Veteran's Service Animal Initiative. We also supported Vets-to-Vets.org and the VA Hospital Homeless Initiative. Throughout the year, we collect hygiene items in our wagon, located in the narthex, and distribute backpacks with sweat-shirts and pants, t-shirt, socks, hygiene items for our homeless veterans. As they open the backpacks, the homeless veterans find prayer squares donated by our very own Prayer Stitchers. The ladies warm their hearts while we as a parish warm their bodies.

*Submitted by Penny Tennian.*

### **LITURGY**

#### **ALTAR GUILD:**

The current membership of the Altar Guild is 33 active members, plus many spouses and children who help on special occasions or after a service. We are always ready to welcome a new volunteer.

The Altar Guild is a relaxed and unassuming ministry whose focus is to prepare the church and altar for worship. We are a silent yet integral part of the church service. We have been gifted with extraordinary and dedicated members who work in the background to help make Christ known to the whole church through all the seasons of the church year.

We are grouped in teams, and each team meets once a month for about an hour, on its assigned Saturday, to clean the altar and baptismal font, vest the altar, and prepare the wafers, wine, and water for the upcoming Eucharist. On Sunday, after each service you will see us cleaning up the previous communion and preparing for the next one. We also make the beautiful flower arrangements that decorate the altar. We also maintain the chapel and setup/cleanup for any special services held there such as the mid-week Advent and Lenten services.

This year, thanks to contributions from Altar Guild members we replaced our brass collection plates with hand crafted wooden ones. Also, to be good stewards of our funds, we began switching from natural roping to artificial roping for the Christmas services.

Our ministry is funded primarily through donations given in memorial or thanksgiving throughout the year via the Flower Chart in the narthex or at Christmas or Easter via pew envelopes.

*Submitted by Anne Babb.*

**EUCCHARISTIC MINISTERS:**

This ministry consists of approximately 40 volunteers who assist in the distribution of the Eucharist during worship services. We have lay chalice bearers at all three Sunday services, and we support special services such as memorial services, ordinations and other liturgical events which involve the Eucharist. Volunteers are approved by the Rector, registered with the Diocese, and trained on an individual basis. Scheduling is very flexible, and the ministry is open to new volunteers throughout the calendar year.

Serving as a Eucharistic Minister provides a very meaningful way to connect to the congregation, as we pass the chalice of wine and acknowledge we are sharing “the Blood of Christ, the cup of salvation.” The bond of faith that joins us with each recipient is tangible as we look into each person’s eyes and hold the chalice together. It is a humbling experience each Sunday, no matter how many years one has served.

*Submitted by Mary Kintz.*

**LECTORS:**

More than 40 adult and youth parish members participated as lectors this year. Lectors proclaimed the Word of God to parishioners at each of our three services throughout the year. They also led us in corporate prayer for the betterment of our lives, our church and our community. Lectors participated at services throughout the year, including services throughout Holy Week.

*Submitted by Bill Bystrynski.*

**MUSIC MINISTRY PROGRAM:**

Music Ministries continued to thrive in 2019 with eight regular ensembles that contained close to 70 individuals across all age groups. The ensembles for children and youth are Epiphany Choir (Grades K-2), Advent Choir (Grades 3-5), Advent Bells (Grades 3-5), Canterbury Choir, Canterbury Bells (Grades 6-12). Ensembles for adults are Bells of St. Paul’s, 9:00 Choir, and St. Paul’s Choir. Music Ministries provides a special place for making Christ known through God’s gift of music, both for the experienced adults and those children just learning music. For children and youth, we teach music basics as well as learning details of the church year and how the chosen music reflects the themes and moods of the seasons in our Anglican style of worship.

Joanna Li, Organist, is the principal keyboardist for the church, providing accompaniment for choral and congregational singing and special music as needed throughout the year. Andrea Dreier, Music Associate, directs the Epiphany Choir and provides keyboard accompaniment for services and rehearsals as needed. Rusty McKinney, Minister of Music, personally conducts all the other ensembles and is the administrator for the music program.

The two adult vocal choirs provide musical leadership for the 9:00 and 11:15 a.m. services all year, while the other ensembles perform for regular and special services throughout the period from September to May. The children and youth ensembles performed at various services during the year, including Christmas Eve, Palm Sunday, and Easter Day.

This year saw the formation of two new specialized ensembles. The St. Paul’s Brass Ensemble is made up of three parishioners, Emery Anderson & Melissa Raasch trumpets, John Price, horn, plus the Minister of Music, Rusty McKinney, trombone. This group, in

whole or part, performed at both 9:00 and 11:15 a.m. services on September 22 for the bishop's visitation and on November 24 for Christ the King Sunday. They also played at both 7:00 and 10:30 p.m. services on Christmas Eve and again for the combined Christmas Carol Service on December 29. It is hoped in time that other capable brass players in the parish will be identified and can participate.

Voices of St. Paul's is a small ensemble drawn from the St. Paul's Choir. The number of singers varies depending on the needs of the repertoire. They provide special music to enhance various services. This past year they were heard at Maundy Thursday, the bishop's visitation, All Saints' Sunday, and at the Advent Lessons and Carols service.

On December 15, St. Paul's Choir and the Bells of St. Paul's performed an outstanding Lessons and Carols service in the evening. Attendance was very good and represented a varied demographic of parishioners and people from the surrounding community. Also adding to the evening was a lovely reception in the narthex provided by the Fellowship Events Team.

The volunteer musicians from the parish and the guest musicians that we attract, produce fine and varied music to support and enhance our worship services. We provide musical training for our children and musical outlets for our adults. Music Ministries gives participants a unique and important service opportunity in the church to bring special experiences to all in worship. Also, Music Ministries is an inviting entry point for many members of our surrounding community to experience the welcoming atmosphere of St. Paul's.

*Submitted by Rusty McKinney, Minister of Music.*

#### **USHERS:**

The Usher Ministry is important to our worship service and offers an opportunity for many people to outwardly participate in the life of St. Paul's. This ministry is a crucial component in helping newcomers and visitors form a positive first impression of St. Paul's.

The goal of each of our current 43 ushers is to always be part of the welcoming ministry of St. Paul's – making all feel a part of the worship service. During 2018 we added three ushers to our ministry and lost five to other ministries.

The Usher Ministry is open to new recruits – if interested in joining this ministry please contact Steve East (Stevenc@nc.rr.com) or Jeff Kager (Jeff.Kager@va.gov).

*Submitted by Steve East.*

### **STEWARDSHIP**

#### **ENDOWMENT BOARD:**

The St. Paul's Endowment Board was created in 2008. Through generous gifts of our parishioners, the total fund has now reached \$273,606.46, and another \$327,450 has been promised through planned gifts.

In 2019, the Endowment Board finalized the transfer of the financial management of St. Paul's endowment funds to Robert W. Baird & Co. Incorporated. The funds have been pooled to maximize growth potential.

Several new members were added to the Board. Specifically, Maria Litzinger, Kay Burgess, and Brad Hirschy have kindly agreed to serve on the Board. Katie Bricio assumed the Chairmanship of the Board from Bill Gautier, and Dan Loughlin agreed to serve as Board Secretary-Treasurer.

Financial reports were submitted to the vestry including a 2018 Annual Report as well as quarterly reports. Distribution calculations allowed the Board to make distributions from both the Outreach Fund and the Grounds Beautification Fund.

In consultation with the rector, the Finance Committee, and the treasurer, the Board undertook the creation of procedures for determining uses of endowment fund distributions. Such procedures were used to finalize the uses for both the 2018 and 2019 distributions. The Board recommended and the vestry approved the following grants:

- \$727 to the Episcopal Farmworker Ministry;
- \$742 to Johnson Service Corp;
- \$3,494 to the St. Paul's Youth program; and
- \$1,884 to the St. Paul's fall planting day.

Next year will bring the 10<sup>th</sup> anniversary of the creation of the St. Paul's Endowment. The Board looks forward to celebrating this milestone and recognizing the past endowment donors as well as encouraging new commitments. The Board intends to use 2019's budgeted money, as well as whatever amount is allocated for 2019, to start recognition projects including a plaque, a mailing, and a coffee hour event.

If you would like to become a member of the St. Paul's Legacy Society by donating or making a planned gift to the St. Paul's Endowment, please contact Katie Bricio (katiebricio13@gmail.com). If you have already specified St. Paul's Endowment as a beneficiary of a planned gift, we ask that you consider submitting a donor agreement to memorialize this commitment if you have not done so already. Donor agreements are available on the St. Paul's website.

Detailed financial reports about the endowment are available upon request. Please email Katie Bricio (katiebricio13@gmail.com) with any comments or questions.

*Submitted by Katie Bricio.*

## **PARISH OPERATIONS**

### **COMMUNICATIONS COMMITTEE:**

Communications Committee (a.k.a., Com Com) provides a vital link in furthering St. Paul's mission to "Know Christ and Make Christ Known" by overseeing published media that keeps parishioners informed about all aspects of parish life. Media that were used in 2019 include: Newsletter (*St. Paul's Letter*), website, E-News, Sunday bulletin announcements, Facebook, Twitter, Instagram, narthex monitor, and podcasts. Com Com is available to ministries who may need guidance on their communications needs. Com Com members are: Fill Bowen, Larry Cupitt, Melanie Fairbrother, Brandon Jernigan, Katie Robinson, Ted Straub, Lanny Wase, and Gordon Werner.

**Newsletter:** (*St. Paul's Letter*) contains in-depth news and is mailed to all parish members nine times a year. Larry Cupitt creates the newsletter. About 575 newsletters are

sent via postal mail, taking advantage of bulk mail rates. A link to a PDF version is emailed using MailChimp to 207 subscribers.

**Website:** (stpaulscary.org) contains up-to-the-minute posts, including upcoming events and other church information. Brandon Jernigan does most of the technical work. Gordon Werner, Brandon Jernigan, and John Hemperly do the posting and updating of articles, and Dan Loughlin posts many of the photos that appear or are linked on the website. Currently, SmugMug.com is the storage site containing a treasure trove of thousands of St. Paul's photos dating back decades. The website was used extensively during the capital campaign, for Lobster Fest for online ordering, and for online pledging during the stewardship campaign.

**E-News:** an email sent to those who subscribe that has been issued every other Thursday since November 2007. Gordon Werner issues St. Paul's E-News. Currently, there are 501 subscribers. E-News mainly contains posts that have been published on the website on upcoming events and services.

**Facebook:** St. Paul's Facebook site is administered by Fill Bowen and focuses on current church events and reports results of past events. Interaction by parish members with St. Paul's Facebook site (like, etc.) has continued to increase over the past few years. Fill has used a process called "boosting" to increase viewing of certain posts. The process has been successful, and we hope that this will serve to increase church membership.

**Narthex Monitor:** a screen installed in the lobby that continuously scrolls, presenting information to visitors and those entering the church on upcoming events and directing them to various meeting spaces. Larry Cupitt updates the monitor at least once a week.

**Announcements:** a sheet inserted in the Sunday bulletin. Requests for announcements in a Sunday bulletin must be submitted to Melanie by the prior Wednesday at 10:00 AM. Announcements are also reproduced on the website by John Hemperly.

**Podcasts:** Homilies are available via podcasts managed by Brandon Jernigan. People can subscribe to these podcasts and have them delivered to their mobile devices. There are currently 125 subscribers. Users can subscribe to podcasts of St. Paul's Cary by using the application on their smart phones.

**Instagram:** an account managed by Brandon Jernigan used to share photos. Users can search for "stpaulscary" and follow posted photos.

**YouTube channel:** Managed by Brandon: [www.youtube.com/channel/UCmL1Yr710-KwwrL91N\\_dntw](http://www.youtube.com/channel/UCmL1Yr710-KwwrL91N_dntw)

**Cybersecurity:** Our website is now a secure site (https) and is encrypted to provide greater security.

There have been several email scams targeting St. Paul's and other churches in the diocese. Posts have been put on the website to warn parishioners to avoid being victimized by these scams.

**Parish Functions in Media:** Com Com has been briefed on various parish functions so that we may better represent them in our media. Some of these functions and ministries are St. Paul's Cares, Lobster Fest, and Capital Campaign.

*Submitted by Gordon Werner.*

### **KIDS' CLUB / NURSERY:**

The Kids' Club / Nursery ministry has a special role in welcoming many new families to the church. Our ministry provides a safe and nurturing environment for infants through school age children. We are a small group of dedicated women who enjoy working with children and taking the time to develop relationships with them. Kids' Club enables parents to attend church, teach Sunday school, attend choir practices, and participate in other meetings or events while their children play in Kids' Club. Kids' Club care is available during Sunday morning services each week. We also care for school age children in the evenings (upon request) so adults who are parents can participate fully in church events.

We are grateful to those individuals who have donated goldfish, diapers, toys, and furniture. Thank you to Sherri Hubbard for donating fun crafts throughout the year.

Kids' Club continues to use cell phones as the primary way to contact parents when a child is upset or ill. We ask parents to program their cell phones to silent / vibrate. Kids' Club continues to use the standard text when contacting parents – “Kids Club needs you to return for (child's name)”.

The Kids' Club staff continues to enjoy the 2017 installation of new lights around the Kids' Club building, chapel, and memorial garden. We really appreciate that it lights up like “Times Square!” What a difference it makes in the evening, and we all feel much safer working at night. Also, thank you to Melanie Fairbrother and Kurt Robinson for their assistance and handy work in Kids' Club throughout the year.

In May, the nursery staff met with Frank Laney to discuss the Capital Campaign. A lot of great ideas, feedback, and needs were shared regarding the future nursery space. We look forward to Kids' Club relocating closer to the church entrance / education building. Many thanks to Frank Laney and Mary Kintz for their time and talent. We appreciate all their hard work during this process and are excited for the renovations!

Our wonderfully committed 2019 staff consists of Victoria Duckworth, Alexis Hetrick, Sarah Fisher, Andrea Kirchner, Jenny Smith, and Lisa Walt. We are grateful for our former staff member, Natania Reyes, who subs for us on occasion. Each staff member is screened, trained, and has CPR and First Aid certification. I deeply appreciate this professional and devoted staff who offer their Sunday mornings and evenings to work in the nursery. These caring ladies ensure Kids' Club runs smoothly year round. They welcome families every Sunday, serve goldfish crackers, clean up with cheer and skill, and provide a stellar service to the families of the church.

We love spending time with St. Paul's youngest parishioners. We look forward to 2020 with your sweet little cherubs!

*Submitted by Laura Gorman, Kids' Club Director*

### **MINISTRY LEADER RESOURCE COMMITTEE:**

The Ministry Leader Resource Committee (MLRC) helps to further the mission of St. Paul's through supporting its ministry leaders and by inviting and encouraging parishioners to get involved in parish life. In 2019, the MLRC accomplished this goal by providing:

Opportunities for parishioners to connect with ministries:

- **Ministry Fairs:** Three mini Ministry Fairs were held during 2019. Over fifty different groups used these opportunities to showcase their ministries and to talk with

possible volunteers.

- **Coffee Hour Ministry Highlights:** Throughout the year, various ministries were highlighted as coffee hour hosts. Each ministry was recognized in church with a special prayer and was invited to share information about their particular ministry during coffee hour. A YouTube video was created to help make coffee preparation easier.
- **Time and Talent Sign Ups:** Time and Talent forms are available year-round in the narthex and on the website. There is also a fillable form on the website.
- **Resources for ministry leaders:**
- **Ministry List:** A list of all St. Paul's ministries and groups and the contact persons for each is continually revised as needed. About three times a year, an updated copy of this document is emailed to all parish leaders, posted on the website, and made available in the church office.
- **Handbook for Ministry Leaders:** This handy reference is available on the website and provides important information for leaders, including current church forms, guidelines, and procedures.
- **Ongoing Ministry Leader Updates:** The MLRC provided timely and helpful information for all ministry leaders through newsletter items, emails, E-news, and the St. Paul's website.
- **Ministry Leader Email List:** This is a closed list, which can be used to disseminate timely information among ministry leaders, who can then pass it along to their group members.

Moving forward, the MLRC hopes to continue to support the spirit of "All are Welcome" by encouraging parishioners to share their gifts and to make connections within our parish. Current members of the MLRC are Margie Best, Frank Bricio, Gail Duncan, Jeff Kager, Mary Kintz, Sally Moller, Brian Rudy, Karen Smith, Victor Talbird, and Lanny Wase.

*Submitted by Lanny Wase.*

#### **OFFICE VOLUNTEER:**

Office volunteers assist the clergy and office staff with tasks that benefit the work of the church. Some of the tasks that office volunteers do are staffing phones, forwarding calls and taking messages, referring callers to appropriate resources, entering data into our computer database, recycling bulletins, and some maintenance. Other volunteers prepare and complete mailings; write letters to visitors; record and document transfers, baptisms, and other sacraments. They also prepare, edit, fold, print, and collate bulletins and other documents. In an average week, we utilize regular weekly volunteers who cumulatively work 30 hours a week in the office. This does not include volunteer hours for extra mailings by other ministries, additional bulletin inserts, and newsletter assembly and editing. The monthly newsletter requires approximately 24 volunteer hours a month and an all-parish-wide mailing requires approximately 6 volunteer hours for each mailing. Volunteers also staff the office during the Office Manager's vacation time.

Thank you to the many people who have volunteered their time and talent as office volunteers in 2019. I could not do my job without you. I hope you enjoyed it and will return, along with some new volunteers in 2020.

*Submitted by Melanie Fairbrother, Office Manager*

#### **PULSE COMMITTEE:**

The mission of the Pulse Committee at St Paul's is to detect trends in the views of our parishioners. The impact this committee has is that the clergy can continue doing what is working well, and to potentially alter items / services / programs that need adjusting based on consistent feedback. Without this feedback, the clergy has a more challenging time determining how the general parish population views St Paul's and its ministries. In addition to giving feedback and/or their opinions of St. Paul's, parishioners are quick to say how much they appreciate that their feedback is solicited.

The Pulse committee started the year with 8 active members and ended the year with 7 active members.

The Pulse committee members are given a list of 12 parishioners each quarter for three quarters (276 parishioners total). The fourth quarter is during the stewardship campaign and the Pulse committee does not make calls that quarter. The percentage of parishioners that are reached has decreased over the years with changing technology and people choosing not to answer their phones! In 2019 the Pulse Committee communicated with the parishioners the purpose of the Pulse Committee by submitting articles in the newsletter prior to calling periods as well as through the E-News. Also, articles were printed in the church bulletins during the times calls would be made. As a result, the percentage of people who responded to the calls increased during these periods. When email addresses are available and phone numbers are not, Pulse members will use this media to communicate with parishioners. However, our preferred method of communicating is to talk to parishioners.

The response of each survey call is handwritten and given back to the chair, Elaine Hunt. After the end of the quarter, all response phone call survey sheets are given to the rector.

*Submitted by Elaine Hunt*

### **SERVING ST. PAUL'S AND THE COMMUNITY**

#### **PRESCHOOL:**

St. Paul's Preschool welcomes all families in our community. Our goal is to help each child develop mentally, emotionally, socially, physically, and spiritually through participation in a variety of learning experiences. We want children to love school, love to learn, and know they are special and loved by God. We strive to provide a safe learning environment where all children can learn. We are fortunate to have many new families join us each year. Several of these families find a church home at St. Paul's while attending the preschool.

The preschool currently offers 2 classes for 1-year olds, 2 classes for 2-year olds, 3 classes for 3-year olds and 4 classes for 4- and 5-year olds. St. Paul's Preschool currently has 100 children and 24 staff members. We have a few openings in our 4's classes and TK class.

The Preschool Board meets monthly and consists of parents, teachers, the director and assistant director, a vestry member, and the Children's Ministry Director. The Board discusses fundraising, classes, parents and teachers needs and wants, and marketing strategies.

The preschool children participate in a music / movement class which meets weekly with Ms. Alex. The children sing songs, play games, use the parachute, and work on gross motor skills.

Ms. Laura leads our Toddlers and 2's in weekly chapel. She teaches the children that they are special and that they are loved by God and Jesus. She uses a felt board, puppets, and other hands-on materials to tell simple Bible stories. Their favorite song to sing is "This Little Light of Mine."

The 3's, 4's and TK meet weekly for Chapel with Father Carr. He teaches them the "Lord's Prayer," tells them a story from the Bible and sings "famous" chapel songs such as "My God is So Big" and "Fuzzy Caterpillar." The children take turns as the "acolytes" and light and snuff out the candles. Each lighter and snuffer offers a special prayer for someone or something they love.

The 4 & 5-year-old classes also have Spanish once a week with Senora Alex. These classes are in addition to all the wonderful activities that are provided by our classroom teachers. St. Paul's Preschool teachers develop their own curriculum with developmentally and age appropriate activities that will help prepare the children for the "next" level of learning. This flexibility in the curriculum allows the teachers to bring their own uniqueness and special talents to their classes. Christ is made know in the classroom through daily morning and lunch prayers, through stories and songs.

Extended Day is offered on Tuesday, Wednesday, and Thursday from 12:30 until 1:00 p.m. We have 27 children registered in the Extended Day Program. Currently, the cost is \$35 a month for 12:30-1:00 p.m.

The preschool students and families participate in several outreach opportunities and events throughout the year including an ice cream social, Muffins for Moms, Donuts for Dads, Snow BALL, restaurant nights, Cookies in the Courtyard, USO toy donations, canned food collection, St. Nicholas ministry, field trips, visits from the fire and police department, a dance company, the Traveling Tortoise, and much more. This year the TK class collected over 150 cans of food for St. Paul's "Little Red Wagon" ministry. The class is invited to attend church and present the cans during the 9:00 a.m. service. We are always striving to build a sense of unity with our preschool families while getting to know and giving back to our community.

This year St. Paul's Children's Ministries distributed a list of the Children's Ministries events, activities, and Sunday school information to all the preschool families. Additionally, emails were sent inviting the preschool children to participate in such events as pumpkin carving, the Christmas pageant, and Teddy Bear Tea.

We are blessed to have such amazing preschool teachers and families. The teachers and I will continue to provide a warm, loving, safe learning environment for our preschool families.

*Submitted by Brooke Bowersox, Preschool Director.*

### **RESILIENCE MINISTRY:**

The Resilience Ministry's goal is to inform members of the faith community (at St. Paul's and beyond) of the potential for serious and prolonged childhood trauma (Adverse Childhood Experiences or ACEs) to have lasting impacts on an individual's mental and / or physical health. During 2019 it has also become clear that Positive Childhood Experiences

(PCEs) have the potential to diminish or even prevent the impact of ACEs, and this has become a crucial part of the Resilience Ministry's message. Our goal is not to provide direct services to children and families, but to empower individuals, families, and faith communities to: 1) understand the impact both ACEs and PCEs, and 2) have resources that allow them to provide PCEs as well as to recognize and intervene effectively when they encounter manifestations of ACEs.

The Resilience Ministry's accomplishments in 2019 were as follows:

- Provided 3 training (or "refresher") programs to over 90 people at St. Paul's with the attendees including volunteers in our youth and refugee ministries, preschool teachers, preschool parents and representatives of neighboring congregations.
- Developed a Resilience Ministry logo, with the assistance of Kim King, a graphic artist and parishioner. This logo, clearly identifying Resilience as a ministry of St. Paul's, will be valuable as this ministry supports similar efforts in other faith communities.
- Shared our experience and offered our support to 4 other faith communities in Wake, Durham, and Lee counties.
- Partnered with the Connections Matter (CM) initiative of Prevent Child Abuse NC, recognizing that CM provides valuable tools to promote PCEs. With vestry approval, St. Paul's has become a Pilot Congregation for Connections Matter in North Carolina.

Some of our goals and priorities for 2020 are as follows:

- Provide 1 or more resilience trainings at St. Paul's.
- Provide Connections Matter training at St. Paul's for our parishioners and others.
- Assist one or more other faith communities in their planning and holding a resilience event.
- Assist in planning and provide support for a Children's Sabbath at St. Paul's.
- Explore and determine effective ways to present Resilience concepts to children and youth.

Resilience is a busy and exciting ministry at St. Paul's. We welcome new members to our committee.

If you have questions or an interest in joining this ministry, please contact Howard Loughlin ([hloughlin@earthlink.net](mailto:hloughlin@earthlink.net)), or Jackie Straub ([jmpstraub@aol.com](mailto:jmpstraub@aol.com)).

*Submitted by Howard Loughlin.*