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April 2011
Vol. 38, No. 4

Palm Sunday and Holy Week Worship

Palm Sunday, April 17th

- 7:00 AM Liturgy of the Palms and Holy Eucharist in the Church
- 8:45 AM Liturgy of the Palms and Holy Eucharist in the Church *
- 8:45 AM Liturgy of the Palms and Contemporary Eucharist in All Saints' Hall *
- 11:15 AM Liturgy of the Palms and Holy Eucharist in the Church *
- 11:15 AM Discovery Eucharist with Palms in All Saints' Hall *
- 5:00 PM Informal Eucharist with Palms in the Church *

Monday, April 18th

- 6:00 PM Holy Eucharist in the Chapel

Tuesday, April 19th

- 6:00 PM Holy Eucharist in the Chapel

Wednesday, April 20th

- 12:00 PM Holy Eucharist with Healing, in the Chapel
- 6:00 PM Holy Eucharist, in the Chapel*

Maundy Thursday, April 21st

- 7:00 AM Holy Eucharist, in the Chapel
- 7:30 PM Holy Eucharist, with Foot Washing and Stripping of The Altar *

Good Friday, April 22nd

- 10:00 AM Good Friday Liturgy
for Children and Young Families in the Church
- 12:00 PM Good Friday Liturgy in the Church *
- 2:30 PM Stations of the Cross on Church Grounds
- 7:30 PM Good Friday Liturgy in the Church *

Holy Saturday, April 23rd

- 4:00 PM Holy Eucharist and Baptism
- 8:00 PM Great Vigil of Easter and Baptism *
(Hypoallergenic incense will be used)

* Nursery available (up to 4 years old). Children are welcome at all services.

Easter Sunday Worship Schedule April 24th

7:00 AM
Holy Eucharist in the Church

8:45 AM
Holy Eucharist in the Church
with Carolina Brass with Christ
Church Choir, Parish Choir and
Christ Church Singers *

8:45 AM
Contemporary Eucharist in All
Saints' Hall *

11:15 AM
Holy Eucharist in the Church
with Carolina Brass with Christ
Church Choir, Parish Choir and
Christ Church Singers *

11:15 AM
Discovery Eucharist with
Children's Homily in
All Saints' Hall

5:00 PM
Informal Eucharist in the
Church *

Flowering the Cross
Easter morning, we will adorn
a cross with fresh flowers to
celebrate the resurrection.
Flowers cut from your yard or
garden are just fine. Everyone
is encouraged to bring flowers
to fill the cross which will be
placed right outside the front
door of the church.

Easter Egg Hunt
4:00 PM, on Front Lawn

In The Parish

BAPTISM:

Marjorie Kay Abbott, daughter of Chip and Amelia Abbott
Anna Catherine Hansen, daughter of Jon and Claire Hansen
Mallory Elizabeth Monroe,
daughter of Fred and Catherine Monroe

DEATH:

Lewis Hall McCurdy, father of Lewis McCurdy, III
Ruth Barragan, mother of Ruthie Clark
Flora Mena Soar Huntley
Charles Cobb, Jr., grandfather of Cacky Higgins
William A. Anthony, brother of Ann Lathrop
Margaret Lindquist, mother of Jeanne Kutrow
Ann Conway Eldridge, step-mother of Virginia Wolcott
Mary Kee Tankard White mother of Kee Marshall

New Member updates will return next month

ECW CORNER

News about Episcopal Church Women

The ECW Annual Friendship Feast is April 12th at 6:30 PM. Patty Willett, Associate Rector for Pastoral Care in Dallas, Texas, will be our guest speaker. Patty is a native North Carolinian and will wow us with "Finding Spiritual Balance in a Chaotic World." Mark it on your calendar and spread the word. Registration is available online and in the March Disciple.

The ECW Retreat is planned for April 29th through May 1st at Debordieu Beach, SC. Details and registration may be found online. We hope you will join us!

Finally, please join us April 26th from 9:30 -10:30 AM in the Parlor and Blue Room for an *ECW COFFEE STOP "PERK UP"*.



We are excited to welcome Stephanie Brimigion as our Nursery Suites Coordinator. Stephanie moved to Charlotte with her husband and two children last August from Arizona. She is currently a Preschool Lead Teacher at The Nest at Charlotte Latin. Stephanie's background includes working at several church related preschools and

serving as a Program Director for the YWCA where she coordinated their summer camp programs. We can't wait for Stephanie to share her gifts and talents with us!

You will see Stephanie mostly on Sunday mornings, either in the Nursery Suites or in M203. She can also be reached by email brimigions@christchurchcharlotte.org. Please stop by and welcome her to Christ Church.

SAGES CORNER

by Tom Root

The Meeting of Sages Program Committees was held on Monday, March 14th. In attendance were 11 committee members. Our Parish Nurse, Lynne LeBlanc reported that she will schedule a CPR class within the next month. Also, Lynne announced that she will start writing a health blog on the church website to answer questions and to engage our community in some aspects of healthy living practices. You can read the blog at www.ChristChurchCharlotte.org.

Tom Gabbard, President of the NC Blumenthal Performing Arts Center, was our very engaging guest speaker at the Sages luncheon on February 28th. Tom gave us a close look at how our arts program in Charlotte had improved and excelled over the past several years. He told us that we will see a great many new and exciting theatrical productions coming to Charlotte in the coming year and in the years ahead.

The Sages Luncheons for this year through May are set. The luncheon on March 28th featured Dr. Tony Abbott, a poet, lecturer and Professor Emeritus of English teacher at Davidson. Hopefully, some of you will have been able to hear Tony discuss the importance of poetry in our society and will have heard him share a number of his own works. On Monday, May 2nd, we will have the pleasure to hear Jane McIntyre, Executive Director of United Way of Central Carolinas. She will discuss the changes and the challenges that lie ahead for an organization that has been so extremely important to our region.

Our Sages luncheons are held in the Blue Room at 11:30 AM. Chef Eric Love always prepares some excellent cuisine for our events. Please send your check payable to Christ Church Sages for \$10 per person to Meredith Marchant, 2718 Wintergreen Dr. Charlotte, 28211. The previous Wednesday for each of the Sages Luncheons will be the deadline for your reservations. Please apprise one of the Sages committee members, if you have in mind a speaker or entertainer that you would like to have as a guest for a Sages Luncheon starting our new year in September. Or, if you have an idea for a trip that you would enjoy sometime in the future, please tell any of the members of the Committee.

Under the direction of Charles Gaddy, the Sages Program Committee is delighted to offer a Sages Day Trip to Reynolda in Winston-Salem on Thursday, May 12th. We will ride in the comfort of a deluxe bus that can accommodate up to 49 people. We'll leave the church by 9:00 AM and return by 5:00 PM. There will be a guided tour of Reynolda, lunch at Old Staley's and a tour of the Southeastern Center for Contemporary Art. Excluding your lunch, the cost of the trip and the tours is only \$25 per person. Please send your checks to Meredith at her address above.

The next regular meeting will be held on April 11th for the Sages Program Committee and on April 18th for the Sages Commission. Both of these meetings will be held in room M207/208 at 11:30 AM. Any of the attending members who would like to order their lunch from the church kitchen for only \$6.00, should call or email Kathy Schofield at the front desk by the preceding Wednesday.

Who Wins the Race To Nowhere?

With no advertising and little budget, “Race to Nowhere” has become a must-see movie in communities where the kindergarten-to-college gauntlet is most competitive. More than 1,100 attended a screening recently in Illinois, and about 500 saw it at the 92nd Street Y in Manhattan last fall. It has been shown to a roomful of fathers at Pixar during lunch hour and twice to employees at the Silicon Valley headquarters of Google. Now, it’s coming to Christ Church.

The film portrays the pressures created when our schools pile on hours of homework, coaches turn sports into year-round obligations, and the number of extracurricular activities mount. “Everyone expects us to be superheroes,” one high school senior in the film says. Another tells of borrowing her friends’ prescription for Adderall to juggle her many commitments. “It’s hard to be the vice president of your class, play on the soccer team and do all your homework,” she says.

“When success is defined by high grades, test scores, trophies,” a child psychologist says in the film, “we know that we end up with unprepared, disengaged, exhausted and ultimately unhealthy kids.”

Vicki Abeles, the middle-aged mother and first-time filmmaker who made “Race to Nowhere,” picked up a camera when a doctor said that her then-12-year-old daughter’s stomachaches were being caused by stress from school. “I was determined to find out how we had gotten to a place where our family had so little time together,” she explains in the film, “where our kids were physically sick because of the pressures they were under.”

Her film ranks 20th among the most successful documentaries ever, according to Box Office Mojo, in no small part because of a blast of publicity. The director has been interviewed by the likes of Oprah Winfrey, Katie Couric, and The New York Times. President Obama greeted its stars at the White House.

In the film, Abeles talks to students, teachers and experts who say that teaching to tests, including the Advanced Placement tests, narrows education and diminishes creativity and independent thinking.

Employers complain that college graduates these days lack initiative. An educator, Denise Pope, a lecturer at Stanford, says that the University of California requires remedial courses of half its students, even though their high school grades were stellar. “They’re spitting back but not retaining the information,” Dr. Pope said.



Find out more at www.RaceToNowhere.com. The screening is Sunday, April 3rd, from 6:30 - 8:30 PM in All Saints' Hall. Register to attend the one-time screening at Christ Church by going to <http://rtncristepiscopalchurch.eventbrite.com/>. Tickets are \$10 in advance, \$15 at the door. For more information, contact Jenny Beaumont at 704-714-6945.

A Gift From Their Little Angels

by Ken Garfield, Myers Park United Methodist Church

Emily Harry, Heather Leavitt and Cat Long live with the heartbreak of having lost a child. Emily and Cat each delivered a child who was stillborn. Heather delivered two who were stillborn and a third who died an hour after she was born. The world, then, never had the honor of getting to know Low, Joseph, Mary, Sarah and Catherine. Now brought together by their grief, the three moms are determined to help other mothers in a way that honors the children they never got to love and raise. Baby Bundles they're calling it.

“We see it as a gift from our little angels,” Heather says. Baby Bundles seeks to give a bag full of goodies – baby outfits, blankets and the like – to uninsured mothers who are leaving the hospital with their newborn. Each bag holds contents worth about \$150, so this is more than a symbolic token of love. Working initially with Presbyterian Healthcare, the women handed out 25 bags in February, 35 in March, with the numbers growing as they go.

They're seeking donations of new and gently used baby goods, and recruiting houses of worship to collect clothes, books and other baby essentials. Also needed: Volunteers to help sort it all, and tax-deductible donations to buy goods and increase the number of mothers (and babies) they can help. Sadly, there will always be more mothers in need than one of 100 ministries can possibly reach.



Emily Harry, Cat Long, Heather Leavitt

These three, all former career women who chose to stay home with their children, haven't missed a marketing trick. They came up with a tagline that captures the essence of Baby Bundles with eloquence: Clothing Newborns With Love.

Gathered in the church one morning, the conversation turned toward their losses, and the bond such a tragedy creates among bereaved parents. The hurt, they agree, will never go away. You find a way to live with it. You count the blessings that God gave you: Emily and David Harry, parishioners at Christ Church, have twin girls. Heather and Charley Leavitt have three children. Cat and Darryl Long, have four children together. And you look for how best to honor the children you lost, all the better if you have love left over for other people's children. “I feel close to my son through Baby Bundles,” Emily says. “It is a constant reminder of his precious little life.”

Baby Bundles is funded, in part, with a grant from the Episcopal Church Women of Christ Church, made possible by sales at GOODNEWS, The Shop @ Christ Church. Find out more at www.babybundlesnc.org.



I Saw God in Their Faces

By The Reverend Martha Hedgpeth

It has been three years since the Diocese of North Carolina and the Diocese of Botswana entered into a formal Companion Diocese relationship. Finally, after all that time, a group of ten of us from Christ Church journeyed to Botswana. We left Washington, DC at 5:30 PM and arrived in Johannesburg, South Africa at 5:30 PM the next day. The following morning we flew to Gaborone, the capital of Botswana, and were instantly swept up in the welcoming hospitality of the people of the Diocese.

For two days we were in Gaborone, staying in the homes of members of the Cathedral congregation, and visiting growing churches in the area where we were serenaded by choirs who sing and dance. One missionary's highlight (see comments below) was visiting St. Peter's Day Care Center, which is run by the Reverend Andrew Mudereri and his wife, Gladys. The center cares for HIV/AIDS orphans who have lost their mothers, but live with extended family. Many of the children are HIV positive as well. It is an extraordinary place with a loving staff and beautiful, happy children.

We then journeyed northeast to Selebi-Phikwe, a mining town, where we were welcomed by the members of St. Andrew's Anglican Church. Again, we stayed in parishioners' homes, and our project there was to paint the church. Despite rudimentary supplies, we did a day of prep work and then a day of painting. Word spread among the locals that a group of Americans had come all the way to Africa just to paint the church, and many of them came by to watch.

We had nightly feasts. Worms were on the menu one night; and a home brewed beer another night. We were entertained with joyful singing and dancing. After a final night in Gaborone where Bishop Musonda entertained us at his home, we went to the Mabula Game Lodge in South Africa for two days of safari rides, where we saw lions, elephants, zebras, giraffes, warthogs, wildebeasts, rhinos, hippos, and all manner of deer.

It was an extraordinary time for all of us, as deftly summarized in these missionaries' comments:

"The trip strengthened my belief that there are wonderful, giving people all around us."

"Upon returning, a friend jokingly asked me, 'Did you save anyone?' and I responded, 'I think I was the one who was saved.'"

"I saw God in the faces of those children at St. Peter's Day Care Center."

There is more work to be done, and more mission trips to Botswana in the future. If you'd like to know more, watch Marty's video of the trip on our website. Go to Christ Church TV tab at the top of the home page.



Family Fun Featuring Flapjacks

Christ Church Choirs hosted the annual Shrove Tuesday Pancake Supper. The choir performances revved up the crowd and pancakes were better than ever thanks to our generous neighbor, IHOP Myers Park/Cotswold, who donated the batter, syrup and whipped butter. Fred Paschall and his team, faithfully flipped flapjacks to fan the flames of the fun feeding frenzy. We were both grateful and hungry for more!

If you were unable to attend the supper but would still like to support the choirs, purchase a copy of *"La Bonne Cuisine: Cooking New Orleans Style,"* which was compiled by and generously made available to Christ Church by The Women of All Saints' Episcopal Church in New Orleans. Purchase of this cookbook will not only benefit our choirs, but it will provide All Saints' Church with the funds to continue providing hurricane relief. Cost per copy is \$24. Please contact Anne at anne@theransons.net.



Myers Park / Cotswold
336 S Sharon Armitry Road
(704) 365-3316

Hop To The Hunt

The Annual Easter Egg Hunt is Sunday, April 24th, at 4:00 PM on the church lawn. If you plan to have your children participate, please drop off 12 treat-filled plastic eggs per child at the church office anytime during the week prior. We will have bins labeled by age group. Please refrain from using candy with nuts (due to allergies) and chocolate, which tends to melt in the heat. Interested in helping hide eggs? Contact Mary Richard McCoy at 704-332-7060 or via email at tardawgs@earthlink.net.



{ THE MICAH INITIATIVE }
One Church | Three Hopes

Padlock Prevention Program has been renamed to *Partners in Prevention*.

Volunteers are still needed to partner with families. If you are interested in finding out more about this program, please contact Sarah Brincefield at brincefields@christchurchcharlotte.org, or go to the website and click on Partners in Prevention.

Rama Road Elementary

Volunteers are still needed to help tutor at Rama Road Elementary School. If you are interested in getting involved, please contact Sarah Brincefield at brincefields@christchurchcharlotte.org.

TRAINING: Bridges Out of Poverty (formerly called Class Matters) - Christ Church is hosting a two hour condensed version of the *Bridges Out of Poverty* Class on Monday, April 4th from 6:00 - 8:00 PM. This class is required of all people who wish to volunteer at Rama Road Elementary School. To sign-up email Sarah Brincefield at brincefields@christchurchcharlotte.org, or call 704-714-6962.

Upcoming “One and Done” Events at Rama Road Elementary (*Volunteer once and you’re done, get it?!*)

Teacher Appreciation: Friday, April 15th. Volunteers will provide “Happy Spring” cupcakes for the staff. Five volunteers are needed to make twenty cupcakes each. In keeping with the spring theme, we need the cupcakes to be iced in pastel colors. If you have any questions or would like to volunteer, please contact Nancy Targgart (etarggart@carolina.rr.com), Boo Viser (cdviser@carolina.rr.com), or Lisa Ten Eyck (pteneyck@carolina.rr.com).

Proctors Needed for EOG Tests: May 16th - 20th. Volunteers are needed to help out in the classroom during the End of Grade (EOG) tests. State law requires that two adults be present during the tests. Proctoring these tests is a huge help to the teachers and the school. It takes just a few hours. Please contact Deanna Chillemi at Deanna.chillemi@cms.k12.nc.us if you are interested in volunteering.

Field Day: Tuesday, May 3rd (Time to be determined). Volunteers are needed to help with the games and prizes at this end of year outdoor celebration.

To volunteer, email Deanna Chillemi at Deanna.chillemi@cms.k12.nc.us.

Habitat for Humanity

The current Habitat house is coming along. Christ Church volunteers have managed to frame the house, put on roofing, siding and have begun to put up drywall. Work continues every Saturday through May 14th. If you’re interested in volunteering please contact Carrington Coulter at Carrington.coulter@morgankeegan.com. **Make lunches for Habitat Volunteers:** If you want to make lunches for our hungry volunteers, please contact Lisa Williamson at ltwilliamson@bellsouth.net. We have the following lunch dates open April 9th, 30th and May 14th as well as Dedication Day.

Interested in sharing your time in a unique way with the homeless?

Each quarter Christ Church members serve at the Urban Ministry Center by sharing 30 minutes of their time experiencing worship with our homeless neighbors. No experience necessary. You can share a favorite Bible story, an e-Devotion, a Sunday School lesson or anything else you see relevant. We need volunteer ministers to go to the Urban Ministry Center April 11th - 15th, each day from 10:45 - 11:15 AM. If you are interested in learning more, please contact Ann Tabor at anntabor@me.com.

Family Promise

Family Promise is back at Christ Church March 27th-April 3rd. We will house 10-15 homeless people for one week, from Sunday to Sunday.

SPOTLIGHT: What is Family Promise?



Learn more :

www.FamilyPromiseOfCharlotte.org

Family Promise is a nonprofit organization committed to helping low-income families achieve lasting independence.

There are approximately 6500 homeless people in Charlotte, many of which are entire families. Our strategy is to focus efforts on a holistic, integrated approach. Through the Interfaith Hospitality Network (IHN) church congregations and volunteers meet homeless families' immediate needs for shelter, meals, and comprehensive support services.

The problem of poverty is complex. It won't yield to a simple solution or a quick fix. It requires an integrated approach that begins with meeting immediate needs but reaches much further to help people achieve independence and to alleviate the root causes of poverty. Family Promise Volunteers are trained to help at-risk families achieve goals and maintain self-sufficiency.

Two Unique Worship Experiences You Probably Never Attended, But Should

by *The Reverend Verdery Kerr*

2011 Easter Vigil is Saturday, April 23rd, at 8:00 PM

Every year, one of the finest, and sometimes overlooked, worship services at Christ Church is the Easter Vigil. Held on the Saturday evening before Easter Sunday, it's the first "official" service of Easter, the culmination of Holy Week, and the completion of the season of Lent.

Mimicking the transition from death to life, the vigil begins with the church in complete darkness, then proceeds to a joyous proclamation of resurrection in a fully lighted church. The ceremony also includes a recitation from Scripture of a number of the mighty acts of God for the salvation of humanity. This sequence from the Bible reaches a glorious conclusion with an account of the resurrection. It is easily the most tactile of all services here: There is incense (hypoallergenic) plus opportunity for the congregation to ring bells, play instruments, etc... to announce the resurrection. The congregation is encouraged to bring their own bells and instruments to contribute to this grand noise of good news.

Back at the very beginnings of Christianity, this was the most important worship occasion of the year, and it was the only time of year when baptisms were held. This year, there will be at least one adult baptism. There is something particularly powerful about an adult who has chosen to be baptized into the life and ways of Jesus.

The Easter Vigil is characterized by beauty, solemnity and deep joy. If you've never attended, please accept my personal invitation to join us this year. The vigil begins at 8:00 PM and concludes before 9:30 PM. Child-care will be available. There tends to be plenty of parking, and the service is also attractive to those who want to sleep in the next day!

Vespers in the Garden is Tuesday, May 3rd at 6:00 PM.

Vespers in the Garden is an annual event hosted by the Hospitality Committee for adults new to Christ Church. Every Spring, Vespers takes place in the early evening in the beautiful gardens at Bill and Sally Cooper's home. It is a time for newcomers to mingle with Choir, Vestry and Clergy in an informal setting. Everyone in attendance brings a side dish to share, and the main course (usually fried chicken!) is provided by our very own chef, Eric Love. Following dinner, candles and hymnals are distributed. As darkness descends on the gardens, the choir leads the singing. This is a magnificent experience for every Christ Church newcomer, and is not to be missed!

If you have questions about either service, contact me or any member of the Clergy. To find out more specifically about Vespers in The Garden, call Middy McCarthy at 704-540-4804.

"Be My Valentine" For The Very First Time

by *The Reverend Lisa Saunders & Lynne LeBlanc, Parish Nurse*

When you are six years old, born in an African refugee camp, and immigrated to the United States less than a year ago, Valentine's Day is a mystery.

Mariana MBaire is a kindergartner at Rama Road Elementary, and last fall a Christ Church care team was organized to serve her family as they get settled into Charlotte. Mariana, her one-year-old brother, Triphene, and their parents, Bahati and Vincent, immigrated to Charlotte from a refugee camp in Tanzania. Mom is a refugee of the Belgian Congo, and Dad is a refugee from Rwanda. They both fled horrific killing fields, and even the refugee camp was unsafe. After ten years in the camp, they won the immigration lottery (literally) and were given plane tickets to Charlotte. Mom speaks French, and all speak their native country dialect, but none spoke English upon their arrival. The Christ Church Care Team have managed to help Dad get a job, get everyone to doctor appointments, shop for basic supplies, tour daycare centers and learn the in's and out's of government support services, which the Care Team had to figure out on their own first!

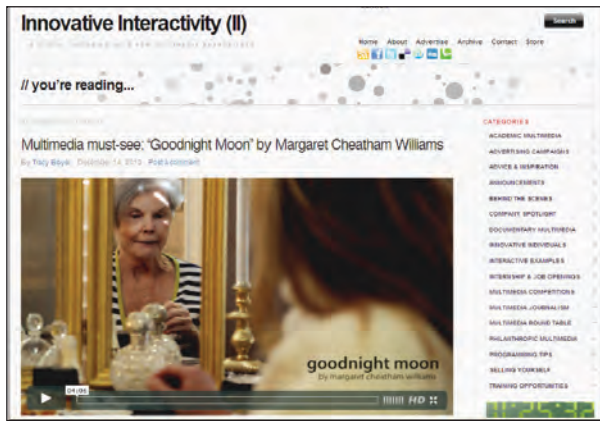
But sometimes, Care Team members get to volunteer for less complicated tasks. A few days before Valentine's Day, care team member, Robbie Horn, picked up Mariana after school and took her shopping for Valentines. After a stop for ice cream, Mariana

picked out princess valentine cards. The two then went to Robbie's house where Robbie wrote the classmates' names on the envelopes, and Mariana signed each card. It was a delightful outing where real love and affection was shared, and Mariana was ready for her first Valentine's day.

While at first the MBaire family's needs seemed overwhelming to the care team, Mariana and her family quickly won our hearts making all the time and energy serving them a blessing and pleasure. We are excited to report that with the help of a generous gift from a parishioner, Mom is about to start classes full time to become a Certified Nursing Assistant. Any job leads for her, starting in mid-April, will be appreciated!



Care Team members include: Virginia Wynn, Carol Lorenz, Gene Bowles, Leigh Bowles, Victoria Howell, Sarah Brincefield, Robbie Horn, Angela Breeden, and Brenda Hill.



To see Margaret's award-winning film, search for "Goodnight Moon" on the following website: www.InnovativeInteractivity.com

Parishioner Lands Major Media Award

Margaret Cheatham Williams, daughter of Margaret and Ward, won first place in the 51st Annual William Randolph Hearst Foundation's Journalism Awards Program. Margaret and her parents are parishioners here at Christ Church.

There were only ten winners selected from 40 undergraduate journalism programs across the nation. First Place was awarded to Margaret, a senior from the University of North Carolina, Chapel Hill. She will receive a \$2,600 scholarship for her entry "Goodnight Moon." Margaret also qualifies to participate in the Journalism Awards Program's National Championships in San Francisco this June. The University of North Carolina, Chapel Hill will receive a matching grant as do the journalism departments of all scholarship winners.

Sore Throat? Don't Gargle, Google Sifting Through Health Information Online

By Lynne LeBlanc, RN, BSN, Christ Church Parish Nurse

A recent survey by Pew Internet found that 8 out of 10 adult internet users had looked for health information online. Also recently, I talked to someone who had received a new diagnosis from their physician who told them not to go home and "Google" their diagnosis. This person was given one mainstream website to find out general information and was told to meet with the specialist and get names of websites that have credible information from that doctor. There is so much information at our fingertips though the internet, but it can be contradictory, confusing or just plain wrong. Being an educated patient is important and can help you and your physician plan the best care possible for you. Here are some tips to finding helpful information online:

- Ask your doctor or other health professional. Many of them use the internet to gain knowledge and they can direct you to reputable websites.

- Ask a trusted family member or friend who is web-savvy to look things up and forward you the ones that are most helpful.

- When looking at a website, look for the source. Who is putting out that information, a government agency, a university, a hospital, a business, or a health organization? Do they have a review or editorial board that reviews the information before it is posted? Is their information backed up by verifiable research? Is there easy to find contact information for the webmaster or author of an article?

- Look for the date the information was published. If it hasn't been updated or reviewed in a year, look for more recent information.

- Be very careful about blogs, online discussions, chat rooms and other sites where lay people share their experiences. Many times they are not experts and some of these are for "worse-case scenario" sharing and can lead to unnecessary anxiety. Some can be very helpful, just check out what you read with your doctor.

- If something sounds too good to be true, it probably is! Be skeptical of websites that use only testimonials from "Joe in Idaho". If the claims cannot be verified by medical research by multiple sources, then beware.

Medical literacy is an important goal while trying to maintain health or dealing with an illness. No website can be a substitute for a health care professional, but you can gain knowledge through the internet that will assist you in being an active participant in your own health care decisions.

NEW! Read the Parish Nurse blog on our website.

Breast Cancer Support Group Spring Luncheon

Breast Cancer Survivors are invited on a field trip to the Carolina Breast Friends Pink House, on Wednesday, April 13th, from 11:00 AM-1:00 PM. We will tour the house and receive information about services they have to offer so we can pass that on to others. After the tour, we will join at the nearby home of a parishioner for lunch prepared by Chef Eric for \$6 per person. RSVP REQUIRED to Lynne LeBlanc at 704-714-6968 or leblanc1@christchurchcharlotte.org.

L.E.G.S. Are Long On Support

Ladies Encouraging Grief Support, or L.E.G.S. for short, is an active community who is *anything* but short on support for women at Christ Church whose husbands have died. Last month there was a L.E.G.S. gathering at the home of Tat Hicks. Tat, and her late husband Gene, enjoyed art collecting and have an amazing collection of colorful, whimsical, and ingenious folk art displayed throughout their home. Folk art is defined as art created by untrained artists. The women also shared a hearty box lunch together that was prepared by Eric Love, Director of Food Services at Christ Church.



Admiring the folk art collection during a recent L.E.G.S. gathering

The next L.E.G.S. planned event is a "Wok and Talk" evening at the home of Louise Allred for fellowship and Chinese food on April 26th at 6:00 PM.

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 First Friday for Men 7:00 AM Adult Costa Rica Trip Family Promise	2 Adult Costa Rica Trip Habitat High School Campout Family Promise
3 Prayer Shawl Blessing Rite 13 Liturgy Brunch 11:15 AM—1:15 PM High School Campout Emergency Winter Shel- ter Family Promise Adult Costa Rica Trip	4 Christ Church Uptown Noon -1:00 PM Childress Klein YMCA Knit One, Pray Two 1:30—3:00 PM Bridges Out of Poverty 6:00—8:00 PM Adult Costa Rica Trip	5 Holy Eucharist 6:00 PM Adult Costa Rica Trip	6 Holy Eucharist with Healing Prayer Noon Choirs Practice, Din- ner, Programs, EYC, Bridge Adult Costa Rica Trip	7 Holy Eucharist 7:00 AM	8 Emergency Winter Shelter Spring Youth Con- ference	9 Spring Youth Con- ference Habitat
10 9th Grade City Bus Tour Discover Christ Church 10:00 AM Brunch 11:15 AM—1:15 PM Spring Youth Confer- ence	11 Christ Church SouthPark Noon-1:00 PM	12 Holy Eucharist 6:00 PM ECW Friendship Feast 6:30 PM	13 CCK SongFest Holy Eucharist with Healing Prayer Noon Choirs Practice, Din- ner, Programs, EYC, Bridge	14 Holy Eucharist 7:00 AM	15	16 Habitat
17 <u>Palm Sunday</u> 7:00 AM, 8:45 AM, 11:15 AM, 5:00 PM Church 8:45 AM 11:15 AM All Saints' Hall No Sunday School or Brunch	18 Holy Eucharist 6:00 PM Knit One, Pray Two 1:30—3:00 PM	19 Holy Eucharist 6:00 PM	20 Holy Eucharist with Healing Prayer Noon Holy Eucharist 6:00 PM No regular Wednes- day night Dinner, Choirs, Youth Pro- grams or Adult Classes. Bridge 6:45 PM	21 <u>Maundy Thursday</u> Service 7:00 AM Holy Eucharist with Foot Washing Cere- mony 7:30 PM Emergency Winter Shelter	22 <u>Good Friday</u> Liturgy for Children and Young Fami- lies 10:00 AM Liturgy for Good Friday Noon, 7:30 PM Stations of the Cross 2:30 PM	23 <u>Easter Eve</u> No Habitat House Holy Eucharist with Baptism 4:00 PM The Great Vigil of Easter 8:00 PM
24 <u>Easter</u> 7:00 AM, 8:45 AM, 11:15 AM, 5:00 PM Church 8:45 AM 11:15 AM All Saints' Hall No Sunday School or Brunch Easter Egg Hunt 4:00 PM	25 Easter Monday— Offices Closed	26 ECW Coffee Stop 9:30—10:30 AM Holy Eucharist 6:00 PM LEGS Dinner 6:00 PM	27 Holy Eucharist with Healing Prayer Noon Choirs Practice, Din- ner, EYC, Bridge	28 Holy Eucharist 7:00 AM	29 ECW Retreat	30 Baptism Instruction 10:00 AM ECW Retreat

This is just a partial listing of events and activities at Christ Church. For complete details, bookmark then visit our website frequently, at www.ChristChurchCharlotte.org. You may also sign up for the weekly *eNews & Notices* email by contacting Communications@ChristChurchCharlotte.org.



**CHRIST
CHURCH**
CHARLOTTE

2011 Easter Lily Memorials and Honorariums

Due April 8th, 2011

I would like to donate an Easter Lily to adorn Christ Church
to the Glory of God and **in loving memory of (or) in honor of:**

(Please print)

Given by: _____

Please circle one choice: : **in loving memory of (or) in honor of**

Your Name: _____

Phone: _____ E-mail: _____

Each Easter Lily is \$25.00 and checks should be made payable to **Christ Church.**
Please use one form per lily.

Please mail Easter Lily Forms and Donations to:
Jessica Fallis
1820 Jameston Drive
Charlotte, NC 28209

For Questions: Jessica Fallis, 704-915-9999 or jessica@blackdressandpearls.com

Lilies may be taken home after the 5:00 PM Easter Sunday service

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



Office Hours:
Monday - Friday 8:30 AM - 4:30 PM
704-333-0378

**Periodical Class Postage
PAID**
at Charlotte NC
USPS No. 679-610

Slather It On!

GOODNEWS is happy to announce that we are now carrying Coleman's BBQ Sauce. "Coleman's Home BBQ Sauce," is named for Eugene Coleman, 59, who in 2007 left the streets of Charlotte and became part of the Urban Ministry's pilot program designed to get the homeless off addictions and into homes.

For 20 years, Eugene Coleman was the face of Charlotte's chronically homeless, living under bridges or in abandoned homes and nursing a drug addiction that kept him in the streets. Now Coleman's face is on the bottle of a barbecue sauce that he and the sauce's creator, Scott Mercer, hope will help ease the city's homeless problem. 100% of the proceeds from the sale of this sauce at GOODNEWS goes back to the Charlotte community through Urban Ministry and our own Mission Funding. The sauce is for a great cause, and it tastes great too.



Scholarships Available

Applications for Christ Church Foundation scholarships are now available and may be obtained at the front desk in the parish office or downloaded from the church website. These scholarships are designed primarily for college and post-graduate studies. The deadline for applications is April 30, 2011. Please return applications by mail or email to Wendy Mauney at mauneyw@christchurchcharlotte.org or Wendy Mauney, 1412 Providence Rd, Charlotte, NC 28207.

THIS JUST IN:

Back By Popular Demand!

**Guest Speaker J. Pittman McGehee
THE PSYCHOLOGY OF LOVE**

**Lecture and Workshop
Friday April 8th and Saturday, April 9th**

The single word "love" fails to adequately capture and express the powerful, often contradictory feelings that drive behavior and animate one's soul. We will look at both the inter-personal and intra-psychic dynamics of love, as well as its light and dark sides. Finally, we will address the healing and wounding nature of this greatest of paradoxes. Saturday's workshop will explore our personal experiences and reflections upon them.

J. Pittman McGehee is an Episcopal priest and a private-practice Jungian analyst in Houston, Texas. He served for 11 years as Dean of Christ Episcopal Church Cathedral in Houston and currently teaches at the University of Houston. He serves as the director of the Institute for the Advancement of Psychology and Spirituality and is an accomplished speaker and writer.

Rev. Dr. McGehee will be teaching a workshop on Friday and Saturday, and an adult Sunday School class on April 10th at 10:00 AM.

Watch the website for registration and details, coming very soon, or contact Jenny Beaumont at 704-714-6945.