



OUTREACH OPPORTUNITIES

OUR MISSION

St. Thomas Episcopal Church is a community of caring and service-oriented individuals. The Outreach Committee exists to extend this community beyond St. Thomas Church with attention focused within Pamlico County. The Outreach Committee's vision is to offer the St. Thomas community opportunities to realize joyful giving experiences while providing good stewardship of church resources.

“So faith by itself, if it has no works, is dead.”

James 2:17

**St. Thomas Episcopal Church
2008 Outreach Committee Members**

Kathy Bates
Joanne Cuskley
Carolyn Engel
Joan Gerolstein
Larry Gracie
Roberta Jones
Susan King
Charlotte Schenck
Connie Schmidt
Shirley Traynor
Gary Williams

The Outreach Committee meets the 2nd Wednesday of the month at
10am at the church. Consider joining us!

INTRODUCTION

St. Thomas is known for its outreach activities. The following are short descriptions of current focus areas. The list of outreach need is ever changing as needs and opportunities for service change.

First, please look at the short descriptions and then proceed to the larger version which follows, for a more complete picture of your interest areas.

Your help is needed. Please get involved. We each bring particular skills and make unique contributions.

Camp Seafarer / Sea Gull	Make summer camp possible for local kids. Donations and hands on with the kids.
Coastal Women's Shelter	Offers help and support to women and children in abusive situations. Donations and hands-on help needed.
Episcopal Farmworkers Ministry	Help our Hispanic Community with donations and some service opportunities.
Fishes and Loaves	Distribute high-quality, nutritious food to those in need in Pamlico County.
Habitat for Humanity	Help build homes for local citizens trying to become first time homeowners.
Heartworks	An organization which addresses the needs of the underserved children in Pamlico County. Work with children in a variety of capacities.
HOPE Clinic	Free medical clinic for low income adults. Be a volunteer in one of many roles. Spanish interpreters and other volunteers needed.
Hospice of Pamlico County	Help care for the terminally ill and their families. Volunteer to work with patients/families or at their local thrift shop.
Interfaith Refugee Ministry	Help a refugee family get started here. Opportunity comes at irregular times

CAMP SEAFARER / SEAGULL

Camp Seafarer/Seagull runs both residential summer camps and year-round day camps. The day camps include:

- Learn to swim
- Teen Leadership
- Water Safety Awareness Day
- Summer Day Camp
- Y-Life weekends

The camps are associated with the YMCA and promote good sportsmanship, self-confidence, and respect for others in addition to instruction in seamanship and other skills.

Many of their campers come from all over the country, but the day camps are aimed more at the local young people.

The camps are financially stable. They have a long history of support and contributions from a wide variety of sources in addition to the fees charged for both the residential and day programs.

In the past, St. Thomas has contributed to the Annual Fund which goes to support children who are residents of Pamlico County to attend the Summer Day Camp Program. The camps are looking for volunteers to help with current day camps and future camp programs. Needed are: artists, jewelry makers, sailors, photographers, swimming teachers and life guards.

The organization wants to expand the day programs and provide more opportunities for the youth of Pamlico County, especially those at risk.

Contacts

Sallie Ransom is our camp contact: 249-1111

sallieransom@seagull-seafarer.org

Larry Gracie is the St. Thomas contact: 249-1958

opeacenjy@aol.com

COASTAL WOMEN'S SHELTER

The Coastal Women's Shelter (CWS) remains a main area of activity for the St. Thomas Outreach Committee. CWS makes its services available to individuals involved in domestic violence situations in Jones, Craven, and Pamlico counties. Services include: court advocacy, New Choices Program, Displaced Homemaker Program, support services, child therapy services, educational referral services, and a shelter for victims (located in Craven County).

St. Thomas Outreach endeavors to focus on the specific needs arising in Pamlico County. Monetary donations each year go directly to support victims in the middle of emergencies (relocation, car repairs, utilities, etc.). We maintain a food pantry at the County Advocate's office for CWS/Pamlico County families, which is stocked by donations from St. Thomas members. These families are also recipients of our food baskets (Easter, Thanksgiving, Christmas), Back to School, and Share our Christmas programs, and our Fuel Fund. St. Thomas members volunteer on Friday mornings at the Advocate's office while she is in court.

Representatives of St. Thomas are members of the Pamlico County Task Force on Domestic Violence (DVTF). This is a grass roots organization whose mission includes education, prevention, and support of victims of domestic violence. One of its goals is to have a safe house (shelter) within the county.

Outreach encourages St. Thomas members to volunteer their services either at CWS or the DVTF.

Contacts

Ann Savage is the Pamlico County Advocate: 745-0500.

Carolyn Engel is the St. Thomas contact: 249-3776 cengel68@yahoo.com

EPISCOPAL FARMWORKERS MINISTRY

In 1982 the dioceses of East Carolina and North Carolina recognized the farmworkers need for assistance and established the Episcopal Farmworkers Ministry (EFM). Its mission is to respond to the physical, emotional and spiritual needs of the farmworkers and their families. Based on the church's teaching that challenges us to strive for justice and respect for the dignity of every human being, we are called to respond to the people God has put at our doorstep. This is accomplished through direct services, through development and support of programs that encourage education, leadership, and advocacy at the local and state levels.

The work of the ministry continues to develop and expand. A community center has been built on the 17 acres owned by EFM. There are plans for a church on the site as well as a day care center and dormitories. Consider donating towards their building fund; they are currently worshipping in the open air.

St. Thomas' involvement with the EFM goes back many years. St. Thomas collected used clothing to distribute to the farmworkers and helped in the store in Newton Grove. In more recent years, we have continued with our financial support. The Outreach Committee holds a spring clothing and linen drive and delivers many pounds of used clothing and other needed supplies. Each September, EFM celebrates its annual Farmworkers Festival, attended by more than 2,000 farmworkers and their families. The Outreach has joined the celebration in the past by providing transportation for local Hispanic workers and recently by manning a fun booth for the children.

Contacts

Father (Padre) Tony Rojas is the EFM contact: 910-567-6917
POB 160, Newton Grove, NC 28366

The St. Thomas contacts are Charlotte Schenck 249-2831
gschenck1@embarqmail.com and Susan King, 249-1549
king@dockline.net

FISHES AND LOAVES

Pamlico County Fishes and Loaves Outreach (PCFLO) is the cooperative effort of volunteers from Oriental United Methodist Church, First Baptist Church of Oriental, Pamlico Presbyterian Church, St. Thomas Episcopal Church and St. Peter the Fisherman Catholic Church in partnership with the Food Bank of Central and Eastern North Carolina (FBCENC). Its purpose is to accumulate and efficiently distribute high-quality, nutritious food to those in need in Pamlico County, regardless of race, ethnicity or religious affiliation.

On the first Wednesday of each month, PCFLO accepts delivery of about 2 1/2 tons of perishable food products, at no cost, from FBCENC's Mobil Food Pantry truck. PCFLO currently has a pool of approx. thirty volunteers who assist with unloading and the subsequent repackaging and distribution of the items. Since September 2007, 921 families (2289 individuals) have taken advantage of the wide variety of products. Any resident of Pamlico County is eligible. There is no "need" or identification check required as per FBCENC regulations. PCFLO also has a referral-only pantry which distributes quality canned and packaged food, perishables and personal hygiene products. Opened in February 2008, PCFLO has been able to provide a generous week's worth of balanced-diet, nourishing food, once a month, to an average of 15 families on the 2nd, 3rd and 4th Thursdays of every month. The pantry, housed in a large former storage area at St. Peter the Fisherman Catholic Church, contains two freezers and a refrigerator, given by generous patrons, as well as shelving and cabinets built by volunteers.

Partnership with FBCENC not only makes possible the monthly arrival of the Mobil Food Pantry, but also provides PCFLO the opportunity to purchase food items at a nominal cost from FBCENC's warehouse in Greenville, as well as weekly donations of meat, bread and deli items from Food Lion in Grantsboro. Additionally, non-perishables are donated on a regular basis by members of the partner congregations. Designated shoppers also judiciously purchase from county stores or wherever there are bargains to be found. PCFLO's effort is entirely volunteer with 100% of monies received going toward the purchase of food and personal hygiene products. The US Census Bureau reports there are over 1,980 individuals in Pamlico County living at or below the poverty level. Many are the elderly or the working poor. PCFLO is not able to serve all of those individuals but is attempting to assist as many as possible.

Contacts

Alice Sontag 249-7297, Eliz Valassis 249-2244, Dick or Joan Lilley 249-2690

HABITAT FOR HUMANITY

Habitat for Humanity of Pamlico County is dedicated to eliminating poverty housing in Pamlico County by building simple, affordable, decent homes in partnership with God's people in need.

Habitat of Pamlico County works in partnership with volunteers, donors and homeowners to build affordable housing for those in economic need and makes affordable shelter a matter of conscience and action. It's local, grass-roots organization formed according to the principles and methods of Habitat for Humanity International.

Habitat is starting construction on two houses this year. The first has been fully funded; the second requires sponsorship in order to move forward.

The average cost of house construction is \$41,000 and has an appraised value of \$75,000. Habitat partners with families in great need of affordable housing and makes the house possible at no profit and no interest. Volunteers work with the chosen families and other volunteers. The donated labor and the families' "sweat equity" make it all work.

A Habitat subcommittee, Faith Partnerships, has been formed. The overall goal of this committee is to get each of the church communities involved with Habitat.

Volunteers are needed in areas ranging from those with organizational and building skills, mentoring, feeding workers, and the store pick-up program.

Contacts

Bill Bullard is the Habitat contact: 249-2044

Gary Williams is the St. Thomas contact: 249-2258 williams@cconnect.net

The Habitat store is located at 13584 NC Hwy. 55, Alliance NC 28515

HEARTWORKS

Heartworks is an organization which addresses the needs of the under-served children in Pamlico County. Volunteers work with children in a variety of capacities. Heartworks is concerned with the overall health of the children. To that end, there are three main components Heartworks considers as they try to reach their goals: Life Skills Development, Family Advocacy, and Physical Health. Ages range from preschool to fifth grade.

Heartworks has as its base in Pamlico County a building in Bayboro called Safe Harbor. Recently remodeled, it hosts after school programs, summer programs and other family oriented activities for the children of Pamlico County. This past year (2007-08) was the first year of operation for the building. Volunteers have helped with the remodeling and the staffing. There is a director who coordinates the various programs associated with Heartworks. The organizer and main force behind Heartworks is Dr. Susan Lee.

Support for Heartworks comes from grants, private donations and fundraisers. One popular fundraiser has been "Pamlico Idols", held on an annual basis.

St. Thomas has helped monetarily with the needs of the organization. In addition, the Outreach Committee made connections to the local woodworking group who in turn helped with some of the construction involved in getting the Heartworks afterschool program running.

Outreach will endeavor during the coming year to encourage St. Thomas members to volunteer. All types of help are needed, from tutoring to providing office help, to providing snacks for seminars, to helping with an annual health fair.

Contacts

Heartworks Office: 745-9703

Roberta Jones is the St. Thomas contact: 745-8186 rjones@pinelink.org

HOPE CLINIC

HOPE Clinic provides free medical care for low-income adults who lack health insurance and are not eligible for Medicaid or Medicare. The Clinic provides free medical care, medicines, lab work, and educational programs, on Thursday evenings in the Pamlico County Health Department. Dental care is also available on a quarterly basis.

The Clinic began life in St. Thomas. Father Lee Cutair and Outreach Committee members Marry Muir and Kathy Bates championed the idea and attracted the interest of other local citizens, especially Dr. Richard Hudson. Their dream was to help their low-income, uninsured neighbors receive the health care they needed to care for their families and remain productive citizens. In February 1999, Hope Clinic saw its first patients.

In 2007, HOPE Clinic provided 688 people with medical care, including prescription medications, health education, lab tests, and referrals to specialists outside the Clinic. Of these 688 people, about 31% were new patients to HOPE. The number of patient visits in 2007 was 3,663. Our patients reflect the ethnic diversity of our county.

Pharmaceutical companies and purchased prescriptions provide much needed medications. The number of prescriptions is increasing. In 2007, the clinic filled 15,228 prescriptions, up from 13,369 in 2006.

Volunteers and partnerships make HOPE possible. Four part-time staff are the only paid employees: an Executive Director, a Pharmacy Technician, a Clinical Assistant, and a Pharmacy Assistant. In 2007, more than 150 licensed medical professional volunteers and non-medical, administrative volunteers contributed more than 8,900 hours of labor valued at \$175,000.

HOPE receives direct financial support from many individuals, churches, large and small businesses, and foundations. Partners include the Health Department, Blue Cross/Blue Shield Foundation, Craven Regional Medical Center and Foundation, and the United Way.

St. Thomas not only gave the HOPE Clinic birth, but continues to provide many volunteers and individual contributions. Volunteers are always needed to work in reception, the pharmacy, enroll people for free medication programs, record patient data, verify eligibility, and interpret for our Hispanic patients.

Contacts

Lynne Rousseau is the HOPE Executive Director: 745-5760
lrousseau@embarqmail.com

Nancy Huff is the HOPE Volunteer Coordinator: 249-0732 nwhuff@embarqmail.com

Kathy Bates is the St. Thomas contact: 249-2453
kathyb_88@yahoo.com

HOSPICE OF PAMLICO

Hospice is a service that cares for terminally ill patients and their families. Usually, there are two full-time and one part-time employees. This has been a free service for Pamlico County since 1984. Some of the funding comes from the Hospice Thrift Shop run by volunteers six days a week from 10am. until 1pm. On Wednesdays the shop is open from 10am until 4pm. Volunteers are always needed, as are donations of clothing and household items in good condition.

Lifeline, which gives those living alone the security to have help if needed in an emergency, is also a financial help for Hospice. This program can also use volunteers.

Hospice is now Medicare certified. This will assist families with medical expenses. Hospice will, however, continue to assist families that do not qualify for Medicare. If you know of anyone needing Hospice care, please call the office. A doctor's referral is required.

A fund raiser is held each year run by volunteers, a Shrimp-A-Roo in November. This project is well-supported by the community.

The Hospice office (located near Food Lion on Route 55) is open 5 days each week. Volunteers are needed to work with the patients and families, with the bereavement program, and help with miscellaneous chores in the Hospice office. Training is required and provided.

Contacts

Linda Lee is the Executive Director: 745-5171

Betty Baldwin is the Hospice Thrift Shop manager: 745-5033

Joan Gerolstein is the St. Thomas contact: 249-2744

INTERFAITH REFUGEE MINISTRY

Located in New Bern, the Interfaith Refugee Ministry (IFM) is dedicated to helping refugees come to a land where they are able to live and worship in safety.

From the moment refugees arrive, they are made to feel welcome and loved. A furnished apartment, food, etc are provided. The Ministry also provides transportation to English classes, doctors and dentists. They help with finding jobs and assist in financial planning. The Ministry's goal is to have refugees become self-sufficient in six months.

In 2002, St. Thomas sponsored its first family. The Rahlans from Bosnia included a father, mother, three children and a grandmother. They have since relocated to be close to a family in the North, all speaking English and happily Americanized.

They were followed by two Montagnard families from Vietnam. The Ksors share a last name but are not related. The group consists of a father, son and daughter, plus a husband and wife. They still reside in the New Bern area. A new baby, an American citizen, was born in 2003.

St. Thomas has continued to provide initial support to new Montagnard and Burmese arrivals by organizing a collection of household goods needed for initial startup, books and toys for the children and by providing cash donations for the same purpose. Local New Bern churches and the growing Montagnard/ Burmese community provide ongoing support.

IFM received 275 refugees in 2007, and expects close to the same number in 2008.

This ministry has been a joy and an educational experience for our church family. We stand ready to respond to the needs of future arrivals.

Contacts

Susan Husson is the Interfaith Refugee Ministry contact: 638-8705
or 633-9009 shusson@newbernnc.com

Joanne Cuskley is the St. Thomas contact: 745-3291 jobob@coastalnet.com

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SERVICES

Sun: 8:00 AM Holy Eucharist
9:15 AM Sunday School
10:30 AM Holy Eucharist

Wed: 8:30 AM Holy Eucharist
and Healing Service;
Order of St. Luke

REGULAR MEETINGS

Sun: 8:00 PM AA Meeting
Tue: 9:00 AM Men's Bible Study
Wed: 7:00 PM Bible Study, Prayer
and Praise
8:00 PM Alanon

Third Sat 8 AM Men's Breakfast

ECW meets four times each year