

The Rainbow



August 2021

Reflections by Father Chad

*God, grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.*

Almost everyone knows this little prayer. It's commonly called "The Serenity Prayer." It's found on bumper stickers, posters, coffee mugs, and more. I can remember first reading it from a magnet on my mom's refrigerator.

The prayer has been attributed to Thomas Aquinas, Cicero, Augustine, Marcus Aurelius, Francis of Assisi, Thomas More, Benjamin Franklin, Abraham Lincoln, and many other great men of history. This famous one sentence prayer was actually authored by the American theologian Reinhold Niebuhr in the 1930's.

The prayer became more widely known after being brought to the attention of Alcoholics Anonymous in 1941 by an early member. The co-founder, William Griffith Wilson, and the staff liked the prayer and had it printed out in modified form and handed around. It has been part of Alcoholics Anonymous ever since, and has also been used in other twelve-step programs.

The original version of the prayer opened with, "O God, give us the serenity to accept what cannot be changed, The courage to change what can be changed, and the wisdom to know the one from the other." It was this version, and only this opening line, that caught the attention of the Federal Council of Churches, who included it in a book for army chaplains and service men in 1944. Hundreds of thousands of service men and women heard this prayer, beginning its rise to prominence in popular culture.

Many people don't realize that this simple prayer is actually part of a much longer prayer Niebuhr wrote for a lecture in one of the classes he was teaching. The prayer he wrote is as follows:

*God, give me grace to accept with serenity
the things that cannot be changed,
Courage to change the things
which should be changed,
and the Wisdom to distinguish
the one from the other.
Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,*

*Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next.
Amen.*

Perhaps the main reason so many know the opening lines to this prayer is because of the universality of the longing it represents to be both motivated toward change and accepting of reality. It's actually rather profound.

God, grant me the serenity to accept the things I cannot change

This is a form of spiritual discipline that we can spend a lifetime trying to attain or perfect. Accepting that which we cannot change or alter is very difficult. Much of our lives are shaped by things that happen to us. We come into the world from the very beginning shaped by circumstances beyond our control. The family we are born into, our culture, our economic resources, our country, and other factors--all of these things shape us before we take our first breath.

But it doesn't end there. Life is filled with things that just happen to us, things beyond our control. Sometimes what we want to change most, are other people in our lives. One of the hardest things to accept in life has to be the inability to change other people.

Grant us the courage to change the things we can.

Faith produces courage. It inspires us to move beyond ourselves and our immediate reality to bring about a greater good in the world. We pray here for God to give us courage to stand up and speak the truth. We pray for God to give us courage, enact justice, bring hope, and even alter ourselves for our betterment. But even more, we pray for courage to engage small changes, small moments that come every day, that we have the power to control. Courage isn't just about doing the big stuff, it's also about choosing to do the little stuff right. That may mean offering a smile to someone who needs it, continuing an uncomfortable conversation, or making little changes to ourselves and our routines or attitudes for the common good.

And the wisdom to know the difference.

This may be the hardest part of the prayer. It's important to remember that the request is for wisdom, not intelligence, or information. The wisdom to know the difference is something that we cultivate for ourselves, and it's something that comes through relationships and experience. The wisdom to know the difference isn't something anyone can tell you. Instead, it is something we must discern for ourselves through our own experience. The old adage, "To be old and wise you first have to be young and stupid," carries a bit of truth to it.

May we all, in all that we seek to do or understand, find serenity, courage, and wisdom.

Amen.



Bishop Coadjutor Tour by *Susanne Pulse*

The Transition Committee has scheduled meetings with the Bishop Coadjutor Candidates at the following locations:

Tuesday, August 24 at St. Matthew's, Charleston	6:30pm-8:30pm
Wednesday, August 25 at St. Matthew's, Wheeling	6:30pm-8:30pm
Thursday, August 26 at Trinity, Martinsburg	6:30pm-8:30pm
Friday, August 27 at St. Stephen's, Beckley	6:30pm-8:30pm

Please mark your calendar and plan to attend one of the meetings to meet the candidates.



Candidates for Bishop Coadjutor of West Virginia Announced



The Rev. Canon S. Abbott Bailey The Rev. Canon S. Abbott Bailey currently serves as Interim Canon to the Ordinary for the Diocese of Virginia, after serving as Canon to the Ordinary for the Diocese of California from 2018 to April 2021. She delights in supporting ministry vitality and community engagement in congregations. Abbott was the rector of St. Andrew's Church for 10 years and associate rector of St. Stephen's Church for two years, both in Richmond, VA. As rector at St. Andrew's, she was also chaplain and board member at St. Andrew's School and co-executive director of Grace-on-the-Hill, an Episcopal Service Corps program. Before ordination, Abbott worked in several regional and statewide nonprofit organizations in community health care, health policy, and health philanthropy. Originally from West Virginia, Abbott maintains a great love of the outdoors, enjoying wandering in the woods, swimming in lakes and rivers, playing tennis, and walks with her pups, Alice and Thunder.

The Rev. Canon Patrick A. Collins The Rev. Canon Patrick A. Collins was ordained to the diaconate and priesthood in 2006 after graduating from the General Theological Seminary. He served the first 10 years of his ministry in the Diocese of Central Pennsylvania, first in a curacy at St. Stephen's Cathedral in Harrisburg, then in three small congregations as either rector or long-

term supply priest. While in the Diocese of Central Pennsylvania, he served for many summers as the director of the Episcopal camping program in partnership with Camp Mount Luther. He also served in that diocesan office as the Children and Youth Ministry Coordinator and as the Diocesan Transition Minister. In 2016, he accepted a call to serve a split ministry as the Vicar of All Faith Chapel in Tunis Mills, Maryland, and as the Canon to the Ordinary for the Diocese of Easton. Patrick's hobbies include stained glass, martial arts and barbershop choir singing.

The Rev. Matthew D. Cowden The Rev. Matthew D. Cowden is the Rector of Saint Michael and All Angels in South Bend, Indiana. With family roots in West Virginia, he was born and reared in northern Virginia. After an early career as a college theater professor, he received his Master of Divinity degree at Virginia Seminary in 2006. As a Trainer in Congregational Development ministries, Fr. Matthew has led rural and suburban congregations in developing a shared vision for implementing new ministry. He currently serves on the Executive Council of The Episcopal Church, connecting larger Church resources with local congregations. He is married to Melissa Cowden, his best friend and partner in ministry. Melissa is an early childhood teacher with a master's degree in multicultural education. They have three young-adult children: Meghan, a nurse; Nicholas, a ballet dancer; and Joshua, a computer science major. Matthew loves hiking, running, making memorable meals, folklore, and storytelling



CEC's Building 100th Anniversary Celebrations *by Mary Catherine Williams*

We will be having a special event on October 24, 2021 here at Christ Episcopal Church. Bishop Klusmeyer will be here for Confirmation and Baptism. We will be celebrating the 100th anniversary of the dedication of our church building. If you know of any past members whom you think would be interested in attending, contact Mary Catherine Williams at mkw@dlwco.com, or 412 Ridgeway Drive, Bluefield, VA 24605 with their mailing address.



Vestry Minutes *by David M. Kersey, Senior Warden*

A special called meeting of the Vestry was held in Rowley Hall on July 7, 2021 beginning at 7:00 p.m.

Present: Vic Bowman, Peter Richardson, David Kersey, Delia Kersey, Betty Nash, Elizabeth Clement (by Zoom) Linda Ammar (by Zoom). Also present was Father Chad Slater. Absent: Peter Taylor, Allyson Bowling

After declaration of the presence of a quorum, the meeting was opened with prayer by Father Slater.

The primary purpose of the meeting was to address Bishop Klusmeyer's changes to the Diocesan policies implemented to deal with the Covid-19 coronavirus pandemic. After more than a year, the Bishop has lifted most of the restrictions intended to reduce the risk of virus transmission as a result of church attendance. After discussion of the Bishop's revisions at length, upon motion of Vic Bowman and second of Delia Kersey, it was unanimously agreed to withdraw the Koinonia in a Time of Uncertainty document, which the Vestry adopted last year to set forth parish wide pandemic rules.

Then, upon motion of Peter Richardson and second of Betty Nash, the Vestry unanimously adopted the following resolution:

The Vestry of Christ Church encourages everyone, out of love and respect to all, to get vaccinated against COVID-19.

Upon motion of Betty Nash and second of Vic Bowman the Vestry unanimously adopted the following revisions to worship guidelines:

- the wearing of masks is optional but encouraged
- every other pew shall remain roped off
- the processional shall occur to instrumental music, singing of the choir to begin after they are positioned in their pews
- the choir will complete singing of the closing hymn before the recessional
- passing of the peace shall remain socially distanced
- bread only communion for the congregation to be distributed at the front of the nave
- the collection plate shall remain stationary at the back of the nave
- coffee hour will be held outside, weather permitting or in Rowley Hall

These changes will be observed beginning with the July 18 service.

The next order of business was the supplemental HVAC contract with S&R Refrigeration for an additional unit to be added on the wall above the basement steps at the end of the narthex hall. The Vestry had approved the supplemental contract for that unit by email vote last week. After that decision, it was learned that the wall unit would require a separate free standing outdoor compressor which would be placed on the office wing roof or hung on the outside wall of the church beside the driveway. Since it would not be tied in to the units for the office wing, that unit could be added later. The only cost saving from adding it now would be in material price, as part of the larger project. Installation cost would be the same. After full discussion, upon motion of Peter Richardson and second of Vic Bowman, the Vestry unanimously agreed to not add the hallway unit at this time and authorized the Senior Warden to cancel that supplemental contract.

Junior Warden Peter Richardson reported that a leak in the roof over the organ has been detected. Evidence of water was seen on the wall and floor of the organ loft, but there is no apparent damage to the organ, yet. It also appears that leak is responsible for the water stains on the ceiling in the coffee area outside the library. A proposal and quote have been received from Dunford Roofing to remove the copper panel roof over the organ loft and replace it with a rubber membrane roof for \$4,600.00. The cancelled supplemental HVAC contract results in a current savings of over \$6,000.00, so funding this very necessary repair can be absorbed. Upon motion of Peter Richardson and second of Betty Nash the Vestry unanimously agreed to accept the Dunford proposal and to authorize Peter Richardson to do all that is necessary to accomplish this repair.

There being no further business for the special called meeting, upon motion of Delia Kersey and second of Vic Bowman, the meeting was adjourned with prayer by Father Slater.



Prayer List: Dorene Dimes, Bonnie Taylor, Joe Sanders, Mabeline Robinson, Bea Paine, Lynn Burney, Donna Fortune, Bob and Peggy Walk, John Kersey, Martha Linkous, Sarah Irwin, Janet Slager, Kelly Cox, Dean Farmer, Haddon Lazenby, Jack Burchette, Nick, JL, Cis Barrett, Kathy, Randy Snider, Lane, Loraine, Sherry, Margarete Joplin, Emily Broome, David, Cady, Martin, Marion Lowe, Harry, Ben Rose, Jay Kephart, Rick Longworth, all Healthcare Personnel and Frontline Workers, Jack, Sheri, Dan, Kathy, Hamilton Jones, Kensley, John, Emily, Kathleen Nieman, Alan Riggins, Brenda Payne, Buck and Louisa Sowers, Elizabeth Kane, the Kiser Family, Matt, and Eric




August Birthdays

August 3 Michelle Parks
August 3 Sue Troutner
August 4 Bryce Wimmer
August 6 Kyle Kersey
August 10 Mike Hunter
August 10 Stan Kiser

August 10 Theodore Lewis
August 11 Alyson Bowling
August 12 Emma Bennett
August 16 Louisa Bennett
August 17 Luke Beemer
August 18 Bea Paine

August 19 Scott Meachum
August 23 Susanne Pulse
August 25 Mary Lynne Williams
August 29 Dee Puckett
August 29 I.V. Sudduth
August 31 Delia Kersey
August 31 Peyton Wimmer



August Recipe of the Month -- Stuffed Sausage Mushrooms

Ingredients:

1 lb. large fresh mushrooms (more actually if you don't want any left-over mixture, or stuff the mushrooms really full to use all of it)
1 lb. bulk sausage (hot or mild)
2 T chopped fresh parsley
1 ½ cup (6 oz.) shredded sharp cheddar cheese

Directions:

Rinse mushrooms and pat dry.
Remove stems.
Chop stems and combine with sausage and parsley (squeeze it all together by hand)
Cook mixture, crumbling and mixing with spatula all the while, until sausage is brown completely; do not burn.
Drain off pan drippings.
Stir in cheese while sausage is still hot.
Mix well, so all the cheese melts.
Spoon mixture into mushroom caps.
Place on baking dish.
Bake at 350 degrees for 20 minutes.



Church Picnic on August 29



Mark your calendars for Sunday, August 29th, at 10:30 a.m.! We will gather at Shelter No. 1 at the Bluefield City Park (Lotito Park, beside the playground) for fellowship and worship. Bring a side dish to share! Invite friends to come along!

August 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Tenth Sunday after Pentecost 10:00 Holy Eucharist	2	3	4	5	6 The Transfiguration of Our Lord Jesus Christ	7
8 Eleventh Sunday after Pentecost 10:00 Holy Eucharist	9	10	11 3:00 Union Mission	12	13	14 Jonathan Myrick Daniels
15 Twelfth Sunday after Pentecost 10:00 Holy Eucharist Bagging Food after Church	16 Saint Mary the Virgin, Mother of our Lord Jesus Christ	17	18 7:00 Vestry	19 9:00 Food Pantry	20	21
22 Thirteenth Sunday after Pentecost 10:00 Holy Eucharist	23	24 Saint Bartholomew The Apostle	25 4:00 Union Mission	26	27	28
29 Fourteenth Sunday after Pentecost 10:30 Picnic at Bluefield City Park	30	31				

The following people have graciously offered to donate flowers for the month of August:

August 1, 2021
 August 8, 2021
 August 15, 2021
 August 22, 2021
 August 29, 2021

David Hardin
 Paul & Rebecca Broyles
 Chad & Jennifer Slater
 David & Debbie Faber
 Bill Davis

Altar Guild for August:

Betty Nash and Mimi Merritt



CHRIST EPISCOPAL CHURCH
200 DUHRING STREET
BLUEFIELD, WEST VIRGINIA 24701

To our friends and family:



August 2021

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