

The Rainbow



MARCH 2020

Shrove Tuesday Pancake Dinner *by David M. Kersey*

The February 25 pancake dinner hosted by the Episcopal Church Men was a complete success.

Doors opened at 5:30 p.m., and by 7:00 p.m., 132 people had been fed pancakes, sausage and stewed apples. The pancakes and syrup were made from scratch with recipes from the 1926 Edition of Lula Thompson Silvernail's "One Thousand Successful Recipes". (Below is the pancake recipe, which makes approximately 36 6" pancakes.). Though attendance this year fell a little bit below last year's modern record of 150, it was a great evening of food and fellowship. To top it off, visitors were greeted with a glorious red/orange sunset as they left the Church.

A round of applause and thanks to all Church Men who worked so hard to make this event a real winner. Special thanks to Mary Catherine Williams for help in preparations before and Elizabeth Clement for her assistance in the post-dinner cleanup. Finally, kudos to Jim Pulse who shouldered most of the cooking burden this year, in the absence of John Georgis. This is the ECM sole fundraiser for the year, and as the date of publication has raised \$1632.32. Those men who have outstanding ticket money are encouraged to deliver it to Emma at the Church office.

RECIPE

Ingredients:

5 cups flour
1 teaspoon salt
3 ½ tablespoons baking powder
1/3 cup sugar
5 whole eggs
5 cups of milk
½ cup corn oil



Instructions: Mix dry ingredients together. Beat eggs, milk and oil together, then add dry ingredients, continue mixing until free of all lumps. Grill until bubbly and edge gets firm. Makes 35 to 40 - 5 or 6 inch cakes. Per Serving: 3 Cakes per serving.

Heating and Cooling Project Update

by Peter Richardson

The Vestry voted last year to remove the radiators in the Sanctuary, Rowley Hall and kitchen because of leaks in their supply lines. They will be replaced with ductless heating and air-conditioning units.

Those units will use electricity, a change that required an upgrade in the electrical service to the Church. This work was completed in January.

The existing radiators along the Columbarium side of the Nave and Rowley Hall have been removed and the floor repaired. The installation of the heating and air-conditioning units on that side of the Nave and Rowley Hall is expected to start during the first week of March.

The existing radiators on the other side of the Nave and Rowley Hall will be left in place for the remainder of the heating season, when they will be removed and replaced with heating and air-conditioning units.

All of the heating and air-conditioning units will be connected to six condensing units that will be installed outside of Rowley Hall on the Tazewell Street side of the Church.

The heating system in the rest of the Church will continue to be the existing radiators, which will continue to be connected to the furnace.



Fr. Chad Speaks to Major Episcopal Group

Fr. Chad was invited recently by his seminary, now the Bexley Seabury Federation, to address the Consortium of Endowed Episcopal Parishes, (CEEP) on ministry in Appalachia. The theme for the conference, held in February in Louisville, Kentucky, was “Leadership Outside the Walls.” Fr. Chad spoke about the issues facing Appalachia, especially in Southern West Virginia and Southwest Virginia, and the creative projects that Christ Church is doing to minister to the area.

The seminary also hosted a reception and recognized Fr. Chad as a recipient of a Lilly Grant, which will take him and his family to Europe and Africa this summer on his sabbatical.



Union Mission by Art Mead

February 12

146 meals of BBQ, coleslaw, baked beans, dessert and beverage were prepared, packaged and served.

99 were distributed on Wednesday and 47 on Thursday.

Volunteers were from the Episcopal churches in Bluefield, WV, and Pocahontas, VA, and the Congregation Ahavath Sholom.

Participants on Feb. 12 were: Linda Ammar, Sheila Brooks, Charlie Helmandollar, Susan Helmandollar, Tom Joseph, Tedd Lewis, Art Mead, Shirley Ofsa and Allen Spiegel.

February 26

108 meals of hot dogs with cheese and chili, chips and a beverage were packaged and served by 5:30 p.m. Wednesday. An approximate 30 additional hot dogs and cheese remained for use the following day.

Volunteers were from Christ Episcopal Church and the Congregation Ahavath Sholom of Bluefield.

Participants on Feb. 26 were: Sheila Brooks, Wendy Harris, Don Kersey, Art Mead, Patty Richardson and Allen Spiegel.



Canterbury Club by Mary Catherine Williams

On Sunday, February 9, John and Sandy Moir hosted Canterbury Club at their home. There was a variety of good food, especially the Swedish Meatballs that the Moirs provided. Thanks to the Moirs for hosting this event.

Canterbury Club gatherings are a time for fellowship and relaxation with adults. A sign-up sheet is in the narthex if you are interested in hosting a Canterbury Club. If you have any questions about these events, you can contact the Rev. Chad Slater, and he will be able to give you names of some people to contact. These events are usually held on Sunday evening.



Reflections with Fr. Chad

Over the last couple of weeks I have heard from several members of the congregation concerned about the Coronavirus and, more specifically, about the possible spread of this dangerous virus, and other pathogens, in the common cup we use at Holy Eucharist. I think there are some misconceptions about proper usage and hygiene, particularly has it applies to Holy Eucharist, and I would like to address those.

Peer reviewed studies and Centers for Disease Control guidance since the 1980s have consistently shown that "no documented transmission of any infectious disease has ever been traced to the use of a common communion cup" and "the risk for infectious disease transmission by a common communion cup is very low, and appropriate safeguards--that is, wiping the interior and exterior rim between communicants, use of care to rotate the cloth during use, and use of a clean cloth for each service - would further diminish this risk." *American Journal of Infection Control* (Vol. 26, No. 5, 1998).

Per ancient practice of the Church, and in accordance with the practices described above, a clean purificator (cloth) is used to wipe the rim of the chalice after each person has taken a sip of the wine. In addition, the chalice is turned slightly between each person to give the alcohol in the wine and the antibiotic properties of the silver time to kill any pathogen. As I have said to a couple of people who have asked—and this is in no way an attempt to inflict my own piety and practice on others—but if what is in the chalice is really what we say it is, then it could never hurt us. The fact that no study has ever linked an illness to partaking from the chalice is a testimony to that fact.

People who are, or have been, concerned often use intinction as a method for receiving the Holy Eucharist in the belief that this is a more sanitary practice. Studies have also shown this is not the case. As any experienced Eucharistic Minister or clergy person will tell you, it is a common occurrence when people intinct the host for their fingers to touch either the consecrated wine or the side of the chalice. This is in fact less sanitary than drinking from the chalice and can "overwhelm" the chalice rim with bacteria that will not be killed off by the time that side of the chalice makes it back around for another participant.

If you are still concerned, there are three options for you:

1. *When in doubt, drink from the common cup* - it is the most sanitary way for you to receive the consecrated wine at the Eucharist. Christians have been doing so for centuries, and still manage to die at the same rate and pace as the general population. In fact, if you could contract illness from the chalice then I would be sick all the time because I rinse out the chalice and drink any remaining wine.
2. *If you don't want to drink from the cup, don't intinct for yourself.* Instead, leave the host on your hand, and allow the chalicist to intinct it for you, and place the host on your tongue. This ensures that only people with washed hands are handling the hosts, and it eliminates the unsanitary conditions that are caused by intinction.
3. *Finally, if you don't want to receive the cup at all, it's ok not to.* The church believes that all of the grace of the sacrament of the Eucharist is conferred wholly in each element - both consecrated bread and wine. To receive only the host is not to have a "half blessing" or to receive "half communion." Instead, receiving in one kind is to fully partake in the Eucharistic feast.

Right now, rather than be overconcerned about the Coronavirus in Bluefield, let us pray for those who are affected around the world, their caretakers, and the doctors and scientists working to create vaccines or cures for this illness. The best thing you can do to help prevent the spread of any disease is to regularly wash your hands, cough into your elbow, and stay home when you don't feel well. If additional measures need to be taken they will be addressed at the appropriate time.

If you ever have questions, please do not hesitate to ask. I am always available to discuss concerns. If you want links to the articles in scientific publications that discuss anything I have mentioned in this letter I am happy to provide you with them.

In Christ,
Chad+

With appreciation to the Rev. David Sibley for some of these tips and information!

VESTRY MINUTES
CHRIST EPISCOPAL CHURCH
WEDNESDAY, FEBRUARY 19, 2020

Present: Becky Beckett, Senior Warden, Tom Coughlan, Junior Warden, Linda Ammar, Frank Dragotto, Allyson Bowling, Don Kersey, Elizabeth Clement, Peter Richardson

Becky Beckett called the meeting to order.

Peter Richardson provided the vestry with an update on the construction taking place.

- Radiators have been removed in the nave and undercroft
- Electrical work has been done and the conduit on the exterior of the church could be painted in the spring
- This work has been paid for
- David Kersey and Peter met with Travis to discuss the work in the undercroft; they discussed the location of the tubing and power lines; the units will be hung above the baseboards so it will be flush against the wall
- Installation will begin around March 1st
- There are places in the tile in Rowley Hall that will need to be regROUTed
- The second phase will begin at the end of the heating season
- Outside work needing to be done:
 - patch trench with concrete
 - create step into area
 - fix railing or put handrail in
 - place fence around condenser units

Tom Coughlan also reported that Phase 1 of the HVAC Project has been completed. The downstairs children's chapel needs to be restored back to its original condition and will cost approximately \$250. Frank made a motion to approve this expense and Becky seconded the motion. The motion passed unanimously. Tom also mentioned that there are water issues in the nursery and he will get an estimate on how much it will cost to repair this after he finds the water leak.

Becky asked Peter to discuss the Columbarium Committee meeting with regard to changes being made to the policy statement.

Treasurer's Report: Frank reported that our assets are valued at \$2,990,000.00 The withdrawal from the RJ Fund was made to pay for half of the HVAC project. Don Kersey made a motion to approve the treasurer's report and Tom Coughlan seconded the motion. The motion passed unanimously. Discussion took place concerning those people who have pledged to contribute to the HVAC Project but have not fulfilled their pledge. It was agreed that a general reminder should be placed in the bulletin to remind people of their commitment.

Elizabeth Clement was named the vestry person for the month of March.

Our rector, Chad Slater, is absent from the vestry meeting because he was invited to attend the Consortium of Endowed Episcopal Churches in Louisville, KY. He is speaking about a grant he received and how that grant is being used here in West Virginia. Bexley Seabury Seminary is holding a reception in Chad's honor. The 2024 National Convention will also be held in Louisville.

Chad has requested one thousand dollars (\$1000) to be taken from the reimbursable fund to purchase \$1000 travel insurance for his upcoming trip to Africa. Allyson Bowling made a motion to approve this request and Don Kersey seconded the motion. The motion passed unanimously.

The church continues to have a major issue with the phone system resulting in the voicemail not working properly. There is an incompatibility with the computers.

Committee Reports

Communications (no report)

Education: Elizabeth Clement said a meeting with Katherine ? from the diocese and Maggie Rust has been scheduled for Thursday, February 20th to discuss Christian Education in our church.

Evangelism: Becky discussed a letter from a missionary asking for prayers for specific children; this letter was given to Allyson to review

Finance (see treasurer's report)

Outreach: Don reported that Food Pantry will be Thursday, February and the Community Picnic will be either July 16th or July 23rd.

Parish Life: Linda reported that she had met with Chad and an instructional Eucharist will be held during Lent, dates to be determined in the near future. The Seder meal will be held on Maundy Thursday a signup sheet for food items will be available.

Worship: Allyson will do some research concerning the prayer letter Becky gave her.

There was no old or new business. After the closing prayer, the meeting was adjourned.



MARDI GRAS COFFEE HOUR

Hosted by the Lewis Family on
Sunday, February 23, 2020.



March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 First Sunday in Lent Finance Meeting after church	2	3	4 7:00 Lenten Worship	5	6	7
8 Second Sunday in Lent Parish Life Meeting after Church	9	10	11 3:30 Serve Dinner at Union Mission 7:00 Lenten Worship	12	13	14
15 Third Sunday in Lent	16	17 St. Patrick 10:30 DOK	18 7:00 Lenten Worship	19 Saint Joseph 9:00 Food Pantry	20	21 St. Thomas Cranmer
22 Fourth Sunday in Lent Vestry Meeting after church	23	24	25 Annunciation of Our Lord Jesus Christ to the Blessed Virgin Mary 4:30 Serve Dinner at Union Mission 7:00 Lenten Worship	26	27	28
29 Fifth Sunday in Lent	30	31	LENTEN WORSHIP SCHEDULE March 4 Holy Eucharist from the 1662 BCP March 11 Holy Eucharist from the 1928 BCP March 18 Celtic Holy Eucharist Commemorating St. Patrick March 25 Anglo-Catholic Mass for the Feast of the Annunciation April 1 Instructed Eucharist			

BIRTHDAYS

March 1 Jon Brannon
 March 2 Gladys Fortune
 March 2 John Georgis
 March 3 Catherine Beemer
 March 10 Diane Sudduth

March 12 Jessica Cole
 March 13 Elizabeth Richardson
 March 14 Peter Taylor
 March 17 Paul Broyles, III
 March 17 Frankie Wilkinson

March 18 Walt Sowers
 March 25 Kipp Cortez
 March 25 John Kersey
 March 29 Ann Fernandez
 March 29 Elizabeth Sudduth

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, Miffi Williams, Jack Burchette, Nick, JL, Victor Bowman, Cis Barrett, Linda Jones

CHRIST EPISCOPAL CHURCH
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To our friends and family:



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