



Make Plans to Attend EYC --



Shrove Tuesday Pancake Supper & Mardi Gras Celebration

Tuesday, February 16, 5:30 - 7:00

Amazing pancake dinner with bacon, sausage, & all the fixings
Games, mask making, & King's Cake

Tickets: Adults - \$5.00; Children ages 4 to 10 - \$3.00

Buy tickets from EYC members or call the office at 684-6266

Tickets go on sale February 10



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Ash Wednesday Services

Calvary Church's Ash Wednesday services will be held on Wednesday, February 17 at 12:00 noon and 7:00 p.m. The Wednesday Healing Eucharist is cancelled that day.

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January 2010 Notes from the Vestry

The Vestry met with Fr. Vic, Treasurer Pat Bishop, and the Clerk Kathryn Woodruff on January 21. Fr. Vic recommended that all Vestry members attend the upcoming Diocesan workshops *Dismantling Racism* and *Safeguarding God's Children*. The Treasurer presented information on Calvary's year-to-date financials and on the pledge updates thus far. More pledges are needed to balance expected expenses for the current year.

The Vestry voted unanimously to send to Episcopal Relief & Development the special offerings received in December and January as quickly as possible in order to help the earthquake victims in Haiti.

Some difficulties with the two-year-old pictorial directory have been resolved; the target date for the directory's completion is March 2010. The date for the next Vestry meeting was set for February 11.

From the Rector

Lent is fast approaching: a time of self-examination, prayer, taking on new disciplines, letting go of something unnecessary. It is a call to deepen our relationship with God.

When we are troubled, doubting, questioning God, Lent may become a particularly fertile ground for sending down deep roots. That deep-rooting takes time, energy, and discipline.

The old custom for Lent is to “give something up, and take something on.” It may be giving up some pleasantries as chocolate, soft drinks, or desserts. Money saved from those expenses can go into a Lenten Mite Box to help in relief efforts in Haiti.

Or, one could give up time to take on more prayer or Bible study. Making an effort to speak to others more intentionally, welcoming visitors, or taking time to listen (*really* listen) to others.

In the Book of Common Prayer is a bidding that asks God to help us “in the midst of things we cannot understand, to believe and trust in the communion of saints, the forgiveness of sins, and the resurrection to life everlasting” (p. 481).

To believe and trust Important watchwords for Lent. I pray you will take the time, discipline, effort to deepen your faith, which strengthens not only one’s own life *but* the life of our whole faith community.

And through this time, I encourage those who find themselves “in the midst of things they cannot understand” to talk about it. I want to help in any way I can. I am available to listen and speak with anyone who wishes.

May Lent be a holy time for us all, and for our parish. It continues to be an honor and privilege to serve as your rector.

Peace, Fr. Vic Mansfield

The Rector’s Discretionary Fund is a vital outreach effort of our parish. Here is a report of spending for 2009:

<i>Housing</i> (rent, temporary housing, mortgage, etc.)	\$ 10,037.40
<i>Household</i> (funds for various and multiple needs, such as food, oil, repairs, and other living expenses)	\$ 7,367.95
<i>Utilities</i>	\$ 3,924.29
<i>Scholarships</i> (assistance for education, conferences, spiritual direction)	\$ 1,508.65
<i>Donations</i> (to helping agencies, churches, ministries, etc)	\$ 1,325.00
<i>Transportation</i> (petrol, car repair, etc.)	\$ 1,117.56
<i>Medical</i>	\$ 795.43
<i>Parish Expenses</i> (pass-through, from gifts, such as flowers, service expenses from funerals or weddings)	\$ 850.00
TOTAL	\$ 26,926.28

The Discretionary Fund is an important ministry for our parish *and* our whole community. Partnering with other helping professionals (such as the Henderson County Public Schools), the Discretionary Fund can provide funds for keeping families in their homes, kids in school, heat, fuel, and other necessities. *And*, this economic downturn has hit many folk quite hard, including some parishioners. The Fund has been able to make a quick and significant response.

And this can only happen through your gifts.

I am very grateful to all who have given so generously. The Good News is being preached and lived, and we are making a difference.

With thanks, Fr. Vic Mansfield

Christian Formation

To Be Formed In The Image Of Christ

Working with youth can be a mixed bag that ranges from excitement to exhaustion and everything in between, but it is one of my passions. This past weekend, I had the opportunity along with Fr. Vic to spend the weekend with four of our youth, Alex Burt, Jonah Fore, Brooke Hamrick, and Emily Potthoff, as well as other youth and adults from across the diocese. To say the least, the weather added a different dimension - one that required that we monitor and adjust our curriculum ever so slightly. Even so, we were able to explore the roots of our Christian faith by spending time looking more deeply into the Baptismal Covenant.

Trying to unpack all of this into the short period of time that we have makes the weekend very intense.

Of course, I am certain that for the participants the time may have seemed forever. As I watched and listened to the youth who were leaders, my sense was that down the road after they had time to reflect, these new participants would come to a better understanding of what this weekend was all about. All of the youth leaders had once been participants and now were on staff; they have grasped and now understand the importance of the Baptismal Covenant.

Radix, the spiritual retreat, is divided into the blocks of time in which the various questions of the Baptismal Covenant are explored. For me, each time that we have this retreat, I come away with a different focus. On this past Sunday morning we explored the question, "Will you seek and serve Christ in all persons, loving your neighbor as yourself?" First we concluded, we must love ourselves in order to love others. Just how can we do this? We spent time talking about what is involved in loving ourselves. One point became clear. If we love ourselves we will take care of ourselves - eat nutritiously, get exercise regularly, take Sabbath time, and play. In other words find balance in our lives. If first we do this, then we can love and serve others.

On returning from the weekend, I pondered some of the ideas that the group had on Sunday morning. Strangely, some of their thoughts were similar to the goals that I had established at CREDO for myself. I have fallen short of these goals. I have fallen into my old routine. Beginning now and through Lent and hopefully beyond I plan to focus on caring for myself so that I can genuinely love and serve others.

I am always amazed at how grounded I can become after spending time with the youth. They are sincere, straight forward telling it like it is. Being with them is a mixed bag. You never know what you might get, but time spent with them is exciting as well as exhausting.

Jill Meares

Coordinator of Christian Formation

Support the EYC: Fill the Soup Pot

Souper Bowl of Caring is February 7

Bring a can of soup with a dollar wrapped around it at either service On February 7. Calvary's EYC will again sponsor *Souper* Bowl Sunday. Our youth have participated in this outreach project for the past eight years. In 1990, the project was begun by a youth group in Columbia, SC. as a grassroots project. Since then it has become a national project. Last year, the national total for *Souper* Bowl donations was over \$10 million from 13,774 groups including ours.

With the help of our parish, we collected approximately 133 cans of soup and over \$200 last year. These donations were given to Interfaith Assistance Ministry for distribution to people in Henderson County. This year our contributions will remain here for Calvary's Food Pantry.

Put a note on your calendar for February 7 as a reminder to bring **cans of soup wrapped in a dollar bill** to help the youth with this outreach project.

Episcopal Youth & Friends 2010 Ski Day

Sooooo Ski-lightful!!!

Who? All youth in 6-12 grades

When? Sunday, February 21, 2010

Where? Cataloochee Ski Area,
Maggie Valley, NC

Time? Meet at 8:30 at Calvary;
Return by 6:00

Cost? \$25 - skiing; \$35.00 - snowboarding;
(cost includes lift ticket, equipment rental,
and a beginner lesson)

\$17.00 using your own equipment

What you need to do:

1. Confirm your reservations with Jill
2. Bring friends and have a flaky good time.
3. Bring assigned food to share.

Wednesday Evening

Food & Formation

Dinner at 6:00 Program at 6:40

Upcoming Programs

February 3: Expect Healing - Suzanne De
Pree and the Healing Prayer Team

February 10: Presentation on walking the
Labyrinth - Mother Liz

February 17: Ash Wednesday - No Food
and Formation

February 24 - March 24: Journey through
the Eucharist, A 5-Part Series - Fr. Vic

March 31: - Agape Eucharist & Meal

Sign up on Sunday or call the office
by noon on Monday - 684-6266. If you have
signed up and cannot attend, please call no
later than 1:00 p.m. on Wednesday.
Reservations and purchased tickets are
required for the March 31 Agape Eucharist
and Meal.

Inquirers for Adults and Youth

Are you interested in discussions on
how to live out your Baptismal Covenant in
the Episcopal Church? The sessions will
begin with the Lenten series Journey
Through the Eucharist. Additional sessions
will follow after Easter with Confirmation,
Reception, or Reaffirmation to follow at the
end of April.

If you are interested in finding out
more about the Inquirers' Series, please sign
up in the Old Well Hall and speak with Fr.
Vic or Jill if you have questions.

The Youth Inquirers' Series began
this past weekend at the Radix Retreat at
Kanuga. The youth will continue meeting
on scheduled Sundays until the end of
April.

Spring Conference

Scheduled for March 5 - 7

The Diocesan Youth Spring
Conference, *Climbing the Mountain*, will be
held at the Valle Crucis Conference Center.
Youth in grades 8 -12 are invited to attend.
The cost is \$95.00 if postmarked before and
\$105.00 after that. **Remember scholarships
are available.**

This should be a great weekend.
Applications have been mailed to all youth,
but you may also get one from Jill or
Barbara. If you have questions, in addition
to Jill and Barbara, ask Spencer Sharrits or
Walker Vining who are on the Diocesan
Youth Council.

Health Ministry Notes

In February, we observe the beginning of our Lenten journey, Valentine's Day and American Heart Month. We can use this time to reflect upon and prepare our hearts...physically, emotionally and spiritually. Lent is a time for fasting and feasting. I want to share with you (w)holy ways that are heart healthy.

- ☪ Fast from judging others; Feast on Christ dwelling in them.
- ☪ Fast from emphasis on differences; Feast on the unity of all life.
- ☪ Fast from thoughts of illness; Feast on the healing power of God.
- ☪ Fast from discontent; Feast on gratitude.
- ☪ Fast from anger; Feast on patience.
- ☪ Fast from worry; Feast on God's care.
- ☪ Fast from negatives; Feast on affirmatives.
- ☪ Fast from thoughts that weaken; Feast on unceasing prayer.
- ☪ Fast from bitterness; Feast on forgiveness.
- ☪ Fast from self-concern; Feast on compassion for others.
- ☪ Fast from discouragement; Feast on hope.
- ☪ Fast from suspicion; Feast on truth.
- ☪ Fast from harsh words; Feast on words that build up others
- ☪ Fast from guilt; Feast on the mercy of God

A nurse will be available for blood pressure screening in the priest vesting room after each service on the second Sunday of each month and on the fourth Saturday from 10:00 a.m. - 12:00 noon in the parish hall each month.

I am in the church office most Wednesdays from 11:00 a.m. - 4:00 p.m. for health counseling or home visits for blood pressure screening, medication management and/or home assessments and health resources.

The Health Ministry has resumed "Meals to Heal;" providing food from Wednesday Food and Formation to people who are ill and unable to cook for themselves.

The next health ministry meeting is Sunday, February 28 after the 10:30 service. All those interested in knowing more about this ministry are invited to attend.

Please call the church office at 684-6266 if you need to speak with me.

- God's Peace ~ Betty Robbins, Parish Nurse

Lenten Devotional Books Available

2010 Lenten Meditations, is available in the Old Well Hall and at the greeters' pew in the church. There are enough for each household to have one. In addition, Hope Chests (mite boxes) are also available. The boxes will be collected at the Easter services.

Food Pantry Needs for February

Canned meat, juice, pasta, and pasta sauce.

Calling All Readers

The Book Club met and discussed a variety of fiction and non-fiction titles. We decided on these four to read over the next few months. We welcome anyone to join us. The selections chosen by us are available in the public library. We meet in the library on Sunday afternoon at 4:00 p.m..

March 7: *Gilead*, by Marilynne Robinson. This "long-hoped-for second novel by one of our finest writers" won the 2005 Pulitzer Prize for Fiction. "Gilead is a beautiful work-demanding, grave, and lucid...Robinson's words have a spiritual force that's very rare in contemporary fiction." -James Wood, *The New York Times Book Review*

March 28: *Have a Little Faith* by Mitch Albom. A great choice for Lent, this inspirational true story by the popular writer is a current best seller.

April 25: *A Live Coal in the Sea* by Madelein L'engle. The Episcopalian author of *A Wrinkle in Time* wrote this novel, a family drama, for adults. It features themes of redemption and forgiveness.

May 30: *Playing the Enemy: Nelson Mandela and the Game That Made a Nation*, by John Carlin. You may have seen the movie *Invictus*. Now read the book on which it was based.

We will plan on getting together in the summer for dinner and a movie based upon a book we have previously read (*Eat, Pray, Love* starring Julia Roberts). We'll then decide on selections to read for the rest of the year. Watch for news of the day and time. We hope you will plan on joining us.

Ladies' Night Out

All ladies of Calvary are invited to meet for a ladies' night out on Friday, February 26 at 6:30 p.m. We will gather at one of the newest restaurants in the area, Travinia, in Biltmore Park next to the movie theater. To make reservations, call Buffey Hamrick at 273-6064.

Start Thinking about the Rummage Sale

The date is Saturday, April 24. Please start saving your spring cleaning items for our sale. Furniture, household goods, toys, gardening supplies, even the kitchen sink! We will accept all items that are *clean* and in *good working order*. No clothes please, but belts, hats, purses and other accessories are welcome. All donations are *tax deductible*. Do not bring your donations to the church until April. If you have questions or want to volunteer to help organize the sale, call Margaret Price at 777-7524.

Order of St. Luke Meetings

Being Filled with the Holy Spirit, is the topic at the Order of St. Luke meeting on Thursday, February 11, at 6:30 p.m. at Grace Episcopal Church, 871 Merrimon Avenue in Asheville. Fr. Jim Rains will lead the program. We will watch a recent DVD from Christian Healing Ministries: *The Baptism of the Holy Spirit*, presented by Dr. Francis MacNutt. We will pray for a fresh infilling of the Holy Spirit for all attending. All are welcome. For more information contact Suzanne at 242-3260 mtn_osl@yahoo.com

The Labyrinth as Spiritual Pilgrimage

A Pre-Lenten Workshop



Saturday, February 13

9:00 a.m. - 3:00 p.m. (Coffee and registration from 8:30 am)

Leader: The Rev. Dr. Elizabeth Canham - Suggested Donation: \$25.00

During the years when many went on pilgrimages to the Holy Land, Rome or other sacred sites, many who had limited resources were unable to participate in such journeys. The church turned to an ancient tradition of walking a labyrinth as a means of making a sacred journey inwardly. The most famous of these ancient labyrinths is on the floor of the cathedral in Chartres, France.

On this Day of Reflection, there will be meditations on the labyrinth and the opportunity to, walk the indoor labyrinth, and/or participate in building an outdoor labyrinth for the church (weather permitting). We will need lots of rocks and hope that many members will take part in building this sacred site by contributing rocks (and time).

ECW February Soup Sale

Soup orders will be taken on Sunday, February 7th and February 14th with delivery on Sunday February 21st. Soups are Senate Bean and Minestrone. Cost is \$ 2.50/pint and needs to be paid in advance. The weather outside is frightful so warm up with some delicious soup!

We Need Healing Prayer Ministers

We would like to offer the ministry of healing prayer every Sunday at both services. To do this, we need more people willing to serve as prayer ministers. We provide training through pairing a less experienced person with one with more experience. Call Suzanne De Pree, at 285-2354, for more info.

Congratulations on the birth of Olivia Ann Fisher, granddaughter of Peggy White. She was born on January 7. Her parents are Matthew and Leah Fisher.

Calvary Prayer List

Immediate Concerns - Paul Thiel, Maeve Galligan, Victoria Sampson, John Dunn, Rob Hanks, Gerry Williamson, Stefan Jones, Isobel Lamb, Daniel Fey, Steve Nesbitt, Barbara Smith, Martha Emery, Myrtle Dawkins, Jean Temple, Martha Emery, Penny Rodgers, Mary Louise Carpenter, Jennifer Murphy, June Wolfe, Lou Luther, Mellisa Huntley, Mildred Cunliffe, Virginia McGee, Greg Coulson, The Rev. Jack Fles, Kaye Harvey, Alison Woodrow, Clelia Savarino, Elaine Taft, Beth Brown, Dawn Dyer, Irene Presley, Kelly King, John Smith, Dan Kuyat, Lauren Mathis, Tracy Iurato, Helen Diggs, Guy Puckett, Misty, Nell, Charlotte, John Allen, Terry, Dorothy, Amber, Christopher, Mark, Julie, Joshua, Diane, Juanita

Ongoing Prayer Requests - Ed Deese, Andrew Glasgow, Leann Wood, Betty Shuford, Louise Dunlap, Norma Gaddy, Ben Wald, Beth Allison, Ann Platzer, Barbara Burkhardt, Marie Schmittner, Anna Koster, Corda Maney, Katie Sprow, Bill & Jean Marberger, Kay Levine, Ruby Ledbetter, Robert Hindbaugh, Maddox Hare, Gus Boone, Ed Jaqua; those seeking Holy Orders, especially Jill Meares

Departed - Suzanne Crenshaw