



# Epiphany Tidings

Newsletter of the Episcopal Church of the Epiphany

**February 2010**



**Rector's**

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## MINISTRY NEWS & NOTES

### Diocesan Esprit Newsletter Changes Format

The Esprit, our Diocesan newspaper, is being transformed into a new format. You will find copies of the Esprit in the Narthex this Sunday --pick one up. It is being redesigned as more of a theological journal than a news publication.

To get on the mailing list for the Esprit, go online to [www.espritdallas.com/subscribe](http://www.espritdallas.com/subscribe) to be put on the mailing list for the next quarterly issue.

### Shawl Ministry



The Shawl Ministry at Epiphany continues to grow with wonderful people offering their skills in making new shawls for our parish. There are 26 receiving shawl ministry email updates as of now and if you would like to be on this list too, email [Sharon,ricks@tx.rr.com](mailto:Sharon,ricks@tx.rr.com). As of now, we have given over 82 shawls to those in need of comfort and prayer within our parish. Each shawl is hand-made with prayerful thought. The shawl is then blessed by other members of the ministry and ultimately blessed by Fr. Bill at the Altar on a Sunday. We gather once a month on the 4<sup>th</sup> Monday to knit/crochet and share fellowship. Please join us anytime. If you would like a shawl or know of someone who may like one, please contact Elsie Hendricks at 972-495-8526, Sharon Ricks at 972-690-6204 or any member of the ministry.

### From the Junior Warden

I was elected by the vestry as Junior Warden after the Annual Meeting. I'm looking forward to serving God and the parish in this capacity.

The Junior Warden's bulletin board in the vestibule of St. Mark's and St. Margaret's is for you to communicate things that need fixing around the church property. Please provide your contact information so I can follow up with you if needed.

A big "thank you" to the youth and others who did a great job of cleaning on January 17. We really appreciate your efforts.

Tentatively the first Saturday in March will be a workday for the exterior of the parish. Kind of a "spring cleaning" for the grounds. Please check the Sunday Tidings for more information as the date approaches.

Bill Engel

## Many, Many Thanks

### A Thank-You Note From Network:

NETWORK of Community Ministries would like to thank you for your generous donations to our Santa Program this year. We truly appreciate your opening your hearts and sharing the spirit of the holiday season with families of our community. Your gifts helped make a difference in the lives of children in over 900 families this Christmas.

Thank you so much,

Beth McLean, Angel Coordinator

# Musical Musings



## February Choir Schedule

<u>Sunday</u>	<u>8:45 a.m.</u>	<u>11:00 a.m.</u>
February 7	Adult Choir	St. Cecilia
February 14	Cherub/St. Cecilia	Adult Choir
February 17	<b><i>Ash Wednesday—7:00 p.m. Adult Choir</i></b>	
February 21	Adult Choir	Carillon Ringers/Contemporary
February 28	Epiphany Ringers	Adult Choir

- • • • •
- Attention Youth Choirs •
- NO rehearsals on Ash Wednesday •
- Mark your calendars and plan to attend the 7:00 p.m. Ash Wednesday liturgy on •
- February 17th. There will be NO rehearsals for Cherub Choir, St. Cecilia •
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## Austin Street Centre

If you were at the church on Thursday, January 14, you probably got a whiff of the wonderful stew prepared by the Brotherhood of St. Andrew. Using 125 pounds of beef, the men made the annual stew for our January meal at Austin Street Centre. We fed over 380 men and women that night. Most people came back for second helpings; and many came back for thirds...and fourths! Everyone commented on how delicious and filling the meal was. What a great evening we had! Many, many thanks to the men who worked all day preparing the meal...and special thanks to those who joined us to transport and to serve the meal: Ed Gough, Chuck and Sarah Lalanne, Chuck Farry, Bob Barnett, and Patrick Murphy and his children. Our next trip to Austin Street will be Thursday, March 11. Watch your Sunday Tidings for details. Questions? Call Elinor Barnett at 972-664-9155 or Chris Hampshire at 214-538-6659.

*Matthew 25:40: "...whatever you did for one of the least of these brothers of mine, you did for me."*

Christine Hampshire

## Parish Nursing A Valentine For My People

February is always Heart Month because of the reference to St. Valentines day . It is another excuse for parties for children . However it is also a reminder of how fragile our hearts can become as we get up in years.



The precursor to a heart attack is a condition called metabolic syndrome. (Met S). The following five numbers are indicators of Metabolic Syndrome:

1. Waist Measurement; A waist circumference of greater than 35 inches for women and greater than 40 inches for men is associated with a higher incidence of Met S .
2. Triglyceride level; Levels higher than 150 mg per deciliter Mg/dL .
3. HDL; Levels of "good cholesterol" lower than 40 mg/dL in men and 50 mg/dL in women.
4. Blood Pressure; Higher than 120 millimeters of mercury (mm/hg) systolic ( the high number) or greater than 80 mm/hg diastolic ( the lower number).
5. Elevated Blood Sugar; Blood sugar levels of 100 mg/dL or higher.

A combination of all of these is an indicator of Met S and leaves one in danger of heart disease.

Once again the Methodist Richardson is giving us an opportunity to have a Lipid Profile and Glucose Screening during the week of Monday February 8 through Friday February 12 from 7 a.m. to 10 a.m. Cost is \$15.00 . No Appointment is necessary. A 10 hour fast is required. This covers triglycerides, cholesterol, and Blood Sugar. As far as the weight and blood Pressure are concerned take advantage of the exercise programs at the Methodist church on Tuesdays and Thursdays at 9 to 11 am and the Yoga program that Janet Hennard does for us here. I will look for you there.

I recommend the ones at FUMC because it is there and to try to duplicate it is ridiculous. The cost is only one dollar per class ant the leaders are good.

The last thing I want to recommend is to stop smoking if you are smoking . I've already told you of the damage done by cigarettes to the circulatory system. I tell you all of this because I love all of you and I want you around for many years to come.

Mary Anne Craig-Collins

Yoga For Seniors - Meets Tuesdays, 10:30 - 11:45 a.m. in St. Margaret's Hall. This slow and gentle class for seniors and those with physical limitations honors changes to our bodies as we age, taking into consideration restrictions such as arthritis pain and stiffness, illness and surgeries. Please bring a yoga mat or exercise mat and a blanket.

For questions please contact Janet Hennard at 972-881-9711.



## Stewardship Corner

### Thank You, Epiphany!

During November and December we have conducted our Stewardship Campaign. We have shared our thoughts about stewardship and also communicated specifics about our financial condition and asked you for your support. We now want to share with you our results.

1. Our stewardship campaign resulted in 159 pledge commitments for \$572, 817. This is 12 more commitments than 2008. We also had 22 new pledge commitments from folks who had not pledged before. This is during the worst economic downturn in our lifetimes!
2. We asked Epiphany to be faithful to your 2008 pledge commitments. You responded with 94.4% of pledge commitments being honored.

We asked for a little extra at the end of the year to balance our budget for 2009 so we did not enter the year with a negative balance. You again responded in December with a significant amount of non-pledged giving of \$16, 715. We finished the year at almost 125% of budget for non-pledged offerings....Wow!

Because of the generosity of Epiphany we finished 2009 with a small surplus, having paid all of are expenses and are current with our Diocesan Assessment....a statement not all churches can make. We are entering 2010 with the mandate to be "Servants for God, our parish and the community" and because of your commitments we have the financial resources to do just that.

**Thank you Epiphany, you are a wonderful group!**

Stewardship Committee

### Treasury Tithing

December 2009

	Year to Date	Budget Year to Date	Actual Last Year to Date
Income	\$ 650,459	\$ 669,674	\$ 628,451
Expenditures	<u>648,904</u>	<u>669,368</u>	<u>623,581</u>
Net Income (Loss)	\$ 1,555	\$ 306	\$ 4,870



### Coleman Mission Trip

Epiphany will join St. Mark's Episcopal Church to work on renovating the **Loaves and Fishes Food Pantry** in Coleman, Tx.

We will work, eat, worship and enjoy fellowship together.

The trip will take place April 23-25.

Space is limited, so sign up is on a first come, first served basis.

For more information or to sign up, please contact Rev. Betsy Randall at [brandall@epiphany-richardson.org](mailto:brandall@epiphany-richardson.org).



### Lenten Program 2010

#### Stories of Transformation

Join us for a five-week series on stories of transformation. See how an encounter with the risen Christ transformed the lives of five ordinary pilgrims. The program begins at 6:00 p.m. with Stations of the Cross, followed by a Soup and at 6:30, with Stories of Transformation beginning at 7:00 p.m.

#### Weekly Presenter Schedule

##### February 24 - Carrie Boren

Missioner for Evangelism, Diocese of Dallas. Carrie is a recent graduate of Oxford University with two degrees in Theology, Evangelism and Apologetics.

##### March 3 - Samira Izadi

Samira, a member of St Matthew's Cathedral and in the ordination process of the Diocese, was raised a Muslim, but converted to Christianity shortly after her arrival in the USA in 1997.

##### March 10 - The Rev. Canon Victoria Heard

Canon Missioner for Church Planting, Diocese of Dallas. The Rev. Victoria Heard was baptized in 1978 as a young adult and before her baptism experienced a vocation to be ordained a priest. She was ordained in 1983.

##### March 17 - The Rev. Nate Bostain

Director of College and Young Adult Ministries, St. Michael's and All Angels. Nate is also the Episcopal Campus Minister at SMU.

##### March 24 - The Rt. Rev. James M. Stanton

Bishop Stanton was consecrated the sixth bishop of the Diocese of Dallas on March 6, 1993. He is a strong advocate of biblical authority and the traditional values of the Christian faith.

### Epiphany's Columbarium

Interment in the Columbarium is ordinarily limited to past or present members of Epiphany and members of their immediate family (spouses, parents, grandparents, children, grandchildren). Interment of others may be permitted by special approval of the Columbarium Committee and the Vestry.

As of December 31, 2009 there are only 4 unsold niches (2 companion niches) remaining in the Columbarium. These are still priced at the original price of \$500 each niche, which includes the urn, name plate, and opening and closing of the niche.

A second Columbarium is planned for the same general area. Increased costs will require that the new niches be priced at \$750 each niche. For more information contact Jim Marshall, 972-578-9911.

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*Give of Yourself !!*

Address Service Requested  
Dated Material

**Tuesday, February 16th - Shrove Tuesday**  
EYC Pancake Dinner - 5:00—7:00 p.m. in St. Mark's

**Wednesday, February 17th - Ash Wednesday**  
Imposition of Ashes/Eucharist at 12:10 p.m. and 7:00 p.m.

**Wednesday Lenten Program - begins February 24th**  
Stations of the Cross - 6:00 p.m.  
Soup & Bread Supper - 6:30 p.m.  
Stories of Transformation - 7:00 p.m.

**Check these dates !!**

Upcoming deadlines for *Epiphany Tidings*

Thursdays: *Feb. 25th & March 18th*

Please e-mail articles to: *annekachel@sprintmail.com*,  
or place in the newsletter mail slot of the PLC mailboxes.