
The Christ Bearer

Newsletter of St. Christopher's Episcopal Church

Vol. 17, No. 7

July 2011

From the Rector:

This month will be my first opportunity to serve as one of the clergy assisting at the Episcopal summer camp at Quarterman Ranch just north of Amarillo. Having never attended a summer camp of any kind myself, I was somewhat intimidated at the prospect of spending a week with a bunch of little kids who likewise may never have attended camp before, and who may in fact never have been away from Mom and Dad for that long before. My condition of apprehension was not improved by my wife Jenny's assertions that she LOVED going to camp at the Quarterman Ranch, lo those many years ago, and that the experience was instrumental in her formation as a Christian and an Episcopalian. Yikes! This camp is IMPORTANT! What am I doing there?!?

But fear not. I was delighted at the springtime Clergy Conference to receive the wonderful curriculum created for the camp by Father Jim Haney, Rector at St. Paul's on the Plains here in Lubbock. Jim clearly has a great gift as a teacher and educational organizer! The theme for this summer is "Pharaoh, Pharaoh, Let My People Go!" and each day develops this theme in ways that young children can understand and that neophyte camp instructors believe they can manage to pull off.

Monday is "Slavery and the birth of Moses: Does God see? Is God listening?"

Tuesday is "The burning bush: Hearing God's call."

Wednesday is "Let my people go (Plagues and Passover): Doing what God wants." Thursday is "The Exodus and the Red sea: Trusting in God."

Friday is "Miracles in the desert: God cares for us and has good plans for us." Saturday is "Entering the Promised Land: We will serve the Lord."

How great is that? I can't wait to get to summer camp!

The only thing original that I'm taking is a great little call-and-response song, "Up Above My Head" that I learned from Mariann Budde, the newly elected (and first woman) Bishop of Washington, D.C. when she was our group leader at the CREDO conference in Richmond, Virginia, back in May. Oh, and my own pillow...

Have a wonderfully blessed summer! I know I will!

Edson+

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.

Weekly Services

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

Sunday – 8:00, 10:00 am Holy Eucharist
Wednesday – 5:30 pm – Holy Eucharist
w/ Holy Unction

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



Income & Expenses Through May 31, 2011

	Budgeted	Actual
Plate	\$ 6,250.00	\$ 6,424.29
Pledge	86,250.00	89,012.00
Other	3,000.00	3,000.00
Total Income	\$ 95,500.00	\$ 98,436.29
Expenses	95,500.00	85,459.43
Balance: Inc-Exp.	0.00	\$ 12,976.86

Vestry Highlights – May

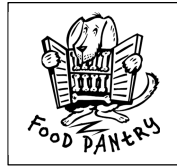
- Fr. Way reported on his week at the CREDO conference. He shared that Josh Rodriguez will be meeting with the Commission on Ministry and will preach at St. Christopher's on May 22.
- Sr. Warden Steve Maines reported that the computer work is almost complete. He also suggested that an usher needs to collect plate offering from the choir.
- Jr. Warden John Edwards was not present, but Fr. Way indicated the new sexton position is working well.
- The financial statement and budget were approved as was the audit report.
- Child care for services was discussed. The purchase of robes for lay readers was also discussed. Fr. Way, Jan Kireilis and Nancy McReynolds will be looking at ordering them soon.

Safeguarding God's Children

Two sessions of "Safeguarding God's Children" will be offered this summer. The first, led by Claire Cowden, will be at St. Stephen's on Thursday, July 7, from 5:30 – 7:00. On Saturday, July 23rd, Renee Haney will lead the training at St. Paul's from 10:00 am – 1:00 pm. Contact Renee Haney for registration or information – 445-3667.



Congratulations to Suzanne Aker who was inducted into the newly relocated West Texas Walk of Fame on June 2. Suzanne was recognized as an artist, choreographer, teacher and as the founder of Ballet Lubbock.



Food Pantry Requests for May

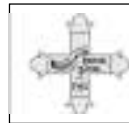
peanut butter & crackers

The Food Pantry crew expresses their thanks to everyone for their donations and support.

Prayer Shawls

The Prayer Shawl group will meet on Monday, July 11, at Jane Barnes' home, 3816 56th Street. (NOTE – this is the second, not the first Monday). Please bring any completed shawls and plan to sit and visit for a while.

There is a good supply, in many colors, of completed shawls in the credenza outside the church office. Everyone is encouraged to share these warm, cozy symbols of our prayers with those who are in need of comfort and blessing. Just take the one you like and be sure to add the person's name to the book in the cabinet.



Daughters of the King

St. Christopher's chapter of Daughters of the King will meet Sunday, July 3, following the 10:00 service. We will continue our discussion of *The Irrational Season* by Madeline l'Engle.

Les Jackson's Ordination to Priesthood

Les Jackson, former Deacon at St. Christopher's, will be ordained to the priesthood at 11:00 a.m. on Saturday, August 13th, at St. John's Episcopal Church, 401 N. Country Road W, Odessa, TX. Following his ordination, Les will serve as Rector of St. John's.

If you'd like to attend the service and share this joyous occasion with Les and Valinda and their family, Fr. Way has arranged for a bus to travel from St. Christopher's. Contact Fr. Way if you'd like to ride this bus. There are sign-up sheets for this bus trip at various places around the church building – the Narthex, the Nelson Room, the upstairs kitchen, etc.



Deacon's Corner

On my way to St. Christopher's from St. Benedict's on Pentecost Sunday, I saw a billboard on the corner of 19th and Avenue Q that said, "Leave Emptiness Behind." The advertisement was for the Stripes stores, but it seems an appropriate message for our Christian life.

Thomas Merton wrote, "At the center point of our being is a point of nothingness which is untouched by sin and illusion, a point of pure truth, a point of spark that belongs entirely to God" (*A Thomas Merton Reader*). From Easter to Trinity Sunday we hear stories of Jesus' pattern of love in the world, in relationship with both his Heavenly Father and with his earthly family and friends. The goal of our life is participation in God's life in the world in a very real way—how obvious to say, yet how difficult to achieve.

Cynthia Bourgeault, in her book *Wisdom Jesus*, tells the story of a young seeker who went to see a Zen master. The young man wanted to become a student of this certain master, and as he sat in the interview, the young hopeful rambled on about his spiritual experience, his past teachers, his insights and skills, and his pet philosophies. The master listens and begins to pour a cup of tea; he pours and pours and pours. The cup overflows, and he keeps on pouring. When the student finally notices, he says, "Stop pouring! The cup is overflowing." The teacher replies, "Yes, and so are you. How can I possibly teach you?" (42).

During this long green season, I hope to make a prayerful effort to move toward the point of nothingness within me that belongs entirely to God. Then and only then can I "Leave Emptiness Behind."

Melissa



Caregiver Support

I've "borrowed" the following from *Guideposts* magazine. The article was written by Alison Goran of New York City.

Avoiding Caregiver Burnout

"The illness of one spouse, especially with a chronic disease, can be almost as hard on the partner. In fact, a major illness will inevitably affect the entire family. Playing the role of caregiver while maintaining your relationship is a challenge. Stress, guilt, fear and financial worries can take a terrible toll.

"The best advice? Talk to others in your situation. You need support.

"Creating day-to-day routines will help you manage your time. Hiring a home health aide can also help ease your workload and take some stress off your ill spouse too.

"While you're focusing on your spouse's recovery, don't ignore your own needs. If you're blaming your spouse, losing touch with friends and family or ignoring your own health, look for help.

"Check your local newspaper for caregiver support groups and illness-specific discussions. Remember, to care for an ailing spouse effectively and lovingly, you have to first care for yourself."

As I wrote last month, I want to hear from those of you who have been or are currently caregivers to chronically ill family members. Your experiences and suggestions can be invaluable to those of us who are currently serving in this capacity.

God's blessings. Jane

Sundays & Wednesdays in July

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, July 3rd Proper 9

Genesis 24:34-38, 42-49, 58-67

Psalms 45:11-18

Romans 7:15-25a

Matthew 11:16-19, 25-30

Wednesday, July 6th

Readings of previous Sunday

Service of Holy Eucharist & Unction at 5:30 pm - Agape supper following service - All are welcome

Sunday, July 10th Proper 10

Genesis 25:19-34

Psalms 119:105-112

Romans 8:1-11

Matthew 13:1-9, 18-23

Wednesday, July 13th

Readings of previous Sunday

Service of Holy Eucharist & Unction at 5:30 pm - Agape supper following service - All are welcome

Sunday, July 17th Proper 11

Genesis 28:10-19a

Psalms 139:1-11, 22-23

Romans 8:12-25

Matthew 13:24-30, 36-43

Wednesday, July 20th – Stanton, Bloomer, Truth, Tubman

Wisdom 7:24-28

Psalms 146

Luke 11:5-10

Service of Holy Eucharist & Unction at 5:30 pm - Agape supper following service - All are welcome

Sunday, July 24th Proper 12

Genesis 29:15-28

Psalms 105:1-11, 45b

Romans 8:26-39

Matthew 13:31-33, 44, 52

Wednesday, July 27th – William Reed Huntington

Ephesians 4:11-16

Psalms 133

John 17:20-26

Service of Holy Eucharist & Unction at 5:30 pm - Agape supper following service - All are welcome

Sunday, July 31st Proper 13

Genesis 32:22-31

Psalms 17:1-7, 16

Romans 9:1-5

Matthew 14:13-21

Heavenly Father, You said, "Whatsoever any two or more come together and agree and ask in Your Son's name; it shall be given." We come to you humbly and ask that You bring down the rain to our parched lands. Our farmers and ranchers need it desperately, as well as our firefighters. We ask this in Jesus' name. Amen

Notes from the Senior Warden

...can you believe July is upon us!!! We must be having a lot of fun because time is flying by ... A note on some church business news and some words of appreciation. Our church office has been outfitted with a brand new computer which is making Elaine and Linda's work time more efficient and hopefully more enjoyable. Thank you to an anonymous donor who provided the funds for this upgrade. Also, I want to give a special thank you to David Cross for his computer support over the past many years and to Donnie Evans for leading the effort with our recent change.

Thank you for your continued faithfulness to God's Church here at St. Christopher's...may your summertime be enjoyable...pray for rain...be healthy and happy!

Steve



ECW Happenings

E.C.W.—WOW! – What a great group of ladies at St. Christopher's!! 32 of us gathered May 29th to make important decisions – where to spend YOUR money – your most generous donations made at our last Outreach Luncheon in March. You will be pleased to know that every penny you donated is at work in Joplin, MO, through Episcopal Relief and Development. For just a moment imagine that you are one of the people who lost everything in the tornado ... then imagine what you (St. Christopher's) have now provided.

Now we (E.C.W.) have voted to “Do it again” --- with all of Ya'll's help, of course. This time beyond our borders. On June 26th you all get to do something really big and get a really great meal in the bargain. This time your donations will provide a brighter future for many impoverished women across the globe by setting them up in businesses through the Women-to-Women project of the national Episcopal Church Women.

Bobbie Matches has for many, many years headed our United Church Women's Committee, but she needs to leave us, and we thank her very much for her time and work. Sawyer Swords has accepted the leadership of this committee, and Martha Robinson will serve as co-chairman. Thank you ladies for stepping up to fill an important ministry.

“Charity Begins At Home” – Our home is world-wide.
Serving St. Christopher's and our Community through God's Love. We are E.C.W.

Missy



Questions? Contact
Renee Haney at 445-3667.

July 25th – 29th 5:00 p.m. (dinner) – 8:00 pm
St. Stephen's Episcopal Church, 11th & Slide
Pre-K – 6th grade

Children of all three local Episcopal Churches (and friends) are invited to participate in this beach blast where they will have a great time singing songs, creating crafts and playing games. More important – when they meet up with Jesus they'll discover just how much God loves them. Registration forms available from church office.

Volunteers are needed to help staff the VBS. You can volunteer to join us one night, two or three nights, or all week. Or if you like to work behind the scenes, let us know! And you get dinner each night ... what a perk!

Dinner will be provided and served by different groups from the three churches, for all volunteers and children attending VBS.



A Reader's Corner

by Candia Welch Thew

Happiness is an Inside Job: Practicing for a Joyful Life by Sylvia Boorstein. New York: Ballantine Books, 2007. (161p.)

One of the spiritual traditions that I have wanted and tried to learn how to do is meditation. I have failed miserably (too busy a mind, too impatient). However, "hope springs eternal", as they say, and with this in mind, Sylvia Boorstein was recommended to me as a well-known teacher, lecturer and writer on meditation. This book, even though it leads to a simple (and do-able!) exercise on beginning meditation, offers much more than that.

The author's primary premise is that we all face challenges in life but if we can restore a caring connection ("the balance in the mind that sustains both natural wisdom and the natural inclination to love", p.13) midst these challenges, then we can regain and maintain a certain measure of happiness. Focusing on three meditative steps from the heart of Buddha's Eightfold Path – Wise Effort, Wise Mindfulness and Wise Concentration – she teaches how to turn the mind to kindness, how to turn away from anger, and how to step toward a focused concentration, breath by breath. Stories from her personal experiences enhance the Buddhist principles that she teaches. These are then followed by suggested exercises. One such exercise from the chapter on "Wise Effort" is called "metta practice" where the same phrase is repeated over and over, such as "may I be free of enmity and danger, may I have mental happiness, may I have physical happiness, may I have ease of well-being" (p.71). One of my favorite prayers is a short one by St. Francis that works just as well. "The important thing," she writes, "is to stay with the same phrases and say them over and over" (p.73).

All in all, I found this book to be a helpful little guide and an easy read. When stressed, all I have to do is remember to breathe in and then breathe out with focused breaths!!

Sylvia Boorstein is a practicing psychotherapist and a cofounding teacher at the Spirit Rock Meditation Center in California. She has written five books on the practice of Buddhist meditation.

Coupled with this book (timing can be most surprising!), I just this past week discovered the Kadampa Meditation Center (Buddhist) at 6701 Aberdeen, Suite 4, in Lubbock:

<http://meditationintexas.org/meditationinlubbock/index.html> which offers meditation classes weekly.

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).



July 15

Please send any newsletter material to Jane Barnes,
jambarnes@suddenlink.net, by the above date.



JULY BIRTHDAYS

Ben Newcomb	July 1	Chase Evans	July 16
Tom Rogers	July 1	Andrew Thew	July 17
Rachel Huffaker	July 2	Dannie Botros	July 18
Jean Pullman	July 2	Candia Thew	July 21
Billie Becknal	July 5	Worth Fullingim	July 24
Reagan Thomas	July 5	Kathy Dean	July 26
Kelly Randolph	July 6	Mel Barnes	July 29
Emily Crites	July 15		

WEDDING ANNIVERSARIES

Brian & Lynn Ledbetter Gum	July 3	Terry & Jan Kireilis	July 18
Randall & Dolores Carpenter	July 9	Orlo & Beth Sundre	July 21
David Faulkner & Allison Boye	July 17	Gerald & Kelly Trlica	July 28

This 'n That

- **FELLOWSHIP REFRESHMENTS** – One or two people are needed each Sunday to bring “goodies” for the Adult Forum group, following the 8:00 service, and three people are needed each week to prepare coffee and treats for the fellowship time following the 10:00 service. There are sign-up sheets in the basement and in the Nelson Room in white notebooks. Please keep the refreshments simple. There will be a basket present during the 9:00 hour for donations. On Sundays when no one has signed up, Martha Robinson will use the donated money to purchase cookies or other goodies for the group. Please be generous.
- **NAMETAGS** – If each of us wears our nametag each week, it makes it easier for newcomers (and for those of us with failing memories) to put names with faces. Karen Hodges does a great job of preparing the name tags and putting them on the bulletin board in the Narthex. It’s your job to take it off the board and put it on each week. If you need a nametag, see Karen. There is a \$.25 penalty for not wearing your nametag – put your payment in the blue jar on the refreshment table.
- **CANS FOR CAMP** – Bring empty aluminum drink cans, tied up in bags, to the church. The money from cashing in these cans goes into a fund to help send children from St. Christopher’s to Camp Quarterman. Jenny Way is in charge of collecting the cans.
- **MEMOIR-WRITING WORKSHOP** – On Sunday, August 7, there will be a Memoir-Writing Workshop conducted by Nan Phifer, author of *Memoirs of the Soul: A Writing Guide*. The workshop will introduce participants to a style of writing that is more selective than journals. According to Ms. Phifer’s website, “Memoirs focus on keenly-felt hours and minutes, times when we are most alive, times when experiences are significant.” The workshop will be conducted at St. Paul’s-on-the-Plains, from 2:30 – 5:00. There is a \$12.00 fee, which will cover handouts and a copy of Ms. Phifer’s book. For registration or information, contact Anna Marie Wanasek at amwanasek@sbcglobal.net.

Church Smiles

Sunday after church, a Mom asked her very young daughter what the lesson was about.

The daughter answered, “Don’t be scared; you’ll get your quilt.” Needless to say, the Mom was perplexed.

Later in the day, the pastor stopped by for tea, and the Mom asked him what that morning’s Sunday School lesson was about.

He said, “Be not afraid; thy comforter is coming.”

St. Christopher's Episcopal Church

2807 42nd Street (at Elgin)

Lubbock, Texas 79413

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

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

Josh Rodriguez, Seminarian

The Vestry

Steve Maines, Senior Warden

John Edwards, Junior Warden

Nancy McReynolds, Clerk

Luann "Podi" Stofel, Treasurer

Doug Cashell
Karen Hodges

Paul Driscoll

Paula Evans
Jan Kireilis

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