

Holy Week Schedule

Monday, Tuesday, and
Wednesday

(April 15, 16, 17)

12:00 – 12:45pm

EACH DAY: MEDITATION ON
THE HOLY WEEK GOSPELS
AND 20 MINUTES OF SILENT
PRAYER

Thursday, April 18
6:00pm

MAUNDY THURSDAY AND
AGAPE MEAL

Friday, April 19,
6:00pm

GOOD FRIDAY SERVICE

Sunday, April 21
EASTER SUNDAY

VIGIL . . . 6:30AM

BREAKFAST . . . 8:30AM

EASTER SUNDAY

SERVICE . . . 10:30AM

EASTER EGG HUNT

FOLLOWING THE SERVICE –

ALL AGES WELCOME

Final Two Wednesday Soup and Bread Lenten Programs:

**April 3: "Stewards of Creation Facing A Plastic
Apocalypse"**

**April 10: "Jazz: Collaboration and Improvisation, in
Mission and in Life"**

(see page 3 for details about these two presentations)

**Get whisked back in time to an
early 20th century social club
in a funky warehouse setting!**

.... See page 9

**Two Distinguished Freds
.... See page 7**

LOOKING AHEAD TO EASTER SUNDAY: Workday Schedule for Church Prep

TO PREPARE FOR EASTER SUNDAY on
April 21, we will have our indoor and
outdoor volunteer workday at the
church on **Saturday, April 13.**

SEE PAGE 3 for a list of the delightful
tasks you can choose from. *(In the
event of rain, workday will be Saturday,
April 20.)*

*Learn how
soles can help
you be a
Good Soul . . .
See page 7*



First Sunday Offering Recipient for April: **CAMP HENRY**

THE MISSION OF CAMP HENRY is to offer every camper an experience of the living God in an environment of unconditional love, imagination, and engagement!

Established by the Episcopal Diocese of Western North Carolina in 1959, Camp Henry seeks to provide both youth and adults with an affordable and memorable experience, a home away from home, and a place to play, sing, dance, explore, and learn about the unconditional love of God. Campers participant in traditional camp activities, including but not limited to: boating, fishing, hiking, arts & crafts, singing, storytelling, field games, and swimming. Additionally, campers engage in creative programs designed to aid their spiritual formation through scripture, liturgy and environmental education. All ages and faith backgrounds welcome!

Camp Henry, an ACA accredited camp, is located at Lake Logan Conference Center. Located just 40 minutes west of Asheville in Haywood County, this property includes a stunning, mile-long lake, surrounded by the Shining Rock Wilderness area of Pisgah National Forest.

What Camp Henry Offers

Camp Henry's "typical" sessions are overnight, available for youth grades 3-12, and range in length from 1-3 weeks.

In additional to these sessions, Camp Henry also offers a variety of specialty sessions (see next column):

Family Camp: From grandparents to little ones, the entire family can experience the fun and formation of camp and of growing together in God's love.

Mini Camp: The half-week session is a great way to introduce younger children (grades 2-3) to overnight camp.

LAMP (Leadership, Adventure, Mission Program): 10th-12th Graders are invited to learn, grown in and serve through combined leadership training, rating, camping and a local mission experience.

Bridge It/Saturday Stay: Add \$75 to the regular camp tuition to stay the Saturday night in between sessions.

CHOS (Camp Henry Outdoor School): CHOS offers youth (grades, 6-12) a week-long, authentic wilderness travel experience, learning skills in route planning, food rationing, map reading, "leave no trace" ethics, and expeditional management. These campers explore the incredible Smoky Mountains which create the scenic backdrop for Camp Henry. Each CHOS session includes a day for each of these: climbing Camp Henry's Alpine Tower, rock climbing, and whitewater rafting.

Eat at Smoky Mountain Diner!

During the month of April, Smoky Mountain Diner in Hot Springs will sponsor CHC's **Eats and Drinks for Equal Housing**. Come and support our mission with a donation!

Lenten Programs 2019

April 3: “Stewards of Creation Facing A Plastic Apocalypse”

A TRILLION PLASTIC BAGS are used worldwide each year with a “working life” of just fifteen minutes. The dawn of plastic and “Throw Away” living began in the 1950’s, and now there is an alarming estimated 6.6 billion tons of plastic that have become waste, much of it in our rivers and oceans. Half the plastic ever made was produced in the past fifteen years. The estimates for how long plastic endures range from 450 years to forever.* The facts and figures regarding plastic are staggering, grim and hard to get our heads around. As Christians called to be stewards of creation, what are we to do? Together we will consider this question and be offered simple concrete – even fun – actions to curb our consumption of unnecessary plastic.

* “Planet or Plastic,” by Laura Parker, National Geographic Magazine, June 2018 p. 40-91.

April 10: “Jazz: Collaboration and Improvisation, in Mission and in Life”

This presentation by Bill Buchanan will explore how the music of American Jazz speaks to our nation’s history of both oppression and resiliency. Presentation and discussion will center on the voices of musicians of color, their contributions, and how Jazz speaks to our national history and current state of wealth disparity and injustice.

The program will include these discussions:

- the origins of Jazz,
- the setting of New Orleans
- the role of Jazz in later music genres
- an exploration of Jazz as a metaphor of collaboration across cultures and races (Kid Ory, Louis Armstrong, among others)
- discussion of Otis Moss III model of jazz soloing as post-colonial engagement (Miles Davis)
- the role of jazz in addressing social issues (Billie Holiday: “Strange Fruit”)

LOOKING AHEAD TO EASTER SUNDAY: Workday Schedule for Church Prep

WE’LL PREPARE FOR EASTER SUNDAY ON APRIL 21, with an indoor and outdoor volunteer workday at the church on **Saturday, April 13–9:00am to 12 noon**. Indoor and outdoor help is needed. We hope for ten people, but would appreciate even more. Here’s our plan: deeper cleaning indoors of windows, floors, counter tops, and we’ll rearrange and clean the refrigerator. Our outdoors work: leaf and branch collection, some mulch placement, edging and digging, and removal of some low branches. Come help out, and thank you! (In the event of rain, workday will be Saturday, April 20.)

ECHS CONGREGATIONAL MEETINGS

April 7, 14, and May 5

SPECIAL ECHS CONGREGATIONAL MEETINGS are scheduled for April 7, 14, and May 5 to follow the 10:30 service. These meetings will discuss the report on the feasibility of ECHS becoming a Sanctuary Host Congregation. After nine months of discernment, education, and conversation, the ECHS Vestry decided at their meeting November, 2017, the following:

We, the Episcopal Church of the Holy Spirit (ECHS) declare ECHS a Sanctuary Support Congregation. Also, we commission a Task Group to assess the feasibility of ECHS becoming a Host Congregation.

At the direction of the Vestry, a Task Group was assembled and met throughout 2018 to assess the feasibility of ECHS becoming a Host Congregation. This Task Group presented their report to the Vestry in December 2018, and now these congregational meetings will provide an opportunity for the Task Group's report to be presented, shared and discussed with the congregation as the Vestry now discerns the decision of ECHS becoming a Sanctuary Host Congregation.

PLEASE PLAN TO ATTEND ONE OF THESE AFTER-SERVICE MEETINGS

CHILDCARE HELP NEEDED. La Esperanza English classes are taking place on Mondays and Fridays from 10:00am to noon. We need child-care help! Mostly for an infant and for a very active 2-year-old girl! You can help just once or once in a while! Please let Rebecca know if you can lend a hand.

And note that the Safeguarding God's Children workshop is required to fill this position. Stay turned. A SGC class is in the works. Thanks!

MARS HILL EMPTY BOWLS

\$15 Admission

**Mars Hill Baptist
Church**

**Wednesday,
April 10. 5-7PM**

Admission Includes:

- Soup & Salad
- Ceramic Bowl
- Participation in a
Silent Auction
For Additional Pottery

**All Proceeds Benefit
Neighbors In Need
(Madison County)**

**Sponsored by
MHU Center For
Community Engagement**

The April Youth Workshop "Dismantling Racism" has been postponed. Info yet to come.

Healing Through the Ministry of Blessing REDISCOVERING THE MINISTRY OF BLESSING

Saturday, April 6: 9:30am – 12:30pm

A 3-hour Workshop Presented by Rev. John Rice

John will teach the ministry of blessing. He will share stories of the love and transformative power of God — the blessings of God still being released through blessing prayers in the lives of God's people today. The workshop will conclude with an important prayer exercise of praying blessings into the lives of those we love, AND those we don't love, both of which are so much needed in today's fractious and divided world.

For preparation, Rev. Rice recommends this book: ***The Grace Outpouring; Becoming a People of Blessing***, by Roy Godwin and Dave Roberts.

All are invited to attend the workshop. Direct any questions to Ann Smith or Roger Hartner. By the way, John Rice was David McNair's previous pastor: "*David was the first person we called to be youth minister at St. James, Black Mountain, when I was Rector in the mid-90's and we've been good friends ever since,*" says John Rice.

Second Breath Classes Starting Wednesday, May 1 (An 8-week course)

We are a Pilot Parish!

THE 8-WEEK SECOND BREATH CLASS WILL BEGIN Wednesday, May 1 at 6:00pm, going to 8:00pm; so far about twenty people are interested in forming a pilot group.

THE OVERALL GOAL of the course is to deepen each person's inward and outward journey, and each session will include two video teaching units, with facilitated invitations to reflect, journal and share.

The purpose of the pilot program is to allow Second Breath test its new web-based program by inviting select groups to experience it and offer feedback.

PARTICIPANTS ARE ASKED TO COMMIT to at least a majority of the sessions and at the end of the course respond to a feedback survey (via e-mail) Though the teaching videos will be viewed together in the classes, each participant will be given access to the class web resources to use at home during the four-month period the church will have access to the program. A \$10 contribution toward the cost of the program can be paid to Holy Spirit by those affording it, with payment due the first session.

*Earth Day Vigil
Sunday, April 28,
5:30-7:30 pm
First Baptist Church,
5 Oak Street, Asheville

The Creation Care Alliance of Western North Carolina invites you to a vigil celebrating God's creation and calling on people of faith to care for it.

We will gather outside of First Baptist Church for an afternoon of song, reflection, and messages of inspiration and action from local faith and community leaders. All are welcome!

*Earth Day is Monday, April 22

April Birthdays

Mary Filiss	1
Mike Ray.....	3
Evan Small.....	4
Terry O'Keefe	8
Gwyneth Tuck.....	11
Gary Brumo.....	13
Elizabeth Sparrow .	14
Tamma Moriarty..	15
Justin Reilly.....	21
Marcia Schneider..	21
Indigo Hollister....	22
Rob Mangum	24
Amy Carlson.....	25
Taylor Barnhill.....	26
Saya Jane King	29
Tom Panek	30

Happy Easter!

**On April 21 the Easter Vigil will happen at 6:30 a.m.
beginning in the Memorial Garden (bring a flashlight!)**

Potluck breakfast at 8:30 a.m.

Sunday of the Resurrection service at 10:30 a.m.

BE A GOOD SOUL : DONATE SHOES FOR THE HOMELESS

BETWEEN NOW AND PALM SUNDAY, April 14, ECHS will be gathering shoes for homeless men and women at Church of the Advocate in what has been dubbed our Sole Mate project.

Good quality new, or very gently used, walking shoes are perhaps the most needed clothing items by people who are homeless. Thrivent Financial has again provided ECHS with a grant to kick off this shoe drive off (pun intended). Between now and Palm Sunday, we need members to bring in adult women's walking/athletic shoes or hiking boots in sizes 8-10, as well as men's in sizes 10-12.

Flip-flops in the same sizes are needed for showers, and are less expensive than shoes. So please search your closets and purses for these desperately needed "soles," or the money to purchase them. Then bring them to ECHS to add to the pile in the foyer! I found a once-worn pair at Sister's, and got several other new pairs at Ross for between \$14-\$24, before the 10% Tuesday discount for seniors!

We hope to make this an ongoing project at ECHS. Contact Pam Stein, Donna Turnbaugh, or Bendik Clark for more info.

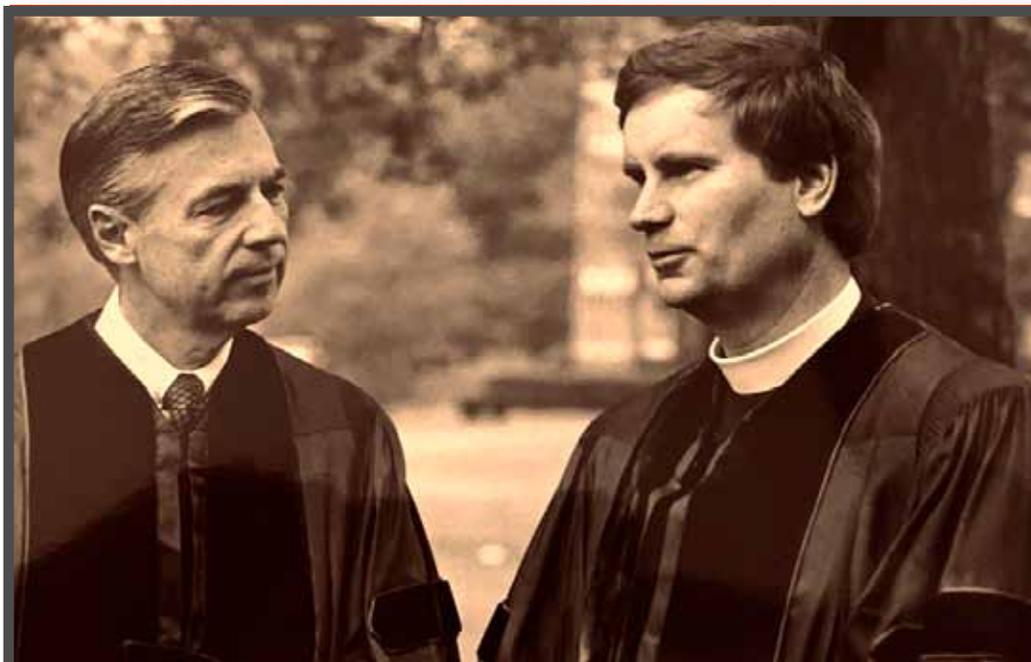
Two Distinguished "Fred's"

Fred Burnam with Fred Rogers:

This photo was taken in 1985 at Hobart and William Smith Colleges. "They were both receiving Honorary Doctorates. They enjoyed each other's company immensely."

—Regan Burnham

***Hobart and William
Smith Colleges are
private liberal arts
colleges in Geneva,
New York.***



Our thanks to Regan for supplying this photo. Photographer unknown.

The Health Benefits of Tai Chi

Could this be the perfect activity for the rest of your life?

This gentle form of exercise can help maintain strength, flexibility, and balance. Tai chi is often described as "**meditation in motion**," but it might well be called "**meditation in motion**." Evidence is growing that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems.

And you can get started even if you aren't in top shape or the best of health!

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions: for example, *White Crane Spreads its Wings*; or named for martial arts moves, such as *Box Both Ears*.

As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

*from Harvard Health Publishing
(Harvard Medical School) December 4, 2015*

Tai Chi sounds great! Where can I go to learn it?

Glad you asked! A Tai Chi class taught by Mark Holland happens at Holy Spirit Church every Monday at 4:30pm. (No charge)

A REMINDER, YET AGAIN

Something you probably know by now, but it doesn't hurt to remind you, yet again:

The ECHS office got a new email address a few months ago. There are many advantages to using Gmail, so that's what we chose, and here it is.

Add it to your address book:

officeholyspiritwnc@gmail.com

ARE YOU INTO SCRAPBOOKING?

What about joining a scrapbooking group? Wouldn't that be fun!

Kathleen Phillips is planning to start such a group and needs to hear from interested folks. No start date yet, but the group will meet at the Mars Hill Public Library at a time agreeable to the participants.

Interested? Get in touch with Kathleen. 828-380-1513

And Looking Way, Way Ahead:

MADISON MAYFEST – A Night at ReClaim

Saturday, May 4, 6:00-9:00pm

25 Bridge Street,

Downtown Marshall in the old Coal Feed & Lumber building,
but under its new name ... ReClaim Madison!

Live music, scrumptious food and libations, preferred pairings salon, interactive games, raffle, and more!

A unique and unexpected fundraising event, ready to whisk you back in time to an early 20th century social club in a funky warehouse setting!

PURCHASE TICKETS NOW! \$65-\$80

Visit MadisonMayfest.Eventbrite.com for more information. Find out what you get for each ticket price!

CHC is an independent non-profit, agency in Madison County. All proceeds benefit CHC's mission of promoting and facilitating healthy, safe, and affordable housing through advocacy, education, and resource development.

Cold Mountain Music Festival

Returning to the picturesque Lake Logan Conference Center, the third annual Cold Mountain Music Festival will take place **MAY 31 AND JUNE 1**.

This year's gathering: acclaimed string act **Yonder Mountain String Band**, indie-rockers **Calexico**, and Americana/folk duo **The Milk Carton Kids**. Other acts to hit the stage will be **JS Ondara, Driftwood, Kat Wright, Ruby Velle & The Soulphonics, Joe Lasher**, and **Logan Ledger**.

Aside from two days of live music, camping and water activities on Lake Logan, craft beverages will be available. Food trucks will include **Hit the Pit BBQ, Out of the Blue Peruvian, Mountain View BBQ, Mo Pho Pho Sho, Scottie B's Concessions, The Velvet Cup Coffee Truck** and **Blunt Pretzels** — all serving up some of the finest culinary dishes and artisan creations.

Funds from the Cold Mountain Music Festival support Lake Logan Conference Center and Camp Henry.