



Health Ministry Notes

March is National Nutrition Month

Lent and nutrition: Is there a connection? During these Lenten weeks of focusing on spiritual health, why not include care of your body, to be able to serve the greater community with vitality and vigor?

Lately, we see and hear of “super foods.” The list often includes items not easily found or very expensive. We need to be very discerning about nutritional claims. There are no miracle foods. Each person requires a balance between the foods eaten and physical activity to be healthy. Many nutrients are altered or removed during processing, which has had a negative impact on our health. Understanding information on nutrition labels is very helpful when shopping for packaged items.

Practical daily nutrition advice includes:

- *Pray* for strength to make changes gradually to break habits that are not best for your body.
- A variety of 5-7 deep-colored (including citrus) *fruits and vegetables*, (1 small fresh or 1/2c cooked portion). Whole fruit is better than juice.
- 3 servings lowfat *milk and dairy* foods, including probiotic yogurt or calcium-fortified foods.
- *Whole grains* (Look at labels' first ingredient being “whole” wheat, oats, rice, corn, rye, etc.).
- 6-8 oz. lean *meat* per day: fish (3/week), 1 egg is 1 oz.), use more *vegetable protein* (beans, lentils).
- Limit nuts, seeds and *healthy fats* (canola, olive). No “trans” partially hydrogenated oil margarine.
- Drink more *water*. (100 lb. person needs 6 cups fluid, 150 lb. person 9 cups).
- Avoid refined and processed foods filled with sugar, salt, fats, trans fats, additives and artificial colors. Gradually replace these foods and beverages with fresh and whole grain foods.
- Get 30-60 minutes daily *exercise/physical activity*, and 20-30 minutes of *sunshine*.
- Depending on diet, consider 300-1000mg Omega-3 fish oils (DHA, EPA) and multivitamin with calcium and Vitamin D.

Being part of the Health Ministry at Calvary, I am available on the fourth Saturday of each month during the Food Pantry, if you would like to discuss any individual needs you have.

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

Betty Robbins is 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. Please call the church office at 684-6266 if you would like to talk or visit with her.

God's richest blessings on your Lenten journey!

- Linda Wozniak, RD, LDN

Christian Formation

To Be Formed In The Image Of Christ

Several years ago, our EYC decided to encourage the parish to do something about improving our environment. At the time the church was only recycling paper. The youth decided to encourage parishioners to recycle plastic, glass, and cans that were used at the church. However, some problems have arisen in recent months. We need your help to simplify the process.

Plastic, glass, and metal cans must be rinsed out. We have had a problem with ants and foul odors. Plastic bottles must have a smaller neck than the base. We cannot deposit other plastic containers at the recycle center. Tops must be removed and the bottles crushed. We have discovered that plastic bottles can be crushed individually or many placed in a plastic bag and crushed by stepping on the bag several times. Glass containers also must have the tops removed. Aluminum drink cans should be crushed. Other cans should be opened at both ends before crushing. The tops and bottoms can be placed inside the crushed can.

Plain cardboard and paper - office paper, bulletins, magazines, phone books, etc. can be in the same recycle container. Corrugated boxes/boards - ridges and grooves - do not go in the same recycle bin as paper and must be broken down not crushed and placed in the recycle container. Sometimes it is necessary to fold the boxes to have them fit the container. Waxed boxes and pizza boxes are not accepted at the recycle center.

Once we have collected all of the items, what do we do with it? The trash company that empties the dumpster at the church does not provide pick up for recycling and because most of the youth do not drive, we need help from the parish. Would you be willing to help with this project? Please see me at church or call me at 684-6266 if you can help with this project.

God calls us to be good stewards. This is one small way that we can help. Believe it or not, making one change can have an effect on the environment.

Jill Meares

Coordinator of Christian Formation

Pancake Supper & Mardi Gras

Shrove Tuesday evening was amazing. The EYC provided a marvelous celebration for the parish. The Mardi Gras decorations completely transformed the foyer and parish hall.

John Simpson supervised the youth who cooked the pancakes - an earned privilege for high school folks. Other youth served the delicious pancakes, sausage, bacon, and apple sauce to over 100 people while others bussed the tables.

Following dinner, folks (mostly children) made masks. This was followed by games and a mask judging contest. Many stayed for the entire evening enjoying the fellowship and watching the children and youth. When Michelle Fountain's delicious king cakes were sliced, Bracey Fountain and Chris Lifka each found a baby and were crowned Kings of Mardi Gras.

Wednesday Evening

Food & Formation

Dinner at 6:00 Program at 6:40

Upcoming Programs

Through March 24: *Journey through the Eucharist*, A 5-Part Series, led by Fr. Vic. While this is our Lenten Series, it is also designed for those who wish to be confirmed.

March 31: - Agape Eucharist & Meal - Reservations and purchased tickets are required for this special Eucharist and Meal. More information to follow.

Sign up on Sundays 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.

Lectors Needed for Palm Sunday & Easter Vigil

If you would like to assist with the narrative readings for Palm Sunday and the Easter Vigil, please speak with Jill Meares. This is a good opportunity to help share our stories. We need a large number of participants.

Camp Henry Registration Information Available

Plan now to attend Camp Henry. If you are in the second or third grade, a wonderful way to have your first camp experience is to attend the mini camp which runs July 7 - 10. Throughout the summer there will be age group sessions for all youth through grade 12. In addition, the CIT (Counselor in Training) program is a great opportunity to learn to be a counselor. There are two sessions for CITs.

The Camp Henry Outdoor School (CHOS) is a program that focuses on teaching light-weight backpacking and basic rock climbing skills. There are two sessions - one for middle school and one for high school youth. Each session is led by experienced staff and clergy.

If you have never been to camp, speak to one of our many parishioners who have. Any one of them will be happy to share their fun-filled experiences with you. Brochures and applications are in the Old Well Hall, the Parish Hall, and on the diocesan website.

Early bird registration must be received by April 30 in order to receive the discount. Scholarships are available; please see Jill or Fr. Vic.

Give Blood: Together, We Can Save Lives

Our next blood drive will be Saturday, March 27 from 7:30 a.m. until 12:30 p.m. in the Parish Hall. If you are eligible, please consider donating. Patients depend on the generosity of people who are willing to give. Mark the date on your calendar. Sign up will begin in a few weeks.

There is no substitute for human blood. In hospitals across the country, patients receive life-saving blood and blood products almost every minute of the day. But, did you know that only 5% of those who can give blood do? Let's help increase that percentage.

If for whatever reason you are not able to donate blood, you can still support this effort. People are needed to work the canteen, to serve a snack to individuals who have just given blood or to the Red Cross staff who are working with the collection. Escorts are needed to be available to monitor donors after they have given blood and to walk with them to the canteen. Food is needed for the canteen. Would you be willing to bring sandwiches, fruit, cookies, etc.?

Sign up to donate blood or to help in one of the other ways. For more information, talk with Georgiana Shorman or Jill Meares.

ECW Meeting

The ECW will meet at 11:00 a.m. on Wednesday, March 3 in the Library. We will discuss the Plant Sale scheduled for April, and disbursement of soup sale funds. Call Lucy Gunn for more information.

Calling All Readers

Join us in March as we read the first two books on our spring list. We meet in the library on Sunday afternoon at 4:00 p.m., and share tea and a love of books.

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.

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.

See you in March.

St. Anne's Guild

St. Anne's Guild wants to thank everyone for the contributions of hats and mittens for the Mitten Tree. With the cold weather this year, they were certainly needed.

The next meeting will be Wednesday, March 10 at 11:00 a.m. We will discuss Revelation Chapter 6 through Chapter 8.1. Anyone interested is welcome to attend. Members, please bring a sandwich.

Start Thinking about the Rummage Sale

The date is Saturday, April 24. 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*.

Please do not bring your donations to the church until after Easter. The church can't guarantee decent storage for rummage items brought in early. Thanks!

If you have questions or want to volunteer to help organize the sale, call Margaret Price at 777-7524.

Order of St. Luke Meeting

Being Filled with the Holy Spirit, is the topic at the Order of St. Luke meeting on Thursday, March 11, at 6:30 p.m. at Grace Episcopal Church, 871 Merrimon Avenue in Asheville. We will watch a DVD on *The Baptism of the Holy Spirit*. All are welcome. For more information contact Suzanne at 242-3260 mtn_osl@yahoo.com

Congratulations: Pat & Mark Race are thankful for the blessed arrival of our new granddaughter, Lily Isabella Garcia on 18 Feb 2010, to Joe and Kelly Garcia (daughter) in Chesapeake VA.

Calvary Prayer List

Immediate Concerns

Diana Wood, Sarah & Richard Reynolds, Paul Thiel, Maeve Galligan, Victoria Sampson, John Dunn, Rob Hanks, Gerry Williamson, Stefan Jones, Isobel Lamb, Daniel Fey, Steve Nesbitt, 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

From the Treasurer

Below is the Parish's budget for 2010. Despite budgeting very conservatively on expenses and keeping clergy and staff compensation the same as it was in 2008, expected expenditures exceed our income by \$34,000. This deficit will be funded with money from reserves which were accumulated in prior years.

- Pat Bishop, Treasurer

Calvary Episcopal Church Budget Summary for 2010

<u>Description</u>	<u>Budgeted Amount</u>
Operating Income:	
Contributions by parishioners:	
Pledges	\$267,600
Non-pledged income	40,000
Plate offerings	20,000
Other contributions and gifts	<u>12,800</u>
Total contributions by parishioners	340,400
Fund raising	5,600
Building use income	12,800
Investment income	7,800
Churchyard sales & fees	64,600
Rental income	<u>159,720</u>
Total operating income	<u>590,920</u>
Operating expenses:	
Clergy compensation & benefits	116,260
Staff compensation & benefits	195,188
Worship	9,450
Christian formation	8,100
Youth ministries	2,150
Diocesan pledge	35,000
Outreach	18,865
Utilities	23,400
Telephone	4,757
Office	15,100
Landscaping	51,000
Mortgage loan interest	33,547
Property insurance	15,000
Building maintenance	14,100
Other	<u>15,150</u>
Total operating expenses	<u>557,067</u>
Net operating income	33,853
Less mortgage loan principal payments	<u>(68,453)</u>
Net deficit	<u>\$ 34,600</u>