



JANUARY 2018

At Emmanuel Episcopal Church, we strive to provide people the opportunity for growth in their faith through our mutual love, respect and acceptance of one another.

NEWS FROM THE NARTHEX

FROM FATHER ROBERT

PEACE & EVERY BLESSING FROM GOD WHO IS ALL AND IN ALL. ALLELUIA!

Many blessings to each of you in the New Year!

May grace, peace and health be hallmarks that carry you through this year.

Let's step back for a moment and reflect on some ways to make those goals a reality.

From my perspective the primary focus for the strongest foundation would be to cultivate and nurture your personal relationship with God. Our inner spiritual lives deserve a commitment of our time, effort and energy. What spiritual practices work for you and stand the best chance of succeeding? Reading Scripture, Meditation, Journaling or any other spiritual practice can and will work for you if you make the time for it to happen.

Once our relationship with God feels close enough and secure, it would be time to continue to cultivate our other relationships.

This is what life should be about after all. Reflect on your relationships with family, friends, neighbors, fellow Emmanuelites and our extended community. Does anyone in the mix need some extra care and support? Maybe write a card (maybe not – the price of a stamp is 50 cents now), take someone to coffee, have some quality time with some of those people.

Certainly reconnecting with the natural world is another important way to sow seeds of appreciation for God's creation in our daily lives. Nature is where our own roots are. So taking a walk, smelling the roses (or whatever), and watching a sunrise or sunset link us with all creation and bring us a sense of calm and peace.

What about trying something new! Entering into a spontaneous moment of adventure might well surprise us and bring us a piece of joy as well.

Turning off the many "screens" of our lives would be more than helpful. I always feel twinges of guilt over the

wasted time that I will never get back when scrolling through Facebook, reading notices on the phone, and lamenting this headline or that. All of this opens us to the negative and destructive energy around us, yikes !!! While technology has so many wonderful benefits, how can we be selective regarding our media intake? How do we make the media a tool for good and what is positive rather than a source of compulsion?

Finally, maybe we can all slow down a bit in order to get in touch with ourselves a bit more deeply. A hectic lifestyle will lead us into rushing right past our desires and longings and ultimately diminish our presence to life itself. When you get a chance read that sentence again—it's really true. Thomas Merton, a Trappist monk and spiritual author who understood the detrimental effect of a too busy life once wrote: "to allow oneself to be carried away by a multitude of conflicting concerns, to surrender to (continued on pg. 3)

Emmanuel Episcopal Church

**Serving the People
of God in the name of**

Bishop Rob Wright
of the Diocese of Atlanta

and the Vestry

Anna Alexander, Youth Ministry
& Liaison to the Day School

Katherine Alexander

LaBau Bryan, Communications

Bob Davis

Randy Forrester, Pastoral Care

Bill Fox, Facilities

Kerry Hogan

Rob Hoyt, Stewardship

Kelli Neil

Terrie Seward, Senior Warden

Carter Stanfield, MEMC

Jan Wheeler, Pastoral Care

and supported by the Staff

Michael Brewer

Georgia Collier

Melissa Fulcher

Leah Goodwin

Karen Holland

Megan Hooper

Sam Polk

Ben Popham

Denise Thomas

Amy Wraga

and assisted by the Clergy

Fr. Robert Salamone, Rector

Fr. Samuel Porras, Assoc. Rector

498 Prince Avenue

Athens GA 30601

706-543-1294

www.emmaneulathens.org

INTERFAITH HOSPITALITY NETWORK: OUR FAMILY'S STORY

Sharon and I have been participating in the Interfaith Hospitality Network (IHN) ever since Emmanuel joined the network. The IHN network consists of several places of worship of all faiths and denominations whose members work together to house families for one week at a time. The idea is to provide temporary assistance to families so they may stay together as a family while helping them secure permanent housing.

I still remember the first family we helped.

I was surprised when I showed up to host—I

already knew this family. They had taken in a student who was in one of my classes, just about six months before they became homeless themselves. I had given the student a ride home one day and met them then. The young man they took in had more serious issues than they were equipped to deal with, and he had to find other accommodations, but I was struck by the fact that folks who had very little themselves had taken a total stranger into their home. Now they needed help. The father had gotten hurt and lost his job, leading to their eviction.

To be honest, it was not easy on either them or us. They had two

rambunctious boys who were stressing out their mom. She often struggled to control them and was embarrassed to have their family struggles on display in front of the volunteers. This led to screaming and corporal punishment, making the volunteers uncomfortable. During the next week at another church one of the boys ran through a plate glass door, requiring an emergency trip to the hospital. However, throughout their struggles IHN provided the support structure for this family to heal and overcome their struggles.

Fast forward a few years. I

am at Cedar Shoals High School for a football game to see Preston and the band play. The father greets me; we shake hands and speak. He now has a job; they have a home; and his boys are doing well in school. I ask him if his sons are at the game, and he points to the ROTC color guard—"there" he says. His sons were part of the color guard for the game. Life had settled down for them into that predictable, comfortable zone most of us take for granted. I don't believe I can put into words what the Interfaith Hospitality Network meant to that family, but watching the father beam as his sons performed on the field, I knew it was worth the effort.

Carter Stanfield



(continued from p. 1)

too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence.”

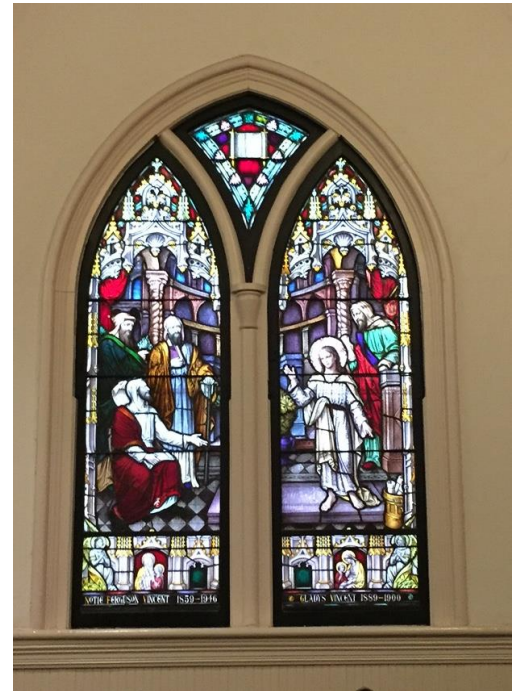
With the start of this New Year how might you slow down instead of speeding things up? Take a bit of time to discern where you truly feel called to place your attention and your energy. You only have limited amounts of each. How can you begin to let go of those things that really do not serve you?

Just a thought or two.

Again, many thanks for your goodness and your generosity to those you helped through your efforts during this Holyday season. You made many children and adults have brighter lives, if just for a bit.

May all of our efforts in the year to come be ones that help to see Jesus living and working through us.

Blessings,
Robert



ELDER CONNECTION: JANUARY 25TH MEETING

Please join us in the church on January 25th at 2:00 pm when Sam Carleton will lead the group in a discussion of several of our beautiful stained-glass windows. Sam will concentrate on the windows showing the youthful Jesus, Jesus visiting Mary and Martha, and the window behind the choir.

Sam and Elaine moved to Athens in 2005 and are, therefore, not familiar with the families who donated the windows. He hopes that some parishioners who know about these families will join the Elder Connection for this event and acquaint the group with their histories.

Light refreshments will follow in the library.

THRIFT HOUSE NEWS

We need Christmas gift bags, leftover wrap and décor for next year. We also need coats, gloves, hats, scarves, boots, blankets, sheets, CD's and DVD's.

Gifts you don't need!

Hours

Tues-Fri (10:00-4:00pm)

Sat (10:00-2:00pm)

BECOME A MEMBER

How do you become a member?

You become a member of the church through baptism. From infancy through adulthood, all persons who are baptized at Emmanuel or whose names are enrolled in our parish register through a personal request or letter of transfer are members. If you are seeking baptism for yourself or your child(ren), call the church office to get a baptism application and to discuss dates and times.

You also become a member through Confirmation or Reception into the church through the laying on of hands by the Bishop. If you have already been baptized in another Episcopal or Christian church and now wish to be affiliated with us, please contact Fr. Robert.

What does membership mean?

Membership in the church also means presence. In the Episcopal church it is important to be as faithful as one can be to our corporate worship, as well as to the financial support of the parish. Through the sharing of our gifts of time, talent and treasure we fully become the community of faith God calls us to be.

If you have any other questions please call the office at 706-543-1294 ext. 201.

ENHANCING MISSION AT EMMANUEL: *THE FOSTER CARE TEAM*



Thanks to the vision of Lili Ouzts and Jan Wheeler and the leadership of Jane Robertson, our Foster Family Support Team of twelve church members has enthusiastically supported a delightful woman, Ms. Joyce Heard, this past year. She is the great aunt of three children, two girls and one boy. Ms. Heard is retired from working as a Coordinating Assistant in PhD and MFA programs at UGA. It goes without saying that she finds her present commitment to her family rewarding, but tough.

Trained by and working under the supervision of Chosen for Life Ministries, the team has committed to providing dinner for her each week. We also have offered child care twice a month, but thus far, she hasn't requested any help.

Ms. Heard's family lives near our church off Newton Bridge Road. The two girls, ages 6 and 7, attend Whitehead Elementary, and the boy, 3, goes to the H.T. Edwards Early Learning Center. The girls continue to love school, and the boy was just chosen Student of the Month! The team gave them backpacks for school in August which they were excited about.

Establishing a base of commitment for the future, team members are celebrating the children's birthdays throughout the year and gave Ms. Heard a gift certificate for Christmas. Team members have also independently found ways to connect with her and her family as opportunities arise. For instance, she recently expressed much joy about Jennifer Wells making gingerbread houses with the children.

Ms. Heard is refreshingly honest with our team members about her challenges but always cheerful and can't seem to express enough gratitude and thankfulness at every opportunity. She is very close to her own church and has a strong spiritual life that inspires her along the way. She volunteers at Lanier Gardens and the Clarke County jail each week, providing Biblical and personal support. Her son, Tory, who lives with her, works at Lanier Gardens.

The Foster Family Support team hopes that it is helping to give Ms. Heard the inspiration, strength and stamina that she needs. As she has said more than once, "I don't want these children to be a statistic." And of course, our team agrees!

January Birthdays

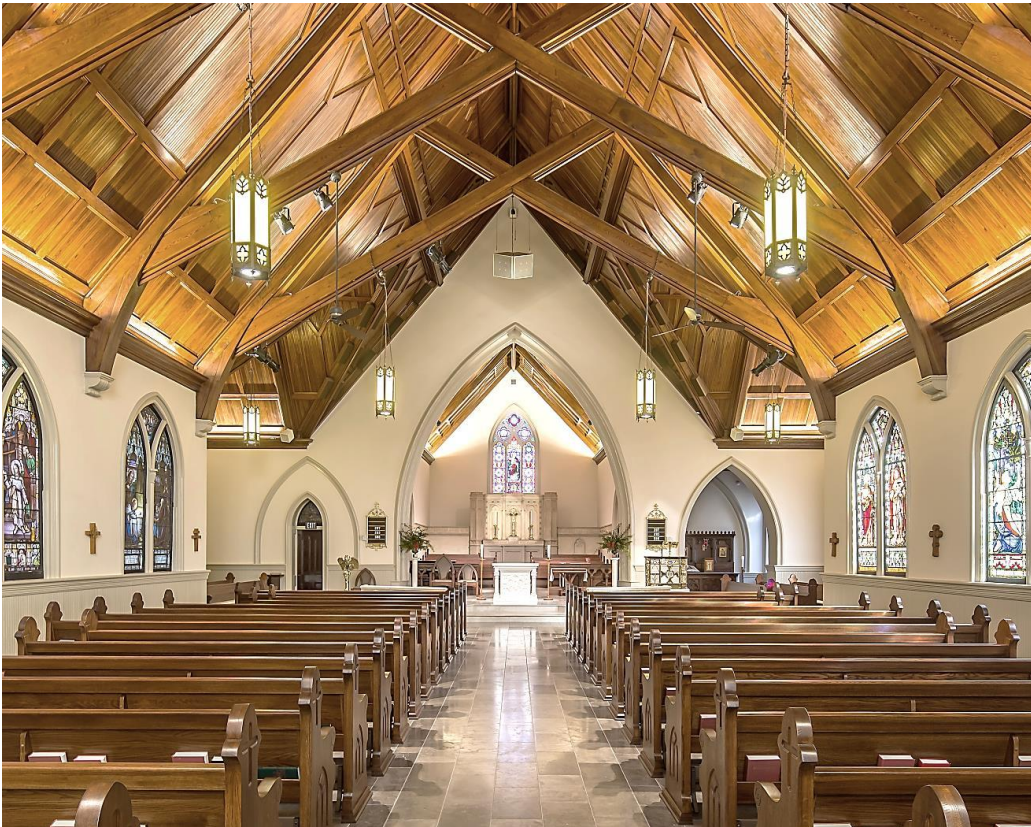
1 Joy Rentz, Parker Grow	9 Leslie de Haseth, Zeke Peneguy	16 Tess Murray	22 Sally Peters, Debra Lassiter,
2 Mary Greene	10 Janie Bush	17 Ann Cabaniss, Roger Lange,	Allison Doherty, Emily Doherty
3 Blue Wood, Hannah Costantino	11 Jud Doherty, Katherine Alexander	Anoushka Alexander	24 Sunil Alexander, Kathryn Brown
4 John Hawkins	12 Sylvia Pannell, Stacy Kraby,	18 Norm Wood, Pleh Htoo,	25 Jane Amos
5 Sterline Williams	Ashley Connelly	Rebekah Taylor, Graham Dodson	26 Terrie Seward, Michael Brewer
6 Jerry Sullivan	13 Beegee Elder, Charlie Greene	20 Patrick Cline, Charles Kahlstorf	29 Stephen Pritchett
7 Will Hardman, Stephani Foss	14 Gerald Arscott	21 Sharon Rockholt, Jeff Stortz,	30 Earl Williams
8 William Rockwell	15 Andy Rentz	Blet Say Htoo	



Emmanuel's Service & Faith Formation schedule is as follows; only exceptions are listed on the calendar below:

- **Wednesdays: 5:30 pm** Healing Service & Eucharist, Chapel
- **Saturdays: 5:30 pm** Holy Eucharist Rite II, Chapel
- **Sundays: 8:30 am** Holy Eucharist Rite I, Church; **9:15 am** Faith Formation for Children & Youth; **9:30 am** Adult Formation, Westminster; **10:30 am** Holy Eucharist Rite II, Church; and **12:15 pm** Spanish Holy Eucharist, Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Church office closed	2 10:00: Natural Spirituality, Library 7:30: Al-Anon, Old Music Suite	3 7:15: Choir Rehearsal	4 6:30: Stephen Ministry, Library	5 5:00: Rehearsal for Hermanson & Land wedding	6 4:15: Hermanson & Land wedding
7 Noon: Natural Spirituality, Library 12:30 Catechesis Training, Atrium 2:30: Bigger Vision, Common Room	8 10:00: Bible Study, Coventry	9 10:00: Natural Spirituality, Library 7:30: Al-Anon, Old Music Suite	10 1:00: Yoga, Old Music Suite 3:15: Yoga, Old Music Suite 7:15: Choir Rehearsal	11 9:30 am: Day School Open House, Common Room 11:00: Eucharist at Lanier Gardens 6:30: Stephen Ministry, Library	12	13 4:45 pm Daughters of the King
14 10:30 am: Baptism Noon: Natural Spirituality, Library 1:30 pm: Prayer Shawl Ministry, Old Music Suite	15 Church office closed	16 10:00: Natural Spirituality, Library 7:30: Al-Anon, Old Music Suite	17 1:00: Yoga, Old Music Suite 3:15: Yoga, Old Music Suite 7:15: Choir Rehearsal	18 6:30: Stephen Ministry, Library	19 9:00 am: Day School registration, Common Room	20
21 Emmanuel to host IHN (21st – 28 th) Noon: Natural Spirituality, Library 4:00: Daughters of the King, Common Room	22 10:00: Bible Study, Coventry	23 10:00: Natural Spirituality, Library 7:30: Al-Anon, Old Music Suite	24 1:00: Yoga, Old Music Suite 3:15: Yoga, Old Music Suite 7:15: Choir Rehearsal	25 12:00 pm: Caregiver's Grief and Support, Athens Council on Aging 6:30: Stephen Ministry, Library	26 Vestry Retreat	27 Vestry Retreat 4:45 pm Daughters of the King
28 Noon: Natural Spirituality, Library 4:00 pm: Foyers, Common Room	29 10:00: Bible Study, Coventry	30 10:00: Natural Spirituality, Library 7:30: Al-Anon, Old Music Suite	31 1:00: Yoga, Old Music Suite 3:15: Yoga, Old Music Suite 7:15: Choir Rehearsal			



The Vestry Covenant

We, the Vestry of Emmanuel Church, promise to honor God by nurturing the spirit and ministering to God's people. We will support everyone's gifts for service and leadership made possible by God's grace. Ministry to the poor will be at the center of all we do. We promise to welcome with Christian hospitality all persons and to offer opportunities to all to grow in faith. We will strengthen ourselves through faithfulness in worship, daily prayer, and stewardship of our time, talents and treasure. We will foster love and joy in God's service.

EMMANUEL EPISCOPAL CHURCH

498 Prince Avenue
Athens, GA 30606

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
ATHENS, GA
PERMIT NO. 231