



• Christ Episcopal Church, Bluefield, West Virginia 24701 •  
 • 200 Duhring Street • 304-327-6861 • editor@cecbf.org •



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 The Beacon on the Hill



Volume 25, Number 9

Christ Episcopal Church

July 2017

The more that I watch the news the more I am convinced we as a society need serious lessons in how to be nice to each other. We live in an age where fanatics on the left and right in our country are beginning to use violence (again, I should note) to attempt to affect political change. We live in a nation where 20 children a day are shot. We live in a world filled with intolerant people demanding tolerance. I've already spoken of the drugs that infect and permeate our area. We don't talk; we yell. We don't listen; we respond. We just, in so many ways, aren't nice people.



Rev. Chad

What happened? Where did society go wrong? Were we ever really nice?

There are exactly three ways to define the word "nice," according to the dictionary. The first is the ability to "give pleasure or joy." The second is defined as "attractive or of good quality." The third is simple and straightforward — someone who is nice is "kind, polite and friendly."

Sounds great! However, our cynical culture does its best to ruin it. What is technically a positive trait can also be negative. If you're too nice, you run the risk of coming off as disingenuous or insecure. You also may appear to be a pushover (or worse, you might actually be a pushover). Our society even has an adage to reflect our cynicism: Nice guys finish last.

I came across an article recently that spoke about the positive traits of being nice. Turns out there are at least five:

- 1) Some people are hard wired to be nice. Researchers at the University of Buffalo found that some people are born with certain genes that give them specific receptors to oxytocin and vasopressin — two hormones in your body that are associated with feelings of love and generosity.
- 2) Being nice can help you live longer. Studies have shown again and again that volunteering, having a positive outlook, and being generous with others are directly related to longer life spans.
- 3) We are happier when we are kind. Being conscience of the fact we have helped someone actually releases chemicals in the brain that elevates our mood.
- 4) Nice people have less stress. Given the above fact, it only makes sense that stress levels would go down the more often someone is nice.
- 5) It pays to be kind. Turns out that those who are compassionate and better in tune with other people's emotions are more successful at work—and are even paid better. So much for that, "Nice guys finish last," proverb.

It seems to make more sense that we would just be nice to each other. The facts don't lie. But yet, kindness and generosity just don't seem to be found written large

in the annals of human history.

If we are made in the image of God, and God is kind, then it would seem logical that we were created to be people who are kind. Science seems to back me up on this (see point 1 above). Our very human nature is to be generous and compassionate. Yet, we aren't. It is the broken and sin sick world that we inhabit that is, at its core, the reason for our troubled human spirit.

All of the ills that infect our society—the violence, the antipathy, the corruption, and the rest—will remain until each and every heart is truly turned toward Christ and the Gospel message he brought to us about how to live free and unafraid in this world. For a Christian, this is both a reminder and an admonition—a reminder that we are called to live in new and holy ways of generosity by Christ, our Lord; and an admonition that we have not yet adequately spread his message to the ends of the earth.

My brothers and sisters, I pray that we will be nice. I pray that we will be nice, not just because it's "good for us" but because it's "God for us." Being nice, being respectful, and being compassionate to the people and world around us is our calling. With open ears, open minds, open hearts, and an earnest desire to love we can truly be the nice and kind people we were created to be. Piece by piece and inch by inch, let us be the decency our world deserves and the witnesses it needs this day. Amen.

### Directory change:

Please change the Email address of Joe Graham to:  
 graham.joseph@frontier.net.

### What's inside:



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OUR NEWEST COMMITTEE MEMBER, CHICKEN LITTLE, HAS SOME RADICAL NEW CONCEPTS FOR A NEW FEAR-BASED CHURCH MEMBERSHIP GROWTH CAMPAIGN

### News from DoK

Next DoK 10:30 a.m. Tuesday, September 19



Our Daughters of the King, Margaret of Scotland Chapter, will meet next in **September** at 10:30 a.m. Tuesday, September 19, in Hobson Library.

We had 7 members present in May.

Please contact Mary Catherine Williams at 276-326-2411 if you have questions or comments. All women from Episcopal, Lutheran, and Roman Catholic churches are eligible for membership.

### Our Prayers are offered

For Healing and God's Presence for our members, and relatives and friends of our members:



In sure and certain hope of the resurrection, we commend our prayers for Dorene Dimes, Wanda Myers, Joe and Janice Sanders, Zac Carter, Betty Compton, Tom Blevins, Patty, Samantha, Bonnie Taylor, Susan Blevins, Doug Thompson, Debbie Thompson, Lee Puckett, Sr., Nancy Gage, Marlene, Nick, Phyllis and Nelson Walker, Linda, Robert Hurley, Dennis, and Lorraine, plus others unknown to us who have died. We pray that God will grant his peace to all who mourn.

To list someone for addition to the Prayer List, please contact the office, email [secretary@cecbf.org](mailto:secretary@cecbf.org), or telephone at (304) 327-6861. Please note that the prayer list in the Sunday Bulletin is purged at the end of every month. If you want names to continue, please contact the church office.

### Emma Bennett joins our staff

Our new parish administrator is Emma Bennett. Emma is a Mercer County native who lives in Princeton.

You can contact Emma at the church, telephone 304-327-6861 or Email [secretary@cecbf.org](mailto:secretary@cecbf.org). At home, telephone number 304-913-4536 and Email [ebennett75@hotmail.com](mailto:ebennett75@hotmail.com)



### June 15 Food Pantry report

- Grocery shoppers: Frank and Bernadette Dragotto, church members for cleaning supplies
- Food Baggers: Frank and Bernadette Dragotto
- Bags prepared: 50
- Refreshments furnished by: Linda Thomas
- Food Pantry volunteers: Frank and Bernadette, Linda Thomas, Becky and John Beckett, Elizabeth Clement, Betty Nash and Linda Ammar
- Special gifts for the month: Cleaning supplies



### July altar flowers

The following persons have graciously offered to donate altar flowers during the month of June:



- July 2 Mr. and Mrs. Jim Pulse
- July 9 Mr. and Mrs. John Kersey
- July 16 The Marra and Fortune families
- July 23 Mr. and Mrs. Mike Sudduth
- July 30 The Puckett family

We thank them for their kindness and generosity.



### Parish Life report

Mary Catherine Williams, Chairperson

I want to bring everyone up to date with what your Parish Life Commission has been doing.

Our annual church picnic will be on **August 20th** at **Lotito City park at Shelter #1** (next to Yak-kity Yak playground).

Think about signing up to host a Canterbury Club. There's a sign-up sheet on the narthex railing.

If you are interested in hosting a coffee hour, there is a sign-up board in the coffee area. If you have any questions, please feel free to contact me at 276-326-2411 or Email [mkw@dlwco.com](mailto:mkw@dlwco.com). This is a very important ministry for your church.



### Caroline Wilkinson honored

Caroline Wilkinson has been named to the second team Virginia High School League 2A All-State team.

She has participated as an acolyte at Christ Church. And was a soccer star for Graham High School.

Caroline is the daughter of Frank and Gina Wilkinson, the sister of Annie and Frankie Wilkinson, and the granddaughter of Patty Wilkinson and the late Buzzy Wilkinson.



### Did you miss Sunday's sermon?

Sermons at Christ Church are found in audio format (MP3) on the church Website at [www.cecblf.org/](http://www.cecblf.org/) or [www.christchurchbluefield.org/](http://www.christchurchbluefield.org/) (clickable on the Emailed version).

Then just click on "Click here for services, sermons and bulletins" on the front page of the Christ Church website. Recent sermons are in MP3 format.

### The Rainbow Recipe of the Month

Delia Kersey

#### Low Fat Black Bean and Corn Salad



#### Ingredients:

- 2 cans black beans, rinsed and drained
- 2 cans white shoepeg corn, rinsed and drained
- 1 red ball pepper, chopped
- 2 c. chopped plum tomatoes
- 1 green bell pepper, chopped

#### Dressing:

- 2 T. wine vinegar
- 1/2 T. olive oil
- 2 T. fresh lime juice
- 1 T. grated lime zest
- 1/2 c. chopped cilantro
- (or parsley)
- 1/4 tsp. crushed red pepper flakes
- 1 tsp. ground cumin
- Salt and freshly ground pepper

#### Directions:

In a large bowl combine black beans, corn, red bell pepper, tomatoes and green bell pepper. Toss together and set aside. To make dressing: combine vinegar, oil, lime juice, lime zest, cilantro (or parsley), red pepper flakes, cumin, salt and pepper and mix thoroughly. Add dressing to corn/bean mixture. Toss well. May add 1 diced avocado. Serve as accompaniment to grilled fish, barbecued chicken, or Mexican food. Good as dip with tortilla chips too.

July 1, 2017

**Editor's note:** The Rainbow Recipe of the Month is a regular feature in The Rainbow. **Please submit your recipe for consideration. Bring it to the church office or E-mail to [editor@cecblf.org](mailto:editor@cecblf.org)**

Don Williams, Editor  
412 Ridgeway Drive  
Bluefield, VA 24605-1630

### Community cookout rescheduled July 18

Mark your calendars and don't miss our third Community cookout which will be held on Tuesday, July 18 at 6 P.M. in Chicory Square. We are combining our efforts with the First Presbyterian, the Immanuel Lutheran, and the Baptist Churches to make this event the best yet.



Returning to provide us with entertainment is the local band, Hidden Mountain Treasure, which plays gospel, blue grass and oldies but goodies. We hope to have a few outdoor games available for the young at heart! Volunteers will be needed to set up and clean-up.

Your participation and attendance is greatly appreciated. Hope to see you there!

Outreach Commission, *Linda Ammar*, chairwoman

When the restaurant next to another Church put out a big sign with red letters that said, "Open Sundays," the church reciprocated with its own message: "We are open on Sundays, too."

### Matters of the Spirit

Your diocesan Commission on Spirituality invites you to make space in your life to consider matters of the spirit. Below, The Peace of Wild Things by Wendell Berry:

When despair for the world grows in me  
 and I wake in the night at the least sound  
 in fear of what my life and my children's lives may be,  
 I go and lie down where the wood drake  
 rests in his beauty on the water, and the great heron feeds.  
 I come into the peace of wild things  
 who do not tax their lives with forethought  
 of grief. I come into the presence of still water.  
 And I feel above me the day-blind stars  
 waiting with their light. For a time  
 I rest in the grace of the world, and am free.



© Wendell Berry. This poem is excerpted from "The Selected Poems of Wendell Berry"



Above: Cleaning supplies collected for Food Pantry June 22



Above: Bags ready for Food Pantry distribution June 22

### Reminder: Church Periodical Club (CPC) and United Thank Offering (UTO)

White CPC and blue UTO boxes are available on the usher's table in the Christ Church narthex. When your boxes are full, they can be emptied into appropriate containers in the Parish Administrator's office. You can still use the same box over again.



There is a CPC jar in Hobson Library for CPC donations. There is also a UTO Box there. Please empty your pocket of loose change.

See the May edition of The Rainbow for more information about these two projects.

The diocesan coordinator for CPC is Debbie Ventura and for UTO is Becky Szabo.



Please contact Dee Puckett, Junior Warden, if you notice needed building maintenance. Contact Dee at [dpuckettwv@yahoo.com](mailto:dpuckettwv@yahoo.com), 276-322-1832 (Home), or 304-320-4640 (Cell).



Office hours are 9-2 Tuesday through Thursday

Sunday	Mon	Tue	Wed	Thu	Fri	Sat
<b>2 Pentecost 4</b> No Sunday School Until September 10:00 Holy Eucharist	<b>3</b> Office open by appointment	<b>4</b>	<b>5</b> 	<b>6</b> 	<b>7</b> Office Closed	<b>1</b>
<b>9 Pentecost 5</b> Trinity Sunday 10:00 Holy Eucharist Followed by coffee hour	<b>10</b> Office open by appointment	<b>11</b> 	<b>12</b> 7:00 p.m. Vestry meeting in Hobson Library	<b>13</b>	<b>14</b> Office Closed	<b>15</b>
<b>16 Pentecost 6</b> 10:00 Holy Eucharist Followed by coffee hour	<b>17</b> Office open by appointment	<b>18</b> 6:00 p.m. Community Cookout in Chicory Square	<b>19</b>	<b>20</b>  August Rainbow Deadline 9-11 a.m. Food Pantry	<b>21</b> Office Closed	<b>22</b>
<b>23 Pentecost 7</b> 10:00 Holy Eucharist Followed by coffee hour	<b>24</b> Office open by appointment	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Office Closed	<b>29</b>
<b>30 Pentecost 8</b> 10:00 Holy Eucharist Followed by coffee hour	<b>31</b>					

If your birthday is not in our database, please contact Don Williams at 276-326-3338 or [editor@cecbf.org](mailto:editor@cecbf.org)

**NOTE:** If you have information for a Sunday service bulletin, please remember that the church office needs it by Tuesday if possible. Please send an E-mail with your information to [secretary@cecbf.org](mailto:secretary@cecbf.org) or call 304-327-6861.

- 1 Wendy Harris
- 2 William Clement
- 3 Erin Elam
- 9 Louisa Sowers
- 10 Catherine Wimmer-Anderson
- 11 Ben Faulkner
- 13 Peter Richardson

- 13 Bonnie Taylor
- 15 Bill Davis
- 17 David Hardin
- 18 Don Harris
- 18 Caroline Wilkinson
- 19 Tripper Thomas
- 20 John Beckett

- 20 Phillip Morgan
- 22 Jennifer Slater
- 23 Kray Luxbacher
- 25 Becky Steorts
- 26 Joe Allen
- 28 William Farmer
- 28 Mike Sudduth



**Christ Episcopal Church**  
200 Duhring Street  
Bluefield, West Virginia 24701-2910  
*The Rainbow*—July 2017



ADDRESS SERVICE REQUESTED

**Community Cookout**  
**Chicory Square July 18**  
**6:00 p.m.**

To our friends and family:



**Our mission statement:**  
Christ Episcopal Church will live,  
Celebrate, teach and radiate  
The joy of Christian discipleship

### Parish Staff

The Rev. Chad Slater, Rector  
Terry Whittington, Organist & Choirmaster  
Emma Bennett, Parish Administrator  
Vanessa Hall, Sexton  
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304-325-0075  
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### The Rainbow Editorial Staff

Susanne Pulse, Communications Commission chairman  
Don Williams, Editor and Webmaster

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