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# The Christ Bearer

## Newsletter of St. Christopher's Episcopal Church

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Vol. 15, No. 8

August 2009

### *From the Rector:*

August is the month in which, it is said, all of Paris leaves to go on "les vacances" or vacation. Which is largely true. The people of the city, all who can, depart for the coastal beach towns or for the countryside outside Paris, or for the cool mountains in the South or over to the East to escape from the heat and the Americans prowling their streets laden with cameras and the "Guide Michelin" and their Berlitz books of French phrases. This August exodus practiced by the French perhaps explains why we find two major French saints lolling about in the pages of our Lesser Feasts and Fasts listings for this venerable month. Maybe, but I don't really think so.....

Bernard of Clairvaux, whom we celebrate on August 20th, was a Twelfth Century monk who decided at age 23 to enter the Benedictine monastery at Citaux. His father, a knight and landowner, had had other plans for his brilliant son and was not pleased with this decision. As if to rub salt in this wound, Bernard convinced four of his brothers and 26 of his friends to join him in the monastic life by founding a new monastery at Clairvaux which soon became a major Christian center for learning and the promotion of Western orthodoxy under his leadership. When one of his former monks from Clairvaux was elected Pope, Bernard became a major spokesman for the Church, writing and preaching.

Of special personal interest to me is his support of the Albigensian Crusade begun under Pope Innocent the Third in the 1120s. This crusade was undertaken to stamp out the heresy of the Cathars, a group of Gnostic Christians centered around Carcassone in the southern French province of Languedoc. It was the military leader Simon de Monfort who ordered the indiscriminate slaughter of all residents, men, women and children, without regard to whether they were Cathar or Catholic, who uttered the cynical phrase later attributed to Pope Innocent III, "Kill them all and let God sort out His own!" Later, at the siege of the Cathar town of Minerve, Simon de Monfort had a large wooden catapult built on an adjoining ridge from where it was possible to hurl great boulders against the town's walls. The name of this giant war machine? "La Mauvaise Voisine": the bad (female) neighbor! From his abbey at Clairvaux Bernard may not have known about the excesses of this campaign, but he certainly encouraged it in his passion to stamp out heresy!

The other French Saint celebrated this month is St. Louis who, before becoming the name-sake of an American city and an arch, was the king of France under whom the Cathar Crusade was completed. Despite the civil war in the South of France which he inherited along with his title, "Louis the Ninth," he was known in his lifetime as a man of impeccable personal piety, generosity and Christian humility, even to wearing a hair shirt under his royal raiment. We remember him on the anniversary of his death in 1270, August 25th. I'll be on vacation!

*Edson+*

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### The Christ Bearer

a monthly publication of  
St. Christopher's Episcopal Church

As members of St. Christopher's, we seek to act as a part of the body of Christ in response to God's love and grace by:

- praising God together in Christ-centered worship
- providing opportunities for education and spiritual growth for all
- loving and supporting each other in our life together, and
- reaching out to our community and larger world in love and service.

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2807 42nd Street  
Lubbock, TX 79413  
806)799-8208  
website:www.stchristophers.org

**Weekly Services**  
Sunday - 8:00, 10:00 Holy Eucharist  
Wednesday - 5:30 p.m. Holy Eucharist  
w/ Holy Unction

Rector - The Rev. J. Edson Way  
Deacon - Melissa Wafer-Cross  
Deacon - Les Jackson  
Deacon - Kathleen Borsch

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Income & Expenses  
(through June 30, 2009)

	Budgeted	Actual
Plate	\$ 5,040.00	\$ 15,786.59
Pledge	81,522.52	82,234.00
Other	<u>5,850.00</u>	<u>6,254.37</u>
<b>Total Income</b>	<b>\$ 92,412.52</b>	<b>\$ 104,274.96</b>
<b>Expenses</b>	<b>\$ 92,412.70</b>	<b>\$ 80,188.73</b>
<b>Balance: Inc.-Exp.</b>	<b>\$ -.18</b>	<b>\$ 24,086.23</b>

### Vestry Highlights - June

- Fr. Way reported 36 total transfers in over the past several months.
- An organ technician will be servicing the organ, at Jane Ann Wilson's request. Also Fr. Way requested lighting be added over the piano and organ in the next few months.
- Carole Wolf reported that Larry Beavers has started taking down the shed in the BBQ area. She shared bids she had gotten for putting up a new fence and gate in the back. The best bid, from Discount Fencing, was about \$600. Thanks to Del Dyche for buying and planting plants along the fence.
- The Merrill Lynch savings account will be closed due to an annual service fee of \$65 to "do nothing with our money."
- Carole recommended getting some training on the Shelby accounting system for Linda Swartz. She thanked Donna Mize, Podi Stofel, and Linda for their hard work fixing the books.
- Donnie Evans replaced some lights downstairs and indicated we will need to buy new light fixtures a few at a time.
- There needs to be a review and revision of job descriptions for Elaine Howard and Linda Swartz so they have a clear understanding of their duties.
- Fr. Way and Jan Kireilis have a theme for this years stewardship campaign.
- Fr. Way has framed the layreaders' license certificates. Most of them expire at the end of 2009.
- The vestry approved an amendment to the Columbarium regulations to include members of St. Christopher's and Episcopal clergy.
- The vestry approved Deacon Les Jackson's request to seek discernment for ordination to the priesthood. Fr. Way will



Nancy McReynolds' mother, Anna Ruth Matthews, died on July 5 at her home near Nacogdoches. We send our deepest condolences to Nancy and all of her family. Fr. Way conducted a funeral service for Anna Ruth in Grand Saline on July 10.

*Thank & You!*

*Thank you to the wonderful parish of St. Christopher's for prayers and thoughts for our family during this time of loss of my mother, Anna Ruth. I am never surprised at the response from our parish, but I do consider it a joy to be part of such a caring and loving fellowship in Christ.*

*Nancy McReynolds.*



### August Food Pantry Needs

- graham crackers
- Band-aids
- muffin mixes
- paper baking liners for muffins



### The Episcopal Church Women

There will be a meeting of St. Christopher's Episcopal Church Women on Sunday, August 23, following the 10:00 service. The meeting will begin with a luncheon. Please listen for announcements regarding the meeting and luncheon. All women who attend this parish are automatically members of the ECW and are encouraged to attend the meeting. Most of the outreach done through St. Christopher's begins



### NEWSLETTER DEADLINE

**August 15**  
send all information to  
[jambbarnes@suddenlink.net](mailto:jambbarnes@suddenlink.net)



## Deacon's Corner

*“Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to his disciples to set before the people; and he divided the two fish among them all. And all ate and were filled, and they took up twelve baskets full of broken pieces and of the fish.” Mark 6:41-44*

The parable of the loaves and fishes has always been one of my favorites; Jesus essentially charges his disciples to find abundance in a time of perceived scarcity; they do find bread and fish. With Christ's blessing the food becomes plenty for all, not just a snack, but plenty to be filled. One of the parts of the story that speaks to me, though, is the ending: the baskets of leftovers. Twelve baskets full, twelve disciples—there is enough to be filled and enough leftover to share. I had a taste of that abundance recently at Hope Community of Shalom thanks to the people of St. Christopher's.

The racks at the clothing bank were pretty bare at the end of June—more families, hot weather, children at home, men looking for jobs, no access to laundry; everyone seemed to need more clothes than we had. That's when I asked Jane to send out the word that we needed clothes. You responded. Every inch of my car, except the driver's seat, was filled with clothing donations last Sunday; it took quite a crew to unload the car and to get the new donations on the racks. We'd had the doors open for just a few minutes when one of the regulars came in and remarked on the racks we were trying to fill. Mary, the woman in charge, said, “We think Melissa must have some kind of a direct line to God.” We all had a good laugh and continued to stock the racks. What I realized is that I do have a direct line to a whole congregation of people who understand about abundance and blessings; I am connected people who look in their baskets and see opportunity to do God's work in the world. What I realized is that a direct line goes both ways, I call on God, and He returns the call by empowering us to be His disciples with abundance—our baskets are overflowing. Thanks for sharing; let's keep it going.

Melissa

**Braggin' Time**  
of \* Congratulations to Edie Rische for being selected by the Lubbock Chamber of Commerce as one of 40 to participate in the next class of Leadership Lubbock.

\* Rowan Jack Morris was born on July 4 in Durango, Colorado to Nathan and Ali Morris. Rowan's grandpa is Karl Morris. The young man weighed 6 lb. 10 oz. and was 19 in. long. Rowan has one sister, Evie. Congratulations to all.

\* Congratulations and best wishes to David and Allison Faulkner who were married at St. Matthew's Episcopal Cathedral in Dallas on July 17. Fr. Way performed the ceremony.

## Race for the Cure 2009 - for our own

Since I published the information and registration form for the Race for the Cure 2009 in the last issue of this newsletter, three members of St. Christopher's have been diagnosed with breast cancer. Let me urge all of you to send in the registration form that was in the July 2009 issue of *The Christ Bearer* and become a member of the Diocese of Northwest Texas team to participate in the Susan B. Komen RACE FOR THE CURE on October 3 at the Lubbock Civic Center, beginning at 10:00 am. Please consider taking these steps in honor and support of Martha

## Sundays & Wednesdays & Holy Days in August

You will get more out of our worship together if you take a little time beforehand to look at the Scripture lessons and think about our special prayer intentions.



### Sunday, August 2 - Proper 13 (Year B)

2 Samuel 11:26 - 12:13a

Psalm 51:1-13

Ephesians 4:1-16

John 6:24-35

### Wednesday, August 5 - The Transfiguration (transferred)

Exodus 34:29-35

Psalm 99

2 Peter 1:13-21

Luke 9:28-36

Service of Holy Eucharist & Unction at 5:30 pm - Agape supper at 6:00

### Sunday, August 9 - Proper 14 (Year B)

2 Samuel 18:5-9, 15, 31-33

Psalm 130

Ephesians 4:25 - 5:2

John 6:35, 41-51

### Wednesday, August 12 - Florence Nightingale

Isaiah 58:6-11

Psalm 73:23-29

Matthew 25:31-46

Service of Holy Eucharist & Unction at 5:30 pm - Agape supper at 6:00

### Sunday, August 16 - Proper 15 (Year B)

I Kings 2:10-12, 3:3-14

Psalm 111

Ephesians 5:15-20

John 6:51-58

### Wednesday, August 19 - Bernard, Abbot of Clairvaux

Ecclesiasticus 39:1-10

Psalm 139:1-9

John 15:7-11

Service of Holy Eucharist & Unction at 5:30 pm - Agape supper at 6:00

### Sunday, August 23 - Proper 16 (Year B)

I Kings 8:1,6, 10-11, 22-30, 41-43

Psalm 84

Ephesians 6:10-20

John 6:56-69

### Wednesday, August 26 - Louis, King of France (transferred)

Wisdom 3:1-9

Psalm 21:1-7

Luke 12:22-31

Service of Holy Eucharist & Unction at 5:30 pm - Agape supper at 6:00

### Sunday, August 30 - Proper 17 (Year B)

Song of Solomon 2:8-13

Psalm 45:1-2, 7-10

James 1:17-27

Mark 7:1-8, 14-15, 21-23

## Notes from the Senior Warden

## *Eucharista*

Let's remember what Eucharist is—thanksgiving, and let's celebrate the thanksgivings we have to offer each other. They are part of loving each other. Here are some for this month—not all—but some. In the future, please offer the thanks you know about for the newsletter each month, and let's show each other that we notice and appreciate each other's gifts.

Thank you to:

Mel Barnes, Larry Beavers, Herman Lang, and John Wolf for painting and fence and roof work in the old BBQ area

Annie Cashell, Melissa Cross, Nancy McReynolds, Jan Kireillis, and Frances Smith for helping feed and greet Happy Campers and their families before and after their trip to the Conference Center

Jane Barnes for making the trip with me to see Happy Camp in action

David Cross for wiping clean our old computers in preparation for re-cycling them

Missy Ratcliff and Martha Robinson for continuing to stock and organize our two kitchens

Elaine Howard and Linda Swartz for their continued good work in the office

Carolyn Jones for representing us and the diocese at the Triennial Meeting of the national ECW

Allison Whitney for immediately joining the choir after visiting us only one time

Tom Grimes-Marchan for becoming the newest Food Pantry volunteer

Delores Carpenter for returning to the choir and the altar guild after a break of several years

Betty Hodgson for helping to set up for the Wednesday supper almost every week

Joan Russell, Karl Morris, Jenny Way, Jo Heard, Martha Robinson, Donna Mize and Larry Beavers and all the others who help clean up following the Wednesday night suppers

*Carole*

## New Mah Jongg Group Forming

Several people are interested in forming a group to get together regularly to learn and to play the game Mah Jongg. There will be an organizational meeting on Wednesday, August 5, beginning at 11:00 a.m. At that time the interested parties will decide how often to meet, when the best time to meet is, etc. Bring a sack lunch and be prepared to learn and to play. Every one is welcome, whether you know anything about this game, or not. For more information, contact Betty Hodgson (783-0793) or Missy Ratcliff (798-3921).



## THE APOCRYPHA

Fr. Way is beginning a study of The Apocrypha in the Adult Sunday School (or Adult Forum) time, from 9:00 - 9:30 a.m. each Sunday morning.

The word "apocrypha" means "hidden" or "concealed," but after c. 450 A.D. the term came to refer to the non-canonical books, especially those of the Old Testament period.

Perhaps you've noticed that occasionally the lectors read from books such as Wisdom or Ecclesiasticus or Judith which you do not recognize as books of the Bible. Come and learn as Fr. Way teaches about the Apocrypha in general and about each of the 15 books in particular.



## Environmental Stewardship

## A Low-Energy Workout

Source for the following - "Energy Efficient Living from Xcel Energy "

Hanging your laundry outside to dry is a good way to get moving and to enjoy the fresh air. It's also a great way to lower energy bills. With average households today producing 8 - 10 loads of laundry per week, the savings from not using your dryer can add up, both for your pocketbook and for the environment.

Here are some more perks to using the clothes line:

- Skip the fabric softener - clothes and sheets get a fresh-outdoors smell.
- Clothes last longer - automatic dryers are notoriously tough on clothes, creating pills and ever increasing amounts of lint.
- Get whites brighter - the power of sunlight helps dingy white socks look like new again.



## Cross Country Bike Ride Supports *NetsforLife®*

The Bishop of the Diocese of Ohio, The Rt. Rev. Mark Hollingsworth, and seven other cyclists left Anaheim, CA, following the close of General Convention to ride across the country in an effort to raise at least \$1,000,000 for Episcopal Relief & Development's *NetsforLife®* program partnership which helps to combat malaria, a preventable disease that kills one million people each year, primarily children in sub-Saharan Africa.

According to Bishop Hollingsworth's personal blog, "...it opens our hearts to those on behalf of whom we are riding and inspires us to give more generously of ourselves."

About a week into the bike ride, the cyclists have raised almost \$33,000 in pledges and donations towards their goal. To follow the bike route online or to make a contribution, go to the following link: [http://www.er-d.org/bishops\\_bike\\_ride](http://www.er-d.org/bishops_bike_ride).



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## ICON WORKSHOP

An Icon workshop will be offered beginning Friday, September 18, 2009 from 6:30 - 8:30 PM. Sessions are scheduled for the first Thursday and then the following Friday evenings of each Month. The workshop is open to anyone who would like to know more about icons, their meaning and use, and would like to write (paint) an icon for their own personal devotions. All sessions began in prayer and meditation. The fee of \$40.00 is requested to assist in covering supplies (art panel, paint, gold leaf). For more information please feel free to contact Deacon Jackson via email at [lesval@att.net](mailto:lesval@att.net) or at 543-3298.



## A Reader's Corner

*Dorothy Day: In My Own Words.* Compiled by Phyllis Zagano. Liguori, MO: Liguori, 2003. (118p)

I've been curious about Dorothy Day for some time, having heard about her from one of our Episcopal members. So, when I came across this little gem of selections of her writings from "The Catholic Worker" - a newspaper (and Movement) that she founded with Peter Maurin in 1933 - I thought that it might provide a good introduction to her spiritual beliefs and devotional life. For Dorothy Day was devoted – devoted to the poor, devoted to peace, to nonviolence and racial justice and – devoted to God, believing that we serve God and Christ by serving the poor.

She was born in Brooklyn, N.Y., in 1897, the third of five children. After finishing high school, she attended the University of Illinois where she joined the Socialist Party. Her writing career began with the Socialist newspaper, "The Call", after which she moved on to other newspapers, an autobiographical novel and, then to movie scripts in Hollywood. She led a rather bohemian life until she was converted to Catholicism in the '20's. The Depression completed her conversion to "radical Christianity" where her "life turned into total self-donation to the poor (p. xv). During this time, both she and Peter Maurin traveled the country lecturing and setting up hospitality houses where the poor and unemployed were fed and housed. She mainly settled in New York's Lower East Side where she focused on a life in poverty while serving the poor. Her writing for "The Catholic Worker" espoused her causes. She has been criticized for her pacifism, for her pro-labor stance as well as her censure of the rich, including those of certain religious orders. And, she has been revered for her dedication to the poor and the down-trodden. She fervently believed in following the gospel and its teachings and tried to live her faith, regardless of others' condemnations. She died on November 29, 1980.

This book is divided into five parts:

- The Thirties: Founding the Movement
- The Forties: The War Years
- The Fifties: Pacifism and the Atomic Bomb
- The Sixties: Civil Rights and Civil Disobedience
- The Seventies: The Pilgrimage Continued.

A bibliography of her writings and biographies conclude the volume.

### An open invitation:

I would like to invite any reader or viewer to join me in this column. If you have read a book or seen a movie that you wish to recommend to other readers/viewers, please email me (candia.thew@ttuhsc.edu) with your suggestion. I can also submit a "guest" review or I can add an addendum to my own contribution by naming the book or movie (title) and recommended by (your name).



Annual ECW Conference

## ***Healthy Tips for Travelers***

The following was provided by Nancy Igo, Programs Manager, Diocese of Northwest Texas

### **Healthy Travel Tips**

- Loose, non-restrictive clothing and comfortable footwear can make the travel more enjoyable.
- When traveling by airplane, periodically walking from one end of the plane to the other and doing some calf stretches can reduce the risk of blood clots.
- Drink water before and during your flight. Water hydrates the body and prevents dehydration. Moisture to the nose, eyes, throat and mouth are all maintained through adequate hydration. Avoid carbonated drinks, tea and coffee as they are diuretics and can increase dehydration. Reduce alcohol consumption while traveling.
- Minimize jet lag by getting plenty of sleep before leaving on your trip. Bring an eye mask along to make it easier to take a nap.
- Watch your diet. Eating foods you don't normally eat can upset your stomach. Call the airline before your flight to see what (if anything) they are serving. Sometimes you can put in a special request, such as for a vegetarian alternative.
- If you have nasal congestion or a cold you might consider taking a decongestant prior to your flight. This can help to decrease ear pain when flying. Consult your healthcare provider to see what decongestant they recommend for you.
- Keeping your medication in a purse or carry-on luggage will ensure you have your medication when you need it.
- When traveling to hotter or colder climates be sure you have the appropriate clothing. It can take time for your body to acclimate to severe temperatures, so allow some time for your body to adapt. Don't forget to use sun screen.

### **Easy Exercises for Travelers**

#### **Deep Breathing**

- Sit up straight, with both feet flat on the floor.
- Pull your shoulders down and back, hands resting in your lap.
- Close your eyes. Take 10 deep breaths.
- Concentrate on keeping your rib cage pulled in and letting air expand into the backs of your lungs.

#### **Neck Stretch**

- Place two fingers on your chin and gently guide your head backwards while looking up to the ceiling, stretching gently as far back as your head will go. Repeat 10 times.

#### **Back Stretch**

- Sit tall in your seat with feet flat on the floor.
- Gently arch your back and pull your shoulders back. Repeat 10 times.

#### **Core Strengthening**

- Sit up straight and gently pull in your belly button and tighten your buttocks.
- Hold this position for 10 seconds while breathing. Repeat 5 times.

#### **Lower Body Stretch**

- Hug one knee to chest, alternate sides, repeating five times.
- Raise your heels up and down. Repeat 10 times.
- Raise your toes up and down. Repeat 10 times.
- Hugging your knee, rotate your ankle for five circles in one direction and then five circles in

## This 'n That

- Plan to attend the lectures by Phyllis Tickle at St. Nicholas', Midland, on October 17 - 18. Those wanting to attend may want to join forces and take fewer cars. Talk it up.
- There is always a need for Coffee time hosts. Sign up on the lists in either kitchen.
- The young people of our parish appreciate your contributing aluminum cans to their camp fund. Several of them were able to attend a session at the Quarterman Conference Center this summer because of your help. Leave sacks of cans in the Narthex or give them to Kathleen or Rebekah Borsch.
- WEAR YOUR NAMETAG!!!!
- Join the Wednesday evening Eucharist and supper group. There's always good food, and it's a great way to get to know folks.
- If you notice you've not seen someone in a few weeks, give them a call. It is too easy for people to slip away from fellowship within our parish. Everyone is a treasured member, and we all need to be more aware when someone is missing.



## *Cursillo* 4th Day Fiesta August 21 - 23, 2009

4th Day Fiesta is calling you back to the place where God showered you with His unconditional love and grace.

*There is a time and a purpose for everything under the sun (Ecc.3:1)*

*A time for spiritual refreshment.*

*Time to rekindle the Spirit's fire within you.*

*A time for old friends & new ones.*

*A time for healing and renewal.*

*A time to let God love you unconditionally.*

*A time to laugh and a time to cry.*

*A time of rededication.*

*A time to rest in the arms of Jesus.*

Come to Quarterman Conference Center. The price for the weekend is \$95. If you only want to come for Saturday, the price is \$45. See Deacon Kathleen or Jane Barnes for a registration form.



## JULY BIRTHDAYS\*

Kathleen Borsch	August 2
Molly Hall-McCollum	
August 3	
Jane Barnes	August 4
Robert Dean	August 5
Debbie Crites	August 10
Allan Dorsett	August 11
Vikki Rhodes	August 14
Kay Peterson	August 15
Joyce Wilson	August 15
Missy Ratcliff	August 16
Ben Harrison	August 17
Romola Devaneson	August 18
Helen Otto	August 18
Frances Lohmann-Smith	August 19
Martha Robinson	August 22
Larry Beavers	August 23
S.J. Perry	August 24
Randall Carpenter	August 31

### WEDDING ANNIVERSARIES

David & Judy Bartl	August 2
David & Melissa Cross	August 3
David & Sue Veal	August 11
James & Karen Hagee	August 16
Scott & Christina Stofel	August 17
Paul & Mara Driscoll	August 24
Ben & Marilou Harrison	August 29

\*If your birthday or anniversary is missing, please let Jane Barnes know, as she is trying to be sure everyone is included.



St. Christopher's chapter of Daughters of the King will meet on Sunday, August 2, following the 10:00 service. The ladies will begin a discussion of *Conversations With St. Francis* by James C. Howell. Any woman is welcome to visit this meeting.

Remember, when you or someone you love has a prayer need, the Daughters of the King want to pray for you. Fill out one of the prayer cards in the pew and put the card in the little wooden box on the shelf at the back

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The Rt. Rev. J. Scott Mayer., Bishop  
The Rev. J. Edson Way, PhD., Rector  
Kathleen Borsch, Deacon  
Les Jackson, Deacon  
Melissa Wafer-Cross, Deacon

Elaine Howard, Administrative Assistant  
Linda Swartz, Financial Assistant  
Jane Barnes, Newsletter Editor  
David Cross, WebMaster

**The Vestry**

Carole Wolf, Senior Warden  
Donnie Evans, Junior Warden  
Rebecca DelHotal, Clerk  
Podi Stofel, *Ex officio*, Treasurer

Wendell Aycock  
Jan Kireilis

Doug Cashell  
Nancy McReynolds

Carolyn Jones  
Jack Purkeypile

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