



The Disciple

Christ Church Charlotte

Love God • Care For Each Other • Serve The World

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God's Enduring Love

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Is it a Cold or the Flu?

October 2008
Vol. 35, No. 10

We are in a position of great strength at Christ Church. From children, youth, and pastoral care ministries, to our mission and outreach ministries, we orchestrate and oversee programs that are making a deep impact and a lasting difference in the lives of so many people.

However, much has changed in the last year. These are times of uncertainty. There has been instability in our economy, and a spike in the number of homeless and hungry people in our city. It is precisely in times like these that we, as a church, can have the biggest impact on our community.

We must continue to be a strong church to make a difference.

So, what does it take to keep our church strong? It takes commitment. Now is the time to consider priorities and to invest in the place we know can make a difference during these challenging times - Christ Church.

We have an urgent mission to proclaim and embody the love of God. God's love is our hope. As St. Paul wrote, it gives us the ability to "bear all things, believe all things, hope all things, endure all things."

Join us in making your pledge to Christ Church. Together, with God's enduring love, we will strengthen our Church and rise to the call to be a spiritual home for our members, and a catalyst for hope and justice for our city, nation, and world.



Faithfully,
Chip Edens
The Rev. Chip Edens



Bird and Virginia Anderson
Bird and Virginia Anderson,
2009 Stewardship Chairpersons

FALL Listening Sessions

You are invited to participate in discussions on various areas of ministry at Christ Church. Your thoughts and comments help shape our spiritual home, so we hope you'll join us.

Most listening sessions are scheduled for Sundays at 10:00AM

Music and Worship:
October 5th, Church

Sages:
October 12th, Yellow Room

Outreach:
October 19th, Blue Room

Christ Church Kindergarten:
October 22nd, 9:15 AM

Youth:
October 26th, Church

Congregational Care:
October 26th, Chapel

Parish Life:
October 26th, Yellow Room

Adult Spiritual Formation:
November 2nd, Yellow Room

Children and Family Ministry:
November 9th, Church

Visit the web site or contact the church for more information. Additional important dates inside.

About SEX



No, really. Let's have safe and appropriate discussions, in a faith-based environment, involving our youth, parents, and the church. That's the goal of the Christ Church's Youth Ministry program,

which began with the "No Regrets" sessions at the end of September. The Rev. John Porter-Acee, Associate Rector and head of the Youth Ministry, says, "We believe the home is the best place to talk about sex. 'No Regrets' will empower parents in that conversation while also providing accurate information about the risks associated with sexual behaviors today." In fact, parents were asked to attend the program before their kids could attend the follow up session.

The conversations will continue throughout the year as The Rev. John Porter-Acee and Youth Minister Lauren Robbins meet with small high school groups. *Angels & Animals* will be an opportunity to investigate how we are a little like angels and a little like animals, which leads to both balance and contention in our lives. The discussion continues with *Define the Relationship*, where we help youth set and adhere to healthy boundaries. The program concludes with *Self Care*, tackling the topic of protecting our beliefs in a world of intense peer pressure.

Both John and Lauren point out that the church is dedicated to providing the spiritual direction, formation, and support that our families need to live fulfilling and faithful lives. We cannot, however, be the primary voice in sexual, or any type of education for all our parishioners. These programs are a cooperative effort between the church and its families to raise healthy young adults. You can find out more by contacting The Rev. John Porter-Acee or Lauren Robbins at 704-714-6970. Dates for the remaining programs are below.

- October 12, 7:00 PM
- October 22, 7:00 PM
- November 2, 7:00 PM
- November 5, 7:00 PM
- December 3, 7:00 PM
- January 18, 7:00 PM
- January 21, 7:00 PM
- February 11, 7:00 PM
- March 4, 7:00 PM

- 11th and 12th grade small group discussion
- 10th grade small group discussion
- 11th and 12th grade small group discussion
- 9th grade small group discussion
- 10th grade small group discussion
- 11th and 12th grade small group discussion
- 9th grade small group discussion
- 10th grade small group discussion
- 9th grade small group discussion

NEW MEMBERS:

- Meredith Doughton
- Brian & Kelly Geppi
- Ashley, Sloan, and Oscar Cranz
- Charlie Everett
- Renee Bromfield
- Felicia Hubard
- Felton & Andi Parrish
- Jodi Bainbridge
- Meredith & Keith Pochick
- Victoria Prince
- Charles Odell
- Steve, Harriett, Courtney, and Kristin Gatter
- Max & Katharine Fuchs
- Jane Singleton
- Jeff Jennings
- Ken Bauer
- Spencer Locher, Allen and Henry Guthrey
- Richard Ramsey
- Ken & Cindy Young

MARRIAGE:

- Elizabeth Ware Holden Lea to Daniel William Troutman
- Dorothy Elaine Timberlake to Morgan Hunter Rogers
- Margaret MacPherson Tracy to Brent Allen Williams

BIRTHS:

- Sarah Francis Beirne, daughter of Cape and Betsy Beirne
- Allison Megan Ausman, daughter of Jim and Mary Beth Ausman
- Charlotte Blythe Coffron, daughter of Steve and Caroline Coffron
- Hailey Ann Johnson, daughter of Randy and Darby Johnson
- Elisabeth Harless Lane, daughter of Collin and Juliette Lane
- Bennett Baird Marshall, daughter of Cam and Perry Marshall

BAPTISMS:

- Malcolm Fisher Thompson
- Wilson Sparks Abbott
- Carter Thomas Cox
- Emerson Grey DeCurtins
- William Mason Fitzhugh
- Charles Richard Meyer
- Caroline Elizabeth Trout

DEATHS:

- Henrietta Miner Hart, sister-in-law of Kassie Miner
- Betty L. Breeden, mother of Ralph Breeden
- Halsey Hill, Sr., father of Halsey Hill, Jr.
- Albert Lee Powell, father of Lee Cooney
- Eunice H. King, mother of Cindy King
- R. Gray Carrington, Sr.

Are You Wired for Ministry?

Wired for Ministry 201, a four week series of classes, is designed to unlock your unique God given gifts. Where is God calling you? Perhaps you are wondering what Spiritual Gifts are and how to find them. Carol Tate, a dynamic teacher and mentor, will guide us through our discovery. Carol helps us uncover the tools that God has given us to do His work. Wired for Ministry 201 is designed for those who have already taken the introductory course. Continue your journey of embracing your spiritual gifts with this next class. Classes are Wednesdays, October 8th, 15th, 22nd, and 29th at 6:45 PM. Contact Emily Kalmbach at kalmbache@christchurchcharlotte.org to register.

Sages Monthly Luncheon

Hear Dr. Mark Kelso, Associate Professor of political science at Queens University, speak on the current political climate. Dr. Kelso received his B.A. from Murray State University and his Ph.D. from Vanderbilt University. He teaches American Politics, Constitutional Law, and Campaigns and Elections, just to name a few. Lunch is \$10 per person. Make your reservations by check no later than October 21st by contacting:

Diane Wilkerson,
1927 Harris Rd., Charlotte, NC 28211
or to Eileen Griggs 704-362-1662.

Sages Luncheon is Monday, October 27th at Noon in the Blue Room.

Fall Parish Day A Great Homecoming

Fall Parish Day was a tremendous hit, with approximately 1,000 people in attendance. As always, the worship service and accompanying music were uplifting, and it was a joy for the members of our church family to gather again in our spiritual home after summer trips and vacations. Thanks go to all the staff and volunteers who made the day memorable.

One of the most repeated comments we've heard about the event was, "Who made that incredible cornbread salad?" Credit goes to our venerable Craig Zenner and his kitchen staff, who serve over 11,000 meals here at the church each year. Zenner's kitchen staff was swamped after Parish Day with call after call requesting the recipe. He was quick to tell us, "Make sure to give Beverly Shull all the credit. It's her recipe!"

We hope you enjoy these snapshots from that wonderful afternoon, and since you asked for it, here is the recipe:

BEVERLY'S CORNBREAD SALAD

(via Christ Church's kitchen)

- 1 pkg ranch dressing mix
- 1 1/2 cups of mayo
- 1 1/2 cups of sour cream
- 9" round pan of cooked cornbread
- 2- 16 oz. cans pintos, drained and rinsed
- 3 large tomatoes, seeded and cored
- 1 chopped red bell pepper
- 1 cup chopped green onions (3 bunches)
- 2 cups of shredded cheddar cheese
- 12 slices of cooked bacon (crumbled)
- 2 - 11 oz. cans of sweet corn (drained)

Combine the first 3 ingredients and set aside. In a large serving dish, layer half of the cornbread, beans, peppers, onions, chese, bacon, corn, and dressing. Create a second layer by repeating the process with the remaining ingredients in the same order. Cover and chill for 3 hours. The recipe says it keeps for three days, but we seriously doubt it will last that long!

Fall Service Day

Saturday, November 15th, 8:30 AM-NOON
Breakfast 7:45 AM

Make plans now for this inter-generational day of service in our community. This fall, we lend a hand to agencies who fight poverty in Charlotte. **Sign up today!**
normana@christchurchcharlotte.org

FALL PARISH DAY SCRAPBOOK



Celebrity Entertainment for Fall Festival

Singer/songwriter Roger Day brings his high-energy, family-oriented show to the Christ Church Fall Festival. His show educates while encouraging kids to cut loose, sing, and dance. Day, whose music is featured regularly on XM and Disney radio, designed his show for the entire family. "We're going to sing loud, jump high and dream big in abundance," said Day. "But there's a method to the madness. I want kids to think about what they want to be when they grow up. I'm trying to encourage the kids to be better."

Day worked as a college coffeehouse performer before making the jump to children's music 10 years ago. "I learned

how to connect with large groups of kids," Day said. "You can get them to focus with music. If you're singing a song and doing motions along with it, and you're energetic, they love that."

Roger Day's shows often sell out at much larger venues, so his performance here at Christ Church will be a big treat. Don't miss it!

Christ Church Fall Festival
October 18th, 10:30 AM -12:30 PM
Benefiting the Christ Church Nursery
Reservations are encouraged
\$8 per ticket (lunch included).

Please send or bring a check to the church office, attention: Emily Kalmbach. For details contact Patti Moore at pamoore0229@yahoo.com.

Call to Action: Homeless Need Our Help

by Aimee Norman
Outreach and Mission Director

Buried below the headlines of financial crisis and gas shortages is a dire escalation in the number of women, children, and men who need shelter. The Charlotte Observer reported recently that 340 people - *nearly half of them children* - stayed at one of the Salvation Army's centers that is capable of handling only 200 people. The Salvation Army reports that it is turning away 20 to 25 people a day simply because they do not have the room or resources to manage the growing number of homeless.

Christ Church is volunteering to house the homeless in multiple ways. October and November are going to be the busiest months, and we are going to need tons of volunteers to make all of this happen. I'm confident we'll get it done. Parishioners should be proud that Christ Church has eagerly stepped up and said "yes" every time we have been asked.

About 100 area churches, including Christ Church, operate the *Room in the Inn* program, that helps alleviate crowding at local shelters during the coldest winter months. However, local churches are stepping up and opening their doors much, much earlier this year to help accommodate the increasing number of homeless.

We will open our doors (and hearts) to the overflow of women from the **Salvation Army** shelter from October 27th through November 10th for 2 consecutive weeks. **Room in the Inn** starts a month earlier than usual, on November 1st. **Family Promise** returns to Christ Church as we open our doors to homeless families who will stay here November 16th through November 23rd.

Christ Church helped build the new and vastly improved Emergency Winter Shelter on Statesville Avenue. It's a "last stop" shelter for homeless men in Charlotte that operates through the winter months. Our volunteers will assist with check-in, serving food, passing out towels and blankets, and providing a smile and warm hello to guests. From October through April, Christ Church will serve three nights monthly at the Shelter. With a couple of exceptions, we host the 1st Sunday, the 2nd Friday and the 4th Thursday of each month.

We need your help. Volunteers are needed to make meals, visit with families, help with homework, drive the church van, serve as overnight hosts and provide supplies. This is also a good volunteer opportunity for all ages.

All too often, the plight of the homeless in our community is swept under the rug and forgotten. This is a chance to serve as Jesus did. Please do whatever you can to help. It is exactly what we mean when we say, "Love God, Care For Each Other, and Serve the World."

For more information or to volunteer, please contact Aimee Norman at 704-714-6940, or via email at normana@christchurchcharlotte.org.

Myth of the Balanced Life

by Jenny Beaumont
Director, Adult Spiritual Formation
and Christian Education

We all long for a "balanced life." It's a balance between work, family, church, chores, and more. But what does "balance" look like, and how do we get there? Is a balanced life really attainable and is it a goal worth pursuing?

Join us for Christ Church Uptown on October 6th, or Christ Church SouthPark on October 13th, as Ken Schultz of Search Ministries discusses the myth of the balanced life.

Ken, who holds a Masters of Divinity from Fuller Theological Seminary, says, *The core idea behind 'The Myth of the Balanced Life' is that balance is far too low a goal for us to pursue...and it's unattainable. We were created for a much higher purpose than simply balancing the demands of work, family, church, and personal objectives. What is it into which we were designed to invest our lives...and how do we pursue that goal?"*

Each session begins at Noon. For lunch reservations, contact Emily Kalmbach at 704-714-6956 or kalmbache@christchurchcharlotte.org. Christ Church Uptown is at the Childress Klein YMCA on the first Monday of each month. Christ Church SouthPark is at the Scottish Bank on Morrison Boulevard, on the second Monday of each month.

How To Weather Cold & Flu Season

by Maude and Tom Root (MnTRoot@yahoo.com)

Do I have the flu...or do I have a cold? Although the flu and the common cold are both respiratory illnesses, they are caused by different viruses. Because they have similar symptoms, it can be difficult to tell them apart. Generally, cold symptoms are much milder than flu symptoms.

Why don't they come up with a cold vaccine? The common cold can be caused by nearly 250 different viruses. Science cannot yet prepare a vaccine that protects against all of the cold viruses. Also, there's less need for a cold vaccine. Colds generally come and go without serious complications. You're miserable for a few days, then it's over.

So, should I have a flu shot or not? The most effective way of preventing the flu is with an influenza vaccination. Every fall you should be immunized against strains that have developed since the previous outbreak. If you are vaccinated against one or more strains, you may still come down with flu, but your symptoms are likely to be milder than they would have been had you not had an influenza vaccination.

How do I keep from catching colds?

- Keep up your resistance by following a good diet to strengthen the immune system, drinking lots of fluids, and getting enough sleep.
- Wash your hands often to kill or rinse-off viruses you may have picked up.
- Try to avoid crowds, and give people who are coughing or sneezing a wide path.
- Eliminate or limit smoking and excess alcohol because they can lower your resistance.

For more on this subject read "Getting Thru the Cold and Flu" under our "Health Matters Tip of the Week" at www.christchurchcharlotte.org (under Parish Life/Congregational Care) Email your comments or questions to our Parish Nurse, Lynne LeBlanc, at leblancl@christchurchcharlotte.org.

Flu Shot Clinics

Wednesday, October 22, 4:00-8:00 PM
All Saints' Hall

Monday, October 27, 10:00 AM-Noon
Room M207/208

Accepted Insurances with \$0 co pay (card and picture ID required):
Aetna, Medicare part B, Partners Medicare Choice, and Humana Gold.
Blue Cross Blue Shield NOT accepted
Self pay cost: \$30

Contact Lynne, the parish nurse,
at 704-714-6968 or
leblancl@christchurchcharlotte.org.

Events & Happenings

MARK YOUR CALENDARS! For details on these and other events, pick up a copy of the Fall 2008 Program Guide or the weekly publication News & Notices. For more information, visit our web site at www.christchurchcharlotte.com, or call 704-333-0378.

Parish Life Bridge

Every Wednesday night at 6:45 PM
Gathering Space. Beginners welcomed.
Van Hill 704-714-6963
hillv@christchurchcharlotte.org.

Life Matters: Eldercare

Sunday, October 5th, 10:00 AM, Blue Room
Kimberly Gossage, attorney specializing in
Elder Law and Estate Planning

Summer Mission and Youth Trip Presentation

Sunday, October 12th, 10AM
All Saints' Hall

Youth Service Project at "The Relatives"

Sunday, October 12th
Youth Minister Lauren Robbins 704-714-6970
robbinsl@christchurchcharlotte.org

CROP Walk for Hunger

Sunday, October 12th
Kate Hill, Walk Coordinator, at 704-365-3811

Life Matters: Grandparenting/Being an In-Law

Sunday, October 12, 10:00 AM, Blue Room
The Reverend Clay and Jane Turner

Sages Bridge

Tuesday, October 14th, 10:00 AM
Lunch at 12:30 PM. \$6.00 per person
704-333-0378 to register

8th Grade Confirmation Retreat

October 18th thru 19th
Christine Delia, 704-714-6959
deliac@christchurchcharlotte.org

Poverty Bus Tour

Saturday, October 18, 9:00 AM
Tour of agencies that Christ Church supports
through its volunteer power and outreach dol-
lars. Contact Aimee Norman, 701-714-6940,
normana@christchurchcharlotte.org.

Middle School EYC trip "Haunted Maze"

Wednesday, October 22nd
Christine Delia, 704-714-6959
deliac@christchurchcharlotte.org

Flu Shot Clinic

Wednesday, October 22, 4:00-8:00 PM
All Saints' Hall
Lynne LeBlanc 704-714-6968
leblancl@christchurchcharlotte.org.

Youth Service Project at "The Relatives"

Sunday, October 26th
Youth Minister Lauren Robbins 704-714-6970
robbinsl@christchurchcharlotte.org

Life Matters: So You Want To Live To Be 100

Sunday, October 26th, 10:00 AM, Blue Room

Sensible preventative health practices

Flu Shot Clinic

Monday, October 27, 10:00 AM-Noon
Room M207/208

Kanuga

Friday, October 31st, to Sunday, November 2nd

Rite 13 Rehearsal

Sunday, November 2nd,
Church

Life Matters: Planning Your Own Funeral

Sunday, November 2nd
Resurrected by popular demand!
The Reverend Lisa Saunders 704-714-6952

Rite 13 Liturgy

Sunday, November 9th, 8:45 AM
All Saints' Hall

News To Know

Christmas Bazaar - December 6th. Contact Jessica Fallis, Jessica@blackdressandpearls.com to participate as one of our merchants. It is not too early to start planning for holiday greenery needs! Watch for details regarding greenery orders and other bazaar info.

Start your Christmas shopping early at the Good News Shop! Where else can you give back to your community, cross the items off your gift list early, and enjoy time visiting with fellow parishioners? We have a wonderful assortment of Christmas ornaments, table decorations, linens, children and adult Advent calendars, jewelry, beautiful Christmas outfits, and toys and books for children, Christmas cards, and more. We hope you won't miss this opportunity to see our unique selections for the

upcoming holiday season! We so appreciate your support! Ho, Ho, Ho! Wendy and Karen

Wednesday Night Programs for Children have begun!

The fun starts after dinner at 6:45 PM.
• Seekers (JK-2nd graders) meet in room M213 and explore ways to be more like God through the curriculum 252 Basics.
• Explorers (3rd -5th graders) gather for fun discussions in room M211 using movies and scripture to relate to everyday life. If you have questions regarding Wednesday night programs for children please contact Lindsay Full at fullL@christchurchcharlotte.org or 704-714-6971.

Holy Eucharist for All the Saints

Monday, November 3 at NOON. This service is a wonderful time to give thanks for all the saints in your life who have loved, encouraged

and guided you. At this eucharist, the names of loved ones who have died in the last year are said aloud. A luncheon follows the service for their families.

Happening 51 is an Episcopal Church event designed for young people in grades 9-12. It is a powerful weekend of renewal and its aim is to concentrate closely on the person and the teachings of Jesus Christ. Through talks, skits, discussions, play, worship, prayer, and song, high school people understand the importance of love and life in Christ. During the three (3) days, they listen to talks given by young people and clergy. There's lots of laughter, lots of love and it's just plain fun! Applications are being accepted now for the November 14th through 16th event. Contact Anne Ratcliffe at 704 714-6941, or ratcliffea@christchurchcharlotte.org.



Millenium Development

Goal 1: Eradicate Extreme Poverty and Hunger

Did you know that every 2 seconds, an orphan dies from malnutrition? Malnutrition plays a part in more than half of all child deaths worldwide. In October, we will be collecting money for *Rice Bowls*, an organization that provides food for hungry orphans in the name of Christ. Started in 1980 in nearby Spartanburg, SC, *Rice Bowls* has raised tens of millions of dollars to alleviate world hunger. Pick up your plastic rice bowl at Christ Church and place it on your dinner table.

During each meal, the bowl reminds you to pray for the hungry around the globe. Put some money into your rice bowl at each meal as you give thanks for the many blessings that we have. Then, bring your filled rice bowl to Christ Church on Sunday, November 2nd. We will count our blessings and then count the money that we will graciously give to *Rice Bowls* and orphans in the world. Find out more at www.ricebowls.org.



Christ Church is a parish of the Episcopal Diocese of North Carolina.

The Rt. Rev. Michael Curry, *Bishop of the Diocese of North Carolina*
 The Rt. Rev. William O. Gregg, *Assisting Bishop of the Diocese of North Carolina*
 The Rt. Rev. Alfred Clark Marble, Jr., *Assisting Bishop of the Diocese of North Carolina*

Clergy

The Rev. Henry H. Edens, III, *Rector*
 The Rev. Martha H. Hedgpeth, *Associate Rector*
 The Rev. W. Verdery Kerr, *Associate Rector*
 The Rev. Lisa G. Saunders, *Associate Rector*
 The Rev. John Porter-Acee, *Associate Rector*

Office Hours:
Monday - Friday 8:30 AM - 4:30 PM

2008 Vestry Members

Beth Bowen, *Parish Life*
 Gilbert Browne, *Children & Family*
 Harriet Burton, *CCK*
 Sis Cranzy, *Sages*
 Bob Dooley, *Stewardship*
 Will Hardison, *Junior Warden and Building/Grounds, Memorial*
 William Harris, *Youth*
 Ben Hill, *Outreach*

Eric Locher, *Liturgical*
 Sally Miller, *ECW*
 Dick Parkhurst, *Treasurer*
 Molly Philips, *Congregational Care*
 Skip Smart, *Senior Warden and Christ Church Foundation,*
 Zach Smith, *Sages*
 Paul Tolmie, *Long Range Planning*
 Kent Walker, *Adult Spiritual Formation*

It has been estimated that it will take 10 years to completely restore areas of the Gulf Coast that have been devastated by hurricanes. Christ Church will be heading down with a team of parishioners from October 20th through 25th to offer our hearts and hands to this community. We still have plenty of room!

Our dining and lodging is on the grounds of Christ Church, Bay St. Louis. Quonset huts, complete with air conditioning and bunk beds, are home for the week. For the less adventurous, local hotels are available. For the bargain price of \$125, participants receive three meals daily and lodging in the quonset

huts (hotels are extra.) Participants split the cost of gas to and from Mississippi. No experience is necessary and all skill levels are desired.

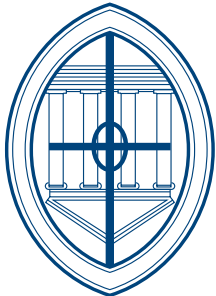
Contact The Rev. Marty Hedgpeth or Aimee Norman if you are interested or have questions: normana@christchurchcharlotte.org or 704-714-6940. Don't miss a great opportunity to grow your faith with other parishioners as we share our time rebuilding lives in this awesome community.

Volunteer and make a difference!!!

If you can't make the fall trip, mark your calendar for February 2nd through 7th, 2009.



CHARLOTTE
 CHURCH
 CHRIST



USPS No. 679-610
 at Charlotte NC

PAID
 Periodical Class Postage

Sunday Worship
 Holy Eucharist Rite I in Church 7:30 AM
 Godly Play for children 8:40 AM
 Holy Eucharist Rite II in Church 8:45 AM
 Contemporary Eucharist in All Saints' Hall 8:45 AM
 Sunday School for all ages 10:00 AM
 Holy Eucharist Rite II in Church 11:15 AM
 (Morning Prayer 2nd and 4th Sundays) 11:15 AM
 Discovery Eucharist for children in All Saints' Hall 5:00 PM
 Informal Eucharist with Music in Church
Weekday Worship
 Holy Eucharist in the Chapel
 Holy Eucharist w/ Healing Prayer
 Holy Eucharist in the Chapel
 Tuesdays, 6:00 PM
 Wednesdays, 12:00 PM
 Thursdays, 7:00 AM

POSTMASTER: Send address changes to
 Christ Episcopal Church
 1412 Providence Road
 Charlotte, NC 28207-2543