



A Day with Julian of Norwich



Calvary will offer a workshop, *A Day with Julian of Norwich*, on Saturday, May 8, from 10:00 a.m. to 3:00 p.m. Coffee and registration begin at 9:30 a.m. Suggested donation for this day is \$25. (Includes lunch)

During a serious illness at age 30, Dame Julian received 16 dramatic revelations of the love of God. She says, "God is all that is good, in my sight and the goodness that everything has is his." Joy is the keynote in her writings and she reminds us that "The fullness of Joy is to behold God in everything." Join us for a day of Joy and celebration of God's Goodness.

Facilitator: The Rev. Dr. Virginia Monroe. Dr. Monroe serves as the Rector of The Church of the Good Shepherd in Cashiers. She also leads retreats and offers spiritual direction. Call the church at 684-6266 to register. We are still taking reservations: call today.



The Episcopal Church & Ending Racism – Repairing the Breach

Did you know that slave owners were members of Calvary Church? Did you know that portions of the original building were built by slaves?

The theme of this year's Diocesan Conference is "Reconciliation," reflecting an 18-month long process sponsored by the Commission to Dismantle Racism and called *Slavery, Segregation, Racism, Truth & Reconciliation*. In April 2011, the Presiding Bishop of the Episcopal Church, Kathryn Jefferts-Schiori, will preside over the culminating event, a Eucharistic service of Repentance & Reconciliation.

Here at Calvary, we are doing our part in this Diocesan-wide effort. We are delving into our history, which will be published and join other parish histories. Some of us attended a day-long workshop in March, and others a Level I Anti-Racism Training.

And we are doing some educational pieces. This month, **Food & Formation** is dedicated to this process. We hope that you will be able to attend some or all of these events.

- ❖ May 5: Calvary's History
- ❖ May 12: Excerpts from *Traces of the Trade*, a documentary from the Deep North
- ❖ May 19: Racism and Its Effects on Our Community
- ❖ May 26: Institutional & Systemic Racism – How It Affects You

On May 16, after the 10:30 service, we will have the opportunity to watch the entire documentary, *Traces of the Trade*. Bring lunch and join us. We will provide drinks.

The Mission & Ministry Conference will be held June 5 – see information tucked inside this newsletter. Brochures are available in the church office.

Christian Formation

To Be Formed In The Image Of Christ

Summer is fast approaching. What will you do this summer? What chapter of your life will you write? I wonder would we do things differently if we acknowledged that each day was another page in the story of our lives. Often our daily schedules seem to be out of our hands. There is much to do. But summer should be an opportunity to slow down that pace.

As a child, I remember summer as a time of freedom –a time to dream and explore, a time just to be. As I watch our children and youth today, I realize that as soon as school is out for the year, a new schedule of events begins. Where is the time to imagine and dream; to play kick the can in the street with the rest of the children in the neighborhood; to stretch out on the grass in the day time and try to identify the shapes the clouds form or in the evening to count stars? I went to camp for a week, and we took a family vacation, but the rest of the summer was free.

Today, with organized sports and sports' camps, day camp and residential camps of all sorts, Vacation Bible School at every church, summer theater and more, there are many activities from which to choose. Parents and grandparents may find themselves juggling yet another schedule. As you plan your summer whether you have responsibilities for children or not, I challenge you to carve out some time to just be. Time to observe the wonders of God's creation; time to be still and watch the clouds roll in or the fireflies light the sky or time to tend your garden. If you have children with whom you can share these experiences, engage them in learning that it is okay to be still and yes, they can survive without their electronics as can we.

We have a month before school is out and summer officially begins. Give thought now to what busyness you can eliminate from your life for these few short months. What chapter of your lives will you and your family members write this summer?

Jill Meares

Coordinator of Christian Formation

Mission & Ministry Conference

Please find information for the 2010 M&M Conference inside this newsletter. Deadlines are approaching! Booklets are available in the parish office. For more information, call the Diocese at 225-6656 and follow registration information in the instructions.

Food & Formation

On Wednesday, May 5, Food & Formation will begin a new series, called, *Repairing the Breach*, which deals with how to repair the scars left over from years of racism. The first session will discuss Calvary's history and its connection to slavery. Come learn what this compelling program is all about. Other topics are listed on page 1 of this newsletter. The meal begins at 6:00 p.m., followed by the program at 6:40. If you plan to eat, please sign up in the Old Well Hall or call the parish office by noon on Monday. Cost: \$5 for adults; \$3 for ages 6-10.

Vacation Bible School is Just Around the Corner

July 26 - 30 is the week for this summer's version of Vacation Bible School. Mark your calendars with these important dates. Beginning at 9:00 each morning, we will gather with our crew and begin to explore the wonders of the Word. We will begin each day with energetic singing and add a new song each day. Following the opening we will travel through the various sites to learn how the Bible story is retold through each fun-filled activity: storytelling, crafts, games, and of course, snacks.

Registration forms will be in the mail or you may call the church office - 684-6266. Cost will be \$10.00 per child to cover supplies. Adults and youth beginning with sixth graders may participate in this exciting week as leaders and helpers. Call Michelle Fountain - 684-7529 or Jill Meares - 684-6266 if you would be interested in helping.

Veteran's Meal

Calvary provides lunch on the second Wednesday of every month at the Veteran's Restoration Quarters. The next meal will be served on Wednesday, May 12. Sign up today!

Rummage & Plant Sale Wrap-up

Thanks to you all, the 2010 Rummage Sale brought in more than \$4,000! This is by far a record for us. These funds will be used to help area non-profits within the parish and in the community at large. The ECW's plant sale collected just about \$325 for their projects.

Many thanks to those who saved their excellent items to donate and who grew or potted up plants, to those who came to shop, to all the volunteers who spent many hours setting up, pricing, selling, then cleaning up, and to the EYC members who came in early Saturday to make and sell sausage biscuits to hungry shoppers.

Start saving stuff for next year!

Education for Ministry

Are you interested in Education for Ministry - EfM? Last August, an EfM Group started here at Calvary. New members are invited to join us when we start fresh this coming fall.

The EfM Program is an education-by-extension program offered by Sewanee The University of the South, School of Theology in Sewanee, Tennessee and is a four-year program of study and group reflection.

This is not a Bible Study Program; it is much more than that. Participants commit on an annual basis to do the reading assignments, both Bible readings and

assigned text, and to participate in class discussions and theological reflections. Group size is limited to at least six and no more than 12 participants plus the mentor. The mentor is not a teacher; he or she is a facilitator. Normally there are 34 class meetings each session with appropriate breaks through the period for holidays and simply to take a break. Participants make a commitment to attend and participate in all meetings if at all possible; the program depends on this participation.

The four-year program is as follows: Year One, the Old Testament; Year Two, the New Testament; Year Three, Church History; and Year Four, Theological Choices. All texts for EfM are provided by Sewanee; however, a study Bible is needed for the first two years of study and is supplied by the participant. The New Oxford Annotated Bible is the one recommended by Sewanee and it is an excellent study Bible.

Tuition for each year is currently \$340.00 per participant and Sewanee accepts personal checks, VISA and Master Card for payment of tuition. Registration is currently in progress and the start date will be in September, the exact date will be announced later.

If you are interested in this program, a brochure and Prospectus are available in the Church Office and/or you may wish to contact John Sampson, the EfM Mentor, at 692-7474.

St. Anne's Monthly Meeting

St. Anne's Guild will meet at 11:00 a.m. on Wednesday, May 12, in the Commons Room. We will discuss Revelation Chapters 8 through 11:19. Members please bring a lunch.

Health Ministry Notes

In 1963, John F. Kennedy proclaimed May as Older Americans Month, giving us an opportunity to bring attention to the issues that affect older adults. Although we strive for healthy aging, to “Be your Best: Body, Mind, Spirit,” looking to enhance our life as we age by staying socially connected and intellectually stimulated is important. Unfortunately, this is not always easy and many older adults with chronic illness need assistance with their daily needs. I would like to focus this month on the caregivers, often a spouse, on ways to live a healthy life.

Caregiving takes mental and physical tolls on your health. It is a difficult, albeit loving job. We need to watch ourselves for compassion burnout. We can be encouraged, that in Christ’s church, we are called to bear each other’s burdens (Galatians 6:2). Here are some following tips:

1. Recognize you can not do all the care yourself.
2. Remember self-care is life saving. Even in airplanes, the flight attendants instruct you to put oxygen on yourself first before helping others.
3. Develop boundaries; caregiving is more like a marathon than a sprint.
4. Keep in touch with family and friends. Go out with them or enlist their help so you can have breaks and respite.
5. Consider joining a support group. Calvary has a support group on the first Tuesday of each month for the caregivers of people with memory loss.
6. Recognize signs of self-neglect: eating poorly, sleep deprived, lack of exercise, no respite, especially when you are ill and postponing your own medical care. Over half of caregivers experience distress and many die before their loved one.

If I can be of any help to you and your family, please contact me. I would like to share in your burdens and talk with you about your questions and concerns and provide other ideas and resources.

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 in the parish hall on the fourth Saturday each month between 10:00 a.m. - 12:00 noon. Linda Wozniak is also available to discuss any individual nutrition-related needs you may have.

I am in the church office most Wednesdays from 11:00 a.m. - 4:00 p.m. for health counseling or for home visits for blood pressure screening, medication management and/or home assessments and health resources. Please call the church office if you would like to talk or visit with me.

- Betty Robbins, RN, Parish Nurse

Health Ministry Meeting in June

There will be a Health Ministry Meeting on Sunday, June 6, after the 10:30 service in the Commons Room. We will be planning our Health Fair to be held Wednesday, October 20 from 3:00 - 6:00 p.m. Anyone who has medical or social services background or access to medical resources is invited to come. If you have an interest or resource but are unable to attend, please call Betty Robbins at 684-1743.

A Note from Mother Liz in Africa

(This is a continuation from the last newsletter)

Dear Friends:

We had been driving to the campsite late morning and met two men WALKING in the Bush. Turns out they were desperate for help because their vehicle had broken down, water was running out and no other vehicle had passed them. They were a threesome, man, wife and son and she had stayed behind in case somebody came by in the opposite direction to the one taken by the two men. We ended up towing them to our camp, eating an evening meal together and then towing them out to Khutse the next day. It was a very tough drive at slow speed through sandy soil that put a great strain on our vehicle for about 65 kilometers. It took us 14 hours to get back to Johannesburg.

I hope some time to share pictures of the amazing variety of birds we saw as well as buck, giraffe, desert hares, barn owl (on the ground outside the electric fence) and the highlight at caracal with offspring. The caracal is the largest of the small cats of Africa, nocturnal and rarely seen by humans.

I am now in Port Elizabeth and yesterday led a women's retreat. This afternoon Anthony will pick me up and we will return to Jeffrey's Bay where I will stay with Avril (our pilgrimage driver) because Anthony has a large family contingent staying with him. This weekend I am going to Addo Game Park - the one we went to when the pilgrims were here - with Annie, a friend I met in 2002. We will stay in a chalet! I have visited the Park often but always during the day so this will be a new experience.

On 8th May Brother Daniel will be life-professed at the monastery in Grhamstown and Anthony and I will be going to the event. After that I fly back to Johannesburg for a few days with my first friends in this country in 1972 and then home.

This morning I re-read my journal entries since arrival and notice a theme of freedom and thanksgiving. This morning I was gathering together some learnings that I pray I can use in creative ways when I get home. Thank you all for prayers and thoughts during this most amazing time. We need to pray much for this country. You have probably seen on the news the upstart leader of the Youth wing of the ANC who is causing a lot of anger and anxiety, being extremely rude to reporters, and has suggested that Zimbabwe has the answer to South Africa's problems (take land from the whites, take over the utilities and mines, and grasp power.) People are afraid and angry about the new racism that is developing.

It is cooling down a bit now - into the 80s - so it will be good to come back to summer in the USA!

Blessings to all

- Liz



Camp Henry Sessions Filling UP

Second Senior High Session Added in July

Because some schools will not close until after June, 13, a second senior high session has been added to the Camp Henry schedule. This session will start on July 25 and end July 31. This is listed on the website, but not on the brochure.

If you are in grades 2 or 3, a great way to begin your first camp experience is to attend the mini camp which runs July 7-10. Check the brochure or website for dates of sessions that are available for your age group

The Camp Henry Outdoor School is a program that focuses on teaching light-weight backpacking and basic rock climbing skills. There is a middle school session and a high school session. Additional sessions may be added as the need arises. Each session will be led by experienced staff.

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 available in the Old Well Hall, the Parish Hall, or from Jill or Barbara. Scholarships are available; please see Jill or Fr. Vic.

Make a Donation to the Camp Henry Scholarship Fund

Help a youth attend Camp Henry by making a contribution to the scholarship fund to honor someone special in your life. The Camp Henry Committee has always had a policy that no child would be denied a Camp Henry experience because of financial need. Last year the committee was fortunate enough to award full or partial scholarships to over 70 campers. Each year with rising costs, this number has increased.

We ask that you consider supporting the Camp Henry Scholarship Fund. No contribution is too small. For several years, Calvary Church has given approximately \$1,000 to enable Calvary campers to participate in the camp experience. If you wish to remember or honor someone this would be a wonderful way to do that.

Camp will begin next month and requests for assistance have already been made. Make a check payable to Calvary Church and put Camp Henry on the memo line.



Order of St. Luke Meeting

Praying in the Presence is the topic at the Order of St. Luke meeting on Thursday, May 13, at 6:30 p.m. at Grace Church in North Asheville. A powerpoint presentation will focus on how to pray effectively by centering ourselves in the Holy Spirit and helping the person for whom we are praying connect with Jesus, the healer. We will pray for healing for all who wish it. All are welcome. For more information contact Suzanne at 242-3260 mtn_osl@yahoo.com.

Congratulations on the birth of Erik Evretgärn Bulluck, born 29 March to Henry Bulluck & Ida Evretgärn in Karlstad, Sweden. His happy grandparents are Joy & Ed Bulluck.

Dear Calvary Church:

→ I want to thank all of you for your prayers that sustained me during two recent surgeries. Fr. Vic's visits to the hospital were an extension of your love and concern. The lovely altar flowers lifted my spirits during the bleak winter days. God bless all of you.

- Victoria Sampson

→ Again, I give thanks to all the wonderful caring people of this parish who gave me their support during my recent kidney surgeries. The cards, calls, and visits helped me through a difficult time. My sisters in the DOK were especially helpful. We are blessed to have such a wonderful group of women serving this parish and I am honored to serve as their President. God Bless all of you.

- Anne Rodgers

→ As several of you know I am in school at Western Carolina University for Special Education. I have been blessed with the opportunity to travel to London this May for a two week course on Special Education. We will be visiting schools (particularly the Cleve's Institute), going to lectures, and working with special needs students. I am extremely excited and nervous about traveling overseas; however, I know it will be a wonderful experience. I am, however in need of your support. The costs for such a trip are a bit over budget for a college student. I have received some financial aid from school, but I am still lacking funds. I am prayerful that I can ask my church family for help and support, as well as hopeful that you will keep me in prayer as I travel. Thank you for continuing to support me in my educational journey!

- Peace, Jennifer Hall

The Prayer List has become overwhelming, and we need to update it. Please call Anne in the Parish Office at 684-6266 if you wish a specific name to remain on the list. As of Trinity Sunday, May 30, the prayer list will consist of only those names given that week, or those requested from the old list.

Calvary Prayer List

Immediate Concerns - Lucy Hall, Bill Jackson, Evelyn Neville, Bjorn Ahlin, Mildred Cunliffe, Peggy Hayes, Anne Rodgers, Dan Roberts, Warren Peterson, Betty Shuford, Juanita Gaddy, Diana Wood, Sarah & Richard Reynolds, Paul Thiel, Victoria Sampson, Rob Hanks, Isobel Lamb, Daniel Fey, Myrtle Dawkins, Jean Temple, Martha Emery, Mary Louise Carpenter, Jennifer Murphy, June Wolfe, Lou Luther, Mellisa Huntley, Greg Coulson, The Rev. Jack Fles, Alison Woodrow, Elaine Taft, Beth Brown, Dawn Dyer, Kelly King, John Smith, Dan Kuyat, Lauren Mathis, Tracy Iurato, Guy Puckett, Nokb, Carol Ann, Cathy, Ken, Joe, Tessa, Dewey, Kenn, Misty, Nell, John Allen, Terry, Dorothy, Amber, Christopher, Mark, Julie, Joshua, Diane

Ongoing Prayer Requests - Kaye Harvey, Irene Presley, Clelia Savarino, Virginia McGee, Helen Diggs, Andrew Glasgow, Leann Wood, Louise Dunlap, Norma Gaddy, Ben Wald, Beth Allison, Ann Platzer, Barbara Burkhardt, Marie Schmittner, Anna Koster, Corda Maney, Bill & Jean Marberger, Kay Levine, Ruby Ledbetter, Maddox Hare; those seeking Holy Orders, especially Jill Meares