

The Voice of **St. Margaret's**

The Official Newsletter of St. Margaret's Episcopal Church

January, February, March 2023

Mission Statement

The Mission of St. Margaret's Episcopal Church is
To worship, to serve, and to form the spiritual growth
Of individuals according to the teachings of Jesus Christ.



THE RECTOR'S DESK

THE RECTOR'S DESK

NEW YEAR - NEW OPPORTUNITIES

I'm sure you've noticed that each year almost all the major news magazines put out an issue with special pictorial sections recalling people and events that made news during the previous year.

Many of the magazines also include articles by experts predicting what they expect to see happening in the years ahead. Some even go so far as to make predictions covering 10, 20, or more years in the future. In the past, a few of these predictions have proven amazingly accurate, while others couldn't have been more wrong.

January brings an abundance of possibilities – a new year means New Year's resolutions, setting goals, and evaluating the potential of the months ahead. January also brings Financial Wellness Month. It's a time to reassess and rejuvenate our relationship with money, and as a financial advisor, I can't think of any way better to kick off a new calendar year.

But I would be remiss to not acknowledge the last 12 months and the effect it has had on all of us. What many of us may forget is that two years of COVID-19 and other strands of the virus wasn't just a global health crisis – it was an economic, societal, and cultural crisis as well. From social isolation, to work reduction or job loss; from missing out on major life events like graduations or weddings, to the horrifying worry of contracting, or even worse, dying from COVID-19 – the pandemic caused layers and layers of added stress to everyday life. Not to mention the added stress of the

Service Schedule

Sundays
8:am
Holy Eucharist Rite I
(No Music)
On Hold for Now

9:30am
Holy Eucharist Rite II
(With Music)

Wednesday 6:30pm
Bible Study
Via Zoom

supply chain shortage and inflation. One underlying theme throughout it all? Financial stress.

Americans are stressed out. In recent years, the National Center for Health Statistics has recognized that about 1 in 10 adults report feeling anxiety or depression. With these stressors, we've had to change and adapt to our way of life, especially in the workplace. Many businesses have changed their services, offering more online options and less person-to-person contact. Other companies are offering more flexible work arrangements with work from home set ups. These work adaptations may seem like they are in place just to flatten the curve, but employers may want to take a second look before returning operations back to normal.

The reality is that many believe change is here to stay. In fact, according to the Pew Research Center, 51% of the American population believes that their lives will remain significantly changed even after the pandemic is over. That means that over half of the United States presumes that we will not be going back to the way things were.

So here we are, at the first month of 2023. I wonder how we'll do this year? Will we be as busy? Will we make any better use of our time? In next eleven months, when the year is over, will we be looking back with joy, or with regret? Will we be looking at the future with anticipation, or with dread?

Richard Swenson, a medical doctor, wrote a book in which he discusses one of the major maladies of our time - anxiety and stress. He calls it "overload," and says that people are just plain overloaded. We're overloaded with commitments. We've committed ourselves to go here and there, to take part in this activity and that social function. As a result, we soon begin meeting ourselves coming and going because we have overloaded ourselves around commitments. We're also overloaded with possessions, he says. Our closets are full, and our garages are overflowing. We've gone into debt to pay for all these things that we "simply must have." And now we're so afraid that someone will steal them. We are overloaded in possessions.

Thirdly, we have an overload in work. There is an information overload. He said that as a doctor he must read 220 articles a month just to keep up with all the changes in his profession. And now with the internet there's an information superhighway. But the problem is that we can't possibly absorb it all. So, we feel an overload in this area, too. Well, I could go on and on,

but you get the picture. There are so many demands on our time, so many good things that need to be done. But there are just 8,760 hours in this year. We do want to make the most of every opportunity, so what are we to do?

Well, to answer that, Paul tells us in Ephesians 5:15, "...do not be foolish, but understand what the Lord's will is." Now what do you think God's will is for you in this new year? Do you think He wants your mind so saturated with worries and anxieties that you can't think spiritual thoughts? Do you think He wants your calendar so crowded that you don't have time for the important things? What do you think God's will is for you this year?

Let me make a couple of suggestions for you to consider. First, establish your priorities. But when you begin to establish priorities, you must decide just where God stands in your life. So, ask yourself, "Who or what is most important in my life?" And I'm hoping that your answer will be, "My relationship with God, through Jesus Christ, is most important to me." If so, then put that at the top of your list of priorities, and say, "This will affect my decisions, my scheduling, my relationship with others, and my whole outlook on life." "Therefore, when Sunday rolls around neither rain nor shine nor football kickoffs will interfere with my being in church, because He comes first in my life. I'll worship the Lord, and nothing will interfere with that."

You also need to schedule some definite time each day to pray and to read His Word. Pray for yourself and for your family and for people around you. Pray for the St. Margaret's, and for our ministries. Sometimes the volunteers feel overwhelmed. You'll never know how much your prayers will mean to them.

But you'll be blessed as you grow in your faith and trust in the Lord! You must also spend time with your family. Spend time with your children, and grandchildren too. They're growing up ever so fast. These are precious moments. Don't let them get away. Make sure that you spend quality time with them. Make sure that your family is very high on the list.

So first, establish your priorities. And then, learn how to live today. The two greatest enemies of time are regrets for things we did in the past, and anxiety about what will happen to us in the future. Many of us are living either in the past or in the future. Someone said, "Life is what happens to you while you're making plans to do something else." True, isn't it? Another year has

come and gone. A new year stretches before us. Help us Lord, to redeem the time.

And during the New Year may you have enough happiness to keep you sweet - enough trials to keep you strong - enough sorrow to keep you human - enough hope to keep you happy - enough failure to keep you humble - enough success to keep you eager - enough friends to give you comfort - enough wealth to meet your needs - enough enthusiasm to make you look forward to tomorrow - and enough determination to make each day better than the day before. Lord, please help us to use the 8,760 hours of this year the wisest way we can for you, and for your glory.

Romans 13:11-12 says, "The hour has come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light." Make the most of every opportunity in 2023.



Who's Who...

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Priest Associate

The Rev. George Kamani

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Volunteer Receptionist

*Thora Holder, Barbara Scott,
Nancy Butler*

St. Margaret's Episcopal Church

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Trotwood, Ohio 45426



Vestry

Agnes George, Senior Warden
Mitchell Lucas, Junior Warden
Joyce Stone, Church Treasurer
James Bolden, Asst. Treasurer
Barbara Bass, Secretary

Nancy Butler
Thora Holder
Beatrice Ramsey
Ellen McDaniel
Brenda Cochran
Steven George

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The Voice Editor: Phyllis Brunson
The Voice is Published Quarterly

Deadline: 18th of month

Please e-mail all articles to:

phyllisbrunson1042@att.net



Birthdays

January

- 7 David Shawn Sandridge**
- 8 Tammy Tucker**
- 15 Chelsea Bradshaw**
- 16 Regina F. Smith**
- 22 Barbara Hudson Banner**
- 25 Miya Smith Custer**

February

- 2 Michael Thompson, Jr.**
- 4 Robert Stockton III**
- 9 Ronald Ogletree**
- 13 James Bolden, Jr.**
- 14 Monty Reece**
- 14 Jaysha Williams**
- 16 Aniya Jarrett**
- 17 Joyce Stone**
- 19 Larry McDonald**
- 28 Jeff Brunson, Jr.**

March

- 3 Luther Burns**
- 21 Bronce McDonald**
- 23 Brenda Scott-Riley**
- 23 Brian Scott**
- 23 Miles Smith Custer**
- 25 Nikki Parrot**
- 25 Raymond Lucas**



• **FOR YOUR INFORMATION** •
Brotherhood

There will be no Brotherhood Fish Fry and ECW Bake Sale in January. We will be back the first Friday3, February 2023, 11:00am -6:00pm. Your continued support is appreciated throughout the year. Come on out for the best fish in town and most delicious baked goods, and of course the great fellowship enjoyed by all who attend. Lookinf forward to seeing you on those first Fridays. The Brother's Breakfast meeting is held every second Sunday of the month after the 9:30am. service. All men of the church are welcome Join the Brotherhood.

ECW meetings are held on the second Sunday of every month after the 9:30am service, all women of the church are invited to attend, yearly dues is \$10.00. We are now making plans for our upcoming annual Women's Day Weekend. All women of the church are welcome to join the ECW.

In Memory of our Loved Ones



Charity M. Smalls
September 19, 1985 - December 9, 2022

Joyce Jacqueline Prowell Emory
January 4, 1945 - December 22, 2022

Mary Belle
January 11, 2023

Something to Consider:

What Has Happened to Our Gratitude?

Research has shown that gratitude can improve general well-being, increase resilience, strengthen social relationships, and reduce stress and depression. It is also strongly associated with happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and further build strong relationships.

Another positive reaction for Gratitude is that it further improves our mental health. In many studies over the last decade is that people who constantly counts their blessings have a tendency to be happier, less depressed, but the problem is that most research studies on gratitude have been carried out with people that are well-functioning. The question is- is gratitude beneficial for people who struggle with mental health? And if so – how?

Another study involved nearly three hundred adults, most of them were college students who were in need of mental health counseling. These students reported low levels of mental health. It is interesting to note that most people who are seeking mental health counseling services did struggle with issues related to depression and anxiety.

When we think of the word gratitude you will find that most of us are capable of this positive feeling, but sometimes we need a little reminder, or a little convincing in order to practice it.

There are many reasons to practice gratitude, but it has recently been discovered that there is a very big one- its

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capacity changed and strengthened the brain in a lot of positive ways.

Gratitude is powerful, it might not throw itself at our feet and seek our attention in a way like “why don’t you notice me” – kind of way, but it is powerful.

Research has also shown that gratitude can improve general – well-being. The more grateful people are, the greater their overall well-being and life satisfaction. They also have a stronger immune system, lower blood pressure, and better sleep each night. They will also be more alert and more generous, compassionate, and happier.

Grateful people also have a greater capacity for joy and positive emotions.

Here is a good question – Why is it so important? We knew that it was important before we actually knew all about it. Gratitude is about noticing the goodness in the world, but it doesn’t mean being blind about the difficult stuff, that can get to us from time to time. Gratitude makes sure that when we have a big dose of negative feelings, we don’t lose sight of the good.

Gratitude reinforces generosity from the giver and from the receiver. When there is an open display of gratitude in our relationships, both people are more likely to repeat the giving, in the open-hearted one receiving. The effect is not only from person to person, but it can go clear across the world. It also allows us to see the good that comes from outside ourselves. We are able to see the good in the world and the people around us and helps us to hang on to the positive and celebrate the

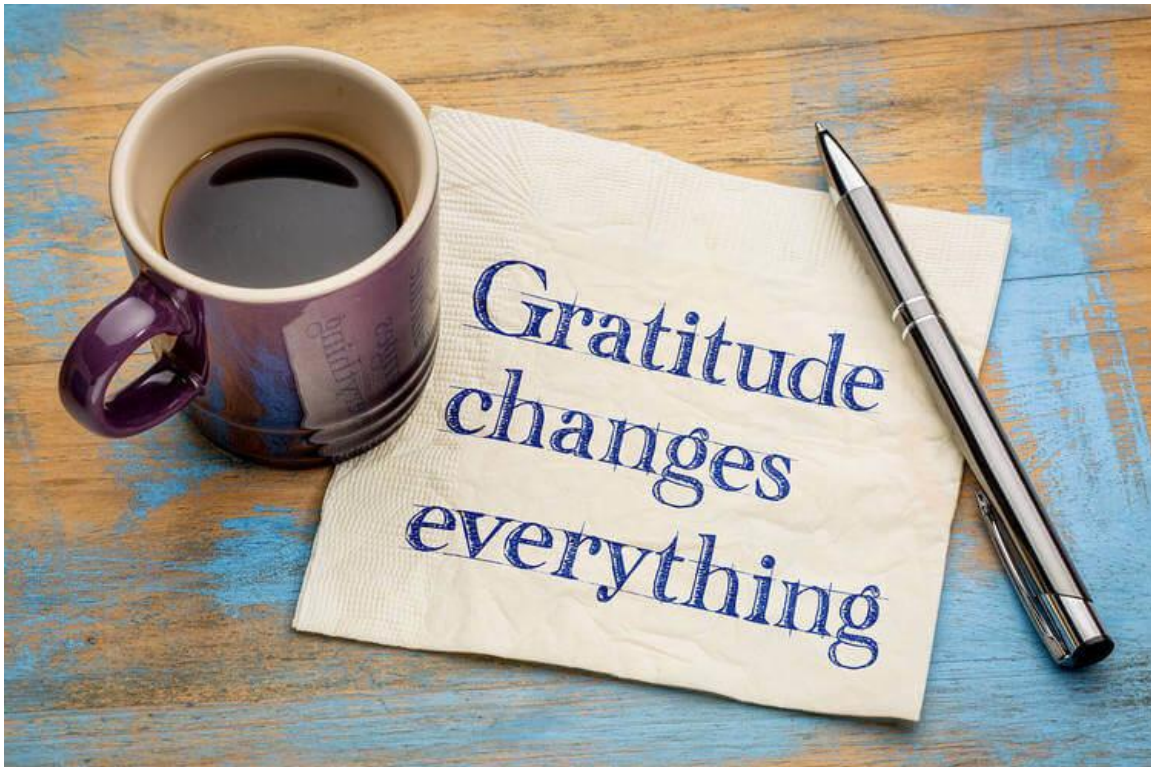
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good in our lives that we might otherwise move away too quickly.

The following are two quotes about gratitude: ***“Living in a state of gratitude is the gate way to grace”***

“When gratitude becomes an essential foundation in our lives, miracles start to appear everywhere.”

Submitted By: Ms. Brenda Cochran



Let Us Pray

**Grace is when God gives
us good things that we
don't deserve.**

**Mercy is when He spares us
from bad things we deserve.**

**Blessings are when He is
generous with both.**

**Truly, we can never run out
of reasons to thank Him.
God is Good All The Time!**

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- **Lawrence Home Academic Grants provide opportunities for young women**

The Lawrence Home Association, founded in 1896 under the will of philanthropist Eleanor Earnshaw, was started to “provide a Christian home for self-supporting, young women on limited means, the most important aim being to help them elevate their standard of life.” To this day, the Lawrence Home Association provides opportunities for young women in the Diocese of Southern Ohio.

An eight-member board, appointed by the bishop, meets once a year to vote on recommendations for academic grants for minority women, scholarships for clergy daughters and funding for social-service agencies whose mission is to serve women of limited means and help them move out of conditions related to poverty, abuse, etc.

The [Academic Grant for Minority Women](#) program helps finance the postsecondary education of minority women, regardless of age, who are affiliated with an Episcopal church within the Diocese of Southern Ohio. The association expects to make eight grants in 2023. The application deadline is March 17, 2023. All applicants for the 2023-24 grant period will be selected by April 28 and notified by May 19 about the status of their applications. Applications can be found [here](#).

Grant criteria

- The Academic Grant for Minority Women is open to all minority women who are affiliated with an Episcopal church in the Diocese of Southern Ohio.
- Applicants must be in pursuit of a postsecondary education in a degreed program or on a postsecondary track toward a professional certification.
- No age restrictions apply.
- No socioeconomic criteria apply.
- Applicants must fill out a brief [application](#) that includes a biography and an essay to be considered.
- Applications must be signed by a member of the clergy in the Diocese of Southern Ohio.
- Grant awards are limited to four consecutive years, beginning with the 2023-24 academic year for undergraduate studies.
- Grant awards for master's or doctoral students are limited to two consecutive years beginning with the 2023-24 academic year.
- Grant awards are based on the availability of funding for the Lawrence Home Association's Academic Grant for Minority Women program. Upon award, applicants must present a class schedule or school registration.

An Epiphany Message from Bishop Smith

- January 6, 2023

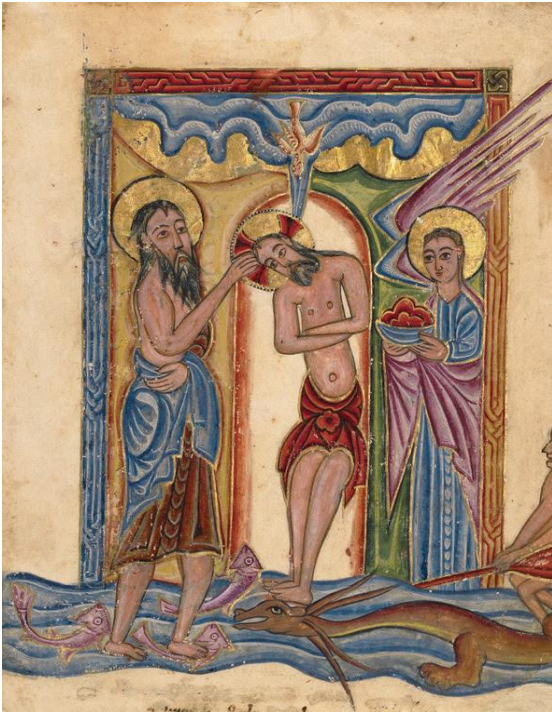


image: Mesrop of Khizan, active 1605-1651. [Baptism of Christ](#), from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN.

This brief sketch of how the Feast of the Epiphany and its ensuing season work was written by Bishop Smith in 2013. We are glad to share it with you today, January 6, as we celebrate Epiphany:

From early time there have been two gospel narratives associated with the Feast of the Epiphany itself. First is [Matthew's telling](#) of the birth of the Messiah, with the notable characters of the magi playing their part, and including the [flight into Egypt](#). [Luke's story](#), the one with the shepherds and the angels, comes at Christmastime.

The second Epiphany narrative, and the one with greater emphasis in the Christian East, is the [baptism of Jesus](#). We celebrate this aspect of Epiphany on the Sunday following the feast. Every year on Orthodox Epiphany, you can [see photographs](#) and television

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clips of Orthodox believers piously jumping into lakes and rivers, in recollection of Jesus' baptism. This is no act for the faint of heart in the middle of an Eastern European winter! But Eastern Christianity teaches that when John baptized Jesus in the Jordan River, Jesus' contact with the water there blessed all the water in the world, and for all time, a delightful piece of faithful imagination. Thus Epiphany becomes a feast for giving thanks for the gift of water, that basic stuff of life—and new life through baptism. So the hardest among pious believers jump into the water.

The second Sunday after Epiphany takes up a third a note from the historic lectionaries for the season, namely the “signs” of Jesus as told in John's gospel. The [favorite among these narratives](#) is the miracle of water-into-wine at the wedding in Cana.

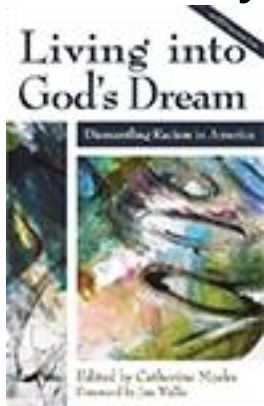
Then for the rest of the season the lectionary takes up the narrative of Jesus' life, teachings, healings, and miracles, and does so until the Last Sunday after the Epiphany, when the Gospel is always the [Transfiguration of Jesus](#). After the Lent-Easter-Pentecost cycle, the narrative of Jesus' life continues during the Season after Pentecost.

This sketch is, admittedly, not the stuff of flash and adrenaline-rush. But perhaps understanding how the season works, beyond the piece about wise men following the star to Jesus, can lead to a deeper appreciation for the season and its movements. Perhaps we can see how it has been put together, from long centuries ago, in order to draw worshipers into a deeper belief in Jesus as the Messiah and God's only-begotten.

The Rt. Rev. Wayne Smith, Bishop Provisional
The Diocese of Southern Ohio

Meeks, Catherine, Ed. *Living into God's Dream*

Edited by Catherine Meeks



“While the dream of a ‘post-racial’ America remains unfulfilled, the struggle against racism continues, with tools both new and old. This book is a report from the front, combining personal stories and theological and reflection with examples of the work of dismantling racism and methods for creating the much-needed “safe space” for dialogue on race to occur. Its aim is to demonstrate the ways in which a new conversation on race can be forged.” (Church Publishing)



Recipe for A Happy New Year

Take twelve, fine full-grown months, see that these are thoroughly free from all old memories of bitterness, ranker, hate and jealousy. Cleanse them completely free from every clinging spite, pick off all specks of pettiness and littleness – in short, see that these months are freed from all the past – Have them as fresh and clean as when they first came from the great storehouse of Time.

Cut these months into thirty or thirty-one equal parts. This batch will keep for just one year. Do not attempt to make up the whole batch at one time (so many persons spoil this entire lot in this way). Just prepare one day at a time, as follows:

Into each day, put twelve parts of FAITH
Eleven of PATIENCE
Ten of COURAGE
Nine of WORK (some people omit this ingredient and spoil the flavor of the rest)
Eight of HOPE
Seven of FIDELITY
Six of LIBERALITY
Five of KINDNESS
Four of REST (leaving this out is like leaving the oil out of the salad – don't do it!)
Three of PRAYER
Two of MEDITATION
Add one Well-Selected RESOLUTION

If you have no conscientious scruples, put in about a teaspoon of Of GOOD SPIRITS, a Dash of FUN, A Pinch of FOLLY, a Sprinkling of PLAY, and a Heaping Cupful of GOOD HUMOR

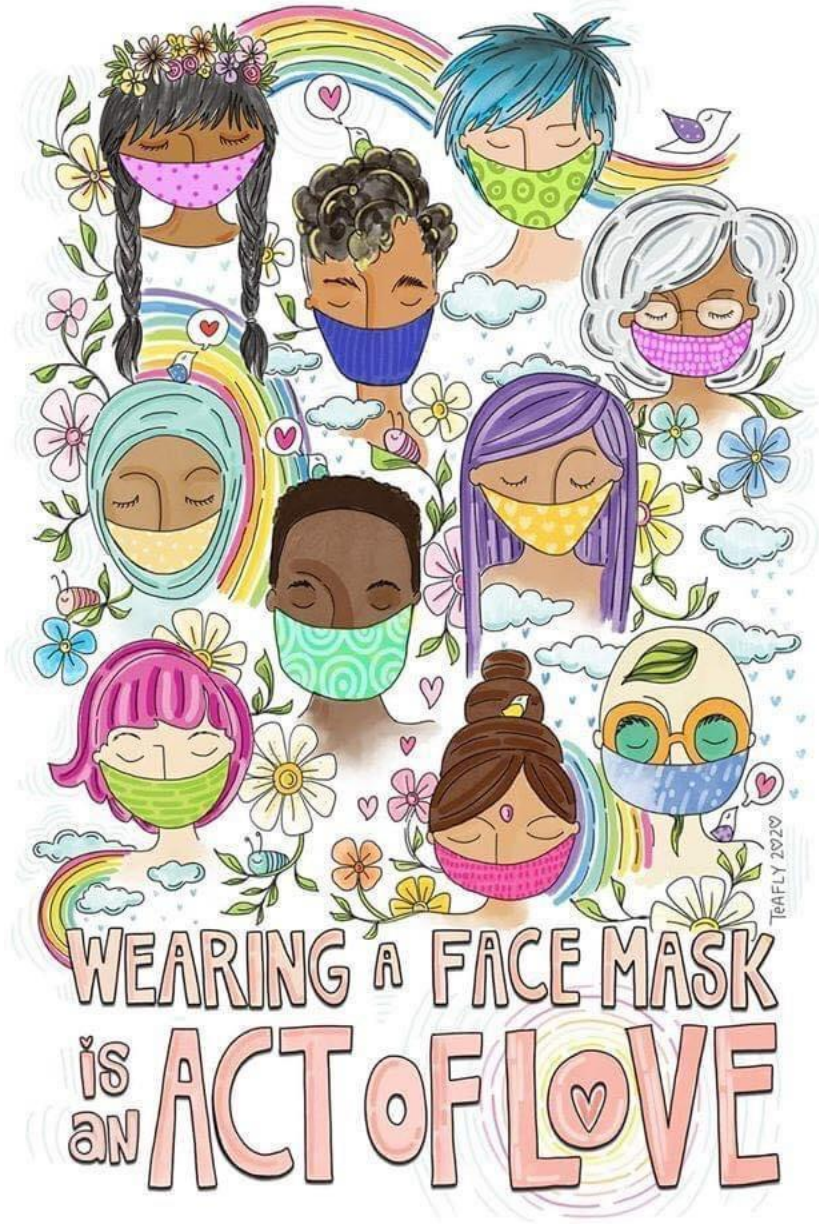
Pour into the whole LOVE, Cook thoroughly in a fervent Heat, garnish with a few smiles and a sprig of JOY; then serve with Quietness, Unselfishness, and Cheerfulness and a

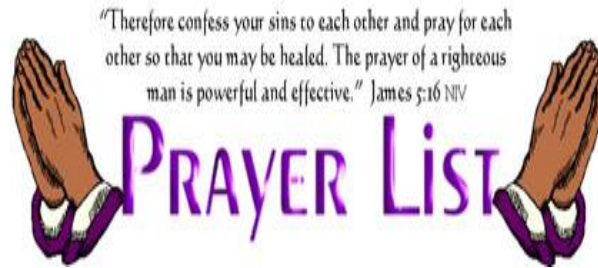
HAPPY NEW YEAR is a CERTAINTY!!!

By: Brenda Cochran

Happy New Year

2023





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Beverly Barker, 5012 Heatherton Dr., Trotwood, Ohio 45426, (937) 837-0949
Elizabeth Clark, 5820 Seybold Rd., Brookville, Ohio 45309, (937) 837-8029
Donna Wright, 413 Majestic Dr., Dayton, OH, 45417 (937) 263-3700
Fr. George Kimani, 303 W. Herr St., Englewood, OH 937 708-6129
Harvey Toles, Walnut Creek Assisted Living, 2501 Keystone Club Drive, Suite #650 Dayton, OH 45439, (937) 299-0194
James Francis, 148 Copperfield Dr., Dayton, OH 45405, (937) 540-8206
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Joyce Bolden, 2150 Poplar St., Obetz, Ohio 45307, (614) 491-7879
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Madeline Moxley, 531 Belmonte Park North #904, Dayton, OH 45405, (513) 633-6659
Otis Mae Williams, 5790 Denlinger Rd., FC16, Trotwood, OH45426
Paula Ramey, Wood Glen Alzheimer's Community, Magnolia Unit, 3800 Mall Woods Dr., Dayton, OH 45449, (937) 436-2273
Peggy Libecap, St. Margaret's Hall, #221, 19860 Madison Rd., Cincinnati, OH 45206
Robert Lewis, 1312 Earlham Dr., Dayton, OH 45406
Roy Parks, Contact his daughter, Anna Carter @ 336 337-4176
Shawn Sandridge, 917 Stolz Ave., Dayton, OH 45417, (937) 960-077
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Timothy Mundy, Sylvia Wilson's youngest son
Marlene Eskridge, 111107 Appletree Dr. Trotwood, OH45426 (937)226-1048
Delores Walker, 3810miller Lane, Rm142, Centerville. Oh 45459

For any additions, deletions, and or corrections to this list please contact Barbara Bass at church office (937) 837-7741. Thank you.

Remembering St. Margaret's EC

You may make a bequest to St. Margaret's Episcopal Church by preparing a new will or by adding a codicil to your present will. To make sure your exact intentions are carried out wills and codicils should be prepared by or with the advice of an attorney.

The most useful bequest is an unrestricted bequest for the general purpose of the Church. This permits the Church to use your gift wherever it is needed at the time.

For more information on making a bequest consult your attorney or estate planner.

Membership in St. Margaret's Episcopal Church, Trotwood

If you are currently a member of another Episcopal Church and would like to transfer your membership to St. Margaret's please contact the Parish Administrator at 937-837-7741 so that a request for a letter of transfer can be prepared for you.

If you are not currently a member of an Episcopal Church and desire to become a member we would welcome your commitment to God and the Church. All baptized Christians are welcome to receive Communion in the Episcopal Church and to participate fully in programs and ministries of the Church.

Individuals who have been baptized within any denomination can officially be prepared for membership by attending formal confirmation classes, which are conducted by the church. The Bishop subsequent to class completion will perform confirmation of prepared candidates. Dates for both classes and confirmation will be announced when they have been determined.

If you would like additional information or baptism, please call the Parish Administrator at the church office 937-837-7741. Planning a reception or anniversary celebration or just looking for a place to hold a meeting call for complete details.



Eucharistic/ Acolyte Ministers Schedule January-February 2023

January 9:30am

1. Phyllis Brunson
8. Judy Wilson, Cynthia Kilby
15. Judy Battle
22. Willa Smith
29. Barbara Banner

February 9:30am

5. Maeda Thompson
12. Ellen McDaniel
19. Cynthia Kilby, Judy Wilson
26. Brenda Cochran

Greeters: Sandra Scott, Barbara Scott, Yvonne Hodges

In Person Service continues with one service only at 9:30am.

Communion will be the communion kits.

Please make an extra effort to serve when scheduled or **if absolutely unable please make arrangements to trade with someone.** Thank you for your dedication and support to this ministry.

Peace and Blessings,
Phyllis Brunson

Readers Schedule January - February 2023

January 9:30am

1. Gloria Johnson Oatts
Robert Bass
Jim Bolden

8. Wanja Kamani
Phyllis Brunson
Raymond Lucas

15. Brenda Cochran
Robert Stockton
Monty Reece

22. Judy Wilson
Judy Battle
Jim Bolden

29. Raymond Lucas
Gloria Johnson Oatts
Phyllis Brunson

February 9:30am

5. Wanja Kamani
Brenda Cochran
Monty Reece

12. Judy Battle
Robert Stockton
Judy Wilson

19. Phyllis Brunson
Wanja Kamani
Jim Bolden

26. Raymond Lucas
Robert Bass
Judy Battle

Please make an extra effort to serve when scheduled or **if absolutely unable please make arrangements to trade with someone.** Thank you for your dedication and support to this ministry.

Blessings,
Judy Wilson

St. Margaret's Episcopal Church



*"Celebrating 131 Years"
To God Be The Glory*

Living the Vision from Generation to Generation



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Notes