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JANUARY  
2009

VOLUME 1, ISSUE 1

## From the Interim Rector

by The Reverend Dr. Robert B. Cook, Jr.

Beloved,

Grace and Peace on the Eve of 2009. Have you ever heard the quote that goes something like this? “If you always do, what you have always done, you will always get, what you have always got.” That is a quote I heard a lot in the interim ministry training, so it has been reverberating with me a fair amount of the time. I suppose you can think of a lot of scenarios where you have experienced the same. Here are some ways we will be approaching 2009. One of my favorites comes in a way of confession. I drive around doing many things with a gym bag in the back of the car. Now I know in my head that this does absolutely no good. I will always have the same physical manifestations of the body (seen and unseen) until I get the bag in hand and literally walk through the door of that place which will take me by the hand and lead me to the water, and I drink. Now listen to some of our spiritual opportunities of coming to the water and drinking between now and June 1st.

1. Beginning on Tuesday evening, January 13, 6:30 to 8:00 p.m., Sandy and I will be bringing to you the opportunity of coming to the well of MARRIAGE ENRICHMENT. We want to bring refreshment to your table, and believe this will be God’s delight and yours. We will be focused on the Good News for your marriage and family. This will run through February 10th.
2. On Saturday, February 7, a dear friend of ours, Vickie Longhoffer Copeland, will be joining me in brining a prayer experience to your life, and to the family of St. Mary’s. “Be still and know that I am God.” *Psalm 46:10*. We will offer a workshop on Centering Prayer from 9:00 a.m. to 2:30 p.m. My experience in Centering Prayer has been transforming, personally and professionally. This is something you can do privately in your home, and corporately in your church. We are blessed at St. Mary’s with a perfect setting for a weekly Centering Prayer meeting. I want you to have the opportunity of experiencing and choosing Centering Prayer.
3. On Tuesday evenings during Lent, we will be offering a book study on Centering Prayer and Lectio Divina (The practice of praying the Scriptures). This will not be your basic book study; it will be a “practicum” where we will put both into practice while we read about them for deeper understanding. Tuesday evenings, 6:30 - 8:00 p.m., March 3 - April 7.
4. Tuesday evenings, April 21 - May 19, 6:30 to 8:00 p.m., Sandy and I will be leading a study on walking with our friends and loved ones from the shores of earth to the shores of heaven.

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*Where faith embraces reason and tradition*

**St. MARY’S EPISCOPAL CHURCH**

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We have walked this journey with so many people in so many situations, that we have decided this is one of the most intimate opportunities to bring to you. Walking the journey with my sister this past year and a half, has only increased my belief that this journey is an intimate one for the extended family of faith, and an important one to enter into God's presence in our discussions.

These are very intimate opportunities of blessing. We offer them on Tuesday evenings, so we will be consistent in what you can expect. We realize there may be a better time for us to be making this offering, but we do not know what works for you, SO give us some feedback. Above all, we encourage you to take the time now to commit to seasons of spiritual enrichment in your lives.

## The Senior Warden's Corner

*by Carroll Ann Miller*

Dear Fellow Parishioners,

We had a crowd in the Common Room for our vestry meeting on December 15. Both your 2008 vestry and the four new members who will begin representing you next year were present. Tony Bertschi, Gus Schwenk, and John Wall will be rotating off, and we will be joined by Amanda Gane, Eric Hill, Dudley Moore, and Paul Siceloff. We spent time in prayer for our dear Julia Rhodes and her family and friends; praying that God gives them comfort and strength, and leads us to ways in which we can support them.

The vestry welcomed Dorothy Darr and Revon Johnson from the Environmental Stewardship Committee as they presented their annual energy audit to the Vestry. This is a hard working group which meets monthly and has enlisted expertise available to us through the North Carolina Interfaith Power & Light program. They are also working closely with Junior Warden, White Watkins, to affect energy saving measures that fulfill our charge as Christians to be good stewards of the earth. If you would like a copy of the audit, please contact Dorothy or Revon.

December means budget time for the church and your treasurer, Sandy Finch, presented the 2009 budget prepared by the Finance Committee. With some minor tweaking, the budget was approved as presented. As Sandy explained at the Annual Meeting, we should remain in good financial shape in 2009. In 2008 we balanced the budget because we were without a rector from April until September and have been without an assistant since September. The 2009 budget is balanced because it is unlikely that the call of our new rector will occur in time for him or her to pursue an assistant in the next calendar year.

As you know, investment income from our endowments has been used for the last several years to supplement the operating budget. The amount of interest income generated by endowment is averaged over 12 quarters, and we draw 4% of that rolling average to fund operating. Because of this system, we can count on amounts for 2009 to remain close to 2008 levels. Given the state of the economy, the money available to us in 2010 is most likely to decline. I say all of this, not to discourage you but to empower you. The more everyone understands about the financial aspects of our shared community, the more likely we all are to respond in positive, creative ways of planning and allocating our resources.

If you've gotten your 2009 calendars, please mark the Friday evening and Saturday of May 15<sup>th</sup> and 16<sup>th</sup> for an exciting program coming to St. Mary's called The Magnetic Church. Some of you have participated in this program in the past and have given Andrew Weeks, the facilitator, high marks for his ability to inspire the participants toward new and different ways to becoming a more welcoming, inviting congregation. He will help us to share ourselves with newcomers - to share that special bond with those who are seeking what we are so lucky to already enjoy.

May the love God made manifest in the gift of his Son lift you up and give you peace.

- Faithfully yours, Carroll Ann

*St. Mary's is dependent upon pledges to meet our month-to-month financial obligations. If you are not up-to-date on your pledge, please make every effort to become current. If you have questions about your pledge, please call Rosemary Inman at 886-4756 ext. 23*

## New Sunday School Session Begins January 11

Classes are Sundays 10:00 - 10:45 a.m. Please note the dates and classroom locations.

### Adults

#### Lectionary Class

Dates: January 11 - May 24

Facilitator: Ed Crissman

Location: Rm. 115 Ed. Bldg.

This class discusses the lessons for each Sunday. Usually we focus on the Gospel lesson, since most of our sermons are based on the Gospel. Each Sunday you will receive a copy of the Synthesis, a lectionary guide, which gives background and additional information about the events going on in the lessons. A discussion then takes place inspired by the lessons and application to our daily lives.

#### The Bible and Theology: *A Kerygma Bible Study*

Dates: January 11 - May 24

Facilitators: David Idol and Craig Popalis

Location: Common Room

This semester the group will continue their exploration of two facets of our faith: Soteriology (how we are saved), and Authority. Join this thought provoking and free thinking group of parishioners as they delve into matters of our deep faith.

*For the past two years we've used a commercial study guide ("quarterly" to you with different denominational backgrounds). It's time to reassess our material. In order to appeal to the interests of more parishioners, we want your input. If you have an idea, send an e-mail to Jay Marsh at [jamfam@triad.rr.com](mailto:jamfam@triad.rr.com). This is an Episcopal Church, so remember: no question is unacceptable, no opinion is mocked! -Colleen Hartsoe*

### Youth

Classes begin January 11 through May 24.

Grades	Curriculum	Room
Pre K (4) - 1st	Godly Play I	217
2nd - 4th	Godly Play I	215
5th - 8th	Making It Real	210
9th - 12th	Making It Real	201

*For information about programs for children and teens, contact Duana Cisney at 886-4756 ext. 26 or [duanac@stmarysepisc.org](mailto:duanac@stmarysepisc.org).*

# Upcoming Events

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## Marriage Enrichment Seminar

Sandy and Bob Cook request the honor of your presence on a journey looking at marriage through the eyes of the Prayer Book. We will pull themes from the Prayer Book service "Celebration and Blessing of a Marriage". Who should consider attending? Those preparing for marriage, those newly married and those married for years. This will be a time of refreshment for all those attending.

**WHEN:** Tuesday Evenings, beginning January 13<sup>th</sup> through February 10<sup>th</sup>.

**TIME:** 6:30-8:00p.m. - Childcare will be provided.

**WHERE:** St. Mary's Episcopal Church parish hall.

**COST:** We will divide the cost with those attending.

Sandy is a Licensed Clinical Social Worker and the Executive Vice President of Programs for Children's Home Society of North Carolina. Bob is the Interim Rector of St. Mary's Episcopal Church.

They have been married 21 years and continue to enjoy growing and strengthening their marriage. Please call the church office to register for the journey. 886-4756 x21



## Centering Prayer

We will be beginning a study and practice of the Art of Centering Prayer.

**WHEN:** Saturday, February 7<sup>th</sup>

**TIME:** 9:00 a.m. - 2:00 p.m.

**WHERE:** St. Mary's Episcopal Church, High Point

**WHO:** Those who would like a new way of cultivating a deeper relationship with God.

This will be an introduction to the practice of Centering Prayer. We will follow up this one-day event with a Lenten Book study and time to practice our new prayer practice. If you are interested in pursuing this opportunity, please call the church office at 886-4756 x21 and put your name on the list. You will also receive a brochure entitled "The Method of Centering Prayer - The Prayer of Consent." Centering Prayer is a gift to you and to your church. The cost of the one-day seminar will be \$15.00, which will help with the cost of lunch and our facilitator. Our facilitator will be Ms. Vickie Longhofer Cope-land. Those who attended the one-day seminar on the Labyrinth will remember her peaceful confident presence.

## LOOKING AHEAD

### January 1

Happy New Year!  
Church Office Closed

### January 6

Epiphany Evensong  
Feast of Lights - 6:30 p.m.  
Covered Dish Supper - 7:30 p.m.

### January 11

Informal Worship - 9:00 a.m.  
Sunday School resumes - 10:00 a.m.

### January 19

Herald Deadline  
MLK Evensong - 7:00 p.m.

### January 23 - 24

193rd Diocesan Convention  
Benton Convention Center  
Winston-Salem

For a complete list of events, view our calendar at [www.stmarysepisc.org](http://www.stmarysepisc.org)

## New Vestry Members

Congratulations to our new Vestry members for 2009! They are: Amanda Gane, Eric Hill, Dudley Moore Jr., and Paul Siceloff.

## St. Anne's Chapter

We would like to thank everyone who contributed and helped to fill 168 Christmas bags to be delivered by St. Mary's Volunteers with Mobile Meals.

Our next meeting is January 12th at 6:30 p.m. for dinner at Mama Mia's. Please join us. Please also visit our book sale at the rear of the Parish Hall. Thank you!

## Land Development Update

*by Jeff Miller, Committee Chair*

In the Fall of 2007, three subcommittees were appointed to move forward with the Land Development project. Audrey Yowell serves as the chairman of the Design Committee and John Wall serves as chairman of the Construction Committee. In addition, Amo Kearns chairs the Communication Committee.

The Design and Construction Committees met together with the task of selecting the Architectural Firm to take the concept drawings that were prepared for the congregation and develop firm plans that could be used for getting final pricing and bidding. The committees interviewed four different firms and after careful deliberation chose WKWW, a firm that specializes in church design. They are located in Charlotte. The committee visited numerous projects that had been completed by the firm, and received excellent references. In addition, the project currently underway at First Presbyterian has been designed by WKWW, and they also gave an excellent recommendation.

The summer months were used to finalize a contract with the firm as well as to begin the process of critiquing the original plans in order to begin detailed design efforts. Initial evaluation of utilization levels

## Music Academy News

*by Margaret McDonald*

The Adkins-Brown-Clinard fund has helped several very talented music students take lessons at the Academy. There is a great need at this time for additional gifts to this fund so that scholarships can be continued. Please consider making a donation to this fund - \$100 will pay for four lessons for a needy student. Your generous donation will prevent six students from having to discontinue lessons. Any gift will be greatly appreciated.

If you have had a change of address, phone number and/or e-mail address, please notify the office. It costs the church if your Herald is returned to us. So, please keep us informed. Thank you!

and square footage requirements has been undertaken and the actual design process will begin in early 2009.

With the challenges our economy is facing, and the need to focus the congregation's energy on the annual Stewardship program this fall, the committee has moved forward in a deliberate, but cautious manner. It is our goal to produce final plans over the course of this winter and spring, and bring those plans back to the congregation with firm budget estimates and options.

Pledges paid to the Land Development fund are currently invested in low risk investment vehicles to assure that when the time is right to begin construction, we will have adequate funds to move forward. Whether we can proceed with just one or both buildings will be a decision we will make as a congregation based on funds on hand, projected building costs, and numerous other factors.

The committee continues to be excited about the prospect of these new facilities. We also appreciate the ongoing support of the congregation as we move forward in a deliberate manner to complete this exciting project.



Dot Forward

Kate Thornton

Henrietta McKenzie

Flo Memory

Beachy Allen

Melissa Anderson

Geoffrey Williams

Allene Gane

Julia Rhodes

*“O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and forever. Amen”*

## New Members

Please join us in welcoming our newest members: Phil and Hunter Burris, and their son Hutton.

## January Birthdays

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		09	Louis Freeman	22	Barbara Crowell
		10	Paul Zander		Mary Eliza Duckett
			Peter Biesecker		Charles Lynch Jr
			Robert Hoots		Natasha McClellan
			Frann White		Madeline Rhoton
01	Joseph Hayworth	11	Alan Chaney	23	Louise Foster
	Stacy Hoots		Jessica Henderson	24	William Moore
02	Kimberly Chaney	12	Lorna Brown	25	Christine Andrews
	Lindsey Finch		Stephen Farshing		David Farshing
	Judy Straight	14	Evie Cottam	27	Jeff Brown
03	Tim Yates	15	KC Grieser		Sam Duckett
04	Stephen Uhlin		Patti Saunders		Avery Higgins
05	Cece Biesecker	17	Joan Betsill		Suzanne Lea
	Ann Crowell	18	Barbara Farshing		Lauren McHenry
	Sandy Cook		Adair Smith	28	Rene Bardua
06	Samantha Cisney	19	Paul Miller	29	Marita Gates
	Alexandra Cisney	21	Kitty Congdon		
07	Kerie Beth Scott		Laura Johnson		
08	Sarah Grieser		Margaret McDonald		
	James Snow		Ben Parker		

To notify the church of illness, hospitalization, birth, death, or prayer request, contact Shannon in the church office: 886-4756 x21 or [administrator@stmarysepisc.org](mailto:administrator@stmarysepisc.org).

# Serving in January

DATE	TIME	ACOLYTES	READERS	CHALICERS	GREETERS	USHERS
04-Jan 2nd Sunday after Christmas	8:00 a.m. 11:00 a.m.	Sam Stalder John Yates Trevor Gay John Drake Karcher Sam Duckett	Kay Brower	Rick Manning Alicia Archibald Barry Collum	Bob Bender	Steve Brooks David Congdon Jules Crowell White Watkins
06-Jan The Epiphany	6:30 p.m.	Ashlyn Congdon	Ed Crissman			
11-Jan 1st Sunday after Epiphany	8:00 a.m. 9:00 a.m. 11:00 a.m.	Briggs McKenzie Lizzie Smith KK Hanson Alex Hill Lindsey Tripp Margaret Hanson	Suzanne Lea Barry Collum	Bob Bender Bob Bender Briggs McKenzie Diane Popalis	Rebecca Henderson Cathy Kuhn	Steve Brooks David Congdon Jules Crowell White Watkins
18-Jan 2nd Sunday after Epiphany	8:00 a.m. 11:00 a.m.	Spencer Witcher Jessica Zander Katie Cottam George Lindner Christiana Conrad	Judy Straight	Bryan Noah Bryan Noah Christiana Conrad	Diana & Alan McHenry	Dick Cottam Craig Darby Joey Darr John Foster
19-Jan MLK Evensong	7:00 p.m.	Madeline Rhoton	Revon Johnson			
25-Jan 3rd Sunday after Epiphany	8:00 a.m. 11:00 a.m.	Braeden Moore Adam Howell Emory Howell Will Moore Sam Blackman	Nancy Robinson	Kathy Conrad Nelson Jones Barry Collum	Ollie & John Wall	Dick Cottam Craig Darby Joey Darr John Foster

## Services at St. Mary's

### Sundays

8:00 a.m. – Holy Eucharist  
9:00 a.m. – Informal Service  
(Second Sundays)  
10:00 a.m. – Christian Ed.  
11:00 a.m. – Holy Eucharist

### Wednesdays

12:00 noon – Holy Eucharist  
includes Healing



Office Hours:  
Monday - Friday  
8:30 a.m. - 5:00 p.m.

## CLERGY & STAFF

### The Rev. Dr. Robert B. Cook Jr.

Interim Rector  
bobc@stmarysepisc.org

### The Rev. Evelyn Morales

Deacon  
evermor11@aol.com

### Duana Cisney

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duanac@stmarysepisc.org

### Rosemary Inman

Financial Secretary  
rosemaryi@stmarysepisc.org

### Artie Ross

Sexton

### Dr. Harold G. Andrews

Organist & Choirmaster  
ncorgancraft@aol.com

### Margaret McDonald

Youth Choir Director  
musicacademy@northstate.net

### Scott Willis

Interim Coordinator of  
Youth Ministry  
scottw@stmarysepisc.org

### Shannon Watts

Parish Administrative Asst.  
administrator@stmarysepisc.org

## ST. MARY'S EPISCOPAL CHURCH

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The deadline for the next Herald is **January 19th**. Please e-mail your submissions to:  
administrator@stmarysepisc.org