

The Rainbow



February 2024

A Letter from Fr. Paul

Welcome to the month of February, the shortest of our months but longer this year due to 2024 being a leap year when the calendar catches up with the earth's orbit. February being a short month doesn't mean it isn't busy. We have a full schedule at Christ Church. It's also the beginning of the Christian season of Lent. Lent begins on Ash Wednesday when all Christians are invited "to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word" (BCP, p. 265). I would also like to encourage us to look to ways we can better ourselves, our church, and our community.



At Christ Church, it is part of what we do, to provide opportunities, resources, and support for our members to experience a positive observance. There will be two services on Ash Wednesday, February 14, at noon and 5:30 pm. The noon service will contain the liturgy and the imposition of ashes. The 5:30 evening service will have the liturgy, the imposition of ashes, and Communion. Please make plans to begin your observance at one of these services.

The organization Episcopal Relief and Development is offering daily meditations during Lent. You can sign up at their website episcopalrelief.org. Look for the "Lenten 2024 Meditations" tab and then click on "learn more". You can then set up how you want to receive the daily meditations. For those of you feeling like you need a quiet, special space for prayer, reflection, and meditation, St. Margaret's Chapel at Christ Church will be open through Lent during church office hours, which are Tuesdays through Thursdays, 9 am – 3 pm. Prayer books and suggested prayers will be available in the chapel. We will be holding Evening Prayer services, Wednesdays in Lent, in the church from 5:30-6 pm. These services will use the Book of Common Prayer, Rite I. So, if you find you need a mid-week, spiritual boost, please join us. Sunday School for our children will be offered every other Sunday all through Lent with seasonal lessons planned. Please see the calendar for those dates. Also, there are several copies of the "Day by Day, Daily Devotional" booklets in the church narthex for anyone's use. As always, if there is anything else you need – a phone call, a prayer, a question answered, or just a calm presence – come see me during hours or set up a time to meet in my office or out for a cup of coffee. This is what we do for each other.

As we observe inward ways that we can better ourselves, I also encourage you to look for outward ways to serve during Lent. There are many ministry opportunities. Check the calendar for dates and times when we serve meals at Union Mission and when we distribute groceries and other needed items at our Food Pantry. Prayerfully consider helping our community this season.

I pray that we all have a positive and meaningful Lenten experience and that our minds, bodies, and spirits are nurtured through the love, mercy, and grace of our Lord.

Blessings and Peace,
Paul+

STAYING HEALTHY

by *Betty Nash, RN*

Tis the season for colds and flu!! Please get your flu vaccine (it is not too late!).

1. Why do I need a vaccine?

The influenza virus is **HIGHLY** contagious! Many people may only feel sick for a few days, but others may become very ill. If untreated, the flu can progress to bacterial pneumonia as well as kidney failure or myocarditis (inflammatory disease of the heart). Those persons over 65 need to take the “Senior Flu Shot.” This vaccine contains four times as much flu virus antigen, which stimulates a boosted immune response. This reduces the risk of being hospitalized.

2. How does the flu virus spread?

The flu virus spreads by tiny droplets made when people with the flu cough, sneeze, or talk. People can spread the flu virus from 1 day **BEFORE** they have any symptoms and remain contagious for at least 7 days. The virus can be spread until symptoms disappear.

3. How can I stay healthy?

- Wash your hands for at least 20 seconds with soap and water before eating or after being in public places. If using hand sanitizer, always allow it to air dry; do not wipe it off
- Get 8 hours of sleep every night (or take a nap if you did not sleep well)
- Eat 5 servings of fruit and vegetables every day
- Walk 30 minutes 5 times a week
- Drink plenty of water (6-8 glasses every day)

The infographic features a yellow background with green virus icons. At the top, the title 'IS IT A COLD OR FLU?' is written in large, bold, white letters with a blue circle around the word 'OR'. Below the title is a table comparing the signs and symptoms of colds and flu. At the bottom, there is a red button with the text '#FIGHT FLU' and the CDC logo.

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

MONTHLY MINISTRY REPORT

JANUARY 2024

FOOD PANTRY

THURSDAY, JANUARY 18

Number of bags distributed: 55

50 gift cards to Grants Supermarket were handed out

Volunteers: Grocery Shoppers: Betty Nash, Charlie Blevins

Food baggers: Tripper and Stacy Thomas, Linda Gillespie, Mimi Merritt, Delia Kersey, Art Mead, Betty Nash, Charlie Blevins

Food Pantry Workers: Betty Nash, Patricia Taylor

UNION MISSION

WEDNESDAY, JANUARY 10

A total of 87 meals were prepared and served. Christ Episcopal volunteers prepared and packaged 40 on Wednesday, January 10 and an additional 47 were prepared with surplus food on Thursday, January 11. The menu was Stouffer's Lasagna, roll, salad, brownie, and soft drink.

Volunteers: Sheila Brooks, Art Mead, Shirley Ofsa, Patty Richardson of Christ Episcopal Church; James Fisher, a former member of St. Mary's Church, Bluefield, VA; and Betty Watson of Bluefield, VA.

WEDNESDAY, JANUARY 24

A total of 130 meals were prepared, packaged, and served. The menu was BBQ on a bun, baked beans, coleslaw, a brownie, and soft drink. (The last dozen meals were substituted sub sandwiches.)

Volunteers: Sheila Brooks, Elizabeth Clement, Shirley Ofsa, and Patty Richardson of Christ Episcopal Church, Bluefield, WV; Charlie Helmendollar, Senior Warden, Christ Episcopal Church, Pocahontas, VA, and his wife Fredia; James Fisher, a former member of St. Mary's Episcopal Church of Bluefield, VA; and Betty Watson of Bluefield, VA, and her grandson, Tyler Watson.



Minutes-CEC Vestry Meeting
January 24, 2024

A regularly scheduled meeting of the Vestry was held in Rowley Hall, beginning at 7:00 p.m.

Present

Mary Catherine Williams Susanne Pulse Peter Richardson Betty Nash Vic Bowman Don Kersey
Mimi Merritt

Absent Becky Beckett Peter Taylor

Also present was Father Paul Barker

Father Paul called the meeting to order and declared a quorum.

Father Paul gave the devotional.

Mary Catherine Williams made the motion to approve the minutes of the December meeting and Betty Nash seconded the motion, and the minutes were unanimously approved as corrected.

The Vestry members reviewed the financial documents. Donald Kersey gave the Treasurer's report and discussed the 2024 proposed budget. At the end of 2023, a gift was made to the Memorial Fund. Mary Catherine Williams will review how the Memorial Fund was set up and what it specifically used for. The Vestry discussed the 2024 pledges. Nine less pledges were made in 2024 than were made in 2023. Mary Catherine Williams made the motion to approve the Treasurer's Report and Betty Nash seconded the motion, and the Treasurer's Report was unanimously approved. Mary Catherine Williams made the motion to approve the 2024 proposed budget and Vic Bowman seconded the motion and the 2024 proposed budget was unanimously approved.

Father Paul Barker gave the senior warden's report. Becky Beckett had asked him to extend her gratitude to the outgoing Vestry members.

Peter Richardson gave the junior warden's report. Dunford Roofing gave a proposal last year to replace the Third Floor Roof for \$26,600.00. The Tierney Foundation and the 1912 Foundation gave \$16,000.00 and \$10,000, respectively, for that project. Don Kersey made the motion for Peter Richardson to obtain a revised proposal from Dunford Roofing to replace the Third Floor Roof, and to authorize him to accept that proposal if it is less than the total of those gifts. Vic Bowman seconded the motion and it was unanimously approved.

The Columbarium Account has a balance of approximately \$27,000.00. It costs approximately \$250.00 to open and close the niches at this time. The cost will likely increase over time. At this time, we have 31 sold but unused niches. The amount of money needed to open and close all niches is \$7,750.00 at the current rate.

On March 13, 2001, the Vestry approved construction of the Columbarium. The Trustees agreed that the Building Endowment Fund would loan \$20,000.00 to the Church for that project. In

exchange, the Vestry agreed to deliver to the Fund all the net annual operating income of the Columbarium to be applied first to the repayment of the loan, and then as a capital contribution to the Fund. That loan has been repaid.

The cost to replace the doors to the Columbarium is \$8,800.00 for materials plus approximately \$2,500.00 for labor. Mimi Merritt made a motion that the Senior Warden ask the Trustees to agree to allow the Church to use up to \$15,000.00 of the funds in the Columbarium Account for that project with the remaining funds in the account and the future net operating income of the Columbarium be held pursuant to the terms of the 2001 agreement. Don Kersey seconded the motion and it was unanimously approved.

Mary Catherine Williams did not have a parish life report.

Susanne Pulse gave the communications report. The Rainbow and the weekly e-mail are still being produced.

Betty Nash gave the outreach/evangelism report. Food Pantry was Thursday, January 18, 2024. 70 bags were distributed. There will be work groups coming to the Wade Center this summer to assist with projects in this area.

Father Paul gave the Rector's report. We will set new goals for 2024. A subcommittee was formed to review the burial policy. The Church will host two (2) sets of musicians for Lent -- Tim and Maggie Mainland Jeff and Aldreda Brannon.

There will be two (2) Ash Wednesday services – Noon and 5:30 p.m. There will be Wednesday night services during Lent—Evening Prayer, Rite 1, at 5:30 p.m. A joint Palm Sunday Service with other area churches has been discussed.

Father Paul has been appointed to the Regional Disciplinary Board (Title 4). Training will take place in Maryland on February 9 and 10.

The celebration to honor Father Russ and Debbie Hatfield will take place on May 19 after the service.

Father Paul's annual review as director of HEP is scheduled for February 12, 2024 with the Bishop.

New Business: New Vestry nominees are Bill Denney, Art Mead and Ted Lewis. Delegate to the 2024 Diocesan Convention is Susanne Pulse.

Old Business:

None Father Paul closed the meeting with a prayer.



BIRTHDAYS

February 3	Missy Thomas	February 19	Denise Melvin	February 25	Kay Sudduth
February 5	Kathy Walk	February 19	Jim Pulse		
February 10	Peggy Walk	February 22	Kathy Huffstetler		
February 13	Jim Justice	February 22	Margaret Anne Marra		



Please Keep the Following in Your Prayers: Dorene Dimes, Bonnie Taylor, Joe Sanders, Bob and Peggy Walk, Martha Linkous, Buck Sowers, Donna Fortune, Ed and Gladys Fortune, Ivy and the Gaines Family, Jim and Chris Justice, Fr. Russ and Debbie Hatfield, Mary Lou, Don Harris, Ted and Katherine Lewis, Jim Dyer, Kathy Elick, John and Becky Beckett, Lane, Sherry, Scot, Max, Brad, Sandi, Joan, Mike Boosier, Pam Spracher, Barry Dinger, Joel Hammand, Martin and Ethan, Jim, Joan, Gray, Rosemary, Eddie Hughes, Doug Truter, Jenessa, Ameiah, Beth Kane, Debbie H., Tim M. and Irene, Melissa Cowden's mot



CABBAGE CASSEROLE

1½ lb. of ground chuck
1 medium head of cabbage
1 medium onion – chopped
1 can of tomatoes
1 can tomato sauce
1 cup of uncooked rice

Cook the meat with the onions and drain. Add tomatoes, tomato sauce and rice.

Chop the cabbage and add to a bowl. Add the hot mixture and mix. Pour mixture into a 9 x 13 pan and bake at 350° for an hour covered. Remove cover and bake 10 minutes longer.

February 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 The Presentation of Our Lord Jesus Christ in the Temple	3
4 The Fifth Sunday after the Epiphany 10:00 Holy Eucharist	5	6	7	8	9	10
11 Super Bowl The Last Sunday after the Epiphany 10:00 Holy Eucharist	12	13 5:30 Shrove Tuesday Pancake Supper	14 Ash Wednesday Noon Liturgy with Imposition of ashes 4:00 Union Mission 5:30 Liturgy, Imposition of ashes and communion	15 9:00 Food Pantry	16	17
18 The First Sunday of Lent 10:00 Holy Eucharist	19	20 10:30 DOK	21 5:30 Evening Prayer 6:00 Men's Dinner 7:00 Vestry	22	23	24 Saint Matthias The Apostle
25 The Second Sunday of Lent 10:00 Holy Eucharist	26	27	28 3:30 Union Mission 5:30 Evening Prayer	29	ALTAR GUILD: Elizabeth Clement, Lisa Van Dyke and Linda Ammar	

The following people have graciously donated flowers for the month of February:

February 4, 2023	Jim and Chris Justice
February 11, 2023	Betty Nash and Charlie Blevins
February 18, 2023	Lent
February 25, 2023	Lent

Lector and Acolyte Schedule for February:

Lector	Acolyte
Don Williams	Rob Merritt
Ted Lewis	Teresa Paine
Cameron Clement	Bill Denney
David Hardin	Mike Lilly

CHRIST EPISCOPAL CHURCH
200 DUHRING STREET
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To our friends and family:



FEBRUARY 2024

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