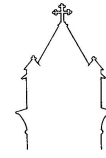




The Grace Vine



Grace Episcopal Church
Lexington, North Carolina

October 2011

From the Rector

Sabbatical Report I: Upaya Zen Buddhist Center

<http://www.upaya.org/index.php>

During our two months in New Mexico I participated in two retreats at the Upaya Zen Center, a four-day silent retreat and a three-day seminar/retreat led by Dr. John Dunne, professor of Buddhist studies at Emory University.

The beautiful campus of the Upaya ("pedagogy" or "expedient means") Center is located at the foot of the Sangre de Cristo Mountains, at an altitude of 7,200 feet, just outside Santa Fe. Approximately twenty people live at the center. The community consists of the founding abbot and the co-abbot (both are nuns), a few monks, a number of permanent residents, several short-term residents and occasional visiting practitioners.

The center offers daily meditations (morning, noon, evening) that are open to the public, a weekly Dharma talk (teaching session), a residential work-exchange program, and numerous retreats and workshops throughout the year. The Center offers a two-year Buddhist Chaplaincy Program in the care-giving areas of prison, end of life, peacemaking, women, youth, and the environment, as well as a professional training program in contemplative end of life care.

The four-day silent retreat was an abbreviated Sesshin (cess-sheen) retreat. Typically sesshin ("gathering the mind") lasts seven days or longer. The program is an intensive practice period and exposure to the meditation, silence, and meal practices similar to monastic life. The day began at 6:30 with a 50-minute meditation in the zendo (temple or meditation hall). After the bell was rung the only sound in the room was 42 stomachs growling, ready for breakfast. The meditation was followed by a brief morning service and breakfast. The great majority of the day was spent in meditation, either sitting or walking, all done as a group. The final meditation concluded at 9:30 pm. During the week each person had an individual consultation with the head teacher and co-abbot, a gracious and resourceful guide.

The organic vegetarian meals were not only healthy, but quite tasty. Other than time for three meals, a teaching session, a work practice session, and three 30-minute breaks, the day was spent in silent meditation. I had no idea 43 people could be so quiet for so long.

During the first retreat my work practice assignment was dust-mopping and wet-mopping the zendo, a task that is done every day. We also cleaned windows with a home-made earth-friendly solution. During the second week I had a more enjoyable job: repairing a broken bench. Because everything except meals and outdoor walking is done without shoes, I developed some impressive blisters before the week was over.

The second retreat was a combination seminar and silent retreat, focusing on the growing and coming together of several Buddhist traditions in the Western hemisphere.

When not in retreat at the center, I made occasional treks to the zendo throughout the summer to participate in noon or evening meditations with the residents and guests. The purpose of consistent and extended meditation is to clear one's mind and to allow the mental and spiritual energy that lies below the mind's surface activity to emerge.

Although the vocabulary, liturgy, and daily practices at the center were quite different from a typical Sunday morning at Grace Church, I felt immersed in and surrounded by the same sense of divine presence and goodness that I have come to trust here at home.

Unfortunately, I did not return home as adept at meditation or as consistent in daily practice as I had hoped. Although it is easier to practice in a retreat setting with an ongoing community, I think it is even more vital to engage in the daily practice of meditation as part of the hectic routine of daily life. I am still working at it, and am convinced of its great value.

Thanks, again, for this opportunity. Next month I will tell you about my excursion into the Immaculate Heart of Mary Catholic Retreat Center.

Gratefully, Tom E. King

Thank you, Grace Church friends, for your past and continuing concern for me during this journey toward healing. As most of you know, my accident severely damaged an already arthritic knee and caused fractures in the tibia. This has been very painful physically, but I have firm resolve that I will be back to my old tricks again. I am still receiving therapy and will continue that until the bone is healed enough to support a replacement (implant). Waiting will provide more strength, and in the meantime I will be back in church to worship and participate as fully as possible. I have been the beneficiary of so many cards, delicious food, reading materials, phone calls, Eucharist, and visits at rehab and at home. I am not surprised; Grace Church takes care of people, always. You are a fabulous group of loving Christians and I am a lucky person to be so ministered to.

Now – didn't Jesus say that "whenever two or three are gathered together"? Well, that doesn't work as well as it concerns choir members. We need an infusion of new voices interested in singing and supporting our music program in congregational leadership. We are dedicated, fun, able, and unafraid. If you think your personality matches that, see me or call (248-4856) and express your interest to me or other singers. A good person to approach is our newest member, Kathie Young! My spies in the congregation tell me that there are some good voices out there! I hope to hear from you.

When I was at Alston Brook I received a nice and attractive "get well" card from Page and Tad. It has been my strongest encouragement of all. Right above the signature was penned this note: "Enough! Get back to work"! So very Tad! So with that directive, I am back and trying hard.

Joan

From the Vestry Person of the Month

You may have read the article in "The North Carolina Disciple" about the diocesan *NetsforLife*® Campaign and asked yourself what our parish is doing to contribute. This fall, we will be collecting funds to donate to this life-saving campaign.

Why is the diocese focusing on this particular campaign?

Malaria is a preventable disease. The following facts are alarming, but help us to understand the severity of the disease's impact on our world:

- 250 million is the annual number of cases of malaria infection around the world
- 90 percent of all malaria deaths occur in sub-Saharan Africa
- Every 60 seconds a child dies from malaria

There are 8 Millennium Development Goals and the *NetsforLife*® program partnership most particularly addresses #4, #5 and #6

What can we do to participate?

Each net costs only \$12 and is used to protect a whole family. We will be collecting donations in the undercroft following the 11:00am service during the month of October, and donations can also be placed in my box in the church office. With the holiday season fast approaching, this would be a terrific gift to give in the names of your family, friends or clergy.

For more information about this effort, contact me at smhodge111@gmail.com. To learn more about malaria and the *NetsforLife*® Inspiration Fund, please visit www.inspirationfund.org.

Thank you for your consideration,
Shawn Hodge

BBQ Festival Parking

Church parking lot on 5th Avenue

The J2A Youth and their Parents will once again be parking cars in the church parking lot. For just \$5.00 you can park your car and enjoy the BBQ Festival. The money raised helps the J2A youth raise money for their service projects and special activities.

Animal Blessing

Sunday, October 9

3:00 pm

Meet in the empty lot next to the Children's Playground across from the 5th Ave church Parking lot

From the Senior Warden . . .

We are now well on our way into the Fall schedule - school has been in session for quite awhile, we are back in the 'big' church, the new nursery is open for business, and Sunday School has gotten a good start. This only means there is lots more coming!!! More thought provoking problems, more decisions, more fellowship, and more to learn.

I am hoping each of you is very comfortable with your 'spot' at Grace Church. There are lots of opportunities for each of us to slide ourselves into the right area - maybe even more than one area? If you are unsure please talk with any of us on the Vestry, and we can help you find someplace comfortable.



From Beyond Business as Usual, a book the Vestry is reading together, "We serve a creative God who touches us within and through culture and whose truth is beyond all cultural changes. What an exciting time to be engaged in ministry!" Soon we will be reviewing our commissions and ministries, giving everyone a chance to 'stay put' or to try a new way to serve Grace and the community at large.

See you in Church,
Kathie G

The Duduza Doll Project

"NC Women Build Bridges with Comfort Dolls." an article in the 2010 summer publication of the NC Diocesan ECW was the inspiration for a project that has involved many women in Grace Church and the community. These women have knitted over 80 "duduza" dolls to be sent to the children of the Nyanya Project preschool in Nairobi, Kenya.

The Nyanya Project (TNP) is an organization that teaches skills to grandmothers raising their AIDS orphaned grandchildren in Africa. TNP opened a preschool for 40 children near the Kibera slum in the summer of 2009. There are now 80 children in the school where the grandmothers work as cooks and teachers' aids. Grace Church's Christian Social Concerns Commission has supported the school by providing money for swings for the playground and mattresses for rest period.



The duduza doll project originated in the Diocese of Vermont and was adopted by Juli Hauser of Burlington's ECW; now, two years later, hundreds of the small, hand-knit dolls have been made by multiple parishes and sent to orphanages and children's centers in Guatemala, Haiti, Sudan and Botswana.

The dolls are about 6 or 7 inches high and made from scraps of leftover yarn. Although everyone follows a pattern, the finished products exhibit a variety of colors, styles and creativity. The vision is to have the dolls sent to the children in the preschool in Nairobi from the children in the preschool at Grace - a "child to child" personal contact.

Thanks to the following women of our church and the community who have contributed to this ministry: Kathy Alexander, Bett Hargrave, Gay Hutchins, Kim Leonard, Kristie Miller, Marte Perrell, Mary Williams and Patty Younts.

The Nyanya Project is expanding its preschool model into Rwanda and if folks are interested we can continue to make the dolls. Also, we might investigate a local place that might need them. If any parishioners who knit would like to be involved, please let us know by calling the church office.

Vestry Nominees for 2012



Mary Bolstad

I was born in Chappaqua, NY (now the legal residence of Hillary and Bill) in 1946. It is a small commuter town outside of NYC. I was so lucky that my parents chose Chappaqua with the excellent public school system my two brothers and I attended. While I didn't appreciate it then, my experiences at Denison University in small town Ohio and life experiences since then, taught me how valuable quality education is.

Karl and I met at Denison, where he was four year starter on the Div 3 basketball team and I was active in women's sports (such as they were before Title 9) and student government. After graduation, Karl moved on to medical school and I lived at home for a year and trained tellers for a bank in White Plains, NY. We were married in May, 1969 and moved to married- student housing in Ann Arbor where I trained tellers again.

After husband Karl's first two and a half years of medical school, I joined the ranks of students at U of Michigan as an MBA student. We graduated the same weekend and headed to Salt Lake City, Utah, where we spent two wonderful years and brought Kerry into the world. Before she was born, I practiced residential real estate sales. Then back in Ann Arbor, Michigan, Robin was born and Karl finished his Orthopedic training. I was a stay-at- home mom.

At the end of his training, Karl and I selected Knoxville, TN, for private practice. Kurt was born there. When it was clear that the Knoxville practice didn't suit, we found Lexington, where we were warmly welcomed by the town (Karl was the first orthopedist at the new hospital) and by Grace Church (our first church home). All three of our children attended The Children's School, experience we all valued.

We would be different people today if we had not enjoyed the benefits of deep commitment to the Grace Church Community. You carried us on your shoulders during hard times and taught us the meaning of grace. We are grateful to have opportunities to give back.



Sally Dodd

I still remember the first Sunday that we attended Grace Church. Everyone welcomed us so warmly that on the way home after the social hour, our whole family discussed and knew that we had found "our church home." Thirty something years later, I still think Grace Episcopal Church is a very special place, and I try to participate in church life as often as possible to keep the church in the center of my life. Through the years the world has become a different and somewhat scary place and although the church has changed and must change, it is important for the church to remain a warm, welcoming place at its core. Now more than ever all of us need to have a place to feel welcome on our spiritual journeys.

There are so many talented members of Grace Church that I am often amazed at what my friends can do! They can sing, dance, act, draw, and play musical instruments like professionals. Happily we all have different gifts. Not being blessed with any of the previously mentioned skills, I can offer only interest in what happens at the church and organizational skills to keep the church moving forward. It would be an honor to serve Grace Church as a member of the vestry as we keep moving toward our vision of what we want the church to be.



Walt Lindsay

I am Walter Lindsey and my name has been submitted as a candidate for a member of the Vestry. I am a 58 year old single male reared in Grace Episcopal Church and confirmed during the ministry of Wilson Carter. I am the proud caretaker of Lazarus, my seven year old miniature schnauzer and the love of my life.

I am a very private person who devotes his life to the spiritual journey of serving God. In an effort to learn more about the Holy scriptures I have made two pilgrimages to the Holy Land which afforded me the opportunity to develop a deeper knowledge and appreciation of my faith. During a mission trip to Belize I witnessed the power of placing that same faith into practice as our group collectively worked to enrich the lives of the Belizean people. As a member of the Vestry I hope to continue the tradition of preserving the Christian mission of Grace Church; both its members and its campus. It is my desire to provide equal voice for all church members, regardless of socio-economic status, bringing any concerns and wishes before the Vestry as we serve to enhance the spiritual journey for all who participate.



Lynn Meeks

Hi, I am Lynn (Reudelhuber) Meeks. My father retired to Lexington, after serving 22 years in the Army. My parents called Tyro home and we finally had roots. My parents were from New York. My mother, Barbara Reudelhuber, was raised as an Episcopalian in Smithtown, Long Island, New York. My father, George Reudelhuber (Methodist) from Whitestone, New York and I (Presbyterian) joined the church in 1974. My husband and I were married by Rev. Wilson in 1975 and later the following year my husband joined the church. During the early 70's my mom's parents retired and my grandmother and her sister moved to Tyro and joined Grace Church. (My grandfather passed away before the move south.) Both of our daughters (Tamara and Barbara) were baptized here as well as our grandson Levi. Both of my daughters and grandson attended Grace Children's School and Bonnie was and still is apart of their lives. This past summer, our daughter, Barbara was married to Brandon here at Grace. We did leave the church for a few years to attend a church near the girls' school in Tyro. As with anything, life circles and it did for me. When my father passed in the mid 90's I started to come back to Grace to be there with my mom. Even when I was not a member, I was at Grace for the holidays. There is something moving with the mid night service on Christmas Eve as well as Maundy Thursday to name a few special times. In time, I was also apart of Bert's (Alberta Rogers) life and joined my mom and Bert here at Grace. My mom and Bert worked their magic and helped me find my way back home to Grace. In the past few years, I have started to get involved. I currently serve on the Finance Committee, have been a part of the Altar Guild, and have served on a few other committees. When I walk in Grace Church, I feel the warmth of all the members and when I look up on the cross I see smiling faces of those who are with God. I would like to give back the same warmth as the church has given me by serving on the Vestry. By the way, I am also the person who can not whisper (I tried) and when I am asked to do the reading, the back row I think can hear me whether they want to or not - with or without the microphone. By the way, I am fortune to be working. I have worked for the Dept of Social Services for 19 years as their accountant. I do have a couple of hobbies and my favorite is showing dogs. I am happy to be back home and will be honored to serve on the Vestry.



Penny Taylor

I am originally from Roanoke Rapids, NC, "down east" as we North Carolinians call it. I graduated from St. Mary's in Raleigh which is where my love for the Episcopal Church began. From there I ended up in the Triad as a student at Wake Forest University, which I have now made my alma mater 3 times with my recent completion of the PA program there. I came to Lexington with my husband John Taylor and began attending Grace Church in 2005 while he was deployed to Iraq for a year with the Army National Guard. I immediately felt at home at Grace and transferred from St. Timothy's in Winston-Salem in 2006. Since then our family have all become members of grace including our 2 daughters and son-in-law. Meanwhile our grandchildren have been born into our church family and we are proud that our grandson Charlie is a student at the church school and that our granddaughter Olivia will soon be christened at Grace. I have served on the Parish Life commission at Grace for 5 years and have enjoyed it immensely. Also I am a lay reader, intercessor and John and I host social hour on occasion. I have enjoyed being part of the church family and look forward to many more years of opportunities to grow personally and spiritually and to serve my church family and the community in which we live.

Hunger Issues – How Can You Help?

Over the last few months members of our Social Concerns Commission have been researching facts about hunger... particularly childhood hunger. As part of this investigation I recently attended a gathering of local agencies that support food efforts in our community and members of local churches. I was shocked to hear some of the statistics for our community and surrounding areas.

Did you know that

- ⇒ A new study ranks the Winston-Salem area as the worst in the nation for food hardship among households with children
- ⇒ The Food Research and Action Center recently issued a report saying that one in four people in the Triad have not had enough money to buy food at some point in the past year
- ⇒ Angel Food Ministries that furnishes food for many area food pantries has ceased operation
- ⇒ Our local Pastor's Pantry is seeing more seniors providing for grandchildren and when they surveyed their clients about the amount of food stamps they receive they discovered that the majority of them are only receiving \$8.00 - \$16.00 per month in food stamps to help put food on the table

How can we help make a difference in this situation? Is there a way that you might personally help? YES!

You can begin by **bringing non-perishable foods to church on Sundays** and place them in the baskets found in the chapel or church narthex. Also, you can send a check to any of our area agencies or food pantries that so desperately need our help to provide food to those in need.

- Bonnie Duckworth

**The 196th Diocesan Convention
will be January 20-21, 2012 in Winston-Salem, NC**

Delegates to Convention are:
Pam Harvey • Bob Husted • Susan Terrell

OCTOBER BIRTHDAYS

Oct 2	John Burke	Oct 10	Deirdre Philpott	Oct 19	Elizabeth Inabinett
Oct 2	Rachel Dilley	Oct 10	Donna Byrd-Wyatt	Oct 20	Neusom Parker
Oct 4	Jay Williams	Oct 11	Anne Rives	Oct 21	Quig Bennett
Oct 4	Nancy Hartzog	Oct 14	Rick Mack	Oct 24	Robin Petruzzi
Oct 6	Seth Miller	Oct 15	Lou Adkins	Oct 25	Scott Hoffmann
Oct 6	Bill Gilleland	Oct 16	R.B. Smith	Oct 31	Sandy Reynolds
Oct 7	Grayson Hodge	Oct 16	Nancy Phillips	Oct 31	Pam Harvey
Oct 8	Kristie Miller	Oct 19	Sarah Smith		

AUGUST 2011	
BUDGET	25,120.17
INCOME	11,833.97
EXPENSE	26,646.19
NET	(14,812.22)

YEAR-TO-DATE 2011		
Budget	200,961.28	66.7% of year
Income ¹	164,392.36	54.5% of budget
Expenses	210,654.73	69.9% of budget
Over/(Under) (46,262.37)		
¹ Does not include \$14,533.35 pre-pd. pledges.		

NOTE: A strong September has erased much of the summer shortfall.

October Ministries Schedule

	October 2	October 9	October 16	October 23	October 30 Bishop Visit
Lector	9: Charlie Matthews 11: Penny Taylor	9: Belinda MacKinstry 11: Barbara Presnell	9: Sally Dodd 11: Dale Burr	9: Philip Matthews 11: Patricia Wardle	9: Chris Morgan 11: Karl Bolstad
LEM	Clarice Surratt	Mary Matthews	Patricia Wardle	Kathie Goodman	n/a
Intercessor	David Sink	Penny Taylor	Annabell Wolfe	Joe Wallace	Kristi Allred
Acolytes	Tori Johnson Coleman Hayes Blake Inabinett	Josey Parker Sydney Parker Emerson Hayes	Neusom Parker Rachel Dilley Jack Burke	Blythe Riggan Parker Miller Miles Stoner	Cole Riggan Harrison Everhart Marshall Hodge
Ushers	Terry Reynolds Tom Black	Joe Wallace Art Burkhart	Bill Gilleland Sims Riggan	Ed Huneycutt John Burke	Henry Surratt Bill Goodman
Greeters	Linda & Louie Cox	Bett Hargrave Charlie Matthews	John Taylor Katherine Everhart	Patrick Miller Sandra Husted	Larry Linder Page Onorato
Nursery	Shannon Jones	Elizabeth Inabinett	Cameron Miller	Carolyn Wolfe	Lydia Mack
Social Hour	Frances & David Garner	Debbie & Mike Egan	Beth & John Burke	Cathy & Sims Riggan	Nancy Sink David Sink
Sunday Lunch	Karl & Mary Bolstad Pam Alley	Barbara Presnell & Bill Keesler Page Onorato	Morgan Family	Debbie & Shelly Davis Jeff & Renee Kaley	L & E Timberlake Shannon Jones
Flowers	Julie Dayvault	Barbara Beck Bert Beck	Peggy & Max Walser	Chris & Mike Hodges	Cathy & Sims Riggan
Altar Guild:	Mary Williams, Jane Grimes, Sally Dodd, Kathie Goodman, Shawn Hodge, Lynn Meeks, Belinda Thomas, Patricia Wardle				

Crisis Ministry Meal — October 3: Karl & Mary Bolstad, Pam Harvey, Glenn & Libby O'Shea, Ben & Deirdre Philpott
November: 7: Carol Jordan, Jeri Burkhart, Kathy Johnson, Diane Huneycutt
December 5: J2A Youth

Vestry Person of the Month: Shawn Hodge

Food Pantry: Frances Garner

Recycling: G.R.A.C.E. Girls

*If you are unable to serve on the assigned Sunday, please secure a substitute and notify the church office by Wednesday noon prior to the Sunday you are assigned.

PRAYER LIST

Adkins, Mark	Parishioner	Johnson, Vici Schofield	Friend	Phillips, Tommy	Parishioner
Beeker, Jo	Parishioner	Kaley, Jeff	Parishioner	Philpott, Ben	Parishioner
Bell, Mary Lou	Friend	Kepley-Lee, Becky	Friend	Powell, Cinnie	Rick Mack's sister
Bingham, Georganne	Staley & Ed's mother	Linder, Larry	Parishioner	Reynolds, Bob	Friend
Brown, Baylee	Parishioner	Little, Ronda	Friend	Rojas, Jacklynn	M&L Cleckley's granddaughter
Brunner, Carey	Friend	Long, Suzanne	Jeff Kaley's mother	Russell, Margaret	Frances & Rhonda's sister
Carter, Wilson	Former Rector	Marsh, Polly	Jane Grimes' mother	Sheets, Suzy	Parishioner
Cecil, Charm	Friend	Mauzé, Ben	Friend	Stoner, Marianna	Former Parishioner
Clodfelter, Joan	Parishioner	May, Carol	Parishioner	Thomas, Elrene	Parishioner
Cook, Luke	Bob & Sandy's grandson	Michael, Molly	Talmadge's cousin	Wagner, Mike	Parishioner
Davis, Tim	Friend	Moser, Rebecca	Parishioner	Williams, Aaron	A. Gilleland Williams' husband
Faulkner, Christy Clark	Friend	Newber, Anne	Former Parishioner	Young, Chip	Friend
Hodgin, Sue	Parishioner	Orren, Faye	Friend	Younts, Marty	Former Parishioner

Calendar of Events

- Oct 3 6:00 pm G.R.A.C.E. Girls Giving Back meets in the Undercroft
Oct 4-6 Clergy Conference
Oct 5 12:10 pm Noonday Prayer in the chapel (No Healing Service during this week)
Oct 9 3:00 pm Animal Blessing on the lawn next to the playground
Oct 9 6:00 pm J2A Dinner at home of Gayle & Jim Burke
Oct 10 5:00 pm Social Concerns Commission meeting in the Commons Room
Oct 12 6:30 pm Wardens meet in the Commons Room
Oct 13 7:00 pm Preschool Commission meeting in the Commons Room
Oct 20 7:00 pm Vestry meets in the Commons Room
Oct 22 BBQ Festival—J2A Fundraiser in 5th Avenue Parking Lot
Oct 30 Bishop Curry visit to Grace

Oct 4,6,11,13
18,20,25,27 4:00-5:45 G.R.A.C.E. Girls meet in the Undercroft

Bible Workbench Bible Study – Meets every Wednesday 1:15 pm
Midweek Healing Service – every Wednesday at 12:10 pm in the Chapel

Outside Groups Using Facilities:

Oct 10 6:30 pm—UC
Charity League

Oct 11 7:00 pm - UC
Democratic Women of DC

Oct 18 5:45 pm
Habitat for Humanity - UC

Al-Anon
every Thursday at 8:00 pm - UC

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