



P.O. Box 461  
Oriental, NC 28571

March 13 Bishop Daniel's Episcopal Visit  
**One worship service at 10:30 am**



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**SHROVE TUESDAY PANCAKE SUPPER**

March 8, 2011  
Parish Hall  
First seating 5:30 PM with  
Continuous seating every half-hour  
Hosted by the Episcopal Church Women  
Donations Accepted



# MARCH 2011

## THE BISHOP IS COMING!

# The Moorings

Rejoice! Be not afraid.

Bishop Clifton Daniel, 3<sup>rd</sup> will be with us on the First Sunday of Lent, March 13<sup>th</sup> for his Episcopal Visit, Confirmation, Reception, and fellowship with us. **We will have only one worship service that Sunday at 10:30 am.** Please come and meet with the Bishop during the Adult Christian Formation hour and plan to stay for fellowship after worship.

If you desire to join St. Thomas as an Episcopalian either by Reception or Confirmation, let the Rector know within the next week. Even if you have spoken to him before, please pass a reminder.

Baptism is also appropriate at this visit.

### WITHOUT A DOUBT

#### DON'T PICK IT. IT WON'T HEAL!

Dear brothers and sisters in Christ,

We are about to enter Lent. *Low groan from the parish.*

It would seem that the above admonition is contrary to the generally conceived notion of lent. That is 40 days of examination, confession, fasting (severe deprivation for those who give up chocolate or popcorn), study and prayer. In other words, picking at our scabs. I'm not sure that is quite right. Lent is not necessarily about opening old wounds. But it is about seeking remedy for wounds that won't heal.

I hope that your time of preparation for the coming celebration of The Resurrection includes at least two phases. One is reconciliation and healing between you and your neighbor, family or brother or sister in Christ. The other is between you and God. Either one of these areas can be rather complex. Who is at fault is often at the top of our list. But resistance to approaching the problem is the hurdle at the beginning of the process.



## St. Thomas Episcopal Church

The Rev. Jeremiah C. Day  
Rector

402 Freemason St.  
P.O. Box 461  
Oriental, NC 28571

Church Office - 249-0256  
Green House - 249-0953

E-mail:  
[stthomas@stthomas-oriental.net](mailto:stthomas@stthomas-oriental.net)

Website:  
[www.stthomas-oriental.net](http://www.stthomas-oriental.net)

### **The Moorings**

Published the last Sunday  
of the month

Editors B, E, S, & J

Contribution articles  
welcome. Please submit to  
church office.

#### Phone Numbers

Rector	249-3375
Sr. Warden	249-2857
Jr. Warden	249-3960

## SENIOR WARDEN'S REPORT

What kind of Parish are we?  
Mission or Maintenance?



I would like to share with you a few thoughts regarding “The question” above that was discussed by our Rector and Vestry at their recent retreat held at Trinity Center. The question is asked of us all in an attempt to measure the effectiveness of God’s Holy Spirit working through us and our shared ministries.

In measuring the effectiveness, **The Maintenance Parish** asks, “How many pastoral visits are being made?” **The Mission Parish** asks, “How many disciples are being made?”

When Planning some form of change, **The Maintenance Parish** says “If this proves upsetting to any members we won’t do it.” **The Mission Parish** says, “If this will help to reach someone on the outside , we will take the risk and do it.”

The pastor in **The Maintenance Parish** says to the newcomer “I’d like to introduce you to some of our members”. In **The Mission Parish** the members say, “We’d like to introduce you to our pastor.”

**The Maintenance Parish** seeks to avoid conflict at any cost (but rarely succeeds). **The Mission Parish** understands that conflict is the price of progress, and is willing to pay the price.

**The Maintenance Parish** looks at the community and asks “How can we get these people to support our parish?”

The **Mission Parish** asks “How can the church support these people?”

I pray that you will take a few moments to think about the five concepts mentioned in describing a **Mission/Maintenance Parish** and perhaps answer the following question. WHAT KIND OF A PARISH DO YOU THINK OUR ST. THOMAS EPISCOPAL CHURCH IS ---**MISSION OR MAINTENANCE?** What ever you conclude, remember that “effectiveness” is not only a matter of the faithfulness of pastor and parish.

Thank you for you prayers,  
Dick AhKao  
Senior Warden

## SPECIAL DAYS OF OUR LENTEN OBSERVANCE

### **Shrove Tuesday.**

The day immediately preceding Ash Wednesday, so named from the “shriving”, i.e. confession and absolution, of the faithful on that day. Now observed as the last day of festivals and celebrations before Lent. Often marked by parties such as Mardi Gras. Our Pancake Supper is traditional from the cleaning of the kitchen in preparation for the fasting of Lent.

### **Ash Wednesday**

The first day of Lent. At one time public penitents at Rome were ceremonially admitted to begin their penance on this day; and when this discipline into disuse, between the 8th and 10th centuries, the general penance of the whole congregation took its place. This was symbolized by the imposition of ashes, in token of mourning and penitence, upon the heads of clergy and people, a rite still ordered for Ash Wednesday.

### **Lent**

Six and a half weeks of penitential preparation by prayer, discipline, and fasting before Easter. There are 40 week days of the fast. Sundays are not included since all Sundays are feasts of our Lord. The first practice is recorded in the Canons of Nicaea, A.D. 325. The custom may have originated in the prescribed fast of candidates for baptism, and the number forty was evidently suggested by the forty days' fasts of Moses, Elijah, and especially Jesus. In the early centuries the observance of the fast was very strict. Only one

meal a day, taken towards evening, was allowed, and flesh-meat and fish, and in most places also eggs were absolutely forbidden. The restrictions have been relaxed such that now only Ash Wednesday and Good Friday in the Roman Catholic church are required. In the Anglican churches the fast is similar combined with personally chosen discipline which includes fasting. Lent is generally observed as a time of penance by abstaining from festivities, by almsgiving, and by devoting more than the usual time to religious exercises. Of recent in the Western Church more emphasis has been placed on these aspects than on physical fasting.



## **ST. THOMAS SHOWER BAG AND CLOTHING DRIVE Scheduled for Episcopal Farmworker Ministry (EFM)**

Each spring, St. Thomas has a drive to collect clothing and to sew and fill shower bags to be distributed through the Episcopal Farmworker Ministry to migrant workers who come each spring to work in the Newton Grove area. On the last three Sundays in March (March 13th, 20th, and 27th), these empty shower bags can be picked up, either in the parish hall or from Charlotte Schenck, and filled with the toiletries listed and pinned to the front of each bag. It costs roughly \$15 to fill one bag. The deadline for returning the filled bags to the parish hall is April 17th.

We are also collecting gently used men's clothing for the migrant workers, especially smaller sizes: long-sleeved collared shirts, T-shirts, caps, slacks (sizes 30-34), and sneakers in good condition. Clothing is important in protecting the workers from the effects of insecticides. Since they have to take their clothes to a Laundromat or wash them by hand, extra shirts and slacks are greatly appreciated. Donations of clothing should also be taken to the parish hall by April 17th.

Clothing and shower bags will be delivered to the EFM in Newton Grove on Wednesday, April 20th. If you can help with delivery, please call Charlotte at 249-2831.

## RELAY FOR LIFE

### 2011 PAMLICO COUNTY

### RELAY FOR LIFE

### APRIL 29-30, 2011.....PAMLICO COUNTY HIGH SCHOOL TRACK

The St. Thomas Relay For Life Team – The Saints Marching In For A Cure – invite you to celebrate the life and honor the memory of friends and loved ones touched by cancer. “How can I help?” you ask. The answer is easy.

- **Support The Team** by making a donation to the American Cancer Society through a team member. See list of team members on the bulletin board in the parish hall.
- **Support The Team** by designating a Luminary in honor/memory of a family member or friend for a \$10 donation. You will be Celebrating – Remembering – and Fighting Back! Luminary forms are available from team members or at the display in the parish hall. Help us light the way to a cure.
- **Support The Team** by signing up to walk during Relay For Life April 29-30. A schedule is posted at the display in the parish hall. You need not be on the fund-raising team to walk.
- **Support The Team** and Pamlico County Relay For Life by coming to the event and sharing in the food, fun and fellowship. Visit the team campsites, come for supper and enjoy visiting with residents from all over the county.

Are you a Cancer Survivor? Have you registered with the Survivor Committee? Forms are available from team members or at the display in the parish hall. You will be invited to a Survivor Reception/Dinner in April to celebrate with others in the county.

Cancer is one of America’s top health concerns. 1 in 3 Americans will be diagnosed with cancer during their lifetime. Fund-raising efforts from Relay For Life have increased the survival rate of this disease to 62%. Funds generated through Relay For Life are used for research, education, advocacy and service. Without your support none of this would be available at the time of need in our community. Relay For Life donations are used to save lives, help those touched by cancer and empower people to fight back against cancer.

The St. Thomas Relay For Life Team thanks you for your caring support.

Carol McAdoo - 745-7762 Kathy Bates - 617-7761

**LESS CANCER – MORE BIRTHDAYS**

**OUR LIVES TOGETHER EVERY WEEK**

RED - CHURCH  
 BLUE - PARISH HALL  
 GREEN - GREEN HOUSE  
 BLACK - OTHER LOCATION

	Holy Eucharist	Sunday	8:00a
	Christian Formation	Sunday	9:15a
	Holy Eucharist	Sunday	10:30a
	AA Group	Sunday	8:00p
	Bible Study	Monday	1:30p
	Rector & Warden's Meeting	Monday	4:00p
	Cursillo Reunion Group	Monday	5:30p
	Cursillo Reunion @ Brantley's	Tuesday	8:00a
	Men's Bible Study	Tuesday	9:00a
	Alanon	Tuesday	8:00p
	Healing & Holy Eucharist	Wednesday	noon
	Greenhouse Bible Study	Wednesday	1:30p
	Prayer Group	Wednesday	1:00p
	Pot Luck Supper	1 <sup>st</sup> Wednesday	6:15p
	Praise Prayer & Bible Study	Wednesday	7:00p
	<i>See Lenten Schedule for</i>	<i>Wednesday</i>	<i>Evenings</i>
	Choir Practice	Thursday	7:00p



Altar Guild	Janet Adkins & Wendy Seward
Greeters	Gary & Sue Williams
Ushers	Susan & Jamie King

Wednesday	2	Noon	Healing Service
<b>Sunday</b>	<b>6</b>		<b>Last Epiphany Holy Eucharist Rite II</b>
		8:00a	M. Dales
		10:30a	(L)C. McAdoo; (C) G. Robinson, J. Bond
		<b>Hostesses</b>	Elaine Creel & JoAnn Cuskley
Tuesday	8		Shrove Tuesday*
		11:30a	Christian Formation
		7:00p	Vestry Meeting
Wednesday	9		Ash Wednesday*
		10:00a	Outreach Committee

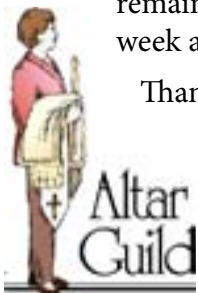
	1:30p	Worship & Music Committee
<b>Sunday 13</b>		<b>1 Lent Holy Eucharist Rite I</b>
		<b>Bishop Daniel Visitation**</b>
	8:00a	G. Evans
	10:30a	(L) B. Sage; (C)E. Creel, E. Finta
<b>Hostesses</b>		Ellie Finta & Caroline Ramsey
Wednesday 16	10:30a	Pastoral Care Committee
<b>FRIDAY 18</b>		<b>APRIL MOORINGS ARTICLES DUE</b>
Saturday 19	8:00a	Men's Breakfast
<b>Sunday 20</b>		<b>2 Lent Holy Eucharist Rite I</b>
	8:00a	W. Seward
	10:30a	(L) J. Schmidt; (C) D. Dunford & G. Robinson
<b>Hostesses</b>		Linda King & Yvonne Larsen
Tuesday 22	7:00p	Evangelism Committee
Wednesday 23	4:30p	ECW Board Meeting
<b>Sunday 27</b>		<b>3 Lent Holy Eucharist Rite I</b>
	8:00a	G. Evans
	10:30a	(L) K. Bates; (C) J. Bond, E. Finta
<b>Hostesses</b>		Cheryl McFadden & Jackie Wall

\* See insert for complete Lent, Holy Week & Easter Schedule

\*\* One service only at 10:30 am

We still need folks to volunteer for April. Holy Week is covered but the remaining weeks before and week after are not.

Thank you for your help.



God's Peace,  
Marian and MaryBeth

Christopher Grayson  
Christopher Day  
Shirley Traynor  
Linda Knowles  
Nancy Inger  
Eugene Seward  
Ron Diamond  
Kathy Bates  
JoAnne Cuskley



## Bonhoeffer

### Lenten Suppers and Study

## Strength of Spirit and Faith

Our Lenten gathering this year will feature the powerful life of Christian pastor and theologian Dietrich Bonhoeffer. Bonhoeffer was the founder of the Lutheran Free Church and leader of a resistance movement in Germany during the time of Adolph Hitler.

The program will feature a film and discussion.

Please join us for the Soup and Bread Supper followed by the program.

If you would like to prepare for the study ahead of time you may rent several films on Bonhoeffer's life from Netflix. Much of the discussion will be taken from Bonhoeffer's book, *The Cost of Discipleship*, which may be ordered from online and local booksellers. The office can assist you if needed.





Shrove Tuesday	8 Mar	12:00 p	Private Confession
		4:00 p	Private Confession
		5-7:00 p	Pancake Supper
Ash Wednesday	9 Mar	12:00 p	Imposition of Ashes & Holy Eucharist
		7:00 p	Imposition of Ashes & Holy Eucharist



**First Sunday in Lent, 3 Mar 10:30 a, Bp Daniel Visitation: Confirmation & Reception**

Fridays			
	11 Mar-15 Apr	Noon	Stations of the Cross
Wednesdays			
	16 Mar-13 Apr	6:15 p 7:00 p	Soup & Bread Lenten Program
Palm Sunday	17 Apr		The Sunday of the Passion
Holy Mon-Thurs	18-21 Apr	12:00 p	Holy Eucharist
Wednesday	20 Apr	8:00 p	Tenebrae: Service of Darkness & Light
Maundy Thursday	21 Apr	6:00 p 8:00 p	Seder (by reservation) Maundy Thursday Liturgy
Good Friday	22 Apr	12:00 p 7:00 p	Good Friday Liturgy & Reserved Sacrament Stations of the Cross
Holy Saturday	23 Apr	8:00 p	The Great Vigil of Easter: Sung Mass
Easter Sunday	24 Apr	6:00 a 8 & 10:30 a	Community Worship: Lou Mac Park Holy Eucharist



## EPISCOPAL CHURCH WOMEN

### **Yoga Retreat Body Mind Spirit Rejuvenation – Self discovery through yoga**

A wonderful Yoga Retreat, sponsored by ECW Diocese of East Carolina, was held at Trinity Center on February 11-12, 2011. The event was attended by 17 women, ranging from young women with small children to great-grandmothers. The attendees were from different parts of Eastern Carolina, including Wilmington, Goldsboro, Greenville, Jacksonville, Fayetteville and Oriental. After dinner Friday night we had a wine/cheese fellowship and got to know each other. Fourteen of us stayed at the Pelican House.

Saturday morning, after breakfast, we started our Yoga session. The session was led by Cheryl McFadden, Ed.D and Susan Koepp, NP, E-RYT. Not only did they take us through the fundamentals of Yoga but they also gave us some interesting facts on nutrition. Susan taught us about the use of meditation, breathing techniques and gentle movement to bring us aware of our “whole” – body-mind-spirit. Cheryl shared with us the importance of honoring God through discipline of healthy eating and exercise. We are looking forward to getting together next year.

Ginnie Goodwin  
Chair, Trinity District



## RECONCILIATION OF A PENITENT

### (Private Confession)

As always pertains to confession in the Episcopal Church:

**All may,—Some should,—None must.**

It is always appropriate that we confess directly to God those things wherein we sin against God and our neighbor. What sins do we confess? First, card playing. Then drinking, dancing, chewing. Of course I jest, unless..... Any of these things may be confessed if they fall into the broader context of things that separate us from the love of and relationship with God, or harm our neighbor or our relations with them.

Then there is the sin of the Garden of Eden when Eve and Adam wanted to be God. At issue are the places where we have brought brokenness or persisted in separation. Willful disobedience of the Ten Commandments or of the Summary of the Law: To love God and our neighbor as ourselves, results in brokenness and separation.

God is in the business of healing and reconciliation. It is God's intent as evidenced by the work of the Cross that we be reconciled with him, with one another, and healed of the spiritual and physical infirmities that are the evidence of our sin.

Though going directly to God as a penitent is the first choice, it is also comforting that the words of absolution and forgiveness sound in our human ears. We are called by Scripture to "confess to one another." When we find we are unable to share our burden with another sister or brother, the Church has provided that the priest may hear confession under a seal of confidentiality.

**Fr. Jeremiah will hear confessions in the church on Shrove Tuesday (8 March) to assist you with your preparations for Lent.**

**12:00 - 1:00 PM—4:30 - 5:30 PM**

Booklets are in the back of the church. Please take a booklet and enter quietly.

Sit in the back and take time to prepare yourself. Choose which form you wish to use and come to the front when you are ready.

You may kneel at the confessional or at the rail and the priest will join you.

You may remain in the church after your confession for a time of prayer and thanksgiving for God's grace toward us sinners.

The content of your confession is under the seal of confidentiality and the priests vocation.

WAD Cont'd from pg. 2 Now it's likely that as you begin to read this, that a particular individual comes to mind. It may also be true that you consider the breach between you to be water over the dam and they aren't in your life any more and you see no need to waste any time and emotion on them. They don't matter in your life today. Then why were you just thinking about them? Especially if they're dead.

I don't imagine that God came to mind. But the Church might have. Or a particular someone in the church. Are you still angry about having your knuckles rapped in parochial school, or the priest that failed you in some way many years and several churches ago? You signed up to drive and were never asked. They changed the "rules" and you liked it the old way. Some committee chair didn't do it your way or failed to thank you.

Maybe it is God with whom you're angry or disappointed. Your will and God's action or inaction didn't match up?

I suggest that the first thing that is needed and what Lent provides is an occasion for intentional allocation of TIME.

I despise making up the bed when I'm in a hurry in the morning. It always lies there calling in its dishevelment waiting to make me later than I am. I just can't give it the time it needs. It takes FOREVER to walk back and forth around the bed for sham and spread and pillows and straight lines

and I've got to go. Turns out that it takes less time than standing around waiting for the water to get hot in the shower. Lent gives us that time.

It doesn't take as long as we think. God will honor the time you dedicate to overcoming resistance.

Perhaps it is an act of omission. Something you could have done and didn't. A kindness, a letter, or a call. It's too late, been too long, doesn't matter. Except it still returns to your mind. Let this Lenten time be your time to act. Maybe there is something to, "better late than never."

I believe that part of what makes us "made in God's image" is our willingness to forgive. We in fact long for intimacy, spiritual friendship. Being out of relationship with those who should be in our lives is like being in the shadow lands. We are surviving but it's not fullness of life. This applies whether we are talking human relationships or spiritual ones with our Lord.

Would it not be much better to give the attention and time this Lent offers, to God's healing that goes deep beyond the bandage and scab or scar? Better to ask God's forgiveness or an answer to our "why." Better to go in God's grace and supported by the power of Holy Spirit to find healing of our human disappointments and grievances. I heard someone say just today, "He took the anger to his grave." How sad.

If the hurt is confessed, healed, and given

to God, the scab's itch is gone, the scar fades from memory. The resurrection is the promise of our complete healing, earthly and heavenly. Give it the time it needs. Be strengthened by prayer, fasting, and study.

Then act.

Don't pick it. Pick what?

God's Peace,

Fr. Jeremiah<sup>†</sup>

Matt. 5:23 Therefore if you bring your gift to the altar, and there remember that your brother has something against you, 24 leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.



### March 9th is Ash Wednesday

The choir plans to sing at the evening service and we hope you will be there, too. Lent is a busy time for the choir as we prepare for several services during Holy Week.

**Practice continues to be held on Thursday, 7:00 p.m. in the choir loft.** New members are welcome.

Please join us.

Peace– Dee Sage

