



MANNA

Christ Episcopal Church, 824 Fairmont Avenue, Fairmont, WV 26554

October 2009

Church Phone: 304.366.3471
E-mail: christchfmt@wvdsi.net
Website: www.fairmontepiscopal.com

The Rev. Siobhan Patterson, Rector
Rector's Cell Phone: **304.368.8858**
Rector's E-mail: christchfmt.rector@gmail.com

Holy Eucharist is celebrated at 10:30 a.m. on Sunday.
A nursery is provided.

*Our mission is to...
know God, love God, and serve others.*

Rector's Message

Siobhán Patterson

Dear Parish Family and Friends,

In the sermon a few Sundays ago, I made a reference to a weblog that I keep up with. Some folks have asked me more about it. It's a blog by The Rev. Donald Vinson, who is the Canon for Congregational Development in our diocese, and the blog is called West Virginia Discipleship. As the rest of the blog's title goes on to say, it is a place for supportive conversation about evangelism and congregational development in the diocese. The blog addresses a variety of issues... everything from advertising and incorporating new members to community dynamics and mission... and much more.



The blog can be found at: <http://wvdisciple.blogspot.com/>. I'd like to take this opportunity to invite each of you to take a look at this blog and keep up with it as well.

The topics are all important ones in the ongoing conversation and life of the parish and the diocese, not to mention the church as a whole. I hope this will be one source of inspiration for us, one thing that will spark conversation and stir up ideas as we continue to move forward with the good work God has given us to do through Christ Church.

In Christ,

Siobhán+

The Bishop's Slide for CPC

Bishop Mike is risking everything to raise money for the Church Periodical Club at this year's Bridge Day festivities. On Saturday, October 17, he will slide 700 feet down a zip line to raise money for the CPC, a program that has helped many West Virginians by providing free books, tapes and magazines for seminarians, inmates at the Women's Prison in Alderson, and the Highland Educational Project in McDowell County. The Bishop's goal is to raise \$15,000 from sponsors in and outside of the Diocese.

If you would like to sponsor the Bishop's Slide for CPC, please send your check, payable to the Diocese of WV, to:

Bishop's Slide
Diocese of West Virginia
P. O. Box 5400
Charleston, WV 25361

Thank You!



Senior Warden Report

Kyle Hamilton

Please mark your calendars for the weekend of April 16 & 17, 2010. Christ Church will be hosting "The Magnetic Church" conference that weekend. Our hope is to have 75-100 participants (both from our parish and surrounding Episcopal, Lutheran & Presbyterian churches) for this exciting evangelical seminar. We are now looking for volunteers to work on committees for this event. Please contact me or any vestry member if you are willing to help. Contact information is available below.

Vestry Contact Information

If you have any issues you would like to discuss, please feel free to contact one of the vestry members.

<i>Vestry Member</i>	<i>Phone Number</i>	<i>Email Address</i>
<i>Kent Brown</i>	<i>304-366-9445</i>	<i>wbrown6@ma.rr.com</i>
<i>Toni Balenger</i>	<i>304-363-7825</i>	<i>nonatoniwv@yahoo.com</i>
<i>Kyle Hamilton</i>	<i>304-366-5148</i>	<i>kyle@wilsonfordlm.com</i>
<i>Neal Hamilton</i>	<i>304-677-1779</i>	<i>neal@mountain.net</i>
<i>Gary Metheny</i>	<i>304-366-2033</i>	<i>garymetheny@comcast.net</i>
<i>Sally Tennant</i>	<i>304-694-0107</i>	<i>sjotennant@aol.com</i>
<i>Carla Wood</i>	<i>304-363-7938</i>	<i>carla414@msn.com</i>
<i>Jeff Wallace</i>	<i>304-594-1436</i>	<i>jeffmwallace@yahoo.com</i>
<i>Laura Withers-Boyles</i>	<i>304-363-2295</i>	<i>dds1910@aol.com</i>

ECM Report

Kyle Hamilton

Many thanks to Lisa, Scott, Hunter, and Mason Baker, Jim Bunnell, Dot and Bruce Hamilton, Kyle Hamilton, Mike Lawson, and Chris and Brett Metheny for assisting Dana and Steve Riedeman on September 18 at the Soup Opera. Fifty-one meals were served. The next scheduled volunteer date is Saturday, October 17. We invite and encourage any parishioner to join us each month in this ministry.

Register now for the Diocesan Silent Retreat!

The ninth annual Diocesan Silent Retreat, sponsored by the Commission on Spirituality, will be held at Bishop Hodges Pastoral Center in Huttonsville, October 29 – November 1, 2009. A registration form is included in a brochure which is available on the Diocesan website at <http://www.wvdiocese.org/pages/pdfs/SilentRetreat2009.pdf>.

Please note that the file is large and will take awhile to open. Copies of the brochure and registration form are available in the church office and in the back of the church.





Important Dates to Remember

<i>Sunday, October 4</i>	<i>18th Sunday after Pentecost 10:30 a.m. Morning Prayer led by Kyle Hamilton with the reading of Bishop Klusmeyer's Convention Sermon</i>
<i>Sunday, October 11</i>	<i>19th Sunday after Pentecost 10:30 a.m. Holy Eucharist - Guest Celebrant and Preacher, The Rev. Zack Drennen, Missionary in Kenya and Director of the Elewana Education Project</i>
<i>Monday, October 12</i>	<i>Vestry Meeting - 6:00 p.m.</i>
<i>Saturday, October 17</i>	<i>10:30 a.m. - 1:00 p.m. Soup Opera (Need Volunteers) Call Kyle Hamilton at 366.5148. BRIDGE DAY - Bishop's Slide for the Church Periodical Club (CPC)</i>
<i>Sunday, October 18</i>	<i>20th Sunday after Pentecost 10:30 a.m. Holy Eucharist celebrated by The Rev. Siobhán Patterson</i>
<i>Sunday, October 25</i>	<i>21st Sunday after Pentecost 10:30 a.m. Holy Eucharist celebrated by The Rev. Siobhán Patterson</i>



ALL HALLOW'S EVE

BOO!!!

Mark your calendar for the upcoming Parish Wide "All Hallow's Eve" Dinner and Fun!

Join in on the Parish-Wide event. ALL are invited to attend, wear a costume, bring a dish to pass, and enjoy fellowship and Halloween games!

Sunday, November 1 at 5:30 pm in the Church Gymnasium



Christian Education October 2009

CHRISTIAN EDUCATION UPDATE

Christian Education classes have begun! September 13th was the Kick-off Celebration with the kids in the parish hall. Classes for all ages from preschool to Adult are being held at 9:30 in classrooms until the parish hall renovations begin.

Preschool/Elementary-taught by Chris Metheny and Cheri Satterfield will meet in the room next to the nursery or top of the stairs (depending on attendees)

Middle Schoolers-taught by Tara Steed and Chris Metheny will meet in the yellow room above the kitchen.

Youth-taught by Bruce Hamilton and Tara Steed will meet in the orange room above the kitchen.

Adults-taught by Jeff Greenly will meet in the "Library".

If you have talents to assist teaching, crafts, snacks, music, etc., please feel free to let Mother Siobhán, Chris Metheny, or Tara Steed know.

We appreciate your love and support to all these ministries, and welcome you to attend any of these classes.



Revised Common Lectionary

Appointed readings for:

Sunday, October 5 – Job 1:1; 2:1-10 Psalm 26 Hebrews 1:1-4; 2:5-12 Mark 10:2-16
Sunday, October 11 – Job 23:1-9, 16-17 Psalm 22:1-15 Hebrews 4:12-16 Mark 10:17-31
Sunday, October 18 – Job 38:1-7, (34-41) Psalm 104:1-9, 25, 37c Hebrews 5:1-10 Mark 10:35-45
Sunday, October 25 – Job 42:1-6, 10-17 Psalm 34:1-8, (19-22) Hebrews 7:23-28 Mark 10:46-52





2009-2010 Flu Pandemic Precautions

Recommended by the Health Ministries Commission

In light of the declaration of a flu pandemic by health officials earlier this year, the Diocesan Health Ministries Commission recommends that every person take personal responsibility for their wellness.

This can be done by a variety of ways:

- ✓ Obtaining your annual regular flu shot, the swine flu shot if able when available in your area and discussing the pneumonia shot with your provider.
- ✓ Keeping current with recommendations from US health officials and following them.
- ✓ Follow or start a healthy lifestyle. This should include: getting some type of routine physical activity, following a generally healthy eating plan, incorporating a routine stress management activity into your schedule, making sure you get an adequate amount of rest and sleep, follow all of the recommendations you receive from your doctor, follow good hand washing precautions frequently, use hand sanitizer when soap & water are not available, cough into your elbow and dispose of tissue promptly and properly, avoid touching your face with your hands and putting objects other than food or drinks into your mouth.
- ✓ Make preparations at home: make sure you have a working thermometer, extra tissues, soups, juice or other fluids, Jello, pudding, light nutritious foods, cough syrup, throat lozenges, whatever you use to reduce fever and relieve pain (Tylenol, Advil, etc), disinfectant, perhaps disposable paper cups and plates, etc.
- ✓ If you feel ill or think you might be catching the flu stay home and call your provider.
- ✓ If you hear that the flu is active in your area – consider avoiding public places. Go to the store when it is less crowded, avoid close face-to-face interactions, and keep a larger “personal space”.
- ✓ Keep hand sanitizer handy- in your car, pocket, backpack, purse, and in the pews. Be cautious with young children using hand sanitizer – it contains alcohol and they have a tendency to put their fingers in their mouth. A good teaching point for parents.
- ✓ Prior to Sunday School snack time, allow children to wash their hands. Prior to refreshments at adult gatherings – make a point of washing your hands. Keep a box of tissues in sight.
- ✓ During the time of active flu in your area, you may wish to consider some other options:
 - Passing the peace in a different way: an elbow bump, air hug or a smile and the traditional peace sign.
 - Receiving only the host at communion – the blessing is none the less.
 - Accepting the personal decisions of others in a loving non-judgmental way.

Yoga Community Outreach

Place: **Christ Episcopal Church**

824 Fairmont Ave., Fairmont

Price: **Donation Based**

Donation Recommendation \$3.00-\$7.00



With Instructors Sally Tennant and Lauren Hamilton
September Classes: October 3, 10, 17, 24 and 31 at 9:00 a.m.
Contact Sally for more information
Sally Tennant: (304) 694-0107 or sjotennant@aol.com





Parishioner in the news...

Huggins Promoted and Granted Tenure

Dr. Luke Huggins was promoted to associate professor of biology and also granted tenure. He has been a member of the College's faculty since 2005.

"Luke is one of Wesleyan's bright young teaching stars," noted Dr. Larry Parsons, vice president for academic affairs and dean of the College. "He challenges students to stretch their intellectual capacity and provides stimulating research opportunities. He has already made many significant contributions to both the Biology Department and to the overall College academic program."

Huggins is currently researching the uses of *C. elegans* to determine how keyhole limpet hemocyanin causes necrosis and apoptosis in cancer cells. He has received \$109,000 in grant funding since 2006 including a recent \$36,800 West Virginia EPSCoR grant with Dr. Kim Bjorgo-Thorne, assistant professor of biology, to develop an international collaboration for the study of mangrove ethnobotany and habitat in Belize.

Since arriving at Wesleyan, Huggins has presented at WV-INBRE sponsored meetings at both Marshall and West Virginia University, and at scientific research meetings in New Orleans, Princeton, NJ, and San Diego. His publications include *Molecular Cell Biology Laboratory*, BentTree Press, 2008, along with a number of scientific articles.

Huggins earned a bachelor of science degree in biochemistry from Albright College, a master of science degree from the University of Delaware, and his doctorate from the State University of New York at Stony Brook. Prior to joining the Wesleyan faculty, he was an assistant professor at Lebanon Valley College from 2001 to 2005. He has also taught at Seton Hall University, Middlesex County College, Rutgers University, Southampton College, the State University of New York at Stony Brook, the Princeton Review Medical College Admission Test Program, and the University of California at Santa Barbara.

(From the Summer 2009 issue of the *Sundial* of West Virginia Wesleyan College; submitted by a West Virginia Wesleyan Alumna.)

DON'T MISS THIS...



The Rev. Zach Drennen will speak at about his work in Kenya. A passion for to missionary work in Africa. As an Episcopal Church missionary in Kenya, Drennen has been developing a project to partner schools in the United States and East Africa. The Elewana Education Project, named for the Swahili word for understanding, will give Kenyan schoolchildren a better chance for education through scholarships and facility improvements. Zack spoke to us last year and was both informative and entertaining. Please join us!

Christ Church on Sunday, October 11, young people led the Rev. Zach Drennen



Liturgical Assistants Calendar

Date	Service	Eucharistic Ministers	Lectors	Acolytes	Sacristans	Ushers *	Counters
10/4/09 18 th Sun. after Pentecost	10:30 am Morning Prayer	N/A	C. Boyles N. Lopez	C. Boyles B. Metheny N. Greely	Team 3 All Season	Youth Ushers	G. Metheny K. Hamilton
10/11/09 19 th Sun. after Pentecost	10:30 am Holy Eucharist	L. Lawson J. Miller	J. Burford A. Patterson	N. Lopez L. Marsh F. Tennant	Team 4 All Season	J. Burford L. Leon	T. Balenger S. Tennant
10/18/09 20 th Sun. after Pentecost	10:30 am Holy Eucharist	B. Hamilton K. Hamilton	T. Steed D. Hamilton	M. Marsh Alec W. Abby W.	Team 1 All Season	K. Brown C. Colborn	K. Brown L. Wither- Boyles
10/25/09 21 st Sun. after Pentecost	10:30 am Holy Eucharist	B. Barkley M. Lopez	D. Burnell C. Wood	N. Lopez C. Boyles L. Marsh	Team 2 All Season	B. Metheny G. Boyles	G. Metheny C. Wood
11/1/09 22 nd Sun. after Pentecost	10:30 am Holy Eucharist	C. Carlot N. Hamilton	C. Boyles B. Metheny	B. Metheny F. Tennant N. Greely	Team 3 All Season	Youth Ushers	K. Hamilton N. Hamilton

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