

Bread & Wine

Christ Episcopal Church

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Mission Statement:

*This mission of Christ Episcopal Church is to...Love the unlovable; Help the helpless; Inspire the discouraged;
Be a family to those who have none; Be the right hand of God in the world.*

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Fr. Jim's Journal:

Dear sisters and brothers in Christ,

Although death is part of the process of living, I don't know of anyone who actually rejoices over the death of a loved one. Most of us in our "middle ages" expect the death of one or both of our parents before our own death. As we grow on in years, we might even think about the possible death of our spouse or another loved one in our age group. However, parents usually don't expect any of their own children to precede them in death.

Early last September, we never thought that our relatively healthy son Matthew would be dead later that month. However, as you know, we lost Matt on September 19th. We want to share with you the circumstances behind his death, since you are part of our church family.

The week before he died, Matt complained of cold-like symptoms; he did not know that he had a touch of pneumonia. He participated in an all-night birthday party for one of his friends, and in the process drank too much. He also had accidentally taken too much of a prescription pain medication (which was not his) that night. The combination of prescription medicine, alcohol and pneumonia shut down his system, and he died in his sleep. The investigation at this point is closed, since no one saw the host of the party giving Matt her medication.

We wish to thank you for your prayers, cards, gifts and presence to and for us, as we continue to grieve over our son Matthew's sudden death. Please know that without God and you loving us, we could never have gone through this nightmare. We are so blest to be part of this caring parish family! You are, and remain in our daily thoughts and prayers.

Please continue to pray for us, as well as our daughter Rachelle, her husband Denny Casto, and their family. Although healing takes time—sometimes a lifetime, your presence for and with us will certainly help the process of our becoming healthier persons in spite of our personal tragedy.

Our son Matthew really loved life, and deeply cared for his family and friends, especially his niece Riley and nephew Jacob. Those of you who knew him personally can attest to that. We know that his spirit—now connected to God in the most intimate and loving way possible—will remain with us and our extended parish family in the Body of Christ. We encourage you, like our son Matthew, to have a positive attitude on life, and know that God is always with us.

With our love and prayers,
Fr. Jim and Sandy Bernacki

PS: Please continue to hold Sandy in your prayers: Shortly before her knee replacement surgery, her doctor/employer retired. A job at another doctor's office in October just didn't work out. She's currently looking for a secretary/receptionist position in the area.

OUTREACH:

Here is a report of food we donated to the SCCM:

on Dec. 8=23 lbs., Dec.11=49 lbs., Dec. 15=22 lbs., Jan. 5=11 lbs., Jan. 26=5.3 lbs., Feb. 3=42 lbs.

There was a special plea in the late fall to honor the memory of one of the Albemarle teenagers killed in a car accident by having everyone donate food to the SCCM. This plea was asked of all citizens and churches in Albemarle, and even though we received the information late, our church responded with a whopping 96 lbs. of food to the SCCM to honor the memory of Tevis Swaringen! Thanks for your generous donations!

Remember, our SCCM Sunday is always the first Sunday of the month, but you may give to the SCCM on any Sunday—food collection baskets are in the church at the altar steps. At the end of the month, all money collected for the SCCM is totaled and sent to them. Also, in February, the SCCM is asking for canned beans—black eye, pinto, northern and navy, and in March, canned meat. Thank you, in advance!



SCCM HELPER

March: Marianne Bumgarner-Davis

COMMUNITY TABLE I & II SOUP KITCHEN SCHEDULE:

Albemarle: May 16

Norwood: March 7

A SPECIAL THANK YOU...

To the Wonderful People at Christ Episcopal:

Thank you so much for the gift that you brought to my mother at Britthaven [Nursing Home, the Sept. Birthday Party that we hosted there]. The stuffed bear is a cute addition to her room and the lotion is always needed. You helped make the birthday extra special. We really appreciate your fine ministry.

Sincerely,

The Family of Virginia Pegram
(Misty Cotton, Raleigh, NC)

FROM THE MAIL BAG...

Dear Fr. Jim,

What a wonderful day we had distributing food to 217 families (that accounted for 513 individuals)! It was good to know those in need in Stanly County received some help. We have not had the information yet from the food bank letting us know how many pounds were distributed, but we'll let you know when we do.

[Of those who received food on Oct. 16 at the Mobile Food Pantry which Christ Church sponsored,]

88 were from Albemarle, 43 from South Stanly, 18 from North Stanly, 57 from West Stanly, and 1 was from out of the county.

It was great to work with Gleaning Mission and First Baptist of Oakboro [as well]. Thank you, [Christ Church], for paying for this pantry and for you and the others from your church who volunteered their time. It makes it so much easier.

It really is a blessing to see the families receive this food. If you have any questions, please do not hesitate to give us a call. Thank you again.

Sincerely,

Bobbie Whitley, Director
SCCM Assistance Center

PRAYER CONCERNS

Parish Intercessions

Praying for the presence and action of God's holy and healing spirit is a vital part of the Christian community's work. We are praying for: **Those with pressing needs:**

Richard Lowe (brother of Tom Lowe); Julie Russell; Joseph Womack (son of Pastor Patrick & Kathy Womack); Consuelo Cavasos (mother of Abel Cavasos); Russ (cousin of Julie Russell); Jack (friend of Kenny Webb); Daniel (per

Garland Hartsell); Gene McPherson (per Joe Burris); Mary Melissa; Emmanuelle, Jimmy (niece & nephew of Thelma Gardner); David Brandyberry (father of Lisa Brandyberry); Sue Earnhardt & family (friend of Judy Ross); June King (sister of Fr. Marvin Aycock); and Cleo Arrington.

Those with ongoing needs:

(Unless requested, these names are removed monthly.) Holly Norwood (friend of Judy Ross); Billie Estey (sister of Lori Kirkingburg); Karen Davis (sister-in-law of Wayne & Maureen Davis); Dennis and Dwight (per Marianne Bumgarner-Davis); Sally Slocum (sister of Craig Kennedy); Betty Loyed (per Joe Burris); Wayne & Iris Millsap and son (per Katrenia Davis); Cindy Gainey (per Joe Burris); Phyllis Deese (mother of Terry Deese); Marianne Bumgarner-Davis; Dick & Sally Colwell; Rev. Bob Gruver; Jeff Covington; Alan Stickney; Debbie Burris' mother and stepfather; Roy Dominick; Dwight Wagoner (per Tom Lowe); Frank Nemecek and Tori Williamson's baby (per Walter Davis); Bob & Lillian Layton; Betty Zimmerman and Dr. Whit Canon (per Allison Poplin); Rev. Diane Corlett; Dillon & Rose Harris; Nannie Grey (per Judy Ross); Louise Lowe (Tom Lowe's mother); Avery Mauldin (per Denise Hinson); Jenny Curlee (per Jane Almond); Shelby Harwood (mother of Dawn Allen); David Aycock; Allen Thompson (brother of Sally Aycock); David Cook; Deena Collins; Garland Hartsell; Elizabeth Holland (mother of Gene Hinson); Thelma Gardner; Stan & Vivian (Miller) Pinion; Jim Irvin; Coy Ritchie; Maggie Snuggs; Betty Mabry (Clegg Mabry's mother); Tokiko Watanabe (mother of June Mabry); Phil Huneycutt; Jimmy Crider (cousin of Katrenia Davis & nephew of Kate Mabry); Evelyn "Jan" Jaquinta; Chris Burris (son of Linda & Bo Burris); Poss Wilhelm.
In the military service: Jeff Davis (grandson of Walter Davis). Pray also for all engaged in battle in world conflicts and for world peace.

CONGRATULATIONS!

Congratulations to **Olivia Deech**, who was listed with others in an article in the Stanly News and Press Newspaper as being on the Honor Roll for the 1st nine weeks of school.

Also, we have learned that **Dawn Allen** was awarded the TEACCH Award of Achievement from the TEACCH Division. This award was actually presented to Dawn last February at UNC-Chapel Hill at the annual meeting to honor a person outside the TEACCH Program for outstanding contributions to individuals in North Carolina who have autism. Dawn works at GHA (Group Homes for the Autistic).

TEACCH is an evidence-based service, training, and research program for individuals of all ages and skill levels with autism spectrum disorders and conducts training and consultation for teachers, residential care providers, and other professionals from a variety of disciplines in addition to clinical services such as diagnostic evaluations, parent training and parent support groups, social play and recreation groups, individual counseling for higher-functioning clients, and support employment.

God places all of us in a position to shine for Him! We all have a work to do, and Olivia and Dawn have done a great job! We are very proud of you! Keep up the great work!

From God's Word...

"...I have loved you with an everlasting love; therefore I have continued my faithfulness to you."

—Jeremiah 31:3b (NRSV)

♥ ON THE FUNNY SIDE ♥

A parishioner stopped by the rector's office to see the rector one day, bringing a wet, tattered pledge card and said: "The dog ate our pledge card, but the veterinarian made him spit it out."

More From the Mail Bag...

Dear Pastor & Congregation,

The Stanly Community Christian Ministry gratefully acknowledges your donation of \$58.12 given in October, \$28 given in November, \$8 given in December, \$1,000 [given by the Men's Group] in December, and \$115 given in January. We really appreciate your donations, as they will carry on the charitable work of this Ministry. No goods or services were received for this donation.

Serving together,
Barry Whitley, Exec. Dir., SCCM

ALTAR FLOWERS

From March 1st through April 5th we will be placing dry twigs on the altar in place of flowers (during Lent). We will have Easter lilies and colorful flowers on Easter Sunday and the Sunday after Easter (April 12 & 19). Other than special days throughout the year such as Pentecost (May 31)—red, All Saints' (Nov. 1)—white, Christ the King (Nov. 22)—white, when special colors are needed, you may place flowers on the altar of any color from your garden, store, or florist of your own choice. Call the church office or come by the office to sign up for altar flowers for a Sunday (or several Sundays!). Be sure to let Carol Bowman know how you want the dedication listed in the bulletin for your particular Sunday. Donations are accepted to pay towards altar flowers for those Sundays for which no one has signed up.

A Card of Thanks...

Dear Christ Church
Congregation,

Thank you so much for the beautiful [flower] arrangement! It really lifted Chuck's spirits! We appreciate your prayers & good wishes as he continues to heal. God bless!

Sincerely,
Chuck, Karyn & Tess Whitley

From God's Word...

"For I, the LORD your god, hold your right hand; it is I who say to you, 'Do not fear, I will help you.'" --Isaiah 41:13 (NRSV)

A Note of Thanks...

Dear Christ Church Congregation,

Thank you for the wonderful staff Christmas gift love offering and other individual presents that you gave us for Christmas! You are all so very generous! We are overwhelmed with the love and kindness you have shown us. May God bless each of you!

In Christ,
Fr. Jim & Sandy Bernacki,
Jane Scheer, and
Carol Bowman



(Note: Just in case you can't read the words on the jar in the cartoon above, it says "Artichoke Hearts".)



**SPRING FORWARD
DAYLIGHT SAVINGS
TIME BEGINS ON SUN.,
MARCH 8.**

**BE SURE TO TURN YOUR
CLOCKS FORWARD ONE
HOUR ON SATURDAY
NIGHT, MARCH 7, BEFORE
YOU GO TO BED.**

CONGRATULATIONS TO AMBER GUNTHER!

A recent article in the Stanly News and Press pictured Amber Gunther with her fiancé announcing their engagement. They will be married on July 11 at Central United Methodist Church, Albemarle. We are very happy for you, Amber, and also for your fiancé Chris Kubik! May God bless you both in your new life together. Our prayers are with you.

What is Lent?

Lent is the fourth season of the Christian year. Its length is the 40 days preceding Easter Day, not counting Sundays. This means Lent always begins on a Wednesday, known as Ash Wednesday.

Lent commemorates Jesus' fast and temptation in the wilderness of Judea Province, which, according to the Gospel, lasted 40 days. Just as Jesus confronted his temptations during these 40 days, Lent helps Christians focus on our most basic need as sinners: forgiveness.

The only way our Lord's forgiving power can become effective in our lives is by our taking the initiative to confront our sins, confess them and repent of them. In short, Lent is a season of penitence.

Some Christians fast during Lent. This denial of bodily comforts can help encourage self-reflection about the need for Jesus' forgiveness.

2009 LEX MATTHEWS SCHOLARSHIP

The Diocese of NC Episcopal Churchwomen Education Scholarship for Women 23 and Older, for continuing education or a degree under Master's Degree, is being considered at this time. The deadline to apply for this scholarship is March 15. For an application, see Carol Bowman in the church office.



KRISPY KREME DOUGHNUT SALE

On Sun., March 1, the Youth Doughnut Sale begins! Anyone can sell the doughnuts for \$6 per dozen. Presale sheets and money envelopes will be available on March 1st.

March 15 will be the deadline to turn in presale sheets and money. On Sun., March 22, the doughnuts will be available for pick-up from 8 am until 1 pm. On March 22, the youth will be helping with Coffee Hour and will be selling doughnuts for 50 cents each. See Amber Gunther for more details.

The Serenity Prayer

God grant me the serenity
to accept the things I cannot
change; courage to change the
things I can; and wisdom to know
the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the
pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all
things right if I surrender to His
will; That I may be reasonably
happy in this life and supremely
happy with Him forever in the
next. Amen.

-- Reinhold Niebuhr

Complaint Dissipated

A woman called a newspaper office to complain that her Sunday paper hadn't arrived. Trying to calm her, the man at the office pointed out that the paper hadn't arrived because it was Saturday.

After a brief silence, the woman said meekly, "Well, that explains why there was no one in church today."

What Tony Snow Learned...

When Tony Snow was 17, he watched his mother die of colon cancer. In his early 50s, he learned that he, too, had the disease. Sadly, it was too late to do much about it.

As White House press secretary, Snow sometimes shared with members of the press what he was going through. At one gathering, he told what he'd learned during his ordeal. "You have to learn something that is very hard in the modern era," he said, "and that is you have to give yourself to God, to surrender."

Snow discovered that he could find joy even in sickness. Beyond the pain and worries about his family, he sensed God's telling him that he was more blessed than he realized. God was preparing him for his graduation to the Father's house.

When Snow died, he experienced the promise of Scripture: "Be faithful until death, and I will give you the crown of life." (Revelation 2:10, NRSV).



YOUTH EVENTS IN MARCH

1st=Youth Doughnut Sale Begins

8th=**TEACHERS MEETING AT 12 NOON**—FOR ALL SUNDAY SCHOOL TEACHERS, INCLUDING NURSERY THROUGH ADULT ED.—LUNCH WILL BE PROVIDED!

15th=Discovery Place Trip for ages birth through 12 years old --leave at 12 Noon

22nd=Youth to help with coffee hour and deliver/sell doughnuts

29th=Youth Rock Climbing



Welcome, Spring!
Friday, March 20

LENTEN

SELF EXAMINATION

Lent starts after the very short Epiphany season, and we move into a time of intentional “prayer, fasting, and self-denial.” As you contemplate how to observe this holy season, here are some things to consider:

--Self examination need not be devoid of joy. You are not called to be “more miserable than thou” during the season of Lent. Let gratitude shape your attitude. *Make a list of things for which you are grateful.*

--St. Augustine reminds us that there is a “God-shaped hole” inside each of us. Often, we try to fill this hole with things other than God. What is in your space? *Reconnect with the One who first loved you.*

--Who have you hurt? Recognize that, in our broken world, we need to repent of the ways we have excluded others along lines of class, age, gender, race, or other differences. *Be a healer.*

--Examine your checkbook—where do you spend your money? While much of our spending is, in fact, fixed—the cost of pure living, how we used our money speaks about our priorities. *Consider how your spending reflects what is important in your life.*

--Weep as Jesus did for those who are broken, those who are sick, those who live in poverty. *Open your heart and reach out to those in need.*

And, when you come to the end of your Lenten journey, at the beginning of Easter morning, may you, too, be able to proclaim with Mary Magdalene, “*I have seen the Lord!*”

--By *The Rev. Gretchen Rehberg, Church of the Nativity, Lewiston, Idaho, Reprinted from The Anglican Digest, Lent A.D. 2009.*

I ASKED GOD...

I asked God to take away my habit. God said, “No. It is not for me to take away but for you to give it up.”

I asked God to make my handicapped child whole. God said, No. His spirit is whole, his body is only temporary.”

I asked God to grant me patience. God said, “No. Patience is a byproduct of tribulations; it isn’t granted, it is learned.”

I asked God to give me happiness. God said, “No. I give you blessings; happiness is up to you.”

I asked God to spare me pain. God said, “No. Suffering draws you apart from worldly cares and brings you closer to me.”

I asked God to make my spirit grow. God said, “No. You must grow on your own, but I will prune you to make you fruitful.”

I asked God for all things that I might enjoy life. God said, “No. I will give you life, so that you may enjoy all things.”

I asked God to help me LOVE others, as much as He loves me. God said, “Ahhhh, finally you have the idea.”

--Submitted by Jeff Irvin

NEW ADDRESS:

Cleo Arrington will be at a new address for a while:
Carrington Place
600 Fullwood Lane
Matthews, NC 28105
(704) 815-3386=(Her Phone)

YOUR DISHES WANT TO COME BACK HOME!

There is a table full of dishes in the Parish Hall that are left over from previous meals here at the church or returned from those who have been served funeral meals, etc. Please look over these dishes and take yours home! All dishes not picked up will be placed in our spring yard sale.

Please remember to pick up your **offering envelope packets** on the last pew under the wall rack. If you don’t have one in the box and want one, please contact Carol Bowman in the church office.

PLEASE LET US KNOW...

If you know ahead of time, please be sure to contact the church office if you plan to switch or fill in for someone in the service so that we may put the correct name in the bulletin. We need to know on Thursday afternoons by 3 pm, as the bulletins are usually printed on Friday mornings early.



LADIES’ NOON OUT

The Ladies’ Noon Out will meet Thurs., March 26, at 11:30 a.m. at J. D. Shucker’s in Albemarle. All ladies should meet at the restaurant, as they will NOT be carpooling this time. See Jane Scheer to attend (704) 463-5129.



There will be a community series of Lenten services and lunches to be held Wednesdays in Lent at 12 Noon at First Presbyterian Church. Everyone is welcome! Guest preachers each week:

March 4 =Rev. Lee Shelnett

March 11=Rev. Leslee Wray

March 18=Rev. Tom Everton

March 25=Rev.Lanny Lancaster

April 1 =Rev. John Futterer

A free lunch for everyone will follow the services in the fellowship hall at First Presbyterian Church. Donations will benefit Emergency Housing in Stanly County. --Sponsored Downtown Alb. Ministerial Assoc.

THANKS FOR YOUR GIFTS!
Supper Bowl of Caring=\$157
Offering (fuel) needy family=\$449.44

MARCH

Mon. & Thur., Mar. 9 & 12, 16 & 19, 23 & 26, 30 & Apr 2 (thru May)
ESL Program 5:30 p.m. – 7:30 p.m.

Tuesdays, Mar. 3, 10, 17, 24 & 31
5:30 pm Evening Prayer-Upstairs

Wed., Mar. 4, 11, 18, & 25
12 Noon Lenten Worship Service & Lunch at First Presbyterian Church
5:30 p.m. Soup & Lenten Session in the Parish Hall
6:30 p.m. Holy Eucharist in church
7:15 pm Adult Choir Rehearsal

Thur., Mar. 5, 19 & 26 (Not on 12th)
6:30 am HE, Brkfst, & Bible Study in the parlor

Fridays, Mar. 6, 13, 20 & 27
Fr. Jim's day off

Sun., Mar. 1, Loose Plate Offering & non-perishables go to SCCM, Youth Doughnut Sale Begins

Thur., Mar. 5 11 am-7 pm Habitat for Humanity Chkn BBQ @ Armory

Sat., Mar. 7, 10 am We serve at Saturday Soup Kitchen-Norwood, SPRING FORWARD -- SET YOUR CLOCKS AHEAD 1 HR TONIGHT

Sun., Mar. 8 ☀ Daylight Savings Time begins at 2 a.m., 12 Noon Teacher's Meeting & lunch

Sun., Mar. 15 Loose Plate Offering to Rector's Discretionary Fund, 11:30 a.m. Discovery Place Trip (trip is for toddlers through age 12)

Mon-Fri, March 16-20 6:30 am Stanly Co Youth Breakfast-1st Presb

Tue., Mar. 17, St. Patrick's Day ♣ 7 pm Vestry Mtg.

Wed., Mar. 18 5:30 a.m. Our Parish Serves Breakfast for Youth Breakfast at First Presbyterian Ch

Fri., Mar. 20 Spring begins

Sat., Mar. 21 8:30 am Men's Group

Sun., Mar. 22 Doughnut Delivery & Youth selling doughnuts@ coffee hr

Tue., Mar. 24 7 pm Quilter's Guild

Thur., Mar. 26 11:30 am Ladies' Noon Out at JD Shucker's-Albemarle

Sat., Mar. 28 9am Parish Work Day

Sun., Mar. 29 11:30 a.m. Youth Rock Climbing in Charlotte



CONGRATULATIONS!

We have learned that **Alley Deese** and her basketball team, The Richfield Tigers, won the championship of the Rocky River Middle School Athletic Conference Division I Tournament! The team's picture was recently in the Stanly News and Press with an article.

Also, we have learned that several of our youth were listed among those from Richfield Elementary that had perfect attendance and/or were on the honor roll for the 2nd nine weeks of school--**Alex Brown, Anna Claire Brown, and Margaret Rose Deese!**

We are very proud of our youth for their excellence in athletics, attendance, and academics! You are all a wonderful beacon and witness of God's goodness, when you give your very best for Him!
Congratulations on a job well done!

Youth...



The Stanly County Lenten Youth Breakfasts will be held Mon. through Fri., March 16-20, at 6:30 a.m., at First Presbyterian Church in Albemarle. Special guest speakers and singers will be featured at the services. The cost per day is \$1 per day or \$5 for the week.

Our parish will be in charge of the pizza breakfast on Wednesday, March 18—volunteers to help should be at First Presbyterian Church at 5:30 a.m. to help set up and serve, then clean up afterwards.

Please contact our church office (704) 982-1428 if you can help serve at this youth meal on Wed., March 18.



Parish Work Day
Sat., March 28, 9:00 a.m.



We will be collecting funds for The Society of St. Andrew for our Lenten Offering during Lent. This is an organization that not only educates people in Third-world countries on farming, but they glean crops from farmers who have a bumper crop beyond what they can sell or if their crop is not the correct size for market. They get the crops free of charge and call on churches and other non-profit groups to come harvest the crops to get them to soup kitchens and food banks in the U.S. They are providing us with Lenten devotionals for every family in the congregation. **Please turn in your Lenten Offering with your name on it on Palm Sunday, April 5.**

Special thanks to all who supported the Men's Group Oyster Roast! It was well attended and had a profit of \$417.16, of which a double tithe of \$85 will go to the Community Care Clinic, and the balance to the Men's Group. Also, special thanks to all who supported the Shrove Tuesday Pancake Supper! We had huge crowd! We received \$167 in donations; of this amount, \$35 will go to Homes of Hope for Emergency Homeless Shelter and \$132 to our Men's Group treasury. We also received 74 lbs. of food that night for Stanly Community Christian Ministry's food pantry! Thank you very much!



Join us in the Parish Hall every Wednesday in Lent for a Lenten soup and discussion series on “The Theology of Food.” It will take place starting this **Wednesday, March 4th from 5:30 to 6:15 pm in our church hall.** A soup supper will be provided by Fr. Jim & Sandy during our session. A sign-up sheet for this purpose is in the church hall, or you may call or email Carol at the church office to sign up for the sessions.

SERVICES IN LENT

Sunday services will be our usual 8:30 and 10:30 a.m. Holy Eucharists, although at the 10:30 service things will be a bit more austere for the Lenten Season. Sundays in Lent, we will have a silent processional (i.e., no opening hymn) at the 10:30 service. Also, at both services, the Psalm after the First Reading will be recited responsively by whole verse. We will be using the following options during the Lenten Season:

the sung “Kyrie” (or “Lord, have mercy”) instead of the “Gloria”; Form III for the “Prayers of the People; Form A for the Great Thanksgiving; the omission of the “Alleluia” before and after the word of the Fraction (i.e., “Christ our Passover is sacrificed for us. Therefore let us keep the feast.”); the SECOND Postcommunion Prayer (on page 366), and the use of the “Prayer Over the People” instead of the priestly blessing toward the end of the service.

At the later service we will be using the more somber Schubert settings for the Sanctus and sung Fraction Anthem (“Jesus, Lamb of God”). It is our parish custom to veil the crosses and statues in purple during the Lenten season, to help make for a more austere

appearance of the church and to help us to focus on the unveiled **crucifix**—an image of the body of Jesus on the cross—behind the altar. We also traditionally do not use altar flowers during Lent; instead, we will be using twigs to promote the image of starkness for the season. We will also be using pottery altarware to simplify our ornamentation during this holy season.

Weekday services will remain the same, although the locations have been changed (due to Lent and the upstairs renovations):

Tuesday 5:30 p.m. Evening Prayer in the parlor

Wednesday 6:30 p.m. Holy Eucharist in church.

Thursday 6:30 a.m. Holy Eucharist in the parlor

Christian Formation (i.e., Education) for children and teenagers will remain the same:

Sundays from **9:30 a.m. to 10:15 a.m.**, the middle school/high school group will continue to meet in the youth room (of the older section of the upstairs parish house), while the younger/primary children will meet in the chapel. The nursery school class will continue to meet in the nursery room. Since teachers will be in their rooms by **9:20 a.m.**, we ask our parents to make sure that their children are in class no later than **9:30 a.m.** Classes will break for Easter Sunday (April 12th) and the Sunday after (April 19th). It is very important for **our parents, as the primary educators of their children** in the matters of faith and morals, to ensure that their children faithfully attend Sunday school classes and Sunday Eucharist.

Christian Formation of Adults: The Sunday morning (9:30 a.m.) session in our parlor will be a **Lenten study for adults** led by Tom Lowe. The study is entitled **“Watching the Disciples— Learning from Their Mistakes.”** All are welcome.



We are in need of a coordinator and volunteers for our ESL program which will begin this coming Monday, March 9th at 5:30 pm and continue each Monday and Thursday through May 28. Amber Gunther, our youth/CE director, will serve as teacher, but we are in need of nursery volunteers and tutoring volunteers (who will also help with refreshments). If you’re interested, please sign the list in the parish hall or call/email Carol at the church office. If there are no coordinator or volunteers, we will need to either drop the babysitting service or drop the ESL program entirely.



HOLY WEEK

Palm Sunday, April 5th:

8:30 and 10:30 a.m. Holy Eucharists; Easter Egg Hunt after the 10:30 service, which is a Sunday earlier than last year

Mundy Thursday, April 9th:

6:30 a.m. Holy Eucharist in the church hall parlor
6:30 p.m. Holy Eucharist with the washing of hands and stripping of the altar in church
After 6:30 p.m. service: “night watch” at the side altar (Oxford Chapel) in church

10:30 p.m. Taizé Night Prayer at the Oxford Chapel in church

Good Friday, April 10th:

12 Noon Service of Good Friday with Communion from the Reserved Sacrament in church
3:00 p.m. “The Way of the Cross” in church

6:30 p.m. “The Way of the Cross” outside church, followed by Good Friday devotions inside

Easter Eve, Saturday, April 11th:

8:00 p.m. The “Great Vigil of Easter” Holy Eucharist followed by Easter reception in the church hall

Easter Day, Sunday, April 12th:

8:30 and 10:30 a.m. Holy Eucharists in church

Bread & Wine

Bread & Wine Articles DUE March 20!

Christ Episcopal Church
Mail: PO Box 657
Albemarle, NC 28002

Time sensitive material

Mailed on March 6, 2009

*A parish of the Episcopal Diocese of North Carolina ,
The Episcopal Church of the United States of America (ECUSA),
and the Worldwide Anglican Communion*

Rector – The Rev. Dr. James Bernacki
Supply Priest in Residence-Fr. Marvin Aycok
Senior Warden – David Wilhelm
Junior Warden – Archie Chase
Treasurer – Stan Scheer
Vestry Clerk – Allison Poplin
Parish & Financial Sec’y – Carol Bowman
Organist & Choir – Jane Scheer
Acolytes – Cindy Moore
Altar Guild – Pat Bryfonski
Flower Liaison – Beth Chivington
Christian Ed.—Cindy Moore, Lisa Deese

Columbarium – Helen Harris, Allison Poplin
Coord. Of Relig. Formation – Amber Gunther
ECW – Shelia Chase, Pat Bryfonski, and Jane Scheer
Lawn Care – Craig Kennedy
Lay Eucharistic Ministers – David Cook
Lectors – Dr. Marianne Bumgarner-Davis
Men’s Group – Archie Chase
Nursery – Miranda Throneburg, Cindy Moore
Outreach –Lana Erickson, Matt Amick
Evangelism – Tom Lowe, Joe Burris
Parish Life – Michael Lowder

Pastoral Care –Lori Kirkingburg, Dr. Lisa Brandyberry
Buildings & Grounds-David Wilhelm, Tony Hinson
Stewardship & Finance- Russ Hollins, Archie Chase
Ushers – Wayne Davis
Worship – Pat Bryfonski, Cindy Moore
Youth – Amber Gunther, Nancy Deeck
Church Kitchen Coordinator – Doris Stickney
Parish Nursing – Becky McKeon, Felicia Amick

Happy Birthday!

The Parish Family of Christ Church
wishes the following parishioners a very
“Happy Birthday” in **February & March:**



February

1 Raymond Allen	7 Bruce Stickney
1 Matthew Hinson	12 Cindy Moore
4 Jacob Moore	27 Walter Davis
6 Lisa Brandyberry	27 Caroline Sawyer
6 Katrenia Davis	28 Michael Lowder

March

2 Tony Hinson	18 Andrew Allen
5 Elizabeth Deeck	18 Sally Aycok
8 Nancy Deeck	20 Beth Irvin
8 Archie Chase	21 James Lewis
9 Dawn Allen	23 Chad Colby
12 Shelia Chase	27 David Davis
17 Jane Almond	31 David Wilhelm

HEARTS in the morning

Start your morning with heart. Enjoy this special breakfast with someone you love!

What you need:

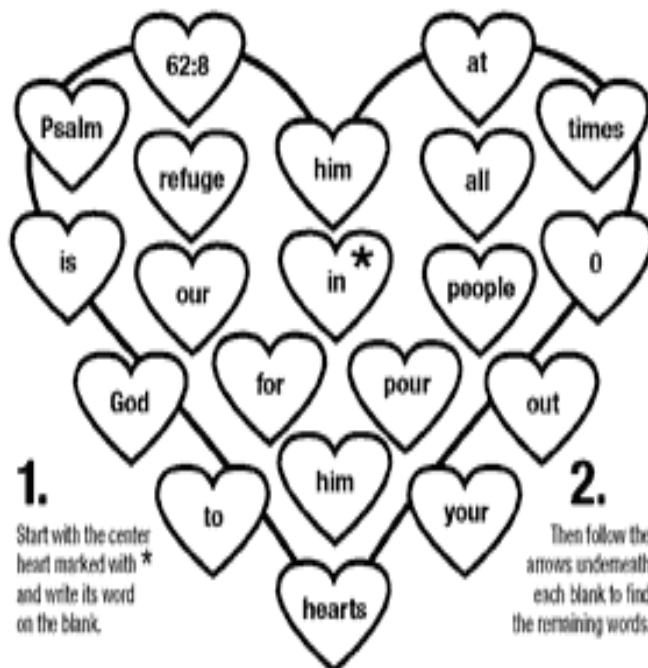
- Your favorite pancake recipe and syrup
- Pan or griddle
- Cooking spray
- Liquid measuring cup
- One 5-inch heart-shaped metal cookie cutter
- Wooden clothespin
- Spatula
- Adult help

What you do:

1. With an adult's help, follow your recipe to make your favorite pancakes.
2. Spray cooking spray onto your pan or griddle.
3. Pour pancake batter into a liquid measuring cup. (This helps with pouring individual pancakes.)
4. Place the cookie cutter on the pan or griddle. Then clip the wooden clothespin onto the cookie cutter to act as a handle.
5. Pour batter (about 3-4 Tablespoons) into the cookie cutter.
6. Cook until the top is bubbly and the pancake is dry around the edges.
7. When the heart is ready to flip, use the clothespin to lift and remove the cookie cutter.
8. Turn the pancake with the spatula and cook until golden on both sides. Enjoy with your favorite syrup or fruit.



This special Bible verse from the NIV describes what God wants us to do with our hearts.

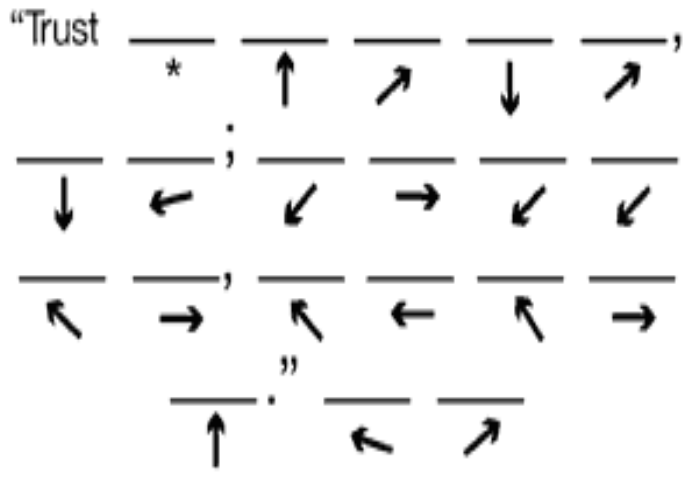


1.

Start with the center heart marked with * and write its word on the blank.

2.

Then follow the arrows underneath each blank to find the remaining words.



Answer: "Trust in him at all times, O people; pour out your hearts to him, for God is our refuge." Psalm 62:8

PRAYER BOX

Family prayer time is a good habit. Make it fun with this activity for all family members. They can use this special box whenever they have a prayer request.

What you need:

- Shoebox
- Wrapping paper
- Scissors
- Tape
- Stickers, markers, etc. (optional)
- Index cards
- Pencils or pens



What you do:

1. Wrap the shoebox like a present. Be sure to wrap the lid separately so it can be removed.
2. Let the whole family help decorate the box. You can write Bible verses about prayer, draw pictures, glue on pictures or add stickers. Be creative!
3. Put the box in a prominent location of your house. Keep a pile of index cards and pencils or pens near the box.
4. Whenever a family member has a prayer request, he or she can write or draw it on a card and put it inside the box.
5. Family members can share the cards in a prayer circle, or people can take turns praying for all the requests. Throughout the week, family members can check the box for new prayer needs.



A FAMILY OF PRAYER

The book of Acts tells about a man named Cornelius. He was a Roman centurion from Caesarea who worshiped God. Through his encounter with Cornelius, Peter learned that God accepts everyone who fears him and does what is right.

Use the code below to see the example set by Cornelius and his family. Solve the math problems by using the grid. Then use the key to find the letter that matches each answer. Write the letter on the blank.

GRID	
A	B
2	4
C	D
6	5

KEY: a=7 e=8 i=10 o=9 u=11 y=6

"He ___nd ___ll h___s f___m___l___
A+C A+D A+D B+C A+D B+C A+B

w___r___ d___v___ ___t ___nd
A+C A+C A+C B+D C+D A+D

G___d-f___ ___r___ng; h___ g___v___
B+D A+C A+D B+C A+C A+D A+C

g___n___r___ ___sl___ t___ th___s___ ___n
A+C A+C B+D C+D A+B B+D B+D A+C B+C

n___d ___nd pr___ ___d t___ G___d
A+CA+C A+D A+D A+B A+C B+D B+D

r___g___l___r___." ___cts 10:2, NIV
A+C C+D A+D A+B A+D

Answers: "He and all his family were devout and God-fearing; he gave generously to those in need and prayed to God regularly." Acts 10:2, NIV