



Cares, Prayers, and Current Affairs

August 2022

Greetings All,

It is August 2nd and a good day here in the Carolinas. The sky is clear with a hint of blue and the sun is shining bright while the heat is beading down like a raging bull!

Still, there is redemption in the much cooler hours of the early morning. It is the perfect time for prayer and meditation. We should always make quiet time for God. Find time for peace and tranquility. With so many distractions in the world, it's good to invoke the presence of God's peace and lose ourselves in the reading of His word and prayer.

It is a good thing to care for one's soul as well as the body. Stay cool in this heat and stay hydrated. Becoming overheated can sneak up on one. Take numerous drinks of water throughout the day and pray as often as possible.



What's Been Happening at St. Joseph's!

BAPTISM A couple of Sunday's past, St. Joseph's celebrated a new life in Christ in the baptism of young Alessi Lettesome age one. She is the daughter of Ms. Kelly Hermann. We at St. Joseph's smile at the language of young children because for years we had no children and now we have six children 3 yrs. and under. The ceremony was beautiful with the altar dressed in white and the Paschal Candle lit aglow beside the Baptismal Font. Alessi was so beautifully dressed in a white satin and lace gown. The pews were filled with witnesses for Christ renewing their vows as well as vowing to be a part of the village of believers agreeing to take part in Alessi's Christian journey.

Rev. Clark was robed in his white and gold chasuble. Young Alessi was not a fan of the water but she was blessed all the same. We were blessed with a delightful lunch during the coffee hour provided by the family.



The Power of Prayer

Twice last month, family members were in need of life changing prayer. My nephew was bleeding internally and flat lined twice on the operating table. I called upon prayer warriors in the family and God spared his life. Oh, how thankful we were. Oh, how we rejoiced! Later my great nephew was in a terrible car accident. He was hit at the driver's door. He sustained a collapsed lung, four broken ribs and facial fractures. The damage to the car also destroyed the baby's car seat. Thank God the seat protected her. Once again, I called on prayer warriors and God answered our prayers. I truly believe in the power of prayer. God is good and His Grace and Mercy endureth forever!



School Supplies for DSS

We have been asked to partner with the Department of Social Services to supply back to school items for 600 foster children throughout Cumberland County. They need book bags, pencils, rulers, notebooks, loose leaf paper, erasers, hand sanitizer, and cleaning wipes. Wal-Mart has a list of supplies requested by local schools. All those planning to donate supplies, please have them in the Butler Parish Hall no later than 15th of this month at noon.



ECW

The Episcopal Church Women of East Carolina will be hosting a Retreat at the Trinity Center on August 17th. Registration is \$30.00 and is due by Aug. 10th. Please send to Lucia Peel, 203 N. Houghton St. Williamston, NC 27892.

Our own meeting will take place in person on Wednesday, August 21, following Morning Prayer which ends at 10:35. So ladies, please join us for Morning Prayer that starts at 10:00. This a planning meeting for the remaining year leading up to the 150th Anniversary. Everyone's input is valued and appreciated.



BOSA

The Brotherhood of St. Andrew is currently on vacation. They are still planning to serve the community by collecting non-perishable foods for school children with food insecurities. They will also take school supplies.



CWU

Church Women United are celebrating their annual Least Coin in the form of a Zoom Meeting August 12-13. This is also a regional meeting. The Registration is \$10.00. The Theme for this meeting is, "It's Up to You in 2022." There are seven states presenting in this meeting. Please contact me or Janice Smith for details.



DOK

Daughters of the King will have Retreat this Fall, October 3-7, 2022. This will take place at Kanuga Campgrounds. Please check your emails for details regarding registration.



Tips for Lengthening the Life of Fruit

* Wash fruits like blueberries, strawberries, and grapes in a bowl of water with two teaspoons of distilled white vinegar for five minutes.

- * Allow the fruit to dry
- * Place fruits in mason jars and store in the refrigerator



Fried Green Tomatoes

Select green tomatoes and tomatoes on the verge of turning red.

Wash the tomatoes and dry.

Slice the tomatoes and slightly add salt on one side.

Use coarse cornmeal or Italian breadcrumbs on each side.

Fry in a skillet of oil until golden brown.



Health News by Dr. Stella Nebolisa

The U.S. Department of Health and Human Services declared the monkeypox outbreak a public health emergency. According to the Center for Disease Control, CDC monkeypox is contagious from the start of symptoms until the rash has healed. Two to four weeks is the typical length of illness. “You can have a rash in multiple areas of the body, and that rash can look like many things. It can look like a pimple, it can look like a little bump that mimics folliculitis which is when the follicle of the hair gets infected, can be painless or painful Monkeypox contamination is still rare, and most people have a low risk. However, you need to know your risk level as the number of cases grows exponentially. As the outbreak continues, the virus may soon start to spread further and may affect different demographic groups.

If your city is where monkeypox is spreading, and in a community where it's spreading, you are at higher risk in this current phase of the outbreak. The monkeypox outbreak first started spreading among men who have sex with men, a group that includes people who identify as gay, bisexual, transgender, and nonbinary. The group continues to be at the highest risk. So far, the bulk of cases has been reported in large metropolitan cities.

How can I contract the virus?

The main source of transmission is direct, close, skin-to-skin contact or when you are in close proximity with an affected person and make day-to-day contact. Transmission can also occur through intimate contact with a virus-affected person.

The CDC currently recommends that vaccines should be administered to those at risk of developing monkeypox. This includes those that have been exposed to monkeypox as well as people who are aware that one of their sexual partners in the past two weeks has been diagnosed or people with multiple sexual partners in the past two weeks living in an area with known monkeypox. People should stay up-to-date with their local health department to determine eligibility requirements.

Respectfully submitted by

Stella C. Nebolisa, PharmD, RPH



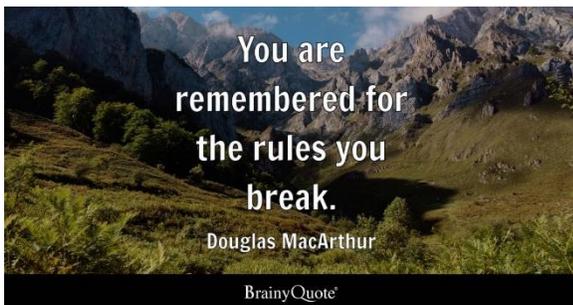
Chandra's Prayer Corner

Dear God, there are times when I feel defenseless. When my communication with others threatens my sense of self, give me wisdom for how I should respond. Help me to stand firm in You and to be aware of the power I possess because of You and know that I'll be ok. In Jesus' Name, Amen.

Come into unity with My Spirit so that you are in complete harmony with no dissonance at all. There must be no inconsistency or disagreement with what you know to be true and how you express it outwardly. Be done with hypocrisy and pretense and honestly live in spirit and truth. John 4:23-24 But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth.



Thoughts from our Senior Warden, Mr. Tyrone Francis



Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family.

Virginia Satir



August Birthdays

17th Lucille McManus
29th ShaCarol Stewart
11th Akeisha Francis



Newsletter author: Jan Mumford

Newsletter editor: Sam Lloyd