



MayFest happens Saturday, May 5 and will be LOTS of fun ... but it also has the role of helping to promote safe and affordable housing in Madison County ... see page 4

ZUMBA

By Joyce Hollyday

"Every Class feels like a Party!"

If you come by on a Monday, Thursday, or Friday morning and the church is shaking, don't worry. It's not an earthquake. It's just the **Mujeres Unidas en Fe** Zumba class. This class is the exercise component of a year-long anti-diabetes program we're participating in through Mission Hospital. The program also includes educational sessions, personal goal-setting, lessons in cooking and nutrition, and a recent field trip to Ingles.
(continued on page 3)

Black Jesus Book Group Update

CHANGE OF DATE AND LOCATION

Originally the **Black Jesus Book Group** was scheduled to meet on Thursday, May 2, at ECHS— but we discovered an opportunity to join WITH other faith communities who are also reading ***The Cross and the Lynching Tree***. We will share both the discussion and a pot-luck. In order to take advantage of this unique opportunity, we have changed our plans to the following:

Black Jesus Book Group

Friday, May 3, 6:00-8:00 pm

Land of the Sky United Church of Christ
15 Overbrook Place, Asheville

Tyrone Greenlee from **Christians for a United Community** will be our guest facilitator. Carpooling is encouraged!

Those 1st Sunday Offerings

It all adds up to a lot of help to worthy recipients. You'll be inspired to see on page 5 what ECHS gave in 2018!

MAY'S FIRST SUNDAY OFFERING **La Esperanza**



The mission of La Esperanza is to build and deepen relationships between immigrant and non-immigrant communities based on the belief that through our shared faith in Christ we become stronger in our unity.

Programs of La Esperanza include the following:

- Weekly Mujeres meeting
- Diabetes prevention/Zumba exercise classes
- English classes
- Pisgah Legal immigration workshops
- Humanitarian Fund Mexican luncheons
- Summer children's program

In addition to programs, we organize transportation to appointments for families and also assist in interpreting or translating when requested.

Donations will be used for the continued financial support of the ministry coordinator and for program supplies.

(Any questions about this ministry should be directed to Rebecca Sharp.)

COLD MOUNTAIN MUSIC FESTIVAL

Hold-the-Date Reminder!

Details and registration available here:
<https://www.coldmountainmusic.org/>

FRIDAY MAY 31, 2019 (2:00 PM)
THROUGH SATURDAY JUNE 1, 2019
(11:00 PM)

AT THE LAKE LOGAN CONFERENCE CENTER

TOUR THE ECHOVIEW FIBER FACTORY

Join Pam McNally and Lorrie Cooper for a short, educational tour of a small, attractive factory that makes wool yarn! Located close to Rt. 26 on Jupiter Road, it houses not only the fiberworks, but also displays of yarn skeins and beautiful wool garments.

FRIDAY MAY 17, 2019 (1:00 PM)

ZUMBA

Zumba, described on its website as “pretty much the most awesome workout ever,” is by far the most fun aspect of the program. Twenty years ago Alberto Perez—a Colombian dancer, choreographer, and aerobics instructor—forgot his regular music for an aerobics class and put on cassette tapes of Latin music instead. Thus was born this wildly popular exercise phenomenon.

Zumba’s movements incorporate samba, salsa, merengue, mambo, tango, flamenco, chachacha, and hip-hop. And, according to Wikipedia, “squats and lunges are also included.” Oh yes they are.

To call our instructor Marta Cano de Vinson “energetic” is an understatement. She says she likes teaching Zumba because “Every class feels like a party!” She’s a whirlwind who keeps us moving at a good pace to loud and rhythmic music. But she also encourages us to participate as we are able and take breaks if we need them. We dance, bend, lunge, punch, squat, point, and shake for an hour. We don’t yell “Hey, hey!” and “Urr, urr!” when we’re supposed

to, but I think we’re too busy laughing and just trying to breathe.

After our last session Marta pulled out her phone, which has an exercise app, to show us how many thousands of steps we had taken and how many hundreds of calories we had burned. And we burst out laughing again. That’s how many steps **she** had taken and calories **she** had burned. It will take us awhile to catch up.

Meanwhile we’ll keep plugging away, enjoying each other’s company and getting a good workout, along with approximately fifteen million other people worldwide who do Zumba regularly.

The website promises that Zumba will “make you feel amazing.” Yes. Amazingly tired. Amazingly uncoordinated. Amazingly slow. But also exhilarated and glad to be involved in such a healthy activity with good friends.

Our Thursday classes are funded by the Mission anti-diabetes program and open only to our Mujeres group. But you’re

welcome to join us when you can on Monday and Friday mornings at 9:00am, for a cost of only \$5 per class, and get a taste of what is indeed **“pretty much the most awesome workout ever. . . the very best workout for people who hate exercise.”**

*Mujeres and friends.
At front, lounging on the ground is Rebecca Sharp, the fearless leader who keeps it all functioning.*



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!

Colleen Boll	2	Donna Turnbaugh ..	17
Nancy Larkin	2	Mary Smith	23
Cindy Tucker.....	2	Simon McNair	23
Sydney Larson	6	Martie Carson	24
Trevor McDonald....	7	Jane Edwards	24
Kitty Dixon	10	Sierra Hollister.....	24
Ruth Van Sickle	13	Katherine McCoy ..	25
Sherrie Hygon.....	14	Benjamin Willis	25
Lena Usner.....	15	Carolyn Dannals ...	26
Travis Wilson	16	Linda Tull	27

May Birthdays

MOUNTAIN SPIRIT is the
monthly newsletter of the
Episcopal Church of the
Holy Spirit, Mars Hill, NC,
a parish in the Diocese of
Western North Carolina.
For more information,
visit our website:
www.holyspiritwnc.org

Editor: Lorrie Cooper

2018 First Sunday Offerings

At its most recent meeting, the Outreach Committee decided to communicate the results of the 2018 First Sunday offerings to ECHS members. In chronological order:

Jan	Rector's Discretionary Fund	\$2031
Feb	Latina Women's Group	483
Mar	Church of the Advocate	427
Apr	Community Housing Coalition	588
May	Pisgah Legal	1186
Jun	Villager Initiative	437
Jul	Fieles a Jesus	791
Aug	Neighbors in Need	873
Sep	Beacon of Hope	808
Oct	Consider Haiti	1022
Nov	Empowering Madison Youth	705
Dec	Homeward Bound	1032

IN 2018 a total of **\$10,383** was contributed to the First Sunday's offerings. Each First Sunday recipient also received a **\$350 match** from the ECHS budget along with **an additional \$150** from Ingles gift card receipts. Combining the offerings with the supplements, Holy Spirit Church gave a **Grand Total of \$16,383** to the recipients of First Sunday offerings in 2018!

ONCE MORE, WITH FEELING

The ECHS office got a new email address a few months ago, and once more, here 'tis. Put it in your address book, and be sure to use it when contacting the office:

officeholyspiritwnc@gmail.com

PENTECOST SUNDAY
— COMING JUNE 9

Wedding News

Jim and Carol Woodruff
got married April 15, 2019!
Here's a wedding photo.

