



Winter 2018

St. Paul's EPISTLE

Annual Meeting

January 28th 2018



Join us Sunday, January 28th for a combined 9:30am service in the main sanctuary followed by The Annual Meeting.

All members of the parish are called to meet in order to hear about the affairs of our parish and elect four new members to the vestry.

Note: A quorum is required by Episcopal and Diocesan Canons for Annual Meeting to be held. Mem-

bers are encouraged to attend to hear the business of the church and cast their vote for vestry.

If it is not possible for you to be in the area on January 28th, and you are a member of the parish, a provision will be made to cast a ballot for vestry. Please email the church office for details at office@stpaulwilkesboro.org.

United Thanks Offering

The United Thank Offering (UTO), a program sponsored by Episcopal Church Women (ECW), will have the "little blue boxes" and envelopes available in the Commons on March 11th to collect coins of gratitude to God every time you receive a blessing. Thanking God for our lives, our families, our church, these beautiful mountains, all are examples of blessings we may recognize with coins dropped into our blue boxes. UTO donations collected from parishes worldwide are used to fund projects suggested by church grant applications.

UTO boxes and envelopes will be gathered on **Sunday, March 18th**. Please be generous with your UTO thanksgiving checks, or place your blue boxes in the collection plates that day.



Our Mission:
God in our hearts;
Light to our path;
Home for all.



The Rt. Rev. José McLoughlin
Bishop of the Diocese of WNC

The Rev. Ann Dieterle
Rector

The Rev. Dn. Susan Whittington
Deacon

Rachel Minick
*Director of Children, Youth,
& Family Ministries*

Lynne Sturdivant
Administrative Assistant

Carla Bowers
Choir Director

Ramona Curtis
Organist

Roosevelt Carlton
Sexton

News from the Rector

The Rev. Ann Dieterle



"A Deliberate Lent for a Deliberate Life"

There's a short entry in the November 22nd issue of *Christian Century* that grabbed my attention. The heading for it is "Living Deliberately" and it describes a class offered in the religion department at the University of Pennsylvania called *Living*

Deliberately: Monks, Saints, and the Contemplative Life. The really interesting thing about it is that the class has a lab section. Now I've had a lab section for math classes and science classes but I've never heard of a religion class with a lab. Intrigued, I wrote to professor Dr. Justin McDaniel to get more information about what the lab section entails. I was particularly interested in exploring if it was something that we could employ as a Lenten practice at St. Paul's. Here is what Dr. McDaniel said:

for a solid month there is no speaking, no internet, no phone, no texts, no tv, etc. Only handwriting in a journal and there are entries every 30 minutes. There are also eating restrictions, dressing restrictions, and service requirements. Students wake at 5:30am every day without the use of an alarm. It probably is a little too harsh and all-consuming for a long-term Lenten practice for working adults.

I did not in fact need the clarification that these practices wouldn't work for working adults, you will be glad to know. But I do think it's an idea worth exploring and adapting. The students who take the course note that they ended that month with 'increased concentration and a deeper connection to

others.' The report of increased concentration is not surprising to me. I have noticed the change in my attention span since I've purchased a smart phone and joined social media. But how incredibly counter-intuitive is it that you can go through a solid month with all of those restrictions on how we normally communicate and come out the other side feeling a 'deeper connection to others?' Perhaps those monks and saints were onto something. I could spend some time theorizing about why that is, and I already have a few ideas after some experience in silent retreat (though not 30 days worth). But there's no better teacher than experience so I will leave that for you to find out for yourselves- if you should want to join in this particular adventure.

For this Lenten devotion the practices will be:

- Complete a journal entry twice a day
- No social media
- No TV (except Sundays)
- No meat except on Sundays
- No texting (unless your job requires)
- Pray the hours: 6am, 9am, 12noon, 3pm, 6pm, 9pm (you can adapt this if your schedule doesn't allow for these exact hours. I suggest the pattern of right when you wake up, before you go to work, before you eat lunch, during a mid-afternoon break, before supper, and before bed)

I can provide guidance on what to do while you're praying the hours but there is no right or wrong prayer. It can be as simple as pausing for a few moments to give thanks to or acknowledge God. My one recommendation about prayer is "pray as you can, not as you can't."

If there is interest, the group that forms will gather to share experiences on **Tuesday mornings at 7:30am**. That's not a mandatory part of the practice but is highly encouraged if your schedule permits it.

A sign-up will appear in the Commons at the appropriate time and please don't hesitate to send me an email at rector@stpaulwilkesboro.org if you are interested.

Sunday Ski Day

We have reservations with the French-Swiss Ski College at Appalachian Ski Mountain for **Sunday, February 11th**. This includes a lesson, equipment rental, and an all day lift pass. The cost will be \$20.00 for skiers and \$25.00 for snowboarders. We will leave immediately following the 10:30am service. Everyone is welcome to join,



children 10 and under require a parent who is willing to ski with them. Please sign up in the commons.

Youth in 8th-12th grade are invited to Valle Crucis Conference Center for Spring Conference. The 8th graders will be welcomed and the seniors sent off with a blessing. Watch for registration information in upcoming publications!

Children, Youth, & Family Ministries

Rachel Minick



What a beautiful pageant, watching the children, youth, and their families share in the messages from God. After the Advent season of waiting, filling the manger with good deeds, kind words, and examples of preparing our

hearts for the birth of Jesus, the manger was soft and overflowing with evidence of the kindness that flows from the children and youth of St. Paul's.

I want to thank everyone who supported our Seed Money campaign in November and December. We raised \$605.00 and have been awarded a \$750 grant from The Health Foundation to kick off our Feeding our Neighbors project. This project will be two-fold. The first half of this project will begin this month as the youth will construct and install a Little

Free Pantry beside the driveway of the church office. If you are unfamiliar with the concept, a Little Free Pantry is for neighbors helping neighbors. It will be labeled "Take what you need. Leave what you can." In addition to seasonal food drives by the youth, the box will be open for donations 24 hours a day, 7 days a week. Just as it will be available to those who have a need.

The second part of our Feeding our Neighbors project will come in the form of a raised bed garden that will be installed behind the church office.

The goal of this garden is to put fresh, garden-grown food into the hands of our neighbors living with food insecurity. As a part of this project, I am asking you to consider your role as any of the following: builder, planter, weeder, waterer, harvester, and/or distributor. If you have interest in helping, please send me an email or call the office.

Rachael Minick

Email: stpaulscyfm@gmail.com

Instagram: @stpaulswilkesboro



JULY 9-13 9:00AM-12:00PM
SHOWCASE ON FRIDAY EVENING 5:30PM-7:00PM

Arts Camp VBS

SAVE THE DATE AND SPREAD THE WORD!

VBS Volunteers

The Christian Education Committee is looking for artists, musicians, actors, designers, dancers, creative-types, outdoor lovers, and child-wrangers to help with our new VBS model- Arts Camp VBS! If you have a talent and are curious as to how it might fit into this model, talk to Rachel!

PLANNING SCHEDULE:

February 5th:	5:30pm in the church office
March 12th:	5:30pm in the church office
April 16th:	5:30pm in the church office
May 7th:	5:30pm in the church office

VBS SCHEDULE:

Sunday, June 3rd	
12noon-2pm:	Mandatory VBS Volunteer Training (youth and adults)
Sunday, July 8th	
12-2pm:	Decoration and Set Up
July 9th-13th	
9-12:00:	Daily Arts Camp July
Friday, July 13th	
5:30-7:30pm:	Showcase in the Parish House

ECW News

We meet the second Monday of each month at 12:00noon. Please bring a simple dish to share for lunch. Hope to see you there!

For more information about ECW contact Gwen Temple at GT1116@aol.com or 336-984-6469.

Men's Breakfast

The Men's Breakfast is on the third Sunday for each month from 8:30-10:00am in the Parish House and will be cooked and served by the men of St. Paul's. A donation of \$5.00 per person to cover our cost is appreciated. Come join your fellow parishioners for delicious food and fellowship.

This quarter, breakfast will be held on January 21st February 18th, and March 18th.

If you would like to get involved with the Men's Breakfast, please contact Ken Canter at rkencanter@aol.com.

Outreach News

The Outreach committee meets every other month on the second Sunday following the 10:30am service. All are invited. The next meeting is tentatively scheduled for February 11th. All are invited.

If you are aware of a parishioner in need of a visit (home, hospital, nursing home, etc), food, or other assistance, please let us know. You can contact Lynne in the church office at 336-667-4231 or at office@stpaulwilkesboro.org.

For more information on Outreach, contact Joe Fesperman at joefesperman@yahoo.com.



2018
Parish
Retreat
July 20-22

Save the date for our Annual Parish Retreat in Valle Crucis and know that YOU are invited to join us for a weekend of fun, relaxation, fellowship, and cool mountain air in the middle of the summer.

St. Paul's Episcopal Church Worship Opportunities

Wednesday Eucharist

5:30pm Historic Chapel

Please join us for worship

Sunday Services

8:30am Historic Chapel

9:30am Sunday School

10:30am Sanctuary



St. Paul's Vestry

2017

Sandra Elledge

Tony Lyall

Tim Murphy

Sheree Sloop

Bill Harris, *Secretary*

2018

Rose Andrews

Carol M. Canter

Joe Fesperman, *Jr. Warden*

Anne Hannibal

Joe Richardson, *Treasurer*

2019

Misty Hartzog

Connie McNeill, *Sr. Warden*

Laura Welborn

RETURN SERVICE REQUESTED

St. Paul's EPISTLE

ST. PAUL'S EPISCOPAL CHURCH
PO Box 95
Wilkesboro, NC 28697



Location:

200 W. Cowles Street

Email Address:

office@stpaulwilkesboro.org

Office Phone:

336-667-4231

Pastoral Emergencies:

336-223-5762

Office Hours:

Monday-Friday
9:00am to 5:00pm

Website:

www.stpaulwilkesboro.org