

# THE MESSENGER

## GRACE-ST. LUKE'S EPISCOPAL CHURCH

Volume 56, No. 1

January 1, 2009

### SUNDAY SERVICE TIMES

8:00 AM Holy Eucharist, Homily  
8:45 AM Breakfast  
9:15 AM Classes  
10:30 AM Holy Eucharist, Homily  
5:30 PM Holy Eucharist, Homily  
*Nursery available for all services except the 5:30 PM service.*

### THE DAILY OFFICE

7 AM *Friday* Morning Prayer/Eucharist  
5:30 PM *Thursday* Evening Prayer  
5:50-6:30 PM *Thursday* Centering Prayer

### OFFICE HOURS

8:30 AM to 4:30 PM Monday - Friday

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### Bishop Johnson with the new confirmands on December 7

*Back row* Pete Pospisil, Samantha Cicero, Chris Morse, Kurt Patton, and Alicia & Joe Wiggs  
*Front row* Bishop Johnson, Ron DelBene, Stephen Spainhour, Maura Black, Kelly Jo Graves, and Rachel Robinson



### Posada 2008

A good time was had by all at La Posada on December 10. The church was filled with angels and shepherds, Mary and Joseph. Entertainment was provided by an authentic Mariachi Band during dinner. After dinner the children, young and old, all went to Lass Hall and waited patiently for their turn at the Pinatas.



### MESSSENGER DEADLINES

Jan. 15 deadline is 9 AM, Jan. 1!  
Feb. 1 deadline is 9 AM, Jan. 15!

**STAFF**

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**2009 VESTRY**

Anne Ayres, Patrick Burnett, Karen Clark,  
Thad Cockrill, Ann Dillard, Eric Epperson,  
Gayle Evans, Lesley Hartney, Mike Jones,  
Ruthie Lentz, Lucy McLemore, Hal Morse,  
Andy Nix, Charles Pazar, Betty Peyton,  
Barney Rolves, Paula Sappington, Jim Taylor,  
Jennie VanDeveer, Peggy Williamson, and  
Tom Wyatt

### To know Christ and to make Christ known

*We seek to serve God and our neighbor by welcoming into Grace-St. Luke's parish all people who seek to love God and participate in an open and supportive community based upon the example and teachings of Jesus Christ. Honoring the vows of our Baptismal Covenant, we respect the dignity of every human person by welcoming all regardless of physical appearance or ability, age, mental capacity, ethnic or religious background, sexual orientation, a sense of past or present personal sinfulness or financial circumstances. We seek to become more fully loving, and we welcome all who wish to join us in this journey.*

**Member News****Confirmed and Received, 12/7/08**

Samantha Ann Cicero  
 Kelly Jo Graves  
 Christopher Mark Morse., Jr.  
 Kurt Thoreau Patton  
 Peter Samuel Pospisil  
 Rachel Robinson  
 Maura Black Sullivan  
 Alicia Klyman Wiggs  
 Joe Paul Wiggs  
 Stephen Spainhour

**Burial**

Corneila Henning Kimbrough, died  
12/7/08; buried 12/12/08

**Transfer out**

Milo and Barbara Hyde to St. Andrew's,  
Collierville  
 John Paul and Mary Frances Kavin,  
and Carson to Church of the Holy  
Apostles, Collierville

**Memorials and  
Honoraria****Memorials**

Harry Arnold from Debbie Callahan  
 Lois Hardage Skipper from Alice Anne  
& T.V. Miller  
 Noah Scott from Alice Anne & T.V. Miller  
 Thomas Boggs from Alice Anne &  
T.V. Miller  
 Nell Blann from Carol Ann Mallory  
 Pat Sledge from Ann De War Blecken,  
The Sledge Family, Bill & Jill  
Mitchell, Mr. & Mrs. Frank L. Camp,  
Jr. and Lynne & Richard Smart  
 James Allen Jones, Sr. from Helen Saino  
 Kay Packer from Betty K. Underwood  
 Jerry Baur from Jeannine Edwards

**Honoraria**

3rd and 4th Grade Girls Soccer  
 Coaches: Aaron Prather, Matt Heiter,  
& Shawn Sentilles from the 3rd and  
4th Grade Soccer Team

**SAVE THE DATE: February 6, 2009, 7 - 9 pm**

The Memphis Jung Group is presenting a workshop by Dr. Jerry Wright, Jungian Analyst, who offers lectures, workshops and retreats on topics/themes related to the integration of Jungian Psychology and spirituality. Dr. Wright practices in Flat Rock, NC, and Decatur, Georgia, and serves on the faculty of the Memphis Jung Seminar and the Haden Institute for Spiritual Direction and Dream Leader Training. His presentation is entitled "Seeking a God Sufficient for the Soul's Passion." *Earlybird* registration cost is \$15 and admission at the door will be \$20, with student admission at \$5. For more information call Anne Ayres, 458-2527, or Judy Beaird, 726-1903.

**Support Groups at GSL**

**Weight Watchers:** Trezevant Hall, Monday;  
Weigh-in at noon; Meeting from 12:20-12:40.

**AA meetings:** Tuesdays, 6:30 PM, 8 PM, both in the Lounge.

**Narcotics Anonymous:** Saturdays, 10 AM, Sundays, 8 PM, Trezevant Hall.

**Al Anon:** Thursdays, 10:30 AM, Lounge.

**Sex and Love Addicts Anonymous:** Mondays & Thursdays, 8 PM,  
Saturdays, 4 PM, and a Women's meeting on Thursdays at 6:45 PM, all in the Lounge.

**Fitness Classes at GSL**

**Pilates:** Wednesdays at 12:05, 5:15 & 6:15,  
Fridays at 8:30 AM & 12:05 PM

**Senior Fitness:** Fridays at 9:30 AM in the choir room.

**39ers**

January 9th, 2009  
Meeting

We will kick off the New Year for the 39er's with a program on palliative and hospice services available thru Methodist LeBonheur Healthcare. The program presentations will be given by W. Steven West, Sr. Vice President, Community Benefit and Sr. Legal Advisor, and Special Projects of Methodist LeBonheur Healthcare, Sally Aldrich, R. N., the administrator of the palliative services, and Dr. Clay Jackson, Medical Director. We as individuals do not know if and when we might need these services for ourselves, family, friends or neighbors, but it will be comforting as to where to begin if ever needed. All are welcome and you do not have to be 39 and/or holding. Social time begins at 11:30 AM with light lunch at noon for only \$6.00. Reservation to Lucy in the office at 272-7425 or [lucy@gslparish.org](mailto:lucy@gslparish.org) by Wednesday noon, January 7th, 2009.

**39er's NEWS FLASH**

Our Christmas gift exchange project for Heifer International was able to raise \$500.00! That means that we can again gift a Heifer, bring holiday cheer and hope, and help fight famine around the world. My thanks to all of you. Merry Christmas and Happy New Year, Mary Virginia Rogers

**3rd** Third Thursday Group  
**Thursday** Welcomes Bill Haltom  
January 15

Memphis attorney Bill Haltom is the speaker for the Third Thursday dinner on January 15th. Haltom, a partner in the Memphis law firm of Thomason Hendrix Harvey Johnson & Mitchell PLLC, is noted for his wit in both speaking and writing. He has been a humor columnist for the Commercial Appeal and the Tennessee Bar Journal and is the author of several humorous books. He is a past president of the Tennessee Bar Association and the Memphis Bar Association. Join the empty nest set for a night of good humor and fellowship beginning with wine and conversation at 6:30 and continuing with dinner beginning at 7:00. Please help our hosts plan dinner by making a reservation with Lucy at 272-7425 or emailing her at [lucy@gslparish.org](mailto:lucy@gslparish.org) Don't miss this fun evening!



First Friday Fellowship will meet again in February

The group for young adults in the parish is taking January off but planning a big gathering so please mark your calendar for Friday, February 6. These evenings are fun and the best way to get acquainted with one another.

**One Easy New Year's Resolution  
You Can Keep**



**Save the Date and Join the Men of GSL  
for the Annual Men's Retreat**

**Friday, April 24, 2009  
through April 26, 2009**

**Beginning with Dinner Friday Night  
Ending after Sunday Morning  
Holy Eucharist by the Lake**

**Contact Patrick Burnett  
[pburnett@glankler.com](mailto:pburnett@glankler.com) or 576-1720  
for more information.**



## Creation Care: Easy Energy-Saving Habits

*By Mike Jones*

The Natural Resources Defense Council ([www.nrdc.org](http://www.nrdc.org)) tells us there are many things we can do to reduce energy consumption. Here are 5 free areas of things one can do to conserve electricity and reduce energy costs.

### 1. Unplug

- Unplug seldom-used appliances, like an iron, toaster oven, or even an extra refrigerator in the basement or garage that contains just a few items. You may save around \$10 every month on your utility bill.
- Unplug your chargers when you're not charging. Every house is full of little plastic power supplies to charge cell phones, PDAs, digital cameras, cordless tools and other personal gadgets. Keep them unplugged until you need them.
- Consider using power strips to switch off televisions, home theater equipment, and stereos when not in use. Even when you think these products are off, when combined, their "standby" consumption can be equivalent to that of a 75 or 100 watt light bulb running continuously.

### 2. Set Computers to Sleep and Hibernate

- Enable the "sleep mode" feature on your computer. This allows it to use less power during periods of inactivity. In MS Windows, the power management settings are found on your control panel, while Mac users should look for energy saving settings under system preferences in the apple menu.
- Configure your computer to "hibernate" automatically after about 30 minutes of inactivity as this mode turns the computer off in a way that doesn't require you to reload everything when you switch it back on. Allowing your computer to hibernate saves energy and is more time-efficient than shutting down and restarting your computer from scratch. When you're done for the day, shut down.

### 3. Take Control of Temperature

- Consider setting your thermostat to 68 degrees or less in winter during the daytime, and 55 degrees before going to sleep. Remember, if you're away for a few days, there's no need to run the furnace. Next summer, set thermostats to 78 degrees or more.
- Use sunlight wisely. During the cooler months, leave shades and blinds open on sunny days, but close them at night to reduce the amount of heat lost through windows. Close shades and blinds during the summer or when the air conditioner is in use or will be in use later in the day.

- Consider setting the water heater thermostat between 120 and 130 degrees as lower temperatures can save more energy, but you might run out of hot water or end up using extra electricity to boost the hot water temperature in your dishwasher.

### 4. Use Appliances Efficiently

- Set your refrigerator temperature at 38 to 42 degrees; your freezer should be set between 0 and 5 degrees. Use the power-save switch if your fridge has one, and make sure the door seals tightly. You can check this by making sure that a dollar bill closed in between the door gaskets is difficult to pull out. If it slides easily between the gaskets, they should be replaced.
- Don't preheat or "peek" inside the oven more than necessary. Check the seal on the oven door, and use a microwave oven for cooking or reheating small items.
- Wash only full loads in your dishwasher, using short cycles for all but the dirtiest dishes. This saves water and the energy used to pump and heat it. Air-drying, if you have the time, can also reduce energy use.
- In your clothes washer, set the appropriate water level for the size of the load; wash in cold water when practical, and always rinse in cold.
- Clean the lint filter in the clothes dryer after each use. Dry heavy and light fabrics separately and don't add wet items to a load that's already partly dry. If available, use the moisture sensor setting. And remember, a clothesline is the most energy-efficient clothes dryer of all!

### 5. Turn Out the Lights

- Make it a habit to flick the switch when you leave a room.
- Remember this at the office, too. Turn out or dim the lights in unused conference rooms, and when you step out for lunch. Work by daylight when possible. A typical commercial building uses more energy for lighting than anything else.

The NRDC, a not-for-profit, tax-exempt, membership organization, was founded in 1970 and is the nation's most effective environmental action group, combining the grassroots power of 1.2 million members and online activists with the courtroom clout and expertise of more than 350 lawyers, scientists, policy experts and other professionals.

*The Altar Gifts in January are offered  
in loving memory of*

**January 4:** James McGowin Rowland, Bishop Charles Brinkley Morton, Florence Boyce Battle, and Walter Preston Battle

**January 11:** William T. Reid, Charles P. Reid, Cravens Hollenberg Reid, Jenne Trapp Edwards, Tannen Reid Smith, Robert Couch, Jr., Cecil R. Whitlock, Mary Ruth Whitlock, John Wesley Long, Florence Rose Long, Delbert Spurlock, Meacy Spurlock, and James W. Whitlock

**January 18:** Deborah Conn, Arliss Hederick Tuttle, Carl Sale Page, Ida Seabrook Page, Katharine Carroll Page, Geraldine Sembower McMahan, Asher Reid McMahan, Nancy McMahan Reyholds, Jeanne McMahan Schadt, Carlisle Sale Page, Jr., and Nelle McMahan Smith

**January 25:** John Ethridge McCall, Ensley Shelby Oxley, Edith Washington Bailey, Ernest Eugene Bailey, Mary Chunn Wilkinson, Charles Locke Wilkinson, Edith Bailey Wilkinson, William Neilson Wilkinson, Ernest Bailey Wilkinson, Chunn Wilkinson Babendreer, James Sprague Washington, Ella Washington Schaefer, and William Neilson Wilkinson, Jr.



## Youth News

- Jan. 4 Feast of Lights, St. Mary's Cathedral  
Grades 6-12, Youth Event at 4 pm,  
Service begins at 6 pm*
- Jan. 7 Teen Group, 7 pm*
- Jan. 11 Sr. High EYC, 6:30 pm, Doan House*
- Jan. 14 Teen Group, 7 pm*
- Jan. 16-19 GSL Youth Trip*
- Jan. 21 Teen Group, 7 pm*
- Jan. 25 Sr. High EYC, 6:30 pm, Doan House*
- Jan. 28 Teen Group, 7 pm*

## January Schedule

### January 4

**Altar Guild:** L Tual, C Jefcoat, L Niell, V Rowland  
**Flower Delivery:** B & L Roper, A Ayres, S Prewitt, B & J Moore  
**Breakfast Cooks:** H Morse, T Claybrook, J Mercer, W Ayres,  
 B Morse, I Hendry, D Douglass  
**Lay Service Participants**  
 8:00 *Reader, Prayers, Acolyte, Chalice:* TBA  
 10:30 *Ushers:* T Claybrook, B Chiozza, E Hord, J Norris  
*Acolytes, Readers, Chalicers, Verger:* TBA  
 5:30 *Lectors, Chalicers:* TBA

### January 11

**Altar Guild:** A Crow, P Barnes, N Golden, S Hickey, B Peyton,  
 M Robinson, E Smith  
**Flower Delivery:** B Black, L Strickland, R Berthiaume, J Self  
**Breakfast Cooks:** T Bolding, J Raspberry, G Simonton, C Johnson,  
 M Pleasants, M Tyler, J Woo  
**Lay Service Participants**  
 8:00 *Reader, Prayers, Acolyte, Chalice:* TBA  
 10:30 *Ushers:* R Norcross, H Wright, H Morse, M Brown  
*Acolytes, Readers, Chalicers, Verger:* TBA  
 5:30 *Lectors, Chalicers:* TBA

### January 18

**Altar Guild:** A Crow, P Barnes, N Golden, S Hickey, B Peyton,  
 M Robinson, E Smith  
**Flower Delivery:** B High, M McKay, C & B Adrian, L Niell,  
 N & D Conaway  
**Breakfast Cooks:** J McCalla, L Allen, P Burnett, D Brown,  
 A Nix, L Wardlaw, S Moore, J Hartney, C Lunsford  
**Lay Service Participants**  
 8:00 *Reader, Prayers, Acolyte, Chalice:* TBA  
 10:30 *Ushers:* J Raspberry, R Gooch, D McLemore, H Medling  
*Acolytes, Readers, Chalicers, Verger:* TBA  
 5:30 *Lectors, Chalicers:* TBA

### January 25

**Altar Guild:** L Tual, C Jefcoat, L Niell, V Rowland  
**Flower Delivery:** S Baker, J & D Douglass, V Rowland  
**Breakfast Cooks:** J Clay, A Nave, E Taylor, R Norcross,  
 W Wimbish, K Self, R Clark  
**Lay Service Participants**  
 8:00 *Reader, Prayers, Acolyte, Chalice:* TBA  
 10:30 *Ushers:* M Tyler, B Stubblefield, L Allen, M Crow  
*Acolytes, Readers, Chalicers, Verger:* TBA  
 5:30 *Lectors, Chalicers:* TBA





## Christian Education

### Adult Christian Education Winter 2009

Welcome to the Winter, 2009 semester of Adult Christian Education at Grace St. Luke's. We have a variety of courses being offered as we focus on our theme of "Living the Story." There will be sign-up sheets for several of the courses on the Adult Christian Education bulletin board.

#### Listening for God (January 11 through Palm Sunday)



Participants will read and discuss the stories from *Listening for God*, Volume 1, a collection of short stories by contemporary writers that provide unique views of the presence of God in daily life. A brief video synopsis of the assigned story is presented at the beginning of each discussion. After the first eight sessions, participants will choose another anthology to continue to the end of the winter term. Everyone is welcome. Books will be available to participants at a subsidized price. Please look for the sign-up sheet for this course.

#### Epiphany, Economics and Energy

(6 Sessions: January 11 through February 15)



In their Greek origin, these words, epiphania, economia and energia, mean something much more personal than we expect. They relate to the mind/soul/action connection of our daily living. During our sessions, we will both explore our inner growth in coming to know God and ourselves in new ways, and uncover ways of being attentive to God's Spirit in the midst of daily life. Ron DelBene will present these sessions.

#### Journaling (2 Sessions: January 11 and 18)



Mark your calendars for a special treat – a consideration of journaling as a personal discipline that could well be your New Year's Resolution or a special Christian discipline for Lent in 2009. John McQuiston II, a prominent Memphis lawyer and active parishioner at Holy Communion Episcopal Church, will share with us what the experience has meant to him and how he began writing and reflecting through his journal. He is now the author of several books including: *Always We Begin Again: The Benedictine Way of Living*, *Finding Time for the Timeless: Spirituality in the Work Week*, and *Knowing Beyond Words: Reflections on the Inexpressible*. Please look for the sign-up sheet and sign-up in advance for this course.

#### Search Party (3 Sessions: February 8, 15 and 22)



Know the Nicene Creed? Sure you do. You say it every Sunday. Believe it? Want to reread it again to see if you truly believe it - every word and phrase? Everyone else is saying it at the same time. Surely they believe it. Otherwise they wouldn't be saying it. But wait. Do I truly believe it? Is the Nicene Creed an accurate statement of my own beliefs? Actually on our faith journey, we may find that we have come to a place different from the Church creeds. This will be an occasion where one can verbalize (perhaps for the first time) what one really believes about such issues as God, Jesus, The Bible, the Church, sin, heaven, hell, etc. Search Party asks two things of participants: first, a willingness to share one's faith truths, and second, complete confidentiality. Repeat nothing of what you hear in the session. Ray Berthiaume will facilitate the process. Please sign-up in advance for this course.



**SUNDAYS:** During Lent, there will be a special Sunday Morning Class exploring each of the special celebrations of the Lenten and Easter Time.

**WEDNESDAYS:** We are very pleased to announce a return engagement with the Rev. Mitzi Minor of the Memphis Theological Seminary. Mitzi has a special Lenten series planned for us on the five Wednesday nights of Lent between Ash Wednesday and Palm Sunday (March 4, 11, 18 and 25, and April 1). The presentations will be preceded by dinner and fellowship.

### Children and Youth

*Little Lambs* (two-to-young-three year olds)

First floor, Parents Day Out area

*Catechesis I and II* (1st floor)

Atrium I is designed for three-to-six-year olds

Atrium II is designed for six-to-nine year olds

*3rd thru 6th grades* (Room 212)

*Rite 13:* 7th and 8th grades

*J2A-YAC:* 9th - 12th grades

(Hilary's office, upstairs, 3rd floor)



People tend to think that each new stage of the spiritual path is marked by some sort of great awakening or accomplishment... but what actually happens is that you stay at a particular stage until you see the silliness of it.

For many years, the Season of Christmas and the New Year has been a time in my life for both comfort and challenge. There have been years when the comfort was touchable and seemed to overflow into all my actions. Other years the sorrow or confusion were challenges that seemed to dampen the seasons. I know that this year has been both comfort and challenge for many of us – in our immediate families as well as for us here as a community at Grace-Saint Luke's. But, whether in the midst of comfort and joy or in the midst of the challenges, we gathered to celebrate.

What wonderful comfort and empowerment there was for me in this years' Christmas Eucharists. The presence of community and sharing the "bread of life" around the altar table enhanced my comfort and empowered me for my challenges. As your priest, I had the honor of celebrating Christmas three times over the two days of the Eve and Day. Those events were times of giving thanks – especially for a place to worship where I was enveloped with awesome decorations, extraordinary music, children's and adult's excitement, a wonderfully creative staff and leadership group, and a deep sense of love, care and community.

Christmas with you here at GSL this year was like the arm of a good friend encouraging me to step over the threshold into a New Year and new ventures. Several years ago, another good friend of mine encouraged me when he sent me this bookmark as a New Year challenge. Resolutions took on a new meaning for me that year. His bookmark caused me to stop and reflect on the direction and pace of my life. Resolutions became new beginnings for me – but beginnings that were based on the fact that I had seen the silliness of what I had been doing.

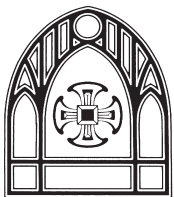
I have grown to love the little bird simply walking away from the cage. One of my "discoveries" in the cartoon is that I suspect the door of the cage had always been open. I know that is how it often happens in my life. I come to understand that the choice had always been there, but at one point I recognized it.

Expectation is what I am sensing about the New Year 2009. I invite you to join me in reflecting on our comforts, or our sorrows and confusions of this Christmas time. My hope is that this reflection will empower each of us for the challenge of our resolves for the New Year.

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