

The Rainbow



CANTERBURY CLUB AT THE SLATER'S

Christ Episcopal members and friends enjoyed a fun Canterbury Club evening at the home of Father Chad and Jennifer Slater on September 29. If you haven't yet been able to attend this social event that happens every month or so on Sunday evenings in different homes, put it in your calendar!



GETTING TO KNOW LINDA GAINES

By Mimi Merritt

One of the newest faces at Christ Episcopal is Linda Gaines, who relocated to Bluefield not too long ago by way of California, Pennsylvania, and Bristol.

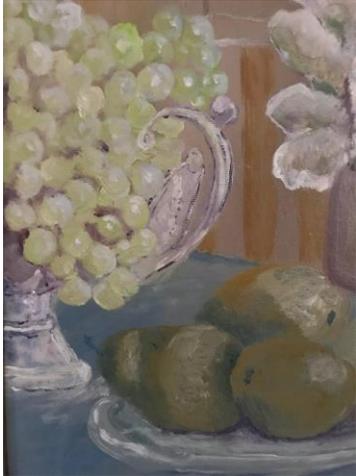


Originally from Michigan, Linda was born and raised in Rockford, Michigan, about 14 miles north of Grand Rapids on the Rogue River. Her father was superintendent of the tannery at Wolverine Shoes, known for manufacturing Hush Puppies. Her mother, advertising manager for the local newspaper, was one of 12 children in a family of first-generation Polish immigrants. Linda is proud to say that her mother, who was unable to complete school beyond the 8th grade because she had to begin working, was one of the first women inducted in the mid-1960s into Rockford's Chamber of Commerce, and she was named Woman of the Year for her chapter of American Business Women of America. Linda has one sister, Cyndy.

Now a resident of Bluefield, W.Va., Linda moved here to be near the youngest of her four children, Robbie Gaines, who at 26 is pastor of Highlands Fellowship, which meets Sundays in Harmon Chapel at Bluefield College. Robbie and his wife, Brittney, a special needs teacher at Graham Middle School, are the parents of one-month-old Silas. The couple met as students at Emory and Henry College.

Between Michigan and West Virginia, however, Linda lived 14 years in California, in the San Diego area, with her first husband and their two sons, Brian and Steve. Brian, lives in Tampa with his wife, Kristi, and Steve lives in Dallas.

In her 30s, while raising her sons, Linda began work in marketing with a privately-owned residential development company that built condominiums, houses and senior-living facilities. Her job included touring model homes in San Diego and Orange counties, talking with sales representatives, gathering marketing data to assist the company in developing floorplans, exterior elevations and options, based on current trends. In addition, she used her education in fine arts and design to work with advertising agencies to create print ads and brochures to promote the company's many projects. At the peak of the housing market, the company was constructing more than 1,000 units a year.



After Linda's first marriage ended, she met Bob Gaines, a sportswriter for the *San Diego Union-Tribune*. The two were married for 28 years and had two children, Megan and Robbie. Megan, an artist who works primarily with pastels on commissioned portraits, lives in Dahlgren, Va., with husband Ryan, a Navy chaplain. The two have two sons and a daughter.

Linda and Bob moved from California to Pennsylvania when Bob accepted a communications position in development at Bucknell University. While there, now raising four children, Linda worked for several years for a company that manufactured panelized housing systems. Once again, she was using her design background to collaborate with advertisers and conduct seminars to train sales representatives. Daughter Megan attended Bucknell, where she met her husband, who had been recruited from Georgia to play football.

It was in Pennsylvania that Linda, formerly Catholic, became interested in the Episcopal church. When she relocated to Bristol, Va., seven years ago, she attended Emmanuel Episcopal Church, which she found to be very welcoming.

Now living in Bluefield, close to the very youngest of her six grandchildren, Linda is starting over again, with time now to enjoy her interest in art and writing. A talented visual artist who paints with acrylics, Linda has become a member of the Appalachian Artists Association and regularly attends the organization's meetings and workshops. Commenting on a beautiful still life of green grapes she had painted, she said that sometimes it is as though the image appears on its own, as though it has its own life.

Recently she joined the Bluefield Writers, a group led by Christ Church member Rob Merritt that meets the second Tuesday of each month at 6:30 at Clearfork Branch Library. Writers in the group are currently developing poems that draw from memory to evoke a sense of place. Having lived so many places, Linda is interested in exploring her own story.



REFLECTING WITH FATHER CHAD

October is a month of cooling temperatures, scary goblins begging from door to door, and spiced treats made from the season's harvest. Soon we'll all be hanging out in the fields waiting for the Great Pumpkin to arise—or so a little boy named Linus tells me!



Every year my family goes out to a local farm and carefully selects a couple of pumpkins to bring home for Halloween. When choosing a pumpkin, size matters. So does color, texture, general “roundness,” and how “pretty” they are—Emma’s primary concern. The tradition is always the same: the pumpkins are brought back to the house and washed up to ensure the dirt and grime of the field does not wind up all over the house. For a couple of days they just sit there—as if waiting for something magical to happen.

Jennifer scours the internet looking for the perfect design with which to carve the orange beast sitting in the corner of the living room. When just the right one is found, we set to work. Surgical-like precision transforms the pumpkin from a simple gourd into a smiling and mischievous-looking face. The final touch is, of course, always a little flickering light to give a warm glow from the freshly grinning face.

Pumpkins are a lot like people.

We’re dirty—often caked with the filth that we somehow managed to grow out of. Just like the pumpkin, there’s not much hope for us until we’re picked up out of the dirt. God can and will lift us out of the dirt—out of shame, rejection, sadness, and sin.

Once we come out of that dirt—when we’ve been washed and cleaned—we can look at ourselves and the world around us in new ways. Something new is happening. This is the power of baptism—the power of knowing all sins and wrongs are gone and that we can start afresh. It’s the power of knowing you belong somewhere, and to something, exciting and powerful.

It is at that point we are made a new creation—carved and molded into something amazing by a higher power. When gone through such an amazing transformation, could we do anything but smile? Just like the pumpkin, we’re left with the warmth of love that causes us to beam with nothing less than a big, silly, toothy, grin!

Then, just when we thought it couldn’t get any better, a little light starts to shine in us. When we allow the Holy Spirit to enter us, we shine forth with the radiance of Christian love. We can be a beacon in the night to those who are weary and searching for the same kind of transformation.

Autumn is a beautiful time of year, filled with the changing leaves and weather. I look forward to it because I know I’ll appreciate the warm days more and more as they become scarce. I look forward to it because it means change. I like the reminder that I too can be changed.

BEA'S MUSINGS

From Psalm 91

Verse 4:

He will cover you with his wings,
You will be safe in his care;
His faithfulness will protect and defend you.

Verses 11-12:

God will put his angels in charge of you
To protect you wherever you go.
They will hold you up with their hands
To keep you from hurting your feet on the stones.

ECW Meeting

By Mary Catherine Williams

The ECW met on September 4 with twelve ladies present. Patty Richardson and Shirley Ofsa provided a delicious dinner. A discussion was held on doing projects for the Food Pantry. We decided to set September for collecting cleaning supplies, October health and personal Items, November blankets and Christmas decorations, December hats, scarves and gloves, and January socks. There are tubs in the narthex for collecting these items. We probably will continue collecting cleaning supplies in November since we started late in September. Monetary contributions will be accepted.

DOK MEETING

By: Mary Catherine Williams

The Daughters of the King meeting was September 17 with two members present. We decided that since the attendance was low, we would wait until next month to do the study that we were going to do for September. That study will be on Rhoda and Mary Magdalene. Our next meeting will be October 15 at 10:30 in Hobson Library.

UNION MISSION



Episcopal outreach resulted in the serving of 295 meals at the Union Mission on the 2nd & 4th Wednesdays in September 2019.

Participants on the 2nd Wednesday were Sheila Brooks, Wendy Harris, Ted Lewis and Art Mead from Christ Church, Bluefield, W.Va., and Charlie and Susan Helmandollar (father & daughter) from Christ Church, Pocahontas, Va. Also participating were two students: Tyler Watson, a Bonner Scholar from Concord University (also a former member of the Bluefield High School 2017 State Champion Football team), and Ben Zappia, an exchange student from Germany.

Participants on the 4th Wednesday were Sheila Brooks, Don Harris, Ted Lewis, Art Mead, Betty Nash and Shirley Ofsa from Christ Church, Bluefield, W.Va., and Allen Siegel from the Congregation Ahavath Sholom.

On Sept. 11th a menu of hot BBQ on a bun, coleslaw, baked beans, a brownie and a soft drink was prepared and served.

On Sept. 25th a menu of hot chicken strips and apple sauce with a small bottle of flavored drink was prepared and served and included a package of sandwich meat with a loaf of bread for each family.

Combined, approximately 150 meals were served directly by the volunteers. Another 85 meals were served by the Mission staff before closing time. The remaining 60 meals were served by lunch time on the following two Thursdays.

On Sept. 11th Shirley Ofsa was working the Coal Show, so Wendy Harris brought the special ingredients for the beans.

FOOD PANTRY REPORT

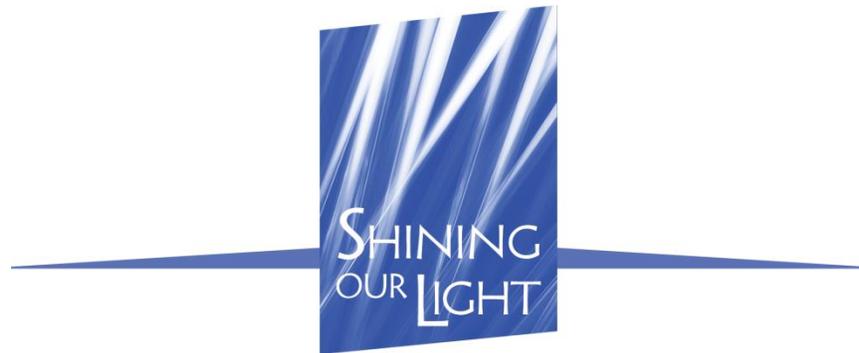
Thanks to the following for helping to bag groceries for the September Food Pantry: Donald Kersey, Art Mead, David Kersey, Elizabeth Clements, and Peter Taylor. Approximately 50 grocery bags were distributed, and members of the community enjoyed breakfast prepared by Betty Nash and Charlie Blevins. Cleaning supplies were available and greatly appreciated. Those who worked the Food Pantry were Jennifer Slater, Mary Katherine Williams, Betty Nash, Charlie Blevins, Linda Ammar and Peter Taylor.

The Wade Center

By Betty Nash

The Wade Center, located at 1400 Highland Avenue, Bluefield, W.Va., is seeking volunteers to assist with its after-school program from 2:30-6:30 p.m., Monday through Thursday. Students are ages 6-12 years in grades 1-5. Volunteers are needed with listening to children read, assisting with homework, helping with activity time and feeding children a hot meal before they return home. Volunteers can donate 2-4 hours. Any assistance is appreciated and helps with building a brighter future for our local children.

If you can help, contact Kourtney Neal at 304-323-3770 or email at kourtney.neal@wadecenter.com



“You are the light of the world!
You are the light of the world!
But if that light is under a bushel,
It's lost something kind of crucial
You've got to stay bright to be the light of the world.”

— Godspell

This year's stewardship program is entitled, “Shining our Light.” Look for our mailings and reflections as we reflect on how to “shine our light” to the world with our time, talents, and treasures!

Time For Your Flu Shot!!

By Betty Nash, RN

Flu season is here! Last year, between 6 and 7 million people were sick with influenza and influenza caused up to 57, 300 deaths. There was a dramatic increase in flu-related deaths in children.

The Center for Disease Control (CDC) recommends everyone 6 months and older receive a flu vaccine every year. Remember the flu vaccine not only protects you, but it also can help protect those around you with lower immune systems including children, older adults and those with chronic diseases including diabetes, kidney problems and heart/lung disease. You could actually have a “light case” of the flu and unknowingly pass the flu virus on to someone that could result in a serious illness and even death. About 20-30% of people carrying the flu virus have no symptoms but can spread the virus to others.

Myths Regarding The Flu Vaccine:

1. MYTH: You can catch the flu from the vaccine. FACT: The vaccine is made from an inactivated virus that cannot transmit infection. If you became sick after your vaccine, you were exposed to someone with the flu virus, NOT the flu vaccine!

2. MYTH: The flu vaccine will prevent you from having the flu. FACT: The flu vaccines protect against the 3-4 viruses that research suggests will be most common. That information is updated every year and helps protect against the most dangerous viruses.

3. MYTH: The flu is just a bad cold. FACT: The flu may cause bad cold symptoms such as sore throat, runny nose, sneezing, and cough. However, the flu is a different virus. In general, flu is worse than the common cold and symptoms are more intense. Flu symptoms appear suddenly and include fever, aches, chills, weakness and headache. Antibiotics will NOT be effective against the flu. Antiviral drugs may be prescribed. Treatment includes rest, eating well and staying home. If your symptoms do not improve after a few days, see your health care provider.

If you are a high risk (chronic disease, older than 65), contact your health care provider early in your illness. Do NOT go to the Emergency Room unless you have emergency warning signs of flu which include difficulty breathing, chest/abdominal pain, confusion, severe weakness/unable to walk and unable to eat/drink resulting in no urine.

Visit <https://www.cdc.gov/flu> for more information regarding flu immunizations!

Minutes of the Vestry of Christ Episcopal Church
Bluefield, West Virginia
September 18, 2019

Present: Elizabeth Clement, Frank Dragotto, Delia Kersey, Tom Coughlin, Don Kersey, Susanne Pulse, Mary Catherine Williams, Father Chad Slater

The September meeting of the Christ Episcopal Church Vestry was called to order on September 18, 2019, by Tom Coughlin who declared a quorum.

Father Chad Slater led the vestry in a short devotion.

The treasurer's report was given by Frank Dragotto. The financial reports were reviewed. The Church is staying within the budget. On September 7, 2019, members from St. Stephens Episcopal Church audited our books. We need to prepare a formal policy for the discretionary fund. Frank Dragotto made the motion to accept the August, 2019, financial report. It was seconded by Mary Catherine Williams. The motion passed unanimously.

Junior Warden's Report: Dunford Roofing will be here the week of September 23, 2019 to repair the roof. Payment will be made from the general fund. Tom Coughlin will call Dotson Paving for a status report on repairing the driveway. A discussion was held on the repair/replacement of the heating system. Once all bids are in, we will have a congregational meeting to discuss the matter.

Communications: Don Williams will update the church directory.

Education: The bags for the children will be replenished with coloring books, etc.

Evangelism: Name tags for the congregation were discussed.

Finance: The Stewardship program will run from October 6, 2019 to November 17, 2019. Pledge cards will be mailed to church members to be returned in November, 2019.

Outreach: The Episcopal Church Men's Group donated \$1,500.00 to the Food Pantry. Kerosene vouchers will be given out in October or November depending on the weather.

Parish Life: Canterbury Club will be at the Slater's on September 29, 2019. We will have a reception after the late Christmas Eve service.

Rector's Report: In September, Father Chad taught early church history for Iona School. LARCUM Conference was a success. Father Chad was asked to speak at St. Paul's in Mt. Lebanon, Pennsylvania, on November 17, 2019, which is Stewardship Sunday. The pet blessing will be held in the parking lot next to the Church on October 13, 2019 at 4:00 p.m.

New Business: A discussion was held on how to incorporate new members into our church community.

Old Business: Bishop Klusmeyer approved Paul Barker's internship at Christ Episcopal Church when Father Chad is on Sabbatical. We will celebrate the 100th anniversary of the devastating structure fire with Immanuel Lutheran Church on December 29, 2019.

There being no further business, Father Chad dismissed the meeting with a prayer.

Respectfully submitted: Susanne Pulse, Secretary

OCTOBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Seventeenth Sunday after Pentecost 10:00 Holy Eucharist	7	8	9 3:00 Serve dinner at the Union Mission	10	11	12
13 Eighteenth Sunday after Pentecost 10:00 Holy Eucharist 4:00 Pet Blessing	14	15 10:30 DOK Meeting	16 6:00 ECM Dinner 7:00 Vestry	17 9:00 Food Pantry	18 Saint Luke the Evangelist	19
20 Nineteenth Sunday after Pentecost 10:00 Liturgy of the Word	21	22	23 Saint James of Jerusalem 4:30 Serve dinner at Union Mission	24	25	26
27 Twentieth Sunday after Pentecost 10:00 Holy Eucharist	28 Saint Simon and Saint Jude	29	30	31		

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

6: Linda Ammar
 13: Rob and Mimi Merritt
 20: Stan and Grey Kiser
 28: Phyllis Walker

Altar Guild for October:

Mimi Merritt
 Teresa Paine
 Linda Ammar

PRAYER LIST

Dorene Dimes, Wanda Myers, Bonnie Taylor, Joe Sanders, Lee Puckett, Sr., Kerrigan Farmer, Mabeline & Elton Robinson, Bea Paine, Charlotte Woolwine, Lynn Burney, Marilyn Denney, Michelle Parks, Shirley Weaver, Will Calfee, Doug Bloomfield, Paul Anderson, Deane Family, Donna Fortune, Deanna Edwards, Elizabeth Kane, Jerry and Debbie, Nina and family, Marlene, Becky Steorts, Amy Melvin, Bob and Peggy Walk, Lorraine Blansfield, Susan Jewell and John Kersey

RECIPE OF THE MONTH



Polish Mistakes

- 1 pound hamburger
- 1 pound sausage
- 1 jar cheese whiz
- 1 loaf cocktail rye bread

Brown sausage and hamburger together. Drain grease thoroughly (after draining pat with a paper towel to remove excess grease and wipe skillet with paper towel). Add jar of cheese whiz to meat mixture and mix well. Lay out cocktail rye bread pieces; top with meat mixture covering each piece of bread.

Place on cookie sheet and bake approximately 20 – 30 minutes at 350. These freeze very well!

Submitted by Linda Ammar

BIRTHDAYS

October 1	Michael Parks	October 16	Burt Kersey
October 3	Sheila Brooks	October 16	Emma Slater
October 4	Deak Kersey	October 17	Stephanie Smith
October 8	Elizabeth Clement	October 20	Bruce Puckett
October 8	Don Williams	October 21	David Faber
October 9	Grace Taylor Sudduth	October 21	Phyllis Walker
October 11	Brian McCoy	October 24	William Joseph Allen
October 14	Mike Lilly	October 24	Bernadette Dragotto

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To our friends and family:



OCTOBER 2019

Rainbow 1910

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