

## Eek! Is that a Christmas Tree?



**Yes, the season is  
almost upon us.**

***Buckle up!***



## **Christmas Angels Are Awaiting You at Holy Spirit Church**

**Stop by the church and  
pick up your Christmas  
angel. Lots of need,  
but these requests  
will result in fun  
shopping! And  
who doesn't love  
shopping!**

**(more details below)**

### **The One-Column November Calendar**

**See page 3**

### **Advanced Centering Prayer Retreat**

**See page 4**

### **The ECHS STEW: Which Ingredient are YOU?**

**See page 5**

**This year we have thirty (30) angels. A few additions came in due to last-minute Social Service requests. Angels should be returned NO LATER than Sunday, November 28. But . . . do try to return them before then. Return them UNWRAPPED to the church library. And do remember to FILL OUT THE INFO SHEET located on the table under the tree.**

**Questions? Contact one of the following: Carol Van Voorhis (706-633-8329), Marnie Wilson (828-658-3390), or Nancy Larkin (828-230-6982).**

## ZOOM MINISTRY SCHEDULE NOVEMBER 2021

| Date:                                                                                                 | Nov. 7, 2021                 | Nov. 14                    | Nov. 21                        | Nov. 28                         | Dec. 5                       |
|-------------------------------------------------------------------------------------------------------|------------------------------|----------------------------|--------------------------------|---------------------------------|------------------------------|
| <b>Vestry</b>                                                                                         | Nancy Larkin                 | Barbara Schauer            | Lorraine Hilty                 | Pam McNally                     | Mark Holland                 |
| <b>Prayer Leader</b>                                                                                  | Carol Van Voorhis            | Gail Kase                  | Peggy Barnes                   | Marnie Wilson                   | Pam McNally                  |
| <b>Offertory Musician</b>                                                                             | Ann Smith                    | Robertjohn Gillespie       | Jan Mallindine                 | The Haagas                      | Nancy Larkin                 |
| <b>Reader 1</b>                                                                                       | Amanda Hilty                 | Ronnie Jordan              | Jim Haaga                      | Dick Jordan                     | Bendik Clark                 |
| <b>Reader 2</b>                                                                                       | Ingrid Diederer              | Peggy Wilson               | Annette Henry                  | Claire Gillespie                | Barbara Schauer              |
| <b>Supply Stocker</b>                                                                                 | Pam McNally                  | Pam McNally                | Pam McNally                    | Pam McNally                     | Genevieve Burda              |
| <b>Trash</b>                                                                                          | Larry Burda                  | Larry Burda                | Larry Burda                    | Larry Burda                     | Robertjohn Gillespie         |
| The ministries BELOW will be needed only if the church returns to in person service during this time. |                              |                            |                                |                                 |                              |
| <b>Ushers</b>                                                                                         | Amanda Hilty<br>Peggy Barnes | Rod Vestal<br>Bendik Clark | Julie Johnson<br>Marnie Wilson | Dick Jordan<br>Teresa Matthews  | Amanda Hilty<br>Peggy Barnes |
| <b>Sunday Cleanup</b>                                                                                 | The Sewells                  | Peggy Wilson               | Rod Vestal                     | Bendik Clark<br>Ruth Van Sickle | Dick Jordan                  |
| <b>Altar Guild</b>                                                                                    | Lorraine Hilty               | Lorraine Hilty             | Ginny Koranek                  | Ginny Koranek                   | Ronnie Jordan                |
| <b>Bulletin Folder</b>                                                                                | John Doran                   | Ruth Van Sickle            | Mary Maupin                    | Nancy Larkin                    | Martie Carson                |
| <b>Acolyte</b>                                                                                        | Ann Smith                    | Gail Kase                  | Jim Haaga                      | Peggy Wilson                    | Ann Smith                    |
| <b>Greeter</b>                                                                                        | Bendik Clark                 | Peggy Barnes               | Rod Vestal                     | Nancy Larkin                    | Harold Toney                 |
| <b>Healing Prayer</b>                                                                                 | Barbara Schauer              | Margie Haaga               | Gail Kase                      | Ann Smith                       | Margie Haaga                 |
| <b>Camera</b>                                                                                         | Teresa Matthews              |                            |                                |                                 |                              |

**VOLUNTEER OPPORTUNITY:** If you'd like to be involved in the publishing field in a very small way (once a month for an hour or two), here's your opportunity: *Mountain Spirit* needs someone who will fold, stamp, and mail the print editions when they are ready, normally at the end of the month. And it's only about two dozen copies. You'll need to pick them up from the church office. Stamps and "fasteners" are supplied. The task is easiest for someone who lives in the Mars Hill area or relatively close the church. Just take them home and do the job while watching TV. Then drive them to the Post Office. The editor would be very, very, very grateful for this help. Call Lorrie Cooper (828-649-9556), or better yet, email her (lorriec773@gmail.com).

## The One-Column November Calendar

Every Wednesday ~ Centering Prayer in-person and  
via Zoom: 10:00am.

Evening prayer via Zoom: 7:00pm

Every Sunday ~ Morning Prayer via Zoom: 10:30am

Other:

7 ~ All Saints' Sunday

Daylight Saving Time ended at 2:00am

Did you turn your clocks back one hour?

Men's Breakfast 8:00am

13 ~ Diocese of Western North Carolina  
Annual Convention via Zoom

14 ~ Twenty-fifth Sunday after Pentecost

15 ~ Living Gifts Fund meeting at 4:00pm via Zoom

16 ~ Vestry meeting via Zoom at 5:30pm

17 ~ Stewardship forms due back by mail or  
email to *financeholyspiritwnc@gmail*  
(if not meeting in person)

20 ~ Women's Group via Zoom: 10:30am to noon.  
Pre-meeting chat starts at 10:00am.

21 ~ The Last Sunday After Pentecost:  
Christ the King. Ingathering of stewardship  
packets if church is meeting in person.

28~ The First Sunday of Advent. Christmas Angel  
gifts due back at church (unwrapped and  
labeled with recipient's name).



## November Birthdays

Annette Henry .. 3

John Wilson ..... 3

Chad Willis ..... 4

Bob Byrd..... 7

June Trevor..... 8

Stephen Smith .. 10

Maura Moloney 13

Laurie Seleski ... 17

Crellin Byrd .... 21

Zach Smith ..... 25

Nancy Whitaker 25

Frances Knisley . 26

## Eight-Day Advanced Centering Prayer Retreat:

## Deepening the Silence



**SUNDAY, NOV. 28 - SUNDAY, DEC. 5**

Becky Hannah, Joan Ricci Thome, and  
The Reverend Bob Cook

**Cost: \$654 (which includes everything)**

This retreat is for those who would like a more prolonged experience of centering prayer, and who are interested in entering into the more profound levels of spiritual practice in an atmosphere of silence, solitude, and community.

Centering prayer is a silent form of prayer with ancient roots in the mystical and monastic tradition. The retreat will help participants develop and sustain a regular centering prayer practice. In addition to several centering prayer periods offered daily, you will also have opportunities for contemplative worship, individual meetings with retreat leaders, walks and hiking, labyrinth walks, and time for solitude and reflection.

**RETREAT LEADERS** are Becky Hannah, co-coordinator of Contemplative Outreach of Western NC, and Joan Ricci Thome, presenter of contemplative prayer retreats at the Oratory and St. Francis Springs Prayer Center in Stoneville, NC. The Rev. Robert Cook, Vicar of Christ Church, Walnut Grove, NC, is spiritual director for the week. Joan and Becky have both been trained to facilitate centering prayer by Contemplative Outreach. That organization was founded by Father Thomas Keating as a spiritual network committed to living the contemplative dimension of the gospel in everyday life.

Due to the length of this retreat, participants should have been practicing centering prayer for at least a year. The retreat will be limited to the first twenty persons who register and are fully vaccinated for COVID. Finally, participants must stay on campus and plan to attend the entire retreat.

**MOUNTAIN SPIRIT** is the monthly newsletter of the Episcopal Church of the Holy Spirit, near Mars Hill, North Carolina, a parish belonging to the Diocese of Western North Carolina. For more information about ECHS, visit our website: [www.holyspiritwnc.org](http://www.holyspiritwnc.org)  
Editor: Lorrie Cooper

## ***HOLY SPIRIT STEW (ARDSHIP) AND YOU!***

Consider your talents as the variety of vegetables we'd love to have in a stew—different colors, textures, and tastes.

Your **TIME** makes the rich, dark, flavorful gravy of the stew.



Your **IDEAS** and **INSPIRATIONS** are the seasonings and spices. Your **TREASURES** are the protein—lean and tasty, beef or pork or poultry, or a combination of beans and barley.

Begin with your treasures, the protein in bite-size pieces; cover with your time, the fluids, water, stock, broth, some tomato juice or red wine. Add your inspirations, seasonings, and spices. Simmer for two and a half hours.

After an hour and a half, add your talents, carrots, onions, celery. About a half hour later, add potatoes, and if you like, green beans, peas, cauliflower or mushrooms. Thicken broth, if desired.

Stay tuned to see how this recipe turns out. With all that God has given us, it's bound to be rich and hardy, and the best nourishment to be had.

—Peggy Barnes