



Cares, Prayers and Current Affairs

September 2021

Salutations to all our Brothers and Sisters in Christ. Happy Labor Day! I pray all are well and staying safe particularly during this holiday weekend. Please use caution going out among the general population. If you have family over that do not live in our household, please ask all to "mask up!" Better to be safe than sorry!

Soon the leaves will be showing their glory in magnificent hues of red, gold, orange, purple and brown.

It is a beautiful staging before the cold brings most foliage to a halt for the winter. I continue to be in awe of God's majestic and magnificent creation. Oh! What a mighty God we serve!

Early this past month my sister shared an uplifting story of which I shall pass on. The things that we have to learn, God's creatures know instinctively.

Food for Thought

A farmer was commenting on a time when his sheep was bitten by a rattlesnake. The face of the sheep did swell and though it must have

hurt terribly the sheep continued on its way grazing and climbing.

He went on to say...but the rattlesnake did not know the kind of blood that runs through the veins of the sheep.

Anti-venom is often made from sheep's blood. The sheep swelled for about two days, but the blood of the sheep destroyed the venom of the serpent.

Though the farmer worried about his sheep, the sheep continued to do what sheep do, graze, drink, and climb... because she knew she would be alright.

Often the serpents of this life will reach out and bite us. They inject their poison in us, but they cannot overcome the blood of the lamb of God that washes away our sin of the world and the sting of death. Don't worry about the serpent or his bite, just make sure the Lamb's Blood is flowing through your veins.

This is an awesome story with today's application. Gotta love it!

Author Unknown

...here is another:

The Eagle does not fight the snake on the ground. He picks it up into the sky and changes the battle ground and then the Eagle releases the snake into the air. The snake has no stamina, no power, no balance in the air. It

is useless, weak and vulnerable unlike on the ground where it is powerful, wise and deadly.

Take your fight into the spiritual realm by praying and when you are in your spiritual realm,
God takes over your battles.

Don't fight the enemy in his comfort zone, change the battle ground like the Eagle and let God take charge through your earnest prayer.

I hope you enjoyed the readings. SHOUT OUT TO MY SISTER, ROSA

What's Happening at St. Joseph's

Just when we thought the coast was clear for face to face meetings and gatherings.... we have been pulled back to exercise wise caution. We continue to have service in the sanctuary, exercise a distance of three feet, mask is mandatory if one is not vaccinated and optional for those who are vaccinated. Last but not least, SANITISE, SANITISE and SANITISE!

We continue to livestream service. If you are unable to attend service in person, please Zoom in.

Your number is counted!

All are encouraged to take the covid vaccine which lessens one's chances of having a severe case of covid, eliminating the possibility of hospitalization and death. People with

underlying health conditions must be especially cautious. Some say their rights are being infringed upon, but what about the rights of those who want to stay healthy? Things that make you go...Mmmmmm!



Bible Study

Bible study will resume on Wednesday, September the 8th at 11:00 following Morning Prayer at 10:00.

We will be studying the Saga of Abraham! We will begin with Genesis, chapter 11. Grab your Bibles! We are looking forward to seeing you there!



ECW

As you may know we were unable to hold our August gathering due to the rising number of Covid cases. The Diocese was asked to support the Trinity Center by donating office type supplies. Thank you to all who donated.



BOSA

Though the men have been on summer break, they continue to collect non perishable foods for school children with food insecurities and school supplies for children in need. Their meetings and Bible study will resume on the first Wednesday after Labor Day at 4:00.



DOK

Our annual dues of \$40 a year is due this month. Thus far, the Gathering at Camp Kanuga is planning it's event October 4-8. Please refer to your e-mails for details.



Stitchers and Crochet Class

Each Tuesday at 1:00 - 2:30pm a group of women gather to make masks. They are currently being delivered to the Cape Fear Valley Cancer Center.

The mission of the mask makers continues to serve those in need. To date we have produced over 4,000 masks. This is a church community effort held at St. Joseph's on Tuesdays at 1:00-2:30. Thanks to all the hands that lend their time and support.

We were pleased to welcome new friends to our crochet circle. Chandra Francis, Ann Chisom, Margaret Williams, Eleanor Alexander and Tiffany Lettsome! Yeah Us! We meet on Tuesday's and Friday's at 5:00. All are welcome!



September Birthdays!

12 th	Wanda Vaughn
10 th	Gale Walcott
14 th	Akeil Francis
19 th	Akeijah Francis
	Rev. Deac. Mary Mac Shields
23 rd	Annabelle Nebolisa
23 rd	Keith Walcott
26 th	Michael Akrofi-Ayeh
	Anthony Cone
	Ellen Cone



Old Fashioned, Old School or Hacks!

By Bernice Motley

A SHOUT OUT to Bernice... I tried the Hack for cleaning grout on bathroom tiles with the use of Hydrogen Peroxide and it works! (Jan Mumford)

If any of our readers are impressed or wish to give a shout out to any of our writers, please send it to our Editor, Mr. Samuel Lloyd at slloyd10.sl@gmail.com. Everyone likes to know they and their time is appreciated. You may remain anonymous upon request.



Vick's Vapor Rub!

Note: Do not use your fingers in the jar or the same item used once you have applied the salve to your skin to prevent contaminating your

jar with bacteria.

*** Relieve a Headache: Use a Q-tip and dab bit on your temples

*** Remove a tick from your body. The tick will release the hold on your skin and back away

*** Paper cuts and hang-nails: prevents infection, and speeds up healing

*** Nail Fungus: Over a period of two weeks, apply to affected nails. As the nail grow, the fungus will come off.

*** Fade Bruises: New bruises only. The bruise will fade faster and heal quicker.

(Do not use around the eyes)

*** Hydrates and moisturizes Dry Feet: Apply at bedtime to dry areas and put on white socks for the night.

*** Athletes Foot: Apply twice a day for two weeks.

*** Stretch Marks: apply to marks for two to three weeks you will notice them to start to fade.

*** Ear Pain: Apply Vick's to a cotton ball and place in your ear to relieve the pain.

*** Mosquito Repellant: Apply a dab here and repel mosquitos on your skin; a dab on a bite will relieve the itch.

*** Pimples: a dab on a pimple and it will be gone by the next morning or it will reduce the size.

Do you have a cleaning hack or secret you are willing to share..... tell Bernice Motley.



Bible Trivia

How many verses are repeated twice in the Bible?

- A. 0
- B. 1
- C. 2
- D. 3

Answer B. 1
Psalms 14:1, Psalms 53:1

Bible Humor

Who is the best lifeguard in the Bible?

Answer: Jesus, because he can walk on water.

St. Joseph's Kitchen Recipes



Naked Spaghetti: Anonymous

Boil spaghetti till tender, rinse and set aside

In a separate skillet on low heat add 2 tbs. of olive oil, a pad of butter, minced garlic to taste
add spaghetti, toss in skillet splash as you toss with low sodium soy sauce

You may then add sauteed peppers, onions, tomatoes and ground meat if you choose.



The Chuckle Corner

Three sisters ages 92, 94 and 96 live in a house together. One night the 96 year old draws a bath, puts her foot in and pauses, She yells down the stairs, "was I getting in or out of the bath."

The 94 year old says, "I don't know, I'll come up and see" she pauses, and yells down the stairs and says, "was I going up the stairs or down?"

The 92 year old was sitting at the table having a cup of tea. Listening to her sisters she says, "I sure hope i never get that forgetful." She shakes her head. She knocks on wood for good measure.

She then yells, " I will come see about both of you as soon as I see who is at the door! "



Thoughts from our Senior Warden, Mr. Tyrone Francis

The only true wisdom is in knowing you know nothing.

Socrates

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.

William Arthur Ward



From Deacon Shields

This week the deanery sewing Triangle started making non sew blankets.

Several weeks ago the Child Advocacy Center contacted St. Joseph's about participating in a 9/11 memorial project. They have asked for volunteers to make blankets for the children who are in their program.



Here is a picture of our group who met August 31. We were able to complete five blankets. We have five more to go to meet our quota. These blanket kits are available to make throughout the year. They require no sewing. Please plan to join us if you are able.



Chandra's Prayer Closet **by Chandra Francis**

Dear Jesus, thank You for Your grace that sustains us and never runs out. Today, help us bring our weaknesses to You so that Your power might shine in us. May we find our rest in You. In Jesus' Name, Amen.

It is imperative that you position yourself to live and walk in the Spirit at all times. Rise above all confusion and align yourself to be in absolute agreement with all that is righteous. Then, you will find yourself in divine order where you can accomplish all that I have set before you to achieve. Galatians 5:25 If we live in the Spirit, let us also walk in the Spirit.



Caring for Someone Sick at Home

If you are caring for someone with COVID-19 at home or in a non-healthcare setting, follow the advice listed below to protect yourself and others, especially if the person has been diagnosed with the Covid-19 virus.

Help the person who is sick follow their doctor's instructions for care and medicine.

- See if over-the-counter medicines for fever help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.

- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service. Walmart and other stores offer such service.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.

Submitted Stella C. Nebolisa, Rph, PharmD



Rev. Ralph's Corner

It has been about four years since I asked the vestry

what St. Joseph's church meant to them. Many of the answers I received revolved around St. Joseph as a community, and I suppose that is a good answer as the definition of community is:

- a social group of any size whose members reside in a specific locality, share government, and often have a common cultural and historical heritage.
- a locality inhabited by such a group.
- a social, religious, occupational, or other

group sharing common characteristics or interests and perceived or perceiving itself as distinct in some respect from the larger society within which it exists.

So, St. Joseph's Episcopal Church is a community. But what common characteristics bind us together?

There was a time, during segregation, where one of the answers to this question might have something to do with either ethnicity or skin color. But look around the congregation these days and we are a beautiful mix of colors and textures, and we still chose to gather. I would like to think that one reason for the continued desire to gather together is the shared belief in the teachings and preaching of Jesus who we believe is the Christ. So what about our adherence to this philosophy causes us to gather?

The obvious answer is the teaching of Jesus that we are to gather to tell the story, so we gather. We remember the story of Jesus' life and ministry. We remember the stories of the covenant between humanity and God captured in literary form in the collection of writings we call the Old Testament. But we also tell the story since the ink dried on the last book of the New Testament. We tell the stories of our families and our successes and

shortcomings and in so doing we see the work of God even today.

Be Well

Stay Safe

Pray Always

and

Laugh Often!!!!

Happy



LABOR DAY

Newsletter Staff
Author: Jan Mumford
Editor: Sam Lloyd