

The Gleanings of St. John's



Dear People of St. John's,

February 2008

Something will happen on February 6, 2008. People from all types of backgrounds, with all kinds of needs, hopes, and dreams, will come to church for the Imposition of Ashes, followed by the Holy Eucharist. It will mark the beginning of Lent. Ah, Lent! That season in the church calendar appointed as a time of peace, quiet, and refreshment. Nothing is asked of us, nothing is expected. We can take it easy, rest on our individual and collective laurels. The wind is favorable, the seas are calm, and the path is smooth. We've come a long way, baby! Ah, Lent!

"Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry. And the tempter came and said to him," Ah, what a contrast!

I will again take on the discipline of reading the Gospels during this coming Lenten season. It is always a bit depressing for me to compare my life and my living with that of the Master. But, as I read the Gospels, the point is made over and over again that I am not so much to compare my life and my living with the Master as I am to follow him. The desert experiences of Jesus were not like the ones I face. I am not led by the Spirit out into the wilderness to be tempted by Satan and the salvation of the world does not hinge on whether I am

successful in resisting the seductive disguises of the great adversary. Since it is not within my power to turn stones into bread, nor dive off the pinnacle of the temple with the heavenly guarantee of safety, nor to bow before Satan and become King of the World, I do not have to be concerned about such temptations. Since the Lord of this life and the life that is to come did have such authority and power those are uniquely his temptations. And a temptation is not a temptation unless the option to choose is present. He could have gone the other way, he could have said, "Yes!" at any point during the forty-day trial. He did not!

It is precisely because Jesus did not weaken and take the easy shortcut that the opportunity to choose when temptations come my way is present for my life and my living. Had he given in it would not even be an option for me or for you. The invitation is to follow him, become more and more aware of his presence and his strength, and to learn from him.

Temptations will come. Times of testing confront every human being. And the greatest temptations are not those that present us with the choice between good and evil; the most profound ones present us with the choice between the good and the best. Just as the Lord was presented with choices between the good (bread) versus the best (the will and word of God that nour-

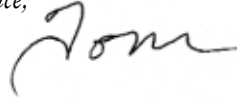
ishes eternally), so we are faced with decisions between what is good (giving up something that may be harming us) and the best (taking on a ministry or a special work that leads us closer to God).

It may be universally true that all have had or will have their desert times. The experience of those spiritually dry periods when God seems removed and disinterested does occur. The point to remember is that when that happens it is not God who has moved. The key to finding our way out of the desert is not what we look to for help, but whom we turn to for strength and guidance when all else has failed.

Ah, Lent! That season in the church calendar appointed to help remind us that we are mortal, that the presence of rough seas

and unfavorable winds does not necessarily mean we are on the wrong path, but may be looking in the wrong direction for help. Lent is a time to renew our commitment to follow Jesus and to remember he asks us only for what we have. It is our hearts, minds, souls, and bodies that we are asked to present for his purpose. It is only then that we may know we will be given what we need for our life and our living. Lent prepares us for resurrection living, but only if we are committed to making the forty-day journey.

Peace,



Sunday Services

8:00 am Holy Eucharist Rite I
9:30 am Godly Play/Sunday School
10:30 am Holy Eucharist Rite II
(1st Sunday, Rite I)
11:30 am Morning Social Hour

Wednesday Service

12:15 pm Holy Eucharist Rite II
(Healing Services 1st & 3rd Wednesdays)

How to Contact Us:

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The Staff

The Rev. G. Thomas Mustard *Rector*
The Rev. Kay Waff *Deacon*
The Rev. Carol Cross *Deacon*
Mary Anne Eubank *Organist/Choir*
Barbara Martin . . . *Administrative Assistant*
Pam Willoughby *Parish Nurse*
Tom Sendall *Sexton*

Address Changes: Please help us to keep our postage costs down by notifying the church office if you have a change-of-address. The Post Office charges us for any returned mail. Also, notify the office if you have a young person in your family away in school, we will be happy to send them a copy of the newsletter.

Email newsletter articles to Chandra Schmehl at stjohnsnewsletter@verizon.net or call 587-9093 with questions.

Upcoming Events & Parish News

Shrove Tuesday Pancake Supper

Be sure to mark your calendar for the annual Shrove Tuesday Pancake supper on Tuesday, February 5th from 5:00 to 7:00 pm.



The supper includes unlimited pancakes for the bargain price of \$5.00 adults, \$2.00/children 6–18, and no charge for children under 5.

Ash Wednesday

We begin the season of Lent with Ash Wednesday on February 6th. Imposition of Ashes and Eucharist services will be held at 12:15 pm and 7:00 pm.

Lenten Programs & Potlucks

This year our series of Lenten programs will be held on three Sundays during the season. Potluck luncheons will be held on February 10th, February 24th, and March 9th. Following lunch, the program topics will be emphasizing local outreach efforts such as Bedford Christian Ministries, the Free Clinic, and Bedford Hospice Care.

Daughters of the King Quiet Day

Please consider joining the Daughters of the King on Saturday, February 2nd, (the Saturday before Ash Wednesday) for their annual Quiet Day of meditations. This time of quiet, though sponsored by DOK, is open to all who are interested in preparing for Lent.

Transition Committee Update

The Transition Committee brought its 13-month's hard labor to a fine close when it recommended the candidacy of the Reverend F. Wilson Brown to the Vestry. The Vestry unanimously agreed to invite Father Wilson to Bedford and met him on Thursday, January 10th. The meeting went well, and by January 12th, the Bishop had approved the issue of a Letter of Call to Father Wilson to be our new Rector. Father Wilson has a wife, Kara, and three children, Katherine, Daniel and Nicholas, aged 13, 10 and 5. They currently live in Cooper City, Florida, though they are Virginians by birth. We very much look forward to a long, happy and fruitful relationship between St. John's Church and the Brown family. Meanwhile, we owe an enormous debt of gratitude to the members of the Transition Committee for their dedication and prayerful consideration in finding our new Rector.

The Vestry Report

Louise Robertson, Clerk

The Vestry met three times during the month of January. Meetings were called on January 8th and 10th to discuss the Transition Committee's recommendation of the Rev. F. Wilson Brown as rector of St. John's. On January 10th, the Vestry met with Rev. Brown, and unanimously recommended that he be called as rector of St. John's beginning April 21, 2008.

The monthly meeting and annual workday was held January 12th at the Bedford Library. Following Father Tom's devotions, the Clerk's and Treasurer's reports were given. Sue Montgomery noted that our overall finances are better than at the end of 2005-06.

The Vestry then discussed The Rev. Wilson Brown's acceptance letter, noting that he will not be able to come until June 1st, when his children are out of school. In the Senior Warden's report. Michael Cross congratulated the Transition Committee on its excellent work, with a special note of thanks to Pat Rieley, Committee Chair, for her leadership in this demanding job.

Junior Warden's report: Bill Jackson noted that the ceiling fans were being installed during the week of January 14-19. The pews will be moved, scaffolding placed, and five fans will be installed.. The sound system will be updated in February. After installation, volunteers will be trained in its operation. The office of Barbara Martin will be renovated. While the work is being done, her office will be moved to the choir lounge.

Following the work in the office, the choir annex and office workspace will also be done.

Next, the following officers were elected:

Michael Cross—Senior Warden,
Bill Jackson—Junior Warden,
Louise Robertson—Clerk
Jennifer Murphy—Treasurer

Jennifer Murphy appointed Mary Page Gwaltney as her assistant.

The proposed budget for 2008 was balanced and accepted.

The duties of the Vestry Person of the Month were discussed and the following assignments were made:

February: Bill Jackson

March: Jim Church

April: Carter Garrett

May: Frank West

June: Blu Ayers

July: Lynne Forster

August: Louise Robertson

September: Randi Cooper

October: Rip Owen

November: Winston Burks

December: Michael Cross

January 09: Bill Jackson

Committee liaisons were then chosen, with the proviso that liaisons meet with their committee, update the membership, and bring a report to the next meeting. The function of each committee was reviewed.

Vestry Report (cont.)

Committee Liaisons for 2008 are as follows:

- Fellowship: Blu Ayers
- Outreach: Louise Robertson
- Liturgy: Rob Jarvis
- Parish Concerns: Bill Jackson
- Budget & Finance: Winston Burks
- Christian Formation: Randi Cooper
- Newcomers: Lynne Forster
- Stewardship: Carter Garrett
- Communications: Jim Church
- Property: Frank West

After an in-depth discussion of each committee, Father Tom brought in lunches. He told the Vestry that a covenant will need to be developed as, except for two prior commitments, he will not be available after April 20th. He will not attend our church for a good while because the new rector needs to develop his own ministry.

The meeting adjourned following a closing prayer.

Next meeting:
Wednesday, February 20, 6:00 pm

The Vestry

- Michael Cross *Senior Warden*
- Bill Jackson *Junior Warden*
- Louise Robertson *Clerk of the Vestry*
- Jennifer Murphy *Treasurer*

Members:

- Blu Ayers
- Jim Church
- Lynne Forster
- Rob Jarvis
- Frank West
- Kim Nowlin (Youth Representative)
- Winston Burks
- Randi Cooper
- Carter Garrett
- Rip Owen

Vestry Person of the Month for February:
Bill Jackson

Christian Formation

Sherri Blanks, Chairperson

Well, I hope the New Year has started off a good one for everyone. We have resumed Sunday school classes although our attendance has been on the lesser side. I can only think that everyone is still getting back into their own routines after the holidays. I do hope attendance will improve in February as we begin the season of Lent

I will be calling a meeting in the latter part of this month to be sure we are on track with our third quarter teachers and also to speak a bit about Vacation Bible School for the coming summer. I will put an announcement in the bulletin with the meeting date and I hope everyone will try to attend. The third quarter begins on March 2nd.

Brenda Church attended a special training for the J2A curriculum on January 12th in Roanoke and came back with some really great ideas. We seem to be right on track with our young people and the J2A program. I am eager to hear and learn all the new ideas. We are also looking ahead to get our next group of Rite 13 children prepared to move up. We will brain storm some ideas at our meeting.

We will have our February breakfast on February 10th, the first Sunday of Lent. What a great way to start off this season. Please come and join us as we eat and converse together over breakfast. Breakfast is from 9:00–9:30 prior to Sunday school classes. I hope to see you there!

Children's Chapel is going very well. Kara has done a wonderful job of preparing the lessons for the leader each Sunday. The children really enjoy having special jobs to do like being the Crucifer, acolyte, usher, song leader and reader. They have come to learn the Lord's Prayer as well as the ways of the big church. It is truly a blessing to see our little people be so proud of their job and to do it with such eagerness and thankfulness. The offering that is collected in Children's Chapel is given to the Mustard Seed Project. If you would like to be a leader or helper one Sunday please let Kara Sensenig know. It has been suggested that one of our youth be a helper...I think the children would love that and the youth would too!

God's Peace,
—*Sherri*

Chapel Corner:

In the month of January, we learned about the Feast of Epiphany, the Magi Visit, and baptism. We even had several members of our own church who were baptized on January 19th. Congratulations to Aaron Plattus, Quincy Plattus, Finn Plattus, and Susannah Allen.

We each made a Wise Man's gold crown on the third Sunday of the month, which is our fun craft day after the children's sermon in the "big church." In February we will be getting ready for Ash Wednesday, Lent, and Easter. It is hard to believe that time of year is right around the corner! If you are pre-

Christian Formation (cont.)

school –5th grade, please come join us in Children's Chapel. We have fun while learning all about church! If you are interested in helping out, contact Kara Sensenig, Sherri Blanks, or Chandra Schmehl. We are always in need of volunteers!

Youth Group

Lock those doors and let the fun begin! At the youth lock-in on Friday Jan. 11, seven youth and four adults enjoyed a late night—or early morning of making home made pizzas to ice skating, to compline, to late night games and movies. A hot cup of coffee and hot breakfast was welcome. Youth are making final plans for Youth @ Council on Jan. 25–28. To date we have twelve youth and 4 adults attending from St. Johns. The youth ministries team has been working hard for several months to make this an awesome weekend which includes an outreach project and a visit from the Presiding Bishop. There are three of St. John's youth on this team, Marsh Baker, Jacob Church, and Kim Nowlin

Our annual ski trip to Wintergreen will be Thursday, Jan. 31st. We will be meeting at St. Johns at 3:30. We will be stopping at CiCi's Pizza, at Candler's Station in Lynchburg for dinner. A reminder Sunday, February 10th, is Appreciation Sunday where youth thank you for all the support you give to them! They will be serving you and doing the clean up

Jim & Brenda Church, Leaders

work at the Lenten Pot Luck. You are an Awesome Church Family St. Johns!!
Peace,
—Brenda & Jim

P3Y

I was not sure what P3Y was until I was halfway to the 4-day workshop in Maryland back in mid-December. A good friend of mine, Marsh Baker was heading that way as a youth representative from the DIOSWVA and his youth coordinator put out a hot e-mail that she was taking three boys from the diocese and had no men escorts. I waited over the weekend to answer in hopes that someone else on that e-mail would call and say they would help out. Yeah, I know that sounds like a jerk but it was three weeks before Christmas and I was way behind, so I waited. On Monday I waited all day till I was sure someone else had answered and I was in the clear. I called—dang, the hole was still empty and no way I'm gonna say no to our New Leader Ms. Amy and specially with Marsh going.

Youth Group (cont.)



So I went and that's when I found out P3Y means "Province Three Youth." Then for the four plus hour trip out to the far edge of Maryland I learned a lot about the group and some of the things they try to do. These kids try to get together twice a year, with the youth coordinators from their Diocese and touch brains, compare Worship and ideas to make our Church a better place. There were folks from DC, Maryland, Delaware, West Virginia,

Pennsylvania and Virginia. What a cool thing. The big city kids mixing with the small town country kids was beautiful. While the coordinators worked and planned the youth talked and discussed, played and danced and skated and laughed.

Out of this plans were made for the EYE Episcopal Youth Event this summer in Texas. That's when kids and coordinators from all over the country get together for a week of fun, worship and prayer.

It was a long hard trip, Marsh had a ball, so did I. Meeting fellow Episcopalians from new places is a joy that I never get tired of. So, if Amy calls next year and needs someone to go, I will quickly answer yes—on Friday.

—*Jim*

Parish Concerns

Time to update college addresses and to sign up to bring cookies, snacks, treats for our annual Valentine boxes to college students. Mary Lou Toms has scheduled the packing on Monday, February 11th, in the kitchen at 9:30 am.

Please consider baking, buying, or donating towards purchases as well as postage.

Betty Hueber, Chairperson

Each box costs between \$5.00-6.00. We could use your help. Call Mary Lou with questions.

Don't forget to update email addresses or any changes in address or phone number to Barbara Martin.

Fellowship

Blu Ayers, Chairperson

February is going to be a very full month for the Fellowship Committee and there is need for lots of extra helpers. Here goes:

Shrove Tuesday Pancake Supper is very early this year as you can see—Plan to attend this annual favorite on Tuesday, February 5, 2008.

This year we will need helpers to cook the apples and the sausage as well as mixing the pancake batter getting started by 3:00 pm Tuesday afternoon.

Please sign up in the Parish Hall to 1) help work our fundraiser and 2) to attend. Keep in mind, it's a wonderful supper for neighbors and friends to get to know us.

This year Father Tom has planned a new and different format for the Lenten programs. Three Sundays in Lent, following the 10:30 service, we will have a potluck of soup, salads, and sandwiches. The Lenten programs will follow our lunch

- Sunday, February 10th with Val Walker's Team & help from the Youth
- Sunday, February 24th with the Guerin team
- Sunday, March 9th with Judy Whitehead's team

The three coffee teams will prepare the beverages, put out the paper goods, and set out the food for the potluck. Lots of extra hands will be appreciated to make light work for all.

The Fellowship Committee wishes to thank Carol Cross for personally washing and ironing nine of the white tablecloths used for the Transition committee potluck for the Rev. Wilson Brown prior to a Vestry meeting. (We are missing several tablecloths. If you borrowed one or more, please bring them back to the kitchen.)

We were pleased to honor Sue Montgomery for her decade long tenure as Treasurer, at coffee hour on January 13th. We served a carrot cake (Sue's favorite) made by Diane Wilson, of the Inn on Avenel.

Note to Coffee Team Captains: Please check with members of your team to review their willingness to serve another year. Let Rebecca Mays know as soon as possible. By March, we need new schedules and new teams in place.

Thank you for all your help on Sunday mornings.

Shrove Tuesday Pancake Supper



**Tuesday, February 5, 2008
5:00 pm – 7:00 pm**



\$5.00/adults \$2.00/children
(free for children under 5)

All you can eat pancakes!

St. John's Episcopal Church

SUNDAY	MONDAY	TUESDAY																																																																																											
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<p>Epiphany Last 3</p> <p>8:00 am <i>Holy Eucharist Rite I</i> 9:30 am Choir Practice/Christian Formation Classes 10:30 am <i>Holy Eucharist Rite I</i>, Children's Chapel 11:30 am Morning Social Hour 12:00 pm EYA</p> <p style="text-align: right;"><i>BD: Anna Burks</i> <i>BD: Robert Rucker, Jr.</i> <i>BD: Kaky West</i></p>	<p style="text-align: right;">4</p> <p>7:00 pm HE/Healing Service 7:15 pm Cancer Support</p>	<p>Shrove Tuesday 5</p> <div style="text-align: center;">  </div> <p>5:00–7:00 pm Shrove Tuesday Pancake Supper</p>																																																																																											
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<p>Lent Two 17</p> <p>8:00 am <i>Holy Eucharist Rite I</i> 9:30 am Choir Practice/Christian Formation Classes 10:30 am <i>Holy Eucharist Rite II</i>, Children's Chapel 11:30 am Morning Social Hour 12:00 pm EYA ; 3:00 pm: Gold Wing RR Assoc. Mtg Youth Sunday—Bring your canned goods!</p>	<p style="text-align: right;">18</p> <p>3:00 pm Alzheimer's Caregiver Support Group—Bedford Adult Day Care Ctr</p> <p style="text-align: right;"><i>BD: Ruby Laughon</i> <i>BD: Rebecca Mays</i> <i>BD: David Moldenhauer</i></p>	<p style="text-align: right;">19</p> <p>4:30 pm Weight Watchers 7:15 pm Cub Scouts</p>																																																																																											
<p>Lent Three 24</p> <p>8:00 am <i>Holy Eucharist Rite I</i> 9:30 am Choir Practice/Christian Formation Classes 10:30 am <i>Holy Eucharist Rite II</i>, Children's Chapel 11:30 am Lenten Potluck & Program</p>	<p style="text-align: right;">25</p> <p style="text-align: right;"><i>BD: Glen Ayers</i> <i>BD: Alan Pipkin</i></p>	<p style="text-align: right;">26</p> <p>4:30 pm Weight Watchers 7:15 pm Cub Scouts</p>																																																																																											

February 2008

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 9:00 am Daughters of the King Quiet Day <i>BD: Kay Waff</i>
		<i>BD: Travis Beverley</i>	
<i>Ash Wednesday</i> 6 12:15 pm <i>HE/Healing Service/ Imposition of Ashes</i> 7:00 pm <i>Holy Eucharist Imposition of Ashes</i> Parish Nurse 9-2 ⊕	Parish Nurse 9-2 ⊕ 7 9:00 am Weight Watchers 9:00 am DOK Study <i>BD: Chris Crock</i>	8	9 10:00-12:00 Odyssey of the Mind <i>BD: Maria Bass BD: Louise Pipkin Anv: Rick & Gail Guerin</i>
12:15 pm 13 <i>Holy Eucharist</i> Parish Nurse 9-2 ⊕ <i>BD: Margaret Paige Howard</i>	Parish Nurse 9-2 ⊕ 14 9:00 am Weight Watchers 9:00 am DOK Study 2:30 pm Parkinson's Support Group-BMH Conference Room <i>BD: Jim Henry</i>	15	16 10:00-12:00 Odyssey of the Mind <i>BD: Claire Chastain BD: Robert Holloway BD: John Howard Waff BD: Sarah West</i>
12:15 pm 20 <i>HE/Healing Service</i> Parish Nurse 9-2 ⊕ 5:00 pm Health Cabinet Mtg 6:00 pm Vestry Meeting <i>BD: Joshua Sensenig</i>	Parish Nurse 9-2 ⊕ 21 9:00 am Weight Watchers 9:00 am DOK Study <i>BD: Michael Forster</i>	22	23 10:00-12:00 Odyssey of the Mind <i>BD: Roger Henderson BD: Peter Thomas</i>
12:15 pm 27 <i>Holy Eucharist</i> Parish Nurse 9-2 ⊕ <i>BD: Fred Sites</i>	Parish Nurse 9-2 ⊕ 28 9:00 am Weight Watchers 9:00 am DOK Study 1:00 pm Caregivers Support Group	29	

Outreach

"Christmas In Action" is the new name for what was formerly "Christmas in April." This year's service project, Saturday, April 26, 2008 needs a chairman or co-chairman from St. John's to coordinate the dinner served to all the workers. The dinner is delivered to St. John's and volunteers will serve it to all the workers in the Parish Hall. Please be in touch with Judy Whitehead with your willingness to coordinate the "Christmas In Action" dinner.

St. John's Bedford is Buzzing!!

Since September when we became a "Fair Trade Coffee Congregation" the people of St. John's Bedford have made a difference in the lives of Rwandans. The fair trade coffee is sold on "Coffee Sundays" by Nancy Strachan, coffee ambassador for Rwandan Coffee marketers at Land of a Thousand Hills Coffee. Many people who have had the opportunity to drink the freshly roasted premium high grown Arabica coffee share how great it tastes and order more. Most coffee Sundays are sellouts. The sales at St. John's take place during the fellowship/coffee gathering after the 10:30 Sunday Service but special orders via phone are welcome as well. Since September 2007 members of St. John's have spent over \$1,150 on 122 bags of Fair Trade Coffee (figure does not include .50 shipping per 12 oz. bag). Those figures are based on 12 oz bags at \$10 each. Beginning with the Jan. 27 sales 3 lb. bags of coffee will also be available at a price of \$25.50 (plus \$1.50 shipping). Frequent coffee drinkers can take delight in drinking lots of cups and doing

Judy Whitehead, Chairperson

lots of good at a more affordable price. About \$2 of each \$10 bag you purchase goes directly to the small farmer coffee growers and an additional \$1 goes to fund micro-finance loans for women who survived the genocide. (Nancy met with some of the women who benefited from the loans during her trip to Rwanda in July 2007.) Many others besides the growers are involved in the process of getting the coffee from the hills of Rwanda to your home in Bedford. Colorful brochures telling the more complete Rwandan fair trade coffee story are available from Nancy when you purchase coffee or you can visit their web-site at: www.landofathousandhillscoffee.com As Rev. Matthew Mayes, a coffee ambassador in Colorado shares, "Not only is this coffee excellent, but it encourages reconciliation, supports healing, provides a living wage, and opportunities for widows to support themselves. When you think about it, every time you drink coffee, you have a choice. You can support oppressive coffee businesses or engage with God in mission through coffee." So next time you reach for a cup, make it Rwandan Land of a Thousand Hills Coffee. Drink Good Coffee-Do Good Works. Whole bean or ground coffee is available in Dark, Blended, and Medium varieties. There is a shortage of Rwandan decaf so Fair Trade Peruvian decaf at the same price is going to be made available through Land of a Thousand Hills soon. Thank you for your support, St. John's Bedford! God Bless You. Call Nancy to order yours now.

Daughters of the King

Helen Ann Spessard, secretary

The study for the DOK has begun and we are meeting for these study sessions at Dr. Louise Robertson's house at 9:00 am each Thursday, weather permitting! We have three Postulants in this study group and our members are sharing the leadership for the lesson chapters.

Our Chapter was asked to set up and man the Prayer Chapel at the Diocesan Council this year. It is our privilege to serve our Diocese in this manner. Many of our Daughters plan to be in attendance for Saturday At Council, if not the whole weekend.

Plans are in place for our Annual Quiet Day to be held Saturday, February 2, 2008.

As previously announced, Rev. James Hubbard will lead the study and Meditations based on the book: *Prayer Book for Spiritual Friends*.

If you receive this newsletter before the end of January and wish to join us for this Quiet Day, please come to the Parish Hall at St. John's at 9:00 am on February 2nd. A number of women from other churches, throughout Bedford, have signed up to join us. We are pleased to provide an opportunity for Spiritual Outreach to this community.

Prayers

Our Clergy and their Families: Pray for our Bishops Katharine and Neff, and for Richard and Dorothy; Tom, our Rector, and Shirley; Carol and Kay, our Deacons, and Michael and John; the Parish Nurse Ministry, EFM, for the Transition Committee, and for the Mother Teresa Orphanage, and the Mustard Seed Project.

Daughters of the King: Pray for all those on their prayer list.

For all those who are sick Pray for Mimi, Marilyn, Billy, Laura, Mae, Arleen, Jim, Ceci, Greg, Granny, Betty, Barbara, Ramon, Johnny, Beverly, Rio, Dolores, Eileen, that they may have improved health.

For all those who are shut-in, especially Cloe, Marion, Harriett, Jack, Lucille, Marie, Jane, Polly, Delphine, Gloria, Nenie, Hazel and Jack, that they may know God's comforting spirit.

Pray for all members of the Armed Forces, especially the members of Company "A" and "C" and Madeline Crock, Roy Wheat, Theodore Jackson, John Stewart, Jody Martin, Daniel Annicelli, Alec Karnes, Mike Closs, Tom Syre, Dirk Padgett, Cary Payne, Chip Sherman, Matthew Woodford, Ben Melton, Scott Wines, Nathaniel Joslyn, Chris Craig, Robert Kneeland, Chris Woodward, and Matt Morse.

The Parish Nurse

Pam Willoughby, R.N.

Food Recall-Possible Botulism

The New Era Canning Co of New Era, MI is recalling 171 cases of Fancy Blue Lake Cut Green Beans, lot code 19H7FL, due to possible *Clostridium botulinum* contamination. Sold in 11 states, including VA. coca@CDC.Gov 12-22-2007

Six steps to ease painful, achy knees

The achy, balky knee: Everyone seems to have one at some time or another. To make sure you know what to do if your knees act up, here are six tips on how to prevent knee problems or treat them while they're mild.

Stay active. The knee was made to bear weight, but wasn't designed to go it alone. Strong, flexible leg muscles take a great deal of pressure off this joint. That means exercise is key to healthy knees. And there's a bonus - exercising your knee causes synovial tissue in the joint to produce synovial fluid, which lubricates the knee and nourishes cartilage.

Easy does it. Take it slowly when starting an exercise program. Too many people try to reform overnight, only to injure themselves or get discouraged when the exercise seems too difficult or boring. They stop and are right back where they started - sitting around getting creaky.

Simple is the solution. You don't need to buy expensive treadmills or contraptions. To get started, all most people need is a good pair of walking shoes, a level surface (the mall, a high school track, a well-maintained sidewalk), and some willpower.

Walk in water. Especially if you have osteoarthritis, walking in water is a great way to exercise your knee without putting too much weight on it. Chest-high water reduces the weight on your knee by about 75%. Biking also exercises knees without putting weight on them.

Price is right. The traditional recipe for treating a knee that swells up and gets sore is RICE: rest, ice, compression (wrapping it in an elastic bandage, but not too tightly), and elevation (which drains away fluid and blood). Physical therapists have added protection as a first step, so RICE becomes PRICE. Physical therapists can help you identify activities that contribute to the problem and show you ways to avoid injuries in the future.

Do the homework. If you try physical therapy, you'll probably be put on an exercise program - and get coaching to help you stick with it. Physical therapy works best if the patient follows through by learning the exercises and doing them at home.

*For more information on knee pain, order our Special Health Report, *Knees and Hips: A troubleshooting guide to knee and hip pain*, at www.health.harvard.edu/KH.*

NURSE'S HOURS:

Wednesdays & Thursdays 9 am–2 pm

Pam's cell phone: 875-8655

In the Spotlight

February

Happy Birthday Wishes

- February 01 Travis Beverley
02 Kay Waff
03 Anna E. Burks
Robert Rucker, Jr.
Kaky West
07 Chris Crock
08 Taranee Tabaian
09 Maria A. Bass
Louise Pipkin
10 Linwood Willoughby
11 John Wyatt Sites
13 Margaret Paige Howard
14 Jim Henry
15 Jim Propst
Deborah Whitehead
16 Claire Elise Chastain
Robert Holloway
John Howard Waff
Sarah West
18 Ruby Laughon
Rebecca Mays
David Ryan Moldenhauer
20 Joshua Sensenig
21 Michael Forster
22 Roger Henderson
Peter Thomas
25 Glenn Ayers
Alan Pipkin
27 Fred Sites

Happy Anniversary!

Rick & Gail Guerin (2/9)

*We are trying hard to get all the birthdays and anniversaries right but we are human. Please forgive us if we miss you or your loved ones or get something wrong and please let us know if we do or we'll do it wrong again next year.
Thanks*

Around St. John's

Michael Cross & Rebecca Mays

A full report of the memorable 89th Council of the the Diocese of Southwester Virginia will appear in the next Newsletter, though the presence of the Presiding Bishop, **the Most Reverend Katharine Jefferts Schori**, inspired much greater press coverage than usual, so you may already know all about it. For us there was a particular moment of pride when our own Bishop, **the Right Reverend Neff Powell**, spoke eloquently in admiration of the work of **Tom & Shirley Mustard**, and presented them with gifts to mark their forthcoming retirement. It was not at all clear whether the thunderous applause and the standing ovation was in response to the Bishop's remarks or to Tom's brilliant response, but it was heart-warming for those of us from St. John's.

Our Parish was well-represented at Council. In addition to our three clergy our three lay delegates were Louise Robertson, Rob Jarvis and Michael Cross. The Daughters of the King were involved in the Prayer Chapel. Judy Whitehead and Shirley Mustard manned the registration desk. Michael Cross served on the Resolutions Committee and a record number of Youth took part in Youth at Council.

You are invited to a reception on Friday, February 8, 2008, at the Bedford Academy for the Arts from 6-8pm. The photographic exhibit by Beth Phalen entitled "*Women in Agriculture*" includes photos of **Nancy Johnson**. While you're there, enjoy an art exhibit by Bedford Middle School students.

Kim Nowlin and the indoor track team did well on Saturday, January 12th, at the Fork Union invitational. Kim runs the 4 x 800 relay and they are first in the district.

Speaking of the Nowlins, it is nice to be greeted by **Theresa Nowlin** at the Lynchburg Cracker Barrel on her off hours from studying at CVCC.

And while on the topic of CVCC, we hear that **Kelly McGuirk** has transferred from Virginia Western to CVCC. This cuts down on her commuting time to class.

Tyler Watkins has qualified for the All-District Band in which he'll play trumpet on February 1st, in Martinsville. Way to go, Tyler!

Chris Crock, in 7th grade at BMS, has been included in the "Who's Who of American Science Students." We are proud of you!

Good wishes to **Keith Ayers** on the Staunton River Middle School wrestling team.

Tom & Shirley Mustard received special news at Christmas that daughter, Molly, and husband, Mike McCauliffe, expect their first child in July, 2008. (Maybe retirement won't be quite as relaxing as they might have planned?) Molly and Mike live near Atlanta, and their child will have the distinction of being the 4th generation Atlantan born into his family. Our congratulations and best wishes to all!

Mary Ann Eubank's mother, Harriet Whitehead, died at age 100 on Saturday,

Around St. John's (cont.)

January 26, 2008. A memorial service will be conducted by Tom Mustard at Westminster Canterbury where Mrs. Whitehead lived. We extend our sincere sympathy to the Eubank family.

Tom Sendall, our devoted sexton, took time to share his music box collection at the Wednesday morning Rotary Club breakfast.

Those attending the 10:30 pm Christmas Eve service were pleased and thrilled by the clarinet solo performed by **Julia Mays**. She played the 2nd Movement "Adagio" from Mozart's *Concerto for Clarinet, K.622* and was accompanied by **Mary Ann Eubank** on the piano. **Bill & Rebecca Mays** are grateful to Julia for sharing her special talent.

Someday, when you're talking to **Frank West**, ask him about his second helping of prime rib at Hotel Roanoke!!

In our attempts to create a less toxic atmosphere in which Barbara can work, her office has been moved to the small parlor attached to the ladies' rest room. This move had to be done quickly and it involved a great deal of heavy (very heavy) furniture moving. We are enormously indebted to **Bill Jackson**, **Gene Mulholland**, **Rob Jarvis**, **Gordon Eubank**, and **Mike Rieley** for their Herculean efforts. It is no wonder that they were moving more gingerly than usual in church the next morning!



The Rev. F. Wilson Brown & family

And now, a bit about our new Rector's family... Over the years, **Kara Brown** has been an elementary school teacher and adjunct education professor. Presently, it is her great joy (most of the time) to be an at-home Mom to their three children. She plays the French Horn and likes to sing and read.

Kate Brown is thirteen (that says a lot) and in the 8th grade. She plays the French Horn and piano. She, also, loves to read and knit. She especially likes to boss her two little brothers around. She can't wait to live somewhere that has seasons, again!

Daniel Brown is ten and in the 5th grade. He plays the Baritone and grudgingly plays the piano (for now). He likes to read and write action/adventure stories. He is into basketball and long-distance running. He is hoping for a particularly snowy winter next year in Bedford!

Nicholas Brown is five and will start Kindergarten next year. He loves every-

Around St. John's (cont.)

thing (mostly). He is generally mister enthusiasm and will talk your ear off. He doesn't remember cold weather (although, it snowed every day for his first month of life) and will think it is weird that there are no alligators in the creek/pond/swamp.

And, of course, we know a lot about **Wilson** already...his love of God, family, fun, flying, and being a handy man around the house.

Plan your Valentine's Day shopping at Hardwick's, the wonderful Lynchburg gift store owned by **Jean (Hardwick) Owen** & husband **Rip Owen**. Located in "The Galleria," 915 Main Street, Lynchburg, the shop is open M-F from 10-5, and on Saturdays from 10-3.



Aaron Cedric Plattus, Quincy Jane Plattus, and Elijah Finn Plattus (pictured above with their mother **Wendy**) were baptized along with **Susannah Allen**, daughter of **Kate & Hunter Allen** on Saturday, January 19th. Father Tom per-



formed the special ceremony, which was attended by the families and friends of the **Plattus' and Allens**.

Carol & Michael Cross, as always, split their family Christmas celebration into two parts. Christmas Day was spent eating and drinking and opening presents with Carol's younger sister and her family, then the whole thing was repeated on Boxing Day, in Abingdon, with her middle sister and her family. The numbers were greater than usual, however, since their exchange student from Thailand was with them and their house boy from India, with his wife and two young children. If you want to add spice to your Christmas celebrations just add four Tamils and a Thai! They were as amazed as most Americans would be by the ceremony of the Christmas Crackers, which accompanied the Christmas Pudding and Brandy Butter.

Election to the position of Junior Warden is a sentence to hard labour! At the moment, **Bill Jackson** is working on the following projects:

1. He is removing plaster from Barbara's office walls, eradicating mold from the walls and the carpet, re-painting, replacing carpet and praying that that will

Around St. John's (cont.)

- work. If it doesn't, he will be involved in the complete relocation of her office.
2. He is supervising the installation of the six ceiling fans that are being installed above the nave and the choir. (I just pray that this will not involve him having to ascend the scaffolding!)
 3. He is planning the long-overdue update to our sound system. (Thanks to a generous donation from the parishioner who paid for the installation of the original system.)
 4. He is working with engineers from an elevator company to identify the best location for the installation of an elevator to connect the two floors of the church.

Please give your contributions to "Around St. John's" to Rebecca Mays or Michael Cross or email them to Chandra at stjohnsnewsletter@verizon.net.

The deadline for March newsletter is Friday, February 15th.