

Soup, Bread and Lenten Programs

The Episcopal Church of the Holy Spirit

Wednesdays 5:45 – 7:45 pm (March 13-April 10)

TOPICS:

Sacrifice: Sacrifice as central to our lives and to the Christian mystery (two Wednesdays)

Just Dust: Mortality, Ashes, and an opportunity to think about preparing the details of one's funeral

American Jazz: How this music speaks to our nation's history of both oppression and resiliency

See pages 3-4 for specific dates and more details about these Lenten programs.

March is a month of Sundays. Five, to be exact! Go see the March calendar for a preview of what a month of Sundays holds for us! Workshops, the beginning of Lent, and thought-provoking Lenten programs.

FORGIVENESS WORKSHOP

SATURDAY, MARCH 9

9:30AM-12:30PM

Adult Christian Formation
Ingrid Diederer

AS PART OF OUR LENTEN PRACTICE, we will reflect on the nature of forgiveness and how to incorporate a forgiveness practice more intentionally in our lives. All are invited to attend. **The workshop will take place in the sanctuary.** For those interested in sharing their practice of forgiveness, a **follow-up** session to the workshop will be held **Sunday, March 17**, from **9:00-10:00am in the Community Room.**

Refreshment Volunteers Needed!

WE NEED MORE VOLUNTEERS to provide refreshments for the coffee hour following Sunday worship. A simple snack will suffice—it's not necessary to provide a large, varied assortment of foods! **HERE'S AN IDEA:** sign up with a friend or a group of friends. If you want to help out, email Donna Turnbaugh at thetbaughs@gmail.com. And tell how many times a year you would like to serve. Thank you!

God's Child

NO ONE KNEW that January 20 would be Jack Angel's last Sunday at Holy Spirit Church. As usual, he stood in the hallway smiling, hugging folks, greeting them with his signature quip: "What's up?"

For lunch after the service, at his request Ann Shiver topped off the meal with banana pudding she prepared like Jack's mom used to make. He was eager to get back to camp to see his Patriots play, but before leaving, Jack handed David a letter for the February issue of **Mountain Spirit**. A week later, with tears welling up, we all read that love letter from Jack to the parish, knowing that he was no longer among us.

For over nine years Jack had spent time with this strange bunch of Christians who accepted, encouraged, and supported him — no questions asked. Jack learned trust, and he made deep friendships, crossing liturgical, experiential, and even generational boundaries. We also learned from him and cherished his presence with us.

Like us all, Jack was a child of God but who, perhaps more than most, had lived with deep pain. Occasionally he shared that pain with us, helping us understand the sorrow he shouldered. In the end, we saw him as a good man who, we believe, found grace. Thanks be to God. We believe Jack will be at peace in the Memorial Garden, just down the hill from the birdhouse he had built and gave to the parish. He along with his birdhouse will be remembered.

Rest in Peace, dear Jack. Amen.
—Pete and Lin Von Dreele

"Thank you all so much for everything and know I love you all." —Jack Angel

March Birthdays

Cal Wilson	5
Julie Larson.....	5
Teresa Matthews	6
Brit Small-Øie	6
Kathleen Phillips	7
Dave Hollister.....	10
Rod Vestal	10
Tom Moloney.....	10
Beth Mangum	12
Jim Woodruff.....	16
Daniel Trevor.....	19
Connor Caskey.....	21
Bob Carr.....	22
Ann Smith	22
Derrick Zeller.....	23
Genevieve Burda ...	24
Mary Maupin	24
Peggy Wilson	24
Charlie Kilpatrick ..	26
Erika Schneider....	26
Lee Ann Bogle.....	31



**Holy Spirit is a Pilot Parish.
And you can jump on the plane!
See page 8.**

Lenten Programs 2019

March 13 and March 20: “Sacrifice: Origins and Meaning” — Mark Holland

This Lenten program offering will address Sacrifice as central to our lives and to the Christian mystery. All of us make sacrifices, whether in a religious context or not, but how aware are we of what we sacrifice and why? Do our personal sacrifices have anything to do with the sacrifice at the center of Christianity? This class will develop discussions that should allow us to look at our own experiences of and reflections on sacrifice with the goal of deepening our awareness of the sacrifices we make and refrain from making. The context, finally, is the sacrifice at the heart of our faith.

As moderator, Mark Holland will share information on the history and mythology of sacrifice and modern commentary on the topic.

Mark is Professor Emeritus, East Tennessee State University, where he taught courses on American Literature and mythology, with special emphasis on mythology and depth psychology as tools for understanding both literature and culture.

March 27: “Remember That You Are Dust” —David McNair

The words are spoken as a cross of ashes are marked on our foreheads as part of the Ash Wednesday liturgy. This particular Lenten program will indeed be a reminder that we are dust because we have the opportunity to make preparations for our own funeral (Celebration of Life) service.

A simple workbook will be provided to offer guidance and suggestions for the particulars of the funeral liturgy (service hymns, prayers, Holy Eucharist or not, flower choice, burial wishes, etc.) so that we can make a record of our final wishes and share these with our loved ones. Taking the time to make these decisions is a holy gift to our loved ones and to ourselves! We will focus specifically on End of Life decisions related to funeral service/liturgy and burial wishes. Teresa Sumpter will be on hand to assist in choosing hymns etc. and other resource people and texts will be available. If you choose, you can leave a copy of your plans on file in the church office.

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.

(Lenten Programs continued on page 4)

Lenten Programs 2019

(Continued from page 3)

April 10: "Jazz: Collaboration and Improvisation, in Mission and in Life" —Bill Buchanan

This presentation will explore how American Jazz music 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

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 29
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

TO PREPARE FOR EASTER SUNDAY on April 21, we will have our indoor and outdoor volunteer workday at the church on **Saturday, April 13**. (In the event of rain, workday will happen Saturday, April 20.) Be sure to enter the dates on your calendar. But don't worry: we are aware of the frailties of human memory, so this info will be repeated in the April issue of **Mountain Spirit**, along with more detail about the tasks to be done. Thanks, Jim Woodruff, for this advance info.

Healing Through the Ministry of Blessing REDISCOVERING THE MINISTRY OF BLESSING

Saturday, April 6: 9:30am—12:30pm

A three-hour workshop presented by David McNair's own previous pastor, Rev. John Rice

John will teach on healing through the ministry of blessing. He will also 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. All are invited to learn more, and perhaps even rediscover the ministry of blessing in their lives... "for this you were called." (I Peter 3:9)

The Rev. John Rice began his faith journey growing up in Ohio on a family farm and attending a small Methodist Church. After working a few years as a County Extension Agent with dairy farmers in Vermont, John was ordained as an Episcopal priest. He served first as pastor to St. James Episcopal Church in Black Mountain and later at Good Shepherd in Hayesville.

In 2016, John and his wife Debra moved to Burnsville where they restarted a healing prayer ministry, **The Blessing Place**, at the nearby beautiful mountainside retreat center of High Pastures. He will preach to us about his ministry on March 31, and then follow up on Saturday, April 6, with the workshop on healing through blessing.

For a deeper look, 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.

"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.

COMING IN APRIL:
Earth Day is April 22—
Because we are called
to care for God's
Creation, there will be
Creation Care Coverage
in the April issue.

First Sunday Offering Recipient for March

CHURCH OF THE ADVOCATE will receive the first Sunday offering in March to benefit its outreach programs, programs such as an onsite mental health counseling free of charge to those who are in need.

Please consider giving generously to Church of the Advocate, the only diocesan mission in WNC. It serves a huge population.

Church of the Advocate provides an Episcopal-based Sunday worship service in Trinity Episcopal Church at 1:30pm. The doors open at 12:00 noon for a time of quiet reflection. In addition to music, there is a spiritual activity prior to worship such as collage-making and coloring. Refreshments are also available. Typically, an average of 100 to 150 people attend this service.

Immediately following the service, volunteers serve Sunday lunch prepared with food provided by MANNA Foodbank.

Both before and after the service the Nurse's station is open, staffed by a parish nurse. It provides treatment for minor ailments and dispenses foot care products, soap, shampoo, toothpaste feminine hygiene products, etc. The homeless who live on the streets find it difficult to obtain good usable shoes. Church of the Advocate meets this need through its Sole Mates closet filled with gently used and sometimes brand new athletic shoes and boots, along with new tube socks.

—This article by John Zeller originally printed March, 2018, in **Mtn Spirit**.

For more info:

<http://www.advocatechurchasheville.org/>

New, to help the homeless: A unique offering COA offers in the WNC service to the homeless is its **BACK TO WORK PROGRAM**. A preowned van was purchased with grant funding to transport workers to service sites throughout the area.

Black Jesus Book Group

Thursday, March 28

6:30 — 8:00pm

The next gathering for the Black Jesus Book Group is Thursday, March 28, beginning at 6:30. But those who want to do some "visiting" first may come at 6:00 for tea or coffee and conversation (and maybe music).

Our next book is **The Hate U Give**, by Angie Thomas. It's a young adult book which speaks to any age; it's also a movie which can be streamed on Amazon or You Tube. Our discussion will be based on the same questions we are asking of all our selections: What in this book really gets my attention? What has it taught me about what it's like to be an African American in this country?

Reclaim Madison

The Community Housing Coalition is embarking on a social enterprise project called **RECLAIM MADISON**, and we need your help. A once thriving business in downtown Marshall, the Coal Feed and Lumber store, had to close its doors back in 2015.

Since the early days of its closure, CHC has worked on finding a way to reopen the doors of this building and is happy to announce the fundraising launch for **RECLAIM MADISON!**

RECLAIM MADISON will provide numerous benefits to the community such as economic development, affordable housing, job creation, and more. **RECLAIM** will preserve a historic place while meeting a critical revitalization and consumer need in the community. **RECLAIM** will provide a local outlet for recycling and purchasing of salvaged materials.

To learn more, or to contribute now to the **RECLAIM MADISON** campaign, visit <https://www.gofundme.com/Reclaim-Madison>.

CHC and its representatives thank you for joining us in launching this worthwhile campaign, one that will benefit the entire Madison County community!

—Stephanie McCullough

Youth Champions

We are looking for **YOUTH CHAMPIONS**—people willing to support and celebrate our youth and to help bring them into the larger life of the church community!

You can be a **YOUTH CHAMPION** in all sorts of ways:

- join us for youth events,
- provide snacks,
- seasonally decorate the youth room,
- take pictures at youth events to post in youth room,
- drive/accompany us to diocesan events,
- provide occasional fellowship meals or bagged lunches,
- help train youth for volunteer ministries

Why are we asking for Youth Champions? Because we have a parish full of amazing folks and a youth group full of incredible teenagers, and, as it turns out, **WE ALL NEED EACH OTHER!**

Interested in being a Youth Champion? Please get in touch with Morgen Yeakley (morgenmay1@msn.com) or Cristi Johnson (cristimjohnson@gmail.com), and we will contact you as these needs arise.

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 for 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 who can afford it, with payment due the first session.

IF YOU ARE INTERESTED IN LEARNING MORE, attend the March 24 session at 9:30am with Ruth Anderson. Or you can speak sooner with Susan Sherard. If you have already indicated interest, you are in the Second Breath e-mail group and will receive updates. Stay tuned for more information in April's newsletter, by which time we'll have more specifics about course contents and resources.

Linda Brown and Ruth Anderson: Sunday, March 24

Though wintry weather prevented us from welcoming Linda Brown and Ruth Anderson this past December, we look forward to their presence with us on Sunday, March 24.

We have also invited the folks from Mt. Olive Baptist Church to join us that day. Linda will preach that morning, adding to our Lenten reflections with her poem cycle, *"A Mother Knows Her Child, Poetic Meditations from Mary."*

A poet, playwright, published author and retired university professor of African American literature, Linda has taught at the Servant Leadership School, now Second Breath, and is part of a new consortium of spiritual teachers called "The School." She helped create "Peace Pilgrimage," a series of seminars and a day-long walk honoring civil rights participants – of which she was one – in Greensboro in the 1960's.

Ruth, who is the Director of Second Breath (and Linda's driver from Greensboro!), is looking forward to meeting with Holy Spirit's Second Breath participants 9:30- 10:00am on March 24, prior to the service. Ruth will answer questions about the new web-based initiative and our role as a pilot parish.

Calling out for Finger Food

Once again the Celebration Committee asks you all to **HELP MAKE THE RECEPTION FOR FRED BURNHAM'S CELEBRATION OF LIFE A WARM AND LOVING EVENT.** Many people are expected to attend Saturday's Celebration on March 2, requiring much food. We need donations of **FINGER FOOD:** small sandwiches, cookies, veggies, fruits, and such. Unlike Jack Angel's reception with its delicious smorgasbord, this reception occurs after the afternoon service. We need nibbles — no crock pots or dishes requiring a heat source. **Coffee, tea, and lemonade will be provided.**

Email Ann (shiverannsam@aol.com) or call her (508-776-3270) if you plan on contributing something. **SHE NEEDS TO KNOW HOW MUCH WILL BE PROVIDED** in order not to shop madly for extra food and bake all night. If you are not planning to attend the service, but you still want to help with food, drop off your food anytime on Friday, if no refrigeration is required, or on Saturday morning or early afternoon. Simply leave your food donation in the kitchen. **THANK YOU ALL!** The Celebration Committee truly could not do this without you. —Ann Shiver

THE ETERNAL SCREENING PROCESS



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.

Look for more details in the April issue of **Mountain Spirit.**

**AT LEFT:
WE ALWAYS KNEW IT WAS THIS
WAY . . .**

Hope my kitties put in a good word for me.