



St. Paul's Epistle

"To know Christ and to make Him known"

FROM THE PRIEST IN CHARGE:

A CALL TO CHRISTIAN EDUCATION



Henri Nouwen said, "One way to express the spiritual crisis of our time is to say that most of us have an address but cannot be found at home."

Imagine, a time and place to be alone with God -- Creator, Sustainer, and Lover of our souls! But we live in a preoccupied, over-occupied world. We often find it difficult to slow down, let alone stop; and when we do finally find it in us to stop, we crash in front of the tube, or crawl into bed for a brief respite from our busy schedules. Many of us do not know where or how to begin to create a time and place for ourselves, let alone a time and a place for God.

There are many options for developing a time apart for our relationship with God. One can begin with short daily readings from Scripture, with use of the Daily Offices from the Prayer Book, with brief periods of silent meditation, or by using a book of meditations such as *Forward Day by Day* or Frederick Buechner's *Listening to Your Life*. But even with the best of intentions, we find these spiritual exercises difficult to continue.

The author of the letter to the Hebrews writes, "Let us be concerned for one another, to help one another to show love and to do good. Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more..." (10:24-25). Our Christian Education program this fall will be a place to find encouragement and strength as we seek to create a time and place in our hearts for God.

To be honest, our Christian Education program is somewhat in a state of flux. We are set to begin on September 11, the day of Bishop Gregg's visit, but we still have some holes to fill. As in the past, we will have our regular Primary and Intermediate classes in place for our youngest through Fifth Grade. We're trying to add a Middle School class, but we need committed adults to help lead these classes. Is God calling you to work with these young people?

On September 11, we will start pulling both our Middle School and High School aged youth together to brainstorm the program year. We're even considering a quarterly Sunday afternoon worship service modeled on those done for Diocesan Youth Conferences. We're looking for Youth input in these areas.

During the year, we'll continue with several different offerings for adults. Bishop Gregg will join us on September 11. The four weeks following will be a video/discussion class called Grace, Gratitude & Generosity, featuring Biblical scholar The Rev. Dr. Walter Brueggemann. We will try offering the Brueggemann class at both 9:00 and 11:00 to see if we draw folks from the 8:00 service and the Choir to the early option. David Stephens will follow this class in mid-October with a class on great stories of the Old Testament.

(Continued Page 4, Call to Christian Education)

A Letter from Bishop Curry

July 1, 2011

I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now.

Philippians 1:3-5



My Dear Brothers and Sisters:

Photo by Sonia Katchian

It is with a deep sense of gratitude and joy that I write to you on the occasion of "The Consecration Centennial of St. Paul's Episcopal Church." As St. Paul said to the Church at Philippi, so now I say of you, "I thank my God every time I remember you...." In thankfulness for "your sharing in the gospel" allow me to offer some reflections on history and destiny.

From the beginning of the Christian church, worshiping communities have begun with small groups of disciples meeting for telling the stories of our faith and remembering Jesus in sacramental life. Thus the Episcopal community in Johnston County began in similar fashion - not with a plan so much as a gathering of like-minded Christians determined to keep the faith in this particular place. So it is perhaps no surprise that this group eventually took as its name St. Paul's, named after the Apostle who was the great missionary to the Gentiles and who founded churches throughout the world of the Roman Empire. So, following the example of the Apostle Paul, St. Paul's Church, Smithfield, North Carolina eventually did organize, grow, launch two new mission churches and establish itself as a vital place of worship and service in the community of Smithfield.

But the God who has "been our help in ages past," is likewise "our hope for years to come." And Jesus who says to his disciples, "follow me," is now summoning St. Paul's Church to "claim the high calling" and to follow Jesus into the future that is already upon us. So, like the Apostle Paul, the missionary to the Gentiles, who did just that, St. Paul's Church is being called to follow Jesus in this new day as a missionary Church committed to living, sharing, spreading and witnessing to the love of God that we have known in Jesus Christ.

Like the Apostle Paul who followed Jesus who said that he came not to be served but to serve, St. Paul's is

(Continued Page 4, Bishop's Letter)

OUTREACH COMMITTEE...

**“Volunteers
are a work of
heart”**



***Keep the date –
2012 Stop Hun-
ger Now event
Saturday, Febru-***

***ary 4 from 9:00 til noon in Law-
rence Hall ---- 20,000 meals.***



Food Pantry

Each month, bring
non-perishable

food and place it in the back of the church

OR

- ♦ Write a check each month (Food Pantry in memo line) to help purchase food in bulk.

Fundraiser Luncheon

Join us for lunch on Sunday, October 16, after the 11:00 service, for Soup and Desert. Funds given will go to Episcopal Relief and Development for Haiti relief.

Nets for Life



- ♦ Purchase a net (\$12) for each member of your family. We have a year to buy all of our nets, so buy one every month or two. Maybe you can buy extra nets for someone in our church family who cannot afford to buy nets themselves.
- ♦ We have almost reached our goal of 225 nets. Only 48 nets to go. Can you help?????



Give 2 The Troops

Thank you for giving items to support the troops. They will love the letters and thank you for taking time to share your gratitude for their sacrifices.

We will do this again in a few months. Thank you again for your participation and for supporting THE GIVING TREE.



Youth Choir Ready to Go!

Youth Choir will begin on Wednesday, September 7th. Please let Rhonda Smith know if you are interested. It is open to

any youth 5 years old and older. Please call her at 934-6203 to sign up and to talk about practice time.



With September here, we can look forward to some cooler weather, pumpkins, leaves falling and fall colors. Our first meeting of ECW is Saturday, September 17, 2011 at 9:30. We hope that everyone has had a good summer and is ready for fall activities to begin. All Episcopal Women are members of ECW. The letters stand for Episcopal Church Women. We meet the third Saturday of each month throughout the fall, winter and spring season. We sponsor two fund raisers, Soup Sunday in February and Salad Sunday in May. All money is used to fund needs in the church, local needs as well as Stop Hunger Now. Please come and help us plan our affairs and fund needs for our Parish. We meet in Lawrence Hall on September 17, 2011 at 9:30 am. Come join us for good times and good fellowship.

Financial Update

Through August 21, 2011

Attendance for August 21 :	95
Pledges:	\$2010.00
Total Offerings:	\$2802.50

Year to Date: January 1, 2011-August 21, 2011

Income:	\$125,116.57
Pledges:	\$107,435.83
Budget:	\$123,533.68

August Vestry Highlights

Due to the August Vestry meeting's taking place on the 30th we are unable to post highlights in this issue. Watch the bulletin board near Lawrence Hall for the full monthly minutes beginning in early September.

Children's Chapel:

Returns September 18

While our Children's Chapel stands empty at the time of this writing in mid-August, it is not without anticipation for the coming fall.

Children's Chapel will return as a worship service for some of our youngest members beginning September 18. The service will be designed for children ages 3-8 and will include music, prayers, Scripture and a homily designed especially for our youngsters.

Children will begin services each Sunday at 11:00 a.m. in the Nave with the rest of their family as a way of reminding them that they are always a welcome part of "Big Church," and youngsters may elect to stay in the service if they so desire. This also makes it easier for children to find their parents on their return.

Following the Collect of the Day, there will be some Gathering Music and participating children will gather at the front of the Church below the pulpit where the Presider for the Chapel service will meet them and bring them to Chapel. Children will return to the Nave during the Peace.

Children's Chapel will be a time of worship designed for our little ones. It will not be play time, craft time, or a second Sunday School class. If you would like to assist with Children's Chapel (especially if you might like to help lead some singing), please contact Jane Hawk or Billie Stevens.



Calling All Youth

Kanuga Conference Center would like to invite our youth to the mountains this winter for the 36th annual Winterlight conference. This year, those attending will explore ways we can walk as Christ walked, and live in God's image in our daily lives.

The conference runs from December 27, 2011 through January 1, 2012—a great way to end the year and kick off a new year learning to "Walk This Way." See the Kanuga website for more information and for registration forms.

<http://www.kanuga.org/conferences/2011/winterlight.shtml>



(Bishop's letter, continued)

called to be a serving church, feeding the hungry and working to end hunger, caring for those often not cared for, weeping with those who weep, and setting the captive free in the Name of Jesus.

Like the Apostle Paul who, following in the footsteps of Jesus who said, "come unto me all ye who are weary and heavy laden," welcomed Gentiles into the Christian church, so now St. Paul's Church is being called to reflect the welcome of Jesus to all who seek to "come unto" Jesus.

Such is the destiny of our high calling as disciples of the Risen and Living Lord. But that future had a beginning as missionaries of the Church of England lived and shared and spread and witnessed to the love of God made known in Jesus here in colonial North Carolina. This wonderful historical volume contains the story of how it all began.

*O God our help in ages past,
Our hope for years to come,
be thou our guide while life shall last,
and our eternal home.*

Hymnal 1982, #680

Your brother in Christ,

Michael B. Curry
XI Bishop of North Carolina

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During the final two weeks of November and through Advent, we will experiment with two concurrent adult offerings. One, a continuation of the track started by David, and a second offering on the Sacraments of the Church, especially significant for adults interested in Confirmation or learning more about the Episcopal Church. Post Christmas, a class called Episcopal Church 101 will be an additional second track offering. Our class during Lent will focus on unpacking The Baptismal Covenant.

Each class offered through the year will be an attempt to offer a glimpse of the God who has chosen to be revealed in Christ Jesus, and who has called us into new life in Christ.

Christian Education and Sunday worship are vital to our ability to grow and mature as Christians. Corporate study gives affirmation, challenge and substance to our private prayers and meditations, and helps make us a conscious part of the faith story. And while we can certainly grow in our faith and understanding as individuals, there is something to this ancient custom of gathering together to share the journey with one another.

Please consider making Sunday mornings at 10:00 a day for the entire family to begin a new disciple of worship and study together. It is a time when individuals can come and be a part of the faith community. Come, be a part of the learning at St. Paul's.

Blessings and Peace, Jim+

Stewardship Dinner October 12

Bishop Michael Curry is our Keynote Speaker

Mark your calendar today for Wednesday, October 12, when The Rt. Rev. Michael Curry joins us to help kick off our fall Stewardship Campaign. We promise food, fun, and an exciting talk from Bishop Curry. Help us get a jump start on ministry for 2012 on October 12! More details to come.

Stewardship Corner

September brings cooler weather with falling leaves and harvesting the fruits of our labor from our gardens. The colors change from the whites, pastels, and citrus shades to the rusts, browns and oranges of Fall. Sunday School re-opens, we have our 100th Celebration and ECW welcomes us back to start anew. There are so many ways to step up your Stewardship for St. Paul's: Adult Sunday School, teaching a class, Altar Guild, singing in the choir, ECW, and the Junior Warden's work list, fun times at the baseball game, watching movies and wine tasting. Fun times guaranteed! Stewardship is ongoing throughout the entire year. St. Paul's needs you, your time, your talent and your treasure. Please RSVP.

In this spirit, we are doing something a little different and interesting for September. Please e-mail your thoughts in two or three sentences about why you pledge, and why pledging is important to you. E-mail jcolemanii@embarqmail.com. Watch this fall for how you and your fellow parishioners share the joy of being Christ's stewards.

Dear friends in Christ at St. Paul's,

Thank you, dear friends, for your total commitment and dedication to easing my life and my family's lives by your quick and loving response to our loss and displacement after the devastating fire of our home. You have kept us fed, you have brought necessities, you have rolled up your sleeves and worked in the burned-out shell trying to salvage part of what is left. You have obeyed Christ's commandments, and both my family and I are eternally grateful for your loving kindness and thoughtfulness.

Love,

Edie Pie Wilkins

Mitchell Moments: September 2011

In a few weeks, the September calendar will say that fall has arrived. However, the weather currently remains “hot” as it is still summer and vacations still abound.

Although September brings us closer to the end of another year, the multi-media and the stores remind us that many things are starting anew! The pre-kindergarten – college-age students are back in school, adults are back to daily routines without children being at home, and church committees get back on schedule. There is robust energy and excitement!

St. Paul’s is no different. This September brings confirmations, Sunday School “kick-off,” Consecration Celebration, Stewardship Reflection, EFM and a visit by Bishop Gregg. In addition, September will bring many opportunities to serve. Did you know that St. Paul’s has 23 ministries that one could choose from to share skills, expertise and/or a willingness to learn? Please take a look at one of the “Opportunities to Serve” booklets located in the Narthex, brown desk in the Sunday School hallway or on the table by the bulletin board and Lawrence Hall.

Here is a short list of what “opportunities to serve” provides here at St. Paul’s:

- ◆ Highlights the church as a beacon in the community
- ◆ Strengthens the foundation of the church
- ◆ Makes necessary repairs where needed
- ◆ Secures quality staff
- ◆ Provides outreach where needed
- ◆ Shares in the planning of the future of St. Paul’s

As we evolve in this journey of ministry; let us break bonds together, make crooked straight and rough places plain as prayerful and thankful stewards of God’s many gifts.

Thought:

"A good word is like a good tree whose root is firmly fixed and whose top is in the sky."

As we all work together, I pray that we continue to plan and work the plan for a bright future here at St. Paul’s Episcopal Church! Should you have questions/concerns, please do not hesitate to contact me at lagmitchell@bellsouth.net or 919 840-8650.

Faithfully,

Lagratta Mitchell, Senior Warden

Friday Night at the Movies September 16th

Cotton Patch Gospel

7:30 pm: Popcorn and Sodas Provided

Cotton Patch Gospel has been highly acclaimed by critics and the public alike. This award-winning drama is a leg-slappin’, toe-tappin’, hand-clappin’ hoe-down of a story that retells the Gospels of Matthew and John in the musical style of the present day South. In *Cotton Patch Gospel*, the faraway places of Nazareth, Jerusalem, and Bethlehem are brought closer to the cities of Atlanta and Valdosta, Georgia.

From His birth in a Gainesville, Georgia trailer to His Good Friday lynching and Easter Sunday victory, the story of Mary Davidson’s son, Jesus, is presented musically with zest and uninhibited joy. The music that brings this story to life was written by the late Harry Chapin, founder of World Hunger Year and composer of such well-known hits as “Cat’s in the Cradle” and “Taxi.” Chapin considered himself “born to write the music for *Cotton Patch Gospel*.” In his words, “*Cotton Patch Gospel* is special. It is a rare dramatic presentation that succeeds in both entertaining us and sharing fresh insight into the Gospel, the greatest story ever told.”

Starring Tom Kay and Scott Ainslie. Directed by Michael Meece and Russel Treyz. Written by Clarence Jordan.

Carolina MudCats Baseball!

Twenty or so St. Paul’s baseball fans braved the hottest day ever on record at RDU to help root the Mudcats on to victory in July. Let’s do it again next year! Thanks to Dick Hawk for organizing the event.



PARISH LIFE...

THE VESTRY AND CLERGY
OF ST. PAUL'S EPISCOPAL CHURCH
SMITHFIELD, NORTH CAROLINA
INVITE YOU TO SHARE IN

**ST. PAUL'S CONSECRATION CELEBRATION:
100 YEARS OF SERVICE TO GOD,
AND FAITH IN OUR FUTURE**

*Photo by Herman Larsson
c. 1953*

SUNDAY, SEPTEMBER 11, 2011

11:00 A.M. VISITATION OF

THE RIGHT REVEREND WILLIAM O. GREGG

ASSISTANT BISHOP, THE EPISCOPAL DIOCESE OF NORTH CAROLINA

WITH HOLY EUCHARIST, CONFIRMATION AND SERMON

LUNCHEON WILL BE SERVED IN LAWRENCE HALL AND

ON THE CHURCH GROUNDS AFTER THE SERVICE

Music provided by Jake Melnyk

*Photo by D.L. Hawk
2011*

R.S.V.P. By Friday, September 2, 2011

MARY STEPHENS	919-934-8363 or EMAIL: fuquaydos@aol.com
KAY LONG	919-989-8671 or EMAIL: kayplong@gmail.com
BILLIE STEVENS	919-934-9263 or EMAIL: billiestevens@embargmail.com

We are going to try something new in the next few issues of The St. Paul's Epistle, and we could use your input to make it happen. I am envisioning a page that has information on Spiritual Care, which would include taking care of our bodies as well as our souls. Send me your thoughts for future editions: jmelnky.stpauls@nc.rr.com

Taking Good Care of Ourselves

How often have you heard someone say (perhaps yourself included), I know I need to exercise, but it's the one thing I just don't want to do? Here are some tips from The American Diabetes Association on ways to help even if you're not in the gym every day:

Being Active Throughout The Day

In addition to formal exercise, there are many opportunities to be active throughout the day. Any activity will burn calories. The more you move around, the more energy you'll have. Some ways that you can be more active throughout the day include:

- Walk instead of drive whenever possible
- Take the stairs instead of the elevator
- Work in the garden, rake leaves, or do some house-cleaning every day
- Park at the far end of the shopping center lot and walk to the store
- Walk down every aisle of the grocery store
- Walk in place or stretch while you watch TV
- Walk around the house or up and down stairs while you talk on the phone

Get up from your desk and take a lap around the office once each hour while you are at work

<http://www.diabetes.org/food-and-fitness/>

**Ten Super Foods that Make a Difference:
Beans, Dark Green Leafy Vegetables, Citrus
Fruit, Sweet Potatoes, Berries, Tomatoes,
Fish High in Omega-3 Fatty Acids, Whole
Grains, Nuts, Fat-free Milk and Yogurt**

Developing a Rule of Life

Insights from The Society of St. John the Evangelist

“A rule of life allow us to clarify our deepest values, our most important relationships, our most authentic hopes and dreams, our most meaningful work, our highest priorities. It allows us to live with intention and purpose in the present moment.

Sometimes when people hear the phrase ‘rule of life,’ they imagine a list of *rules* which they would be bound to follow. It's not an inviting image for most of us, and more often leads to ‘death’ rather than ‘life.’ (Have you noticed how difficult it is to keep New Year's resolutions?) But creating a list of rules to follow is *not* the intention of a rule of life.

The word ‘rule’ derives from a Latin word, *regula*, which implies not so much a system of rules or laws, but rather a way of *regulating* and *regularizing* our lives so that we can stay on the path we have set out for ourselves. A rule is like a trellis which offers support and guidance for a plant, helping it to grow in a certain direction. A rule of life is *descriptive* in that it articulates our intentions and identifies the ways in which we want to live. And when we fall short of these intentions, the rule becomes *prescriptive*, showing us how we can return to the path that we have set for ourselves and recapture our original vision. It is not something fixed and rigid, but something which can and should be adapted to our present circumstances and shaped to fit our current needs and desires.

Rules of life grew out of the monastic tradition of the Church and have their origins in the 3rd and 4th centuries, when Christian monastic communities first came into being in the deserts of Egypt.” An interesting read in this area is Henri J. M. Nouwen's book, *The Way of the Heart: Desert Spirituality and Contemporary Ministry* (HarperOne, Publisher).

“Even though rules of life were originally developed for communities, they can also be useful for individuals. In a rule of life an individual can put into words those things that he or she values most and can identify ways in which they can be achieved or lived” (e.g., Weekly participation in the Holy Eucharist, use of the Daily Office or Forward Day by Day, use of the Anglican Rosary in prayer, regular exercise and a sensible diet, a period of contemplative prayer or silence each day, etc.).

The Folks at SSJE “recommend that you keep it simple, and that the goals you set be *realistic* and *achievable*. You may want to begin by identifying five or six principles that describe the kind of person you want to be and the ways in which you want to live. Writing these on an index card and keeping them nearby to remind you of your purpose may be a good way to start.... Like any spiritual discipline, adopting a rule should *help* you to live more faithfully. It is a tool to aid you in living a rich and meaningful life. Designing a rule is not an end in itself, but rather a *means* to an end: namely, to live our lives for God with purpose and intention.”

Taken from Living Intentionally by Brother David Vryhof

ST. PAUL'S EPISCOPAL CHURCH

218 South Second Street
Smithfield, NC 27577
Phone: 919-934-2675
E-mail: stpaulsnc@nc.rr.com



Reminder:

Have you called or e-mailed?

RSVP deadline SEPT 2

**Consecration Centennial
Luncheon**

*Thank you if you have. If not,
please RSVP by Sept 2nd, either to
Billie Stevens or Kay Long. See in-
side for their phone numbers and e-
mail addresses.*

St. Paul's Episcopal Church

Ways to Keep In Touch with the Church:

- ◆ **If you are receiving The Epistle by snail mail** and would like to receive it via email along with other parish updates, please contact Mike Hugo our Office Manager (934-2675).
- ◆ **To receive Please Note from the Diocese:** <http://www.episdionc.org/> and click on the link for the Bishop's Weekly Newsletter.
- ◆ **For National News on line** go to the Episcopal News Service-Episcopal Life: <http://www.episcopalchurch.org/ens/>
- ◆ **The Episcopal Café**—up-to-date news and commentary about the church and the world: <http://www.episcopalcafe.com/lead/>