

The Rainbow



Letter by Paul Barker

August, 2020

Greetings All!

It's hard to believe we are into August already. When I was a teacher and a football coach, the start of August was always faced with mixed emotions: sadness that the last month of summer break was upon us before the start of the season and the school year, excitement for beginning workouts and planning days for a fresh start. I know that for many families, this is an uncertain and confusing time, and my prayers are for as smooth a transition into the school and program year as possible.

July was a busy month. Activity at CEC was picking up. We returned a group of volunteers to Union Mission in Bluefield, twice, to prepare and serve meals to share with our neighbors. It felt good to be back at the Mission! Our Food Pantry volunteers continued to pack and distribute grocery bags to our neighbors in need. Many building projects are underway, and a main one is the painting of Rowley Hall and the kitchen. With the completion of the wonderful air conditioning system installation, it was a good time to paint and touch up a few areas. Additional smaller projects are planned around the building that will help spruce the church up. CEC recently purchased an Automated Exterior Defibrillator (AED) unit. It will be mounted in an accessible and visible location so that it can be used, in case of a medical emergency, both in the Hall and Sanctuary.

Our Sunday worship services continued and are well attended. And by that, I mean both in person and home viewing through our Facebook live stream. We are averaging a little over 20 members in person and another 35 or so viewing live with an additional 70+ watching the saved video during the week. $20 + 35 =$ right where we were number wise before the closure of the church back in March. I want to say that it is wonderful to see you all in church and to later notice how many of you tuned in. After service, I look forward to going back to the office, getting on the computer and saying "good morning" back to you all who leave comments. Thank you for that! I also look forward to the Wednesday morning Bible study group. We are a small group but we have such wonderful and meaningful conversation. Half of our time is spent just talking and catching up. We take a short look at a piece of scripture, discuss how it affects and moves us and then we finish with prayer. We meet through Zoom and all the information to join is in the weekly CEC email. I extend an invitation to all members to consider joining in this informal, comfortable Bible study. Give it a try and say hello to your CEC friends that you may be missing. I think you'll find it enjoyable!

Since I mentioned the weekly CEC email, I should say a little more about it. In July, we started to use an email application that helps us manage our communications. Right away, you noticed a difference just in how the church emails looked. Messages look like mini newsletters with helpful announcements, photos and graphics. We send out one or two emails a week: one on Mondays with reminders of upcoming events and activities, and the weekly email on Wednesday afternoons with announcements and brief articles. I hope that you are finding it useful! If you are not receiving CEC emails and would like to stay informed, you can join the email list through our church website: <http://www.cecblf.org/> and our Facebook page: <https://www.facebook.com/christchurchbluefield>

Find the button that says “Join our email list” and you’ll be taken to a form. Fill it out and submit, and you’ll begin receiving emails. You can join or leave the list at any time.

Thank you all who water the church garden, and who set up the worship space, read, acolyte and usher Sunday mornings. A big thank you to those members who oversee the many building projects and outreach ministries. Your service to Christ Church is so valuable to all! Peace to you all, and I wish you a safe and enjoyable month of August!



Gone but not Forgotten: Summer Recipes from CEC Legends

Christ Episcopal Church is known for its great cooks. No one ever departs a Coffee Hour or church dinner hungry or disappointed. The last collection of recipes, “A Gracious Plenty,” was published in 2001 – nearly 20 years ago – and contains several treasures from the kitchens of many of our great cooks, including a great sampling from those now no longer with us.

Below we have included a few recipes just right for summer dining from some of our favorite cooks who are gone but not forgotten. Bon appetite!

Helen Goodykoontz’s Shrimp Creole

3 T. butter	¼ tsp. black pepper
2 garlic cloves, chopped	½ tsp. salt
1 c. onion	½ tsp. thyme
½ c. celery	¼ tsp. cayenne
½ c. green pepper, chopped	1 c. shrimp
2 c. fresh or canned tomatoes	¼ c. parsley
1 bay leaf	Cooked rice

Melt butter and saute garlic, onion, celery, and green pepper for about 5 minutes or until nearly tender. Add tomatoes and all seasonings except parsley. Cover and simmer 5 minutes. Add shrimp and cook 5 minutes longer. Remove bay leaf and add parsley. Serve over cooked rice at once.

Elizabeth Richardson's Vichyssoise

4 T. butter	2 potatoes, coarsely chopped
3 large leeks, trimmed and sliced	5 c. chicken stock
1 small onion, chopped	
Salt and pepper	Milk (optional)
2/3 c. light cream	2 T. fresh chives, snipped

Melt butter in large saucepan and add leeks and onions. Cook gently, stirring occasionally, for 10 to 15 minutes until soft, but not brown. Add potatoes, stock, salt and pepper to taste and bring to a boil. Lower heat, cover, and simmer gently for 15 to 20 minutes, until potatoes are tender. Puree soup in a food processor or blender until smooth. Cover and chill for at least 3 hours. To serve, stir in the cream. If soup is too thick, add a little milk. Taste for seasoning. Garnish with snipped chives before serving.

Betty Meachum's Shrimp Salad

1/4 c. uncooked rice	1 T. chopped onion
1/3 c. mayonnaise	1 T. sliced olives
1 T. lemon juice	1/4 c. chopped green pepper
2 T. Cream French dressing	3/4 c. diced cauliflower
3/4 tsp. salt	1 c. cooked shrimp

Cook and cool rice. Make dressing of mayonnaise, lemon juice and French dressing. Combine salt, onion, olives, green pepper, cauliflower, shrimp, and rice. Add dressing and mix well.

Kitty Graham's Frozen Fruit Salad

3/4 c. sugar
2 (3-oz.) pkgs. cream cheese
1 small bottle maraschino cherries, drained
1/2 c. salted pecans or walnuts
1 med. Sized can pineapple, crushed
1/2 pt. whipping cream

Mix sugar and cream cheese together. Cut up cherries and nuts. Mix with pineapple. Add whipped cream and put in freezing container overnight. You can put the mixture in an oblong Pyrex dish and then cut in squares. It is easier to put in baking cups in muffin tins to freeze.

What is it? *By David M. Kersey*

You may have noticed the long black anaconda-like pipe snaking across the top of our driveway beside the church building. Sometime ago we began experiencing moisture problems in the nursery, which were traced upstairs to the classroom directly above, also showing signs of water/moisture infiltration. Quotes from two roofing companies for roof replacement were obtained. In discussing that substantial expense and understanding that a new roof would not come with a guarantee that it would correct the problem, the Building and Grounds



Commission decided to study the problems, again. It was noticed that at least part of the rainfall collected by the roof over that section of the church building runs out of a spillway and runs down the side of the building and onto the curb/pavement. That spillway correlates generally with the areas inside suffering moisture problems. It was also noticed that the moisture problems along the ground side wall of the hallway running past the rector's office also correlates with the spillway.

So, it was decided to fashion and attach a temporary downspout to that roof spillway, to direct all the water, which would have cascaded down beside the wall, as far away from the building as possible. We will watch the interior of the church to determine if the moisture/water problems inside improve. The moisture/water problem may result from a roof issue and, if so, we will have to find funding to replace. If the temporary downspout seems to improve or solve the issue, a more permanent solution will be sought. Stay tuned...

Rowley Hall Update *By David M. Kersey*

The decorative columns designed to cover the heating/cooling wires and tubes have been completed. Rowley Hall has since been painted. You will see before and after photos below. It is a great improvement and once cleaned, the undercroft will be ready to host our long missed social (distant) gatherings!





MONTHLY MINISTRY REPORTS

FOOD PANTRY

July 19

- 18 bags distributed
- Workers: Elizabeth Clement, Charlie Blevins, Betty Nash, Pastor Paul
- Baggers: Charlie Blevins, Don Harris, David Kersey, David Kersey, Louisa Bennett

UNION MISSION

July 8

- 113 meals prepared -39 meals of BBQ, cole slaw, baked beans, brownies, and beverages were served
- 74 meals were served by Mission staff on July 9
- Volunteers were Paul Barker, Sheila Brooks, Elizabeth, Clement, Wendy Harris, Art Mead and Susan Helmandollar (Christ Church, Pocahontas)

July 22

- 86 meals prepared -61 meals Wednesday-25 meals Thursday
- Menu: Sloppy Joes, Packaged Dessert, Chips & Water

Volunteers: Paul Barker, Sheila Brooks, Elizabeth Clement, Delia Kersey, Ted Lewis, Art Mead



Prayer List:

Dorene Dimes, Bonnie Taylor, Joe Sanders, Lee Puckett, Sr., Mabeline & Elton Robinson, Bea Paine, Lynn Burney, Marilyn Denney, Donna Fortune, Bob and Peggy Walk, Susan Jewell, John Kersey, Martha Linkous, Sarah Irwin, Janet Slager, Kelly Cox, Mike McLeod, Maxine Stevenson, Dean Farmer, Bob Moore, Haddon Lazenby, Jack Burchette, Nick, JL, Cis Barrett, the Riddle Family, Kathy Patsy Arnold, Randy Snider



August Birthdays

August 3 Michelle Parks	August 10 Theodore Lewis	August 19 Scott Meachum
August 3 Sue Troutner	August 11 Alyson Bowling	August 23 Susanne Pulse
August 4 Bryce Wimmer	August 12 Emma Bennett	August 25 Mary Lynne Williams
August 6 Kyle Kersey	August 16 Louisa Bennett	August 29 Dee Puckett
August 10 Mike Hunter	August 17 Luke Beemer	August 29 I.V. Sudduth
August 10 Stan Kiser	August 18 Bea Paine	August 31 Delia Kersey
		August 31 Peyton Wimmer

August 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Ninth Sunday After Pentecost 10:00 Morning Prayer	3	4	5 10:30 Bible Study- Social Gathering by Zoom	6 The Transfiguration of Our Lord Jesus Christ	7	8
9 Tenth Sunday After Pentecost 10:00 Holy Eucharist	10	11	12 10:30 Bible Study- Social Gathering by Zoom 3:30 Union Mission	13	14	15 Saint Mary The Virgin, Mother of our Lord Jesus Christ
16 Eleventh Sunday After Pentecost 10:00 Morning Prayer Bagging groceries after Church	17	18	19 10:30 Bible Study- Social Gathering by Zoom 7:00 Vestry	20 9:00 Food Pantry	21	22
23 Twelfth Sunday After Pentecost 10:00 Holy Eucharist	24 Saint Bartholomew The Apostle	25	26 10:30 Bible Study- Social Gathering by Zoom 3:30 Union Mission	27	28	29 The Beheading of Saint John the Baptist
30 Thirteenth Sunday After Pentecost 10:00 Morning Prayer	31					

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

August 2, 2020	David Hardin
August 9, 2020	Paul & Rebecca Broyles
August 16, 2020	Chad & Jennifer Slater
August 23, 2020	David & Debbie Faber
August 30, 2020	Bill Davis

Altar Guild for August:

Elizabeth Clement and Betty Nash

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BLUEFIELD, WEST VIRGINIA 24701

To our friends and family:



August 2020

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