

# the st. james



May 2009

Volume 9 Number 5

## Sunday Schedule

8:00 am Holy Eucharist Rite I  
9:00 am Adult Education  
10:00 am Holy Eucharist Rite II  
11:00 am Sunday School  
11:15 am Coffee & Fellowship  
11:45 am Children's Choir

**St. James Episcopal Church**  
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## Rector's Message

Dear Saints of James,

I have a confession to make, even though it is Eastertide: I am a fire poker. I admit it, I just can't resist. I was down at Kanuga for a few days of Easter respite during Easter week, and the evenings were cold enough in those North Carolina Mountains, to enjoy a fire in our cabin. Alex and Matthew are great at collecting twigs and bringing in the logs from the pile neatly stacked like soldiers, beside the cabin. Once the fire is ablaze, I love to sit and watch the flames dance and leap from one log to another. But then things change – the fire does not remain stagnant; a burnt piece may fall off the end of a log, or leaping flames vanish into red coals and it is time for a poke. Every fire is different, like a problem to be solved: how to position the logs to build back up the fire. I am always amazed at how a small adjustment of the fire can allow the flames to spring forward again, or the gentle blowing on the red hot coals suddenly produces a burst of flames licking the edges of the exposed logs. Each time I look up from my book to stare into the fire, it seems to have changed: where the flames are, what color they are, what position of the logs allows the oxygen to fan the flames.

Watching the fire lick the logs, my mind muses about parish life and how tending the parish is similar to nursing a fire. A nudge or suggestion can spark a vision, enthusiasm springs forth like a new flame. Ministries that once burned brightly, slowly turn to embers. Sometimes the addition of a new member is like adding a log; if it is positioned skillfully, it can assist in rekindling the fire. Carelessly tossed onto the fire, it may cut off the life giving oxygen and cause the fire to go out. The knowledge and understanding of group dynamics is essential, just as there is an art to the building and tending of the twigs, kindling, and logs that create a fire. Patience is a virtue when it comes to tending fires and parishes. Sometimes you have to wait patiently for the logs to get hot enough for the flames to spring forth. Gifts and talents in a parish setting sometimes have to be warmed by the other members before they can be fully experienced.

The Light of Christ. The striking of flint to spark the new fire at the Easter Vigil, causes the single light of the Pascal Candle to burn with a mystical brightness in the dark night. Spreading from One source, slowly, slowly as each parishioner's candle is lighted, the Light of Christ transforms the darkness of the night into a beacon of light to guide us on our life long spiritual journey. The flame of our candle is a sign of the presence of the Holy Spirit; it sizzles, burns hotly, hisses, leaps and bows as it seeks to blaze brightly as the eternal Light in the world.

*(Con't. Pg. 2)*

**St. James Episcopal Church**

**Clergy:**

The Rev. Susan E. Bentley, Rector  
*seb@rev.net*

**Staff:**

Mrs. Connie Bierly, Secretary  
 Mrs. Sharon Capps, Choir Director  
 and Organist  
 Mrs. Donna Park & Mr. Marshall Hudson,  
 Sextons

**The Connection:**

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**Internet Web Page:**

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**The St. James Vestry:**

Senior Warden, Donna Frost, 989-3050  
 Junior Warden, Tim Buchholtz, 366-5779  
 † Clerk, Sam Campbell, 489-4536  
 † Treasurer, Matt Cordani, 362-3016,  
 † Ass't. Treasurer, Avis Aheron, 774-0010  
 † Rec. Treasurer, Bob Bird, 366-0996  
 Helen Campbell, 489-4536, Jed Doak, 354-4164,  
 Maile Armstrong, 947-5016 Chuck Cohen, 366-3178,  
 Tricia Champion, 563-9554, Renee Toth, 334-2060  
 Michael Kennedy, 389-1003,  
 ( † - Not Vestry members)

**Standing Committees**

**Christian Education:**

**Finance:** Glen Lake, 345-7550  
 & Gail Fields, 265-0786

**Liturgy:** Helen Campbell, 489-4536

**Membership:** Pat Ball, 725-8730

**Outreach:** Ray Kasey, 562-1956

**Parish Life:** Tricia Champion, 563-9554

**Pastoral Care:** Donna Frost, 989-3050

**Property:** Tim Buchholtz, 366-5779

**Stewardship:** Avis Aheron, 774-0010

**Episcopal Church Women:**

Pam Reilly, 362-9742

**Daughters of the King:**

Sandra Maxwell, 389-3373

*(From pg. 1)*

We are the care takers of the Light of Christ that shines in our hearts, our minds, our actions, our faces, and our Spirits for all the world to see. The Easter message is a proclamation to tend that flame: to poke it, stoke it, shield it, and share the Light of Christ so all the world will see the presence of our redeemer God. May the Light of Christ illuminate all the darkness of your life this Easter season.

SEB+

**Vestry Updates -- April, 2009**

The following are announcements and action taken by the Vestry at the April, 2009 meeting. To review the minutes please consult the vestry notebook on the counter in the Parish Hall.

- The Vestry gratefully accepted a \$10,000.00 donation to the Building Fund and a \$4000.00 donation to assist in the purchase of new choir robes as needed and other Music needs in the parish.
- The Vestry elected Renee Toth to fill a vacancy on the vestry until that term expires on December 31, 2009
- The Vestry amended the Building Use Policy and Procedures.

**Volunteers Needed for Helping Hands Telephone Operation**

The demands on Trinity's Helping Hands program and the Williamson Road Ministerial Association's Financial Emergency Assistance ministry are increasing dramatically. We need volunteers to help staff the telephone, especially for Helping Hands, which is getting 30 calls for help each day.

This financial emergency aid ministry is by telephone only (no face-to-face contacts). If you have an hour or two to donate each week for this cause, please call Pastor Lane at 366-9481.

Thank you, *Ken*

Rev. Dr. Kenneth P. Lane, Jr.  
 Trinity Lutheran Church

### The Stewardship Corner

All things come from you, O Lord, and of your own have we given you.

+  
+ +  
Time + + Talent  
+ +  
+ + + + +  
Treasure

**Pledged and Unpledged Support:** In March, St. James received \$9,840.72 in pledged and unpledged support. The monthly budgeted income amount was \$9,933.27, leaving a shortfall of \$92.55. The year-to-date shortfall is -\$2,636.63. Please make every effort to get your pledges in.

**St. James Cycle of Prayer:** In May we give thanks for the services of those participating in the Little Church Social Club, the Audiovisual Ministry, and the Outreach Committee. We pray that the power of the Holy Spirit will continue to work through those who readily serve the needs of others.

**Kroger Gift Cards:** In April, your Kroger purchases netted St. James a rebate check of \$424.50 bringing the year-to-date total to \$1,650.21. This program has proven to be an easy and simple way to contribute to St. James. Thank you for using your Kroger cards so faithfully. Kroger cards make great gifts. If you would like to purchase a gift card for \$5, please see Mother Sue, Dorothy Herndon or Connie Bierly.

**Adopt-a-Day:** In 2009, you can Adopt-a-Day for \$60.00 or Adopt-a-Half Day for \$30.00. You can celebrate a special occasion or honor a loved one on their special day (birthday, anniversary, retirement, etc.). Forms can be found on the table outside the secretary's office. Forms will also be emailed during the first week of each month and can be filled out and returned to the parish secretary via email. Please consider "adopting" a day or a half day in 2009. All Adopt-a-Day contributions will be published in the monthly Connection.

**Treat of the Week:** Each Sunday, we will be "giving away" a treat during coffee hour following the 10 o'clock service. Some upcoming treats to look for: English Trifle, Complete Cookie Mix in a jar, Tea Tavern gift certificate. Approximately \$350 has been collected for the Treat of the Week. Donations will be accepted for each treat. All proceeds will go to the Building Fund. Don't miss an opportunity to receive a treat and contribute to the Building Fund. If

you would like to donate a treat, please contact Helen Campbell.

### Jimmie Jars Return! "Coins for Camp" Campaign Begins May 3

In a joint effort by the Stewardship Committee and the parish youth, 'Jimmie Jars' will be handed out on May 3 for the collection of "Coins for Camp". The "Coins for Camp" campaign will run until St. James Day on July 26 at which time the coin-filled jars will be turned in. Please support our youth by taking a 'Jimmie Jar' and filling it with "Coins for Camp"!

### A Simple Explanation of Stewardship

What is Stewardship?

"Follow Me," Jesus simply but powerfully commanded of the Apostles and they did. That call is made to us as well. How do we follow Jesus? We try to live our lives as he did – the example of the perfect steward. Stewardship is discipleship. It is the care and use of all that we have been given by God. It is often explained in terms of talent, treasure and time.

We are all blessed with so many talents and yet we may not know they exist. Talents are found in your personality, your interests and in your skills. Your use of talent for the work of God is one of the most personally fulfilling opportunities of your lifetime.

Treasure is a gift and also a burden. We become consumed with material goods. Yet, life can be lived very simply if we choose. It is not wrong to enjoy many of the amazing luxuries life has to offer. However, justice require us to consider the needs of others as we enjoy the gifts we have been given. To some, food and housing has become a luxury they are unable to obtain. Our use of treasure to support the charitable works of the church helps to bring justice and equity to the world. Our treasure should be given freely because we understand and believe in the end result of our giving of financial support to any ministry. Treasure is measured not only in what we give to the church but also in what we provide to other charitable efforts in our community.

The gift of time is just that – a gift. None of us know exactly how much time we have been granted on this earth. In the time that we have, we are asked to use that time effectively by continuing the mission of Jesus Christ throughout our days. Time is fleeting. Make the most of yours by using all of your gifts to follow in the footsteps of Jesus Christ.

**Benevolence Sundays: May 17 and May 31**

The Benevolence Sunday offering received on May 17 will go to **United Thank Offering (UTO)**. The UTO vision statement is as follows: "We will significantly impact the lives of women and children because of Christ's love." To achieve this vision UTO will focus particularly on projects that implement significant change toward alleviating profound human suffering that the Millennium Development Goals address. The work will directly impact the lives of women and children. UTO will continue the historic mission to address compelling human need and expand the mission and ministry of the church. UTO is a spiritual and financial partner in the mission work of The Episcopal Church, through every person in every pew.

The Benevolence Sunday offering received on May 31 will go to the **Roanoke Valley Interfaith Hospitality Network**. The Interfaith Hospitality Network is comprised of 30 congregations and over 1000 volunteers who provide temporary housing and meals to homeless families. The RVIHN works with 4-5 families at a time (14 people). The RVIHN provides full-time case management to assist families in addressing and overcoming causes of homelessness and creating goals of employment, housing, education in their return to independence. Each congregation provides private rooms, meals, and volunteers for one week at a time.

The Roanoke Valley Interfaith Hospitality Network was founded in 1997 as part of the national network Family Promise, with over 120 networks throughout the country. As the first and only network in Virginia, they have served over 300 families and 350 children during the past 10 years. Over 70% of the families served go on to secure permanent housing.

**A homemade will could be worse than  
no will at all.  
Be sure your will is legal -- and  
consider naming your church as the  
final beneficiary.**

## Global Mission Day

The Millennium Development Goals Committee and the Companions for Mission Committee of our Diocese have joined together to offer a day of sharing models of global mission, hearing the "how we did it" stories of various parishes' beginning steps, and empowering us to collectively achieve the Millennium Development Goals by 2015. The Rev. Mike Kinman of Episcopalians for Global Reconciliation will be the keynote speaker on "Equipping the Saints for Global Mission." **St. James will be part of the round table discussion for our support of the education of Gabriel Kelei's Sudanese brother and three cousins in Kenya.**

Mark your calendars for Saturday, May 16, 9:00 am to 3:00 p.m., St. Paul's Episcopal Church, Salem, VA. Register with Lynn Robertson at Evans House, by phone at (800) 346-7982 or e-mail: [Lrobertson@dioswva.org](mailto:Lrobertson@dioswva.org). The cost is \$15.00, lunch included. Upon registration, you will be sent further information. To support the MDGs, you can join the ONE campaign at: <http://www.episcopalchurch.org/>

## Youth News

Spring and Summer plans and dates are coming fast. Don't miss out on these diocesan happenings. Put the dates on your calendar and look to the diocesan youth page for registrations and more information today! <http://www.youth.dioswva.org>

Spring Youth Event: 5th - 8th grade May 1-3 at Phoebe Needles. Join in for a weekend of fun planned just for middle schoolers (and those becoming middle schoolers now in the 5th grade). Reconnect with folks you met at Y@C and see what Dr. Suess has in store for YOU!

Mission Trips: Grades 8-12 (must be 14 by the time the trip leaves). Rebuilding and reconnecting in New Orleans. July 14 - 22.

Grades 5- 7 Harvest of Hope at the Chesapeake Bay. Glean the fields for area food banks on this weekend excursion. July 3-5.

Summer Camps: Camp Information from the River Adventure Program, Kanuga, and Phoebe Needles can be found in the Youth Cave and on the table by the parish office downstairs. Scholarships are available! The best week of your summer awaits, so don't delay. (early registration discounts apply for

some of the camps if registering by May 1)  
Beth Wiegandt

### Church Summer Camps

Now is the time to sign up for Summer camps, white water canoe trips, work camps, and wilderness adventures through our Episcopal Camps and Conferences. Information is posted on the bulletin board outside the kitchen in the Parish House. Many thanks to all who contributed to our Youth Scholarship in-gathering; we collected about \$600.00 to be used for our youth to attend diocesan camps, conferences, mission trips, and youth retreats. These opportunities are invaluable forms of Christian Education and the building of the Body of Christ. For more information, contact the Rector

### Adopt-a-Day 2009

Jan. 12 adopted by Denise & Randy Smerecki in memory of Casimer Smerecki

Jan. 30 adopted by Mimi & Bob Copenhaver in celebration of their wedding anniversary

Feb. 13 adopted by Larry & Doris Mattox in celebration of Joyce Brown on her 83rd birthday.

March 17 adopted by Doris and James Champion, Sr. In memory of our beloved son, James R. Champion, Jr.

March 20 adopted by Sharon Capps in memory of William O. Capps, Jr.

April 10 adopted by Sharon Capps in Thanksgiving for Joanna Baker Capps on her birthday.

May 8 adopted by the EfM class in celebration of Tim Buchholtz' birthday and to thank him for his consistent preparation of coffee and snacks for our weekly meetings.

July 8 adopted by Brian & Jeanne Counihan in celebration of our 20th wedding anniversary.

July 12 adopted by Mike Kennedy in celebration of the birth date of Katie Kennedy Rucker.

Aug. 4 adopted by Sharon Capps in thanksgiving for Mary Leigh Capps on her birthday.

**Aug. 5 adopted by Anonymous in honor of Mother Sue's birthday.**

**Aug. 9 adopted by his friend Cathie Cook in honor of Jerry Hughes' birthday.**

**Aug. 14 adopted by Sharon Miller in memory of her father, Robert Dugan's birthday.**

Aug. 15 adopted by Robert & Carol Killinger in celebration of Lonnie Bower's birthday.

**Sept. 28 adopted by Doris Mattox in celebration of husband Larry's 60th birthday.**

*New listings are bolded.*

### SHAWL MINISTRY

Please join our knitters and crocheters for this ministry. We make shawls, baby blankets and scarves for the Rescue Mission. We will teach you or help if you haven't done this for some time. Bring knitting needles (size 11 or 13) or crochet hook for knitting worsted and one skein of knitting worsted (use your Michaels or AC Moore coupon). We meet in the Parish Hall at 1pm for 1 1/2 hours on the following Sundays; Apr. 5, May 3, May 24, June 7. Aug. 9 and Aug 16. More dates later. Questions? Call Linda Bryant at 776-6886

### Sing, ye joyful, Raise the Strain!

We are singing out way through the Easter hymns! How wonderful it is to sing the melodies that assure us of our faith in the risen Lord.

Our Easter celebrations contain many great hymns and choral works.

Thank you for continuing to support your choir and organist with kind words when we do one of your favorites, or one you were expecting to hear. The liturgical calendar allows us to celebrate Easter until the end of May, when we will begin the season of Pentecost. The Senior choir is still meeting weekly on Wednesday evenings, as we learn more works to sing during the offertory. The Junior choir is planning on singing one last time this year, at Pentecost. We will continue meeting on Sunday after Church School until Pentecost.

The Junior choir is held together not only by our talented young people, but also by Kevin and Missy Shepherd. They make sure the Junior Choir is ready to sing, looks great, and well vested. Please let them know how much we appreciate all that they do!

We have several young people who have been helping to accompany the Junior Choir as we learn some of our music. Michael and Joseph Repa and Sarah Perry are augmenting our instrumentation by

using their guitars. We hope to add a trumpet on St. James' Day in July.

If there are any other instrumentalists in our midst who would like to share their gifts, please let me know. As we approach the summer, we will be singing favorites again. If you have a hymn or an anthem that you'd like to hear again, please jot it down, and leave it with me at the organ bench on Sunday. Thank you for all you do to make music such a vital part of our worship services!

-Peace, Sharon

### **ECW Ladies' Night Out**

The ECW will host a Ladies' Night Out on Monday, June 1 at the Veranda Bistro at 8201 Williamson Road (just north of Hollins University on the right). Irene, the owner, is opening the restaurant just for our group! Social Hour begins at 5:30pm and we plan to eat at 6:30pm. There will be three entrees: Chicken Irene, Beef Lasagna or Salmon, served with Grecian Green Beans, rice, a dessert and tea, soft drink or coffee for \$12-\$15 + tax and gratuity. Beer and wine are available. There will be a sign-up sheet on the counter in the parish hall for you to make your reservation. The deadline for reservations is Tuesday, May 26. If you have questions, see Sharon Capps, Pam Reilly or Doris Mattox.

### **Clip on a Name Tag**

It has been requested that the membership committee look into having some sort of name tags for people to wear at coffee hour to make it easier for newcomers. Remembering names from week to week can be difficult. The membership committee will provide name tags for members starting some time in May. We are going to be using clothes pins with peoples names printed on them. The idea is for people to wear them during coffee hour and then return them to be reused week after week. Look for more information in the coming weeks.

### **Adult Education in Eastertide**

*Mindful Living: Human Health, Pollution, and Toxins*, will be our topic for May 3, 10, 17, and 24 at the Adult Education class, 9:00 am in the downstairs conference room. The choices we make for our families and the way we care for God's earth are intricately related to human health and the health of all creation. Today, pollutants and toxic chemicals contaminate our water, our land, our personal care products, and our children's toys. These contaminants can cause health problems ranging

from asthma to cancer, especially in children. *Mindful Living: Human Health, Pollution, and Toxins* is an education resource that gives congregations the hope and the tools to maintain the sanctity of our bodily temples and ensure that God's creation remains healthy for generations to come.

### **Honoring Gwen Lawrence**

Gwendolyn Anita Johnson Lawrence is one of our long time members of St. James, having transferred here March 17, 1963 when St. Luke's Episcopal Church, Roanoke, was closed. She has been a resident at Richfield Nursing Home for some time and is unable to attend services at St. James. Gwen used to sit in the pew next to the stained glass window with the lake and the mountains, which was given to the glory of God in loving memory of her husband, George P. Lawrence, also a confirmed member of St. James. In her active days, Gwen was a member of the ECW, served on the altar guild, helped with parish events and once women were permitted to be elected to the Vestry, she served faithfully as a Vestry member. She was on the Vestry that called Mother Sue in November 2000.

I knew Gwen as a dignified retired school teacher about 30 years my senior, but I did not know much about her family until I started doing research on Springwood Burial Park, here in Northwest Roanoke. I purchased a copy of *The Roanoke Valley's African American Heritage*, to see if any prominent people were buried in Springwood. What I learned was that Gwendolyn Johnson Lawrence was a charter member of Alpha Kappa Alpha-Beta Chi Omega Chapter in 1938. Gwen's husband, George, was a veteran of World War II who attained the rank of colonel in the Army Reserve. George was an attorney who held many positions of responsibility such as Board of Trustees of Fifth Avenue Presbyterian Church, Trustee of Burrell Hospital and president of Opportunities Industrialization Center of Roanoke. He was confirmed by Bishop Marmion in February 1966 at St. James and was an active member of the parish at his death in March 1968.

A search of old city directories and court records revealed that Gwen's father, Henry C. Johnson, was an owner of Johnson & Reid Realtors and Secretary-Treasurer of the Magic City Building & Loan Association, Inc. George Lawrence became Secretary of Magic City Building & Loan about 1958. CC Williams, one of Roanoke's most colorful business men, was president of Magic City, owner of the CC Williams Funeral Home and part owner of

Springwood Burial Park. Lawrence Hamlar, founder and president of Hamlar & Curtis Funeral Home, was married to Gwen's sister Constance Elaine. Between them, CC Williams and Hamlar-Curtis buried most of those interred in Springwood Burial Park.

Friends of Springwood Burial Park, L.L.C. are trying to restore the dignity of this abandoned cemetery where 1,000 or more people were buried between 1937 and 1979. You can help in this effort by making a gift in thanksgiving for Gwen Lawrence. Checks should be written to St. James with "Lawrence" in the memo. For more information on the restoration of the cemetery, see <http://www.roanoke.com/columnists/flowers/wb/155822>.

Bob Bird

### **National Smart Set Honoring Gwen Lawrence**

On May 30, 2009, the Roanoke Chapter of Smart Set will celebrate its 57<sup>th</sup> Anniversary with a Noon Luncheon Fashion Show at the Salem Civic Center honoring the Founder, Gwendolyn Lawrence. Gwen was also a founding member of the Roanoke Chapter AKA and a member of the Links, Girlfriends, Moles, Chums, Sister Cities, Dinner Dance, Ladies Aid Society, Circle-Lets and most of all a faithful member of St. James Episcopal Church.

The members of the Roanoke Chapter Smart Set along with Gwen's son George, felt it befitting to bestow this honor at this time. George plans to be present at this occasion. The Luncheon Fashion Show tickets are \$30.00 and may be purchased from any member of the Smart Set and at She's International, on Main Street in Salem.

Members of St. James are cordially invited to be a part of this honoring of Gwen Lawrence. For more information, contact the Rector.

### **Toxic-Free Living for the Whole Body of Christ**

Did you know that many of the products we use in our homes, on our bodies, and in our congregation may contain chemicals that can harm children's health and God's Creation? A number of products we use in our homes and churches including baby bottles, lotion and cleaning agents contain substances that have been linked to infertility, asthma, cancer, obesity, and other health concerns. This is because current laws fail to properly protect public health. Young children are especially vulnerable to these harmful chemicals. Our bodies are temples to the Holy Spirit (1 Corinthians 6:19). We

should be mindful of how we care for the entire body of Christ from our personal health to the health of all Creation.

**Today, pick one or more actions to protect healthy bodies and healthy communities at church or home.** For instance, we can use nontoxic cleaning products or make our own all purpose cleaner with half old fashioned vinegar and half water. We can help eliminate phthalates (thalates), by avoiding artificially scented personal care products such as lotions, perfume, or hair spray. We can also use bottles that don't contain bisphenol-A, such as glass or stainless steel.

We are all made in the image of God (Genesis 1:26) and it is important to treat our bodies with care. I hope that you will join me in practicing healthy, toxic-free living. Visit the National Council of Churches Eco-Justice Program at [www.ncccojustice.org](http://www.ncccojustice.org) for more tips.

### **The "Deserving" and the "Undeserving" Poor**

Over the years as Director of Helping Hands, I am often asked the following questions paraphrased this way: Don't you think some people play the system and get more than they deserve? And aren't most low income people simply too lazy or too ignorant to get a job like the rest of us?

The immediate answer is not simple. Much has been written about the "deserving" versus the "undeserving" poor. That is, many people indeed are hit by circumstances they cannot control, while others simply stand by and expect help from somebody else. The term "welfare" took on a bad connotation years ago, to the extent that formal welfare payments were legislated out of the system some dozen or so years ago. While that action did not eliminate poverty, it did eliminate "welfare" as we knew it then.

At Helping Hands, we place some limits on our assistance. For example, we do not assist more than once in a twelve-month period, and have begun to say that we can help only three times in a five-year period, due to the rising numbers of people we assist. We also do not assist those who do not follow up on their obligations to help themselves in our system, such as paying their share of a power bill or returning the required form from the landlord when rent is being paid.

There are, of course, those who "play the system," and they are not only those who come to Helping Hands. Some wealthy people and corporations know

how to do the same thing, including having lobbyists write some legislation that favors their business or corporation. Certainly we question whether certain conditions really exist when something appears to be off base a bit. However, we usually come down on the side of children and the elderly, of which much of our clientele is included. Most of the major religions of the world, including Christianity, say nothing about who deserves to be helped and who does not. They simply refer to "the poor," and remind us in several ways that helping the poor does not help only the "givee," but also the giver.

We are beginning to see more and more of those losing their jobs or being laid off. Recently a client whose job was lost said that he was one of those who used to think that anyone asking for help simply didn't want to work very badly. Then he said, "I was wrong." Many who come to us are embarrassed and ashamed. We try to remind them that they are not alone, and that, at one time or another, we all need help of some kind from someone else. An acquaintance of mine, when asked the question, "How are you doing?" will answer, "Better than I deserve." That probably applies to most of us, but not everybody.

Helping Hands is in the business of helping people, preferring not to be too judgmental. We are grateful for the strong response and support given us by the generous people of Franklin County. There are many helpful and deserving agencies, including Helping Hands, that are trying to make life more bearable for those without essentials. We give thanks for the givers.

Sam Campbell

*Note: The Franklin County Helping Hands is not associated with the Williamson Road Ministry Helping Hands mentioned on page 2.*

### To Need or to Want: That is the Question

When was the last time you stopped and asked yourself, 'Do I really need it or is it just a want?'

Regardless of age, that simple question is now foremost on millions of American's minds. What a difference a year makes, especially in how we make spending decisions. We are experiencing a renaissance of new money habits and that is a great thing.

Wherever I travel for work the conversation inevitably turns to this issue. In short, people are telling me two things. One, they want guidance on how to shift their money behavior to match the current reality. Two, that it's much more difficult than they thought.

A CPA friend of mine who is a non-family member executive for a successful family business sent me an e-mail the other day that illustrates how challenging it can be to adapt to the "new normal"

*Nathan, I've been meaning to share this with you for a while as I really need your guidance on the issue of budgeting. Bottom line, I don't think any of the family (or me for that matter) has a good process for how to budget.*

*Based on my education and profession I cannot believe I am saying that but all of us have been in a position where our income has grown steadily for 15 years But now all of us have seen our income either level off or go down.*

*The challenge is that when I look at my own spending there are so many categories that it seems overwhelming on where/how to start. Help!*

Like many folks, my friend is now recognizing how challenging it is to get expenses in line with the current financial reality. At the core it is about needs and wants. Follow these steps to get your head around the issue:

1. Track all expenses for 30 days so you can get a clear picture of where you stand
2. Write down your definition for a need and a want
3. At the end of 30 days, mark each spending decision as either a need or a want
4. Prioritize all the wants categories (from most important to least important)
5. Decide which items on the wants list will be modified, deferred or dropped based on your current cash flow.

If you have a spouse or significant other do the exercise separately and then compare your lists as each person will bring their own perspective, priorities, and values to the process.

Who do you know that has mastered the art of discerning needs from wants?

Nathan Dungan

**SERVER SCHEDULE FOR MAY****May 3****8 AM** Lector – Susan Tolliver, Chaliceist – Tim Buchholtz

<b>10 AM</b>	Crucifer	Rachel Ostrom	Ushers	Chuck Cohen, Ryan Kovac, Ashley Nelson
	Acolyte	Josie Wiegandt	Coffee	Laura Anderson, Jackie Leonard
	T Bearer	Mark Curley	Nursery	Bob & Sara Ostrom
		Taylor Flynt	Tellers	Ron Toth, Michael Kennedy
	Chaliceist	Butch Eanes	Altar Guild	Linda Bryant, Lawton Kasey, Sharon Miller, Pam Reilly
	Lector 1	Lynn Wright		
	Lector 2	Michael Bentley		
	Prayers	Laura Anderson		

**May 10****8 AM** Lector – Susan Tolliver, Chaliceist – Tim Buchholtz

<b>10 AM</b>	Crucifer	Joseph Repa	Ushers	Ray & Lawton Kasey
	Acolyte	Matthew Bentley	Coffee	Ron & Renee Toth
	T Bearer	Molly Hassell, Ian Johnstone	Nursery	Matt & Katie Cordani
	Chaliceist	Donna Frost	Tellers	Arby Frost, Kristen Johnstone
	Lector 1	Laura Anderson	Altar Guild	Lonnie Bower, Joyce Brown, Jean Schaefer
	Lector 2	Betsy Briggs		Esther Williamson
	Prayers	Jackie Leonard		

**May 17****8 AM** Lector – Tim Buchholtz, Chaliceist – Jo Schultz

<b>10 AM</b>	Crucifer	William Ostrom	Ushers	Chuck & Cathy Cohen
	Acolyte	Ben Clouser	Coffee	Matt & Katie Cordani
	T Bearer	Kirin Johnstone, Ashley Nelson	Nursery	Ann Bird, Elizabeth Witz
	Chaliceist	Avis Aheron	Tellers	Larry Mattox, Jackie Leonard
	Lector 1	Jackie Leonard	Altar Guild	Helen Campbell, Boots Ingram, Odell James
	Lector 2	Helen Campbell		
	Prayers	Betsy Briggs		

**May 24****8 AM** Lector – Tom Orville, Chaliceist – James Kyle

<b>10 AM</b>	Crucifer	Michael Repa	Ushers	Bill & Elizabeth Witz
	Acolyte	Taylor Flynt	Coffee	Linda Bryant, Denise Smerecki
	T Bearer	Sarah Perry, Marjorie Price	Nursery	Julia Felts, Lisa Gardner, Butch Johnstone
	Chaliceist	Matt Cordani	Tellers	Steve Wiegandt, Maile Armstrong
	Lector 1	Kate Perry	Altar Guild	Betsy Briggs, Jo Shultz, Susan Tolliver, Kathryn Tully, Lonnie Bower (10 AM cleanup only)
	Lector 2	Ron Taylor		
	Prayers	Helen Campbell		

**May 31****8 AM** Lector and Chaliceist – Tim Buchholtz

<b>10 AM</b>	Crucifer	Nick Simmons	Ushers	Carl Ball, Larry Mattox
	Acolyte	Kirin Johnstone	Coffee	Nan Mallen, Sharon Miller
	T Bearer	Ben Clouser, Josie Wiegandt	Nursery	Bob & Sara Ostrom
	Chaliceist	Butch Eanes	Tellers	The Wardens
	Lector 1	Grace Aheron	Altar Guild	Joyce Brown, Kate St. Clair
	Lector 2	Chuck Cohen		
	Prayers	Kate Perry		

**Jun 7****8 AM** Lector – Susan Tolliver, Chaliceist – Tim Buchholtz

<b>10 AM</b>	Crucifer	Aaron Taylor	Ushers	Michael & Matthew Bentley
	Acolyte	Ryan Kovac	Coffee	Cathy Cohen, Terri Curley, Ryan Kovac, Ashley Nelson
	T Bearer	Felix Counihan, Mark Curley	Nursery	Matt & Katie Cordani
	Chaliceist	Donna Repa	Tellers	Ron Toth, Michael Kennedy
	Lector 2	Sam Campbell	Altar Guild	Linda Bryant, Lawton Kasey, Sharon Miller, Pam Reilly
	Lector 1	Butch Eanes		
	Prayers	Ron Taylor		

**DOK Gift Bag Preparation: Jean Schaefer & Esther Williamson****Note:** If you can't meet your scheduled time please find a substitute and let the Office know.