

The HERALD

September 2010

www.resurrection-tn.org

The Rev. Joseph N. Davis, Rector

September Reminders

- 9/3 Wedding Rehearsal
- 9/4 Armbrust-Power Wedding
- 9/6 Labor Day, Office closed
- 9/7 Little Lambs First Day of School
- 9/9 Women's Bible Study begins
- 9/12 New Adult Sunday School classes: Christianity 101 and Martin Luther
- 9/25 FallFunFest

Voices of Resurrection

A Spiritual Inventory Along the Way

By Peter Browne

I was recently reflecting on the last year and a half and our family's involvement at the Church of the Resurrection. I was really just trying to make a mental list of all the benefits our family has received, kind of like taking an inventory of our spiritual growth.

Our family has grown quite a bit, spiritually, over the last couple of years. Christie and I have gotten to know Father Joe, starting with Inquirers Class. After attending that class, we have enjoyed other adult education classes. I hope those who lead these classes know how much it means to those of us who have been able to attend. Thanks!

The EYC and children's classes also have been a great resource for our family. After church, on the way home, we take the occasion to discuss things learned at church and our respective programs. Christie and I also have also been amazed that so many times the things that were weighing on our family have been addressed in the sermons. It is almost eerie on the timing.

I think it is an understatement to say we are in trying times. These are tough economic times, but even in good economic times families are put to the test, with so much to consider. We are pulled in so many directions,

not always in the right ones. Our children are exposed to so much at school, on the internet, on TV, etc. Our family has been blessed to be back in this worshiping community. I believe we "wandered" here through the Holy Spirit. We now use the Resurrection's services, classes, and daily prayer to help guide us.

I certainly don't want to portray that I think our family has arrived and have become "perfect Christians." The main point I would like to make is that I think being involved with the Church has helped us adjust our sails, and we are using our continuing Christian education to help keep us headed the right direction as we travel life's journey. I hope the spirit moves all of us, including potential newcomers, to use the Resurrection's resources to help guide us in the way God wants to guide us.



The Rector's Corner

A Serendipitous Visitation

On Thursday evening, June 8th, I came back to the church at about 8:30 to get my vestments for the wedding I would do that Saturday evening. As I went through the narthex, I looked into the darkening church and saw the flickering sanctuary candle which was burning, as it always does, to show forth the presence of Christ in the sacrament reserved in the tabernacle behind the altar. I paused and watched. "It won't hurt to go in for a minute. Just a little break to say 'Hello,'" I said to myself. When I did, the silence and stillness of everything except that candle impressed itself upon me. So did the power of the presence that candle represents.

It is easy for us to let familiarity breed contempt. We come into the church so often that we hardly think anything of it. But the church building is consecrated space. It is set apart as "The House of God." And behind the altar is what is called the tabernacle. It is the place where we keep the reserved sacrament, the consecrated bread and wine left over from previous Eucharists. We keep it there right behind the altar so that whenever I need to, I can come get it and take it to someone in need of the sacrament.

When I went to Cursillo, I learned about what is called a "visitation." A visitation is when someone makes a special trip to the church just to pray in the presence of the reserved sacrament. We do something much like this at the Maundy Thursday Watch in answer to Jesus' question, "Could you not watch with me one hour?" Just sitting and praying in a quiet church can bring a sense of deep serenity and peace. Knowing that Christ is present in the sacrament gives even more spiritual intensity to our prayer.

This particular evening, it was as if that candle were signaling me to come back and stay for a spell. I sensed the Holy Spirit beckoning to me. "Come on back in and rest a while. You have been busy enough." I did. While I was there, I was given just enough of an assurance that I was with Christ, and he was with me. I was also reminded of how powerful an experience it can be just to sit still in a quiet church for more than a couple of

minutes. After a while, I left, refreshed and feeling more at peace than I had been when I arrived.

There has been talk from time to time of the need for opportunities for contemplative prayer at our church. This is the kind of prayer in which you sit quietly in the presence of God to "Be still and know that I am God." You tell God what you want to tell him, but you mainly sit still and listen. When your mind wanders, you just wander back to waiting on God. Whole shelves of books have been written about contemplative prayer, but it is a practice that is so simple that it is hard! All you need is the willingness, the time, a place, and a community of faith to be part of.

What should you pray about? Just about anything! A verse of Scripture, especially the Psalms, or the writings of a saint would be a good starting place. Just read a short passage and ask God what he wants you to get from what you have read. Sit and listen; read the words again whenever you want to. Or you can just sit and listen, without reading anything at all. Waiting on God is an excellent prayer!

One may certainly pray in silence and stillness at home, or just about anywhere, but it is also nice to do that at one's church. Before 8:30 a.m., our church is usually open for at least 15 minutes on Monday through Thursday. Then at 8:30 we have Morning Prayer. Before the 6 p.m. Wednesday night Eucharist, the church is open for much longer. Just about any day, one may come over between 9 a.m. and 2 p.m., and the building will be open; or if not, Anne Ramsey or I can let you in so you can go in the church to pray. Then there is the time before the 8 a.m. and 10:30 a.m. Sunday services. This time should be reserved for people to come in the church early and pray in preparation for the Holy Eucharist.

What will happen if you start praying like this? I really can't say; but I believe you will grow spiritually. Prayer does not necessarily guarantee spiritual growth, but everyone who grows spiritually grows in his or her prayer life. Our Lord himself would go out "a great while before day, to a lonely place," to pray. If he needed prayer, then surely we do, too.

—Father Joe

FALL FUN FEST



Saturday, September 25th, from 4-7 p.m.

Please join us for FallFunFest on Saturday, September 25th, from 4-7 p.m., for an old-fashioned festival of food, family and, as the name says, fun.

This is a wonderful opportunity for our church members, families, friends, neighbors, and community guests to gather together.

The Men's Club will be cooking your **favorite cookout foods** like hamburgers and hot dogs, with all the usual tasty side dishes.

Kelly Smith is heading up our **Country Store**, which will have all the delicious goodies from our bake sale plus gift baskets, crafts, and other treasures.

We hope to have the "**Amazing Plates**" **cookbook** available, but if we don't you can pre-order your copies.

We will have the **old-fashioned amusements** you'd expect from a

country fair, such as the bean-bag toss, apple bobbing, ring toss, face painting, and more.

We'll have an **inflatable "bouncy house"** for the little kids to burn off some energy.

The air will be filled with some **great festive music** from the Joan Davis Band, a barbershop quartet featuring our own Neil Redkevitch and some special mystery guests.

For fun we'll also have a **cakewalk** and a **hayride** from Charlie Burke.

We'll have a library's worth of reading at the **book sale**.

More updates will come during the 8 and 10:30 a.m. Sunday services from **Freddy Farmer**. Please send your donation in today and R.S.V.P. to the Church Office.

We still need volunteers, so sign up on the posters at church or email Jim Molpus at jm4474@gmail.com.

—Jim Molpus



*Watch for additional updates
from Freddy Farmer during Sunday services.*

Great Food • Live Music • Bake Sale • Book Sale • Games • Hayrides • and More!

A “YMCA” For Our Voices

In the past year at least two people from our congregation approached me asking what to do to get their singing voices back. They said they did not enjoy even trying to sing because their voices would not respond anymore, and very often would crack when attempting to sing, which they thought especially precluded them from singing in church.

My answer to their question was easy enough:

Our vocal cords work in conjunction with the muscles around them. If the vocal cords are not damaged,* exercising the muscles around them and also the diaphragm can sometimes bring back the ability to sing. And how do we exercise these muscles? Well... **by singing!** In other words, if you still have healthy vocal cords **the more you sing** (without glottal attack or screaming, only softly at first, using mainly your middle range, not too low or extremely high until you slowly expand your range), **the more your singing voice will get back** and get stronger. If you have always enjoyed singing but have not sung in years and feel now that you cannot sing “as you used to,” there is a chance that your voice might start coming back **IF YOU** begin singing softly while you take a shower, in the car (doubling softly the radio tunes you listen to), in the kitchen while chopping parsley, or while repairing your car in your garage, at **CHURCH** (here you will sing with a double purpose, for your voice’s health and for **God’s Glory**. Chances are that your neighbor congregants in the nave are struggling just as you are with their singing, and your unfettered singing will encourage them to practice their singing, too.)

If God has blessed you with musical talent, and if you have always enjoyed singing, the choir could actually serve as the best YMCA to exercise your voice muscles! If your vocal cords are not damaged, you could exercise your



voice muscles back to fitness after a few months with us and you will sing better, and if your voice starts responding you will again enjoy singing! (Additionally, you will widen your hymn repertoire substantially.)

I promise that our present choir members and I will understand that you are in a **singer re-training** phase, and we will not expect too much from you or put you in the spotlight too soon. We will also exercise your lungs by doing some work on your air-capacity and -control. (If you do not wish to sing in the choir loft on Sundays, but wish only to exercise your voice during our Wednesday rehearsals, that would be OK with me, too). **Just come on Wednesday evenings at 7:00 p.m. and exercise with us!** [Suggestion: Wear comfortable clothing and shoes for a good exercise session; some light breathing exercises will be included.]

Some of you might appreciate the additional general suggestions for healthy singing:

- Stay hydrated, drinking at least two liters of water daily.
- Avoid clearing your throat!! (Unfortunately, most of us clear our voices constantly without knowing how bad it is for our vocal cords.)
- If you feel your voice getting tired with a scratchy or tingly sensation, stop singing.
- Avoid using a glottal attack to sing (supporting your voice with the diaphragm instead).
- Engage the vocal cords by actively speaking the words of your song.
- Get regular exercise (walking, swimming, running) to expand your lung capacity and strengthen your diaphragm.
- Avoid screaming ANYTIME ... especially while attending sport events and/or rock concerts.
- Avoid singing TOO LOW for your range; this is really not good for your voice. (Too many people think that all higher notes are to be avoided; hence, they sing only in their lowest range; even some music teachers make children sing in the alto range, when most children are soprano by nature!)

*–Your Organist and Choirmaster,
Hildegard Cox*

*Only a medical doctor can determine if your vocal cords are still healthy.

Children's Ministries

It is not just back-to-school time, it is back to Sunday School time. What a wonderful year we have ahead of us. For **children**

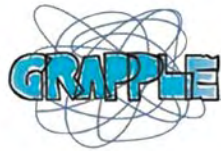


ages 3-5, we will continue the Catechesis of the Good Shepherd. The Catechesis is an approach to the religious formation of the child and is based on the conviction that God and the child are in relationship. The child has a deep need to experience and a special capacity to enjoy the presence of God. Through hands-on experiences and quiet reflection, the child will learn of the sacraments of the church and the wonders of

God's creation as well as practical life skills.

Level II of the Catechesis is for **children 6-9 years of age**. The child at this age is armed with new moral and social awareness as well as heightened intelligence and imagination. The children in the Level II atrium will look in greater depth at the sacraments, explore the parables of Jesus, ponder the history of God's kingdom and study the geographical area in which Jesus walked and taught.

Preteens are a moving target. Fourth- and fifth-graders are too old for Children's Sunday School, but too young for youth. This year we will present Grapple®, a Sunday School curriculum that answers real-life preteen questions and tackles the issues preteens care about most! Each quarter there will be 12 attention-grabbing preteen Bible lessons that prompt them to dig into the Bible. And if that wasn't exciting enough, our class will be led by Clayton Altom.



–Pat Smith

Youth Sunday School and Confirmation

This fall, the Youth Sunday School classes are going to have some new developments. The new confirmation class will be starting up across the hall from the Youth Room and will be diving into a great video curriculum called Re:form.



We will tackle some of the tough questions of faith, such as "Who wrote the Bible, God or humans?" and "Why do we say we believe in 'the holy catholic church' if we're not Catholic?" "Can I be a Christians without going to church?" And much more... This class will be a part of the preparation process for our youth preparing for confirmation in the spring led by Jill Altom.

Meanwhile, our youth who are not being confirmed will continue to meet in the Youth Room using **SPICE RACK** – an interactive approach to learning and exploring scripture.

–Jill Altom

What To Do When Sick or Going to the Hospital

I want to be at your side when you are facing any crisis. When you are in the hospital, I want to come and anoint you with prayers for healing. The anointing of the sick is one of the seven sacraments of the Church, and this means that God works through the laying on of hands, the consecrated oils, and the prayers of the Church to help you come to a place of strength and safety, no matter what you are facing.

In case of illness that prevents church attendance, either I or a Eucharistic visitor (a licensed layman; our two vergers are Bill Gleason and Dave Price are our two EVs) can bring you communion at home or in the hospital.

As your priest, I am called by God (and your vestry) to support you in your time of need. This is a humbling vocation, but it is a joy to live it out when people communicate with me about their needs. As a priest, I am commissioned to bring my people the power of God's own sacramental presence in their healing. I want this strength and comfort for each of my parishioners. When people tell me about a need for anointing or communion, we work it out, even if I am on vacation. (And we do have members of the Order of St. Luke in our parish, who are trained in prayer and visitation of the sick. They can certainly come and pray for you if your priest cannot make it for some reason.)

In my 24 years in serving as a priest, visiting people when they are sick has been one of the most important ways I have found to make a connection of love and trust with my people. I will call on you when I need your help. Please call on me when you need my help.

Faithfully,
Father Joe

Fall Classes for Adults

Adult Sunday School in September “Why Anglicans Should Adopt Martin Luther As Patron Saint”

(A three-week course on the relevance of the Reformation for living the faith today.)

In a three-week series to open the Fall in adult Christian education, our Lutheran member of the parish, Pastor Michael, will lead a study and discussion on the 16th-century reformer, Martin Luther, and his insights on the problems of our 21st century world. Basing our study primarily on Luther's controversy with the humanist, Erasmus of Rotterdam, we will examine how the great Reformer captured Augustine's thought and parried it against the infamous humanist on the issues of religion, sexuality, and politics. Our goal is to discover how we can use the classic Christian doctrines to bolster us in the battle of maintaining sanity in a world gone awry.

Those wishing to read about Luther in advance of the class are advised to pick up the old classic from 1950, Roland H. Bainton's *Here I Stand: A Life of Martin Luther*, available in paperback from Amazon.Com. (Those preferring something done recently should look at *Luther the Reformer: the*

Story of the Man and His Career, by the Ohio State professor, James M. Kittleson.) No reading is required for the course.

Because of time constraints, let's meet in the Fellowship Hall on the back end of breakfast, from 9:20 a.m. to 10:20 a.m. Bring your coffee and remaining breakfast with you as we gather for study.

The Class Schedule:

- September 12th: “**Humanism will never get you through the work week.**” [A look at Luther's emphasis on the dangers of the religious impulse because it is a barrier to God.]
- September 19th: “**Who is your model for life: Hugh Hefner or Martin Luther?**” [Exploring the difference between “free spirits” and freedom in the Spirit.]
- September 26th: “**What was it that Father Wise said?**” [Augustine, Luther, and Bonhoeffer against the progressive mind-set of our day.]

Come one, come all! Meet for breakfast at 9 a.m., if possible; then let's join in dialogue.

—Michael Shahan

Christianity 101: The Rector's Inquirers Class

Do you want to learn where the Church came from? Ever wonder about how the Trinity can be three in one? Why did Jesus have to die, and what does his death mean to the world, and to me? Who made the world? What is the fall? Where did the sacraments come from? How can I understand the Prayer Book? What is the Anglican Communion, and how are we part of it? What did Henry VIII have to do with our church? What is the Bible, and what does it mean? Does God really answer prayers today?

We will attempt to find answers to all these questions, and many others, in Christianity 101. We will meet on Sundays at 9:20 a.m. beginning September 12th in the Conference Room opposite the Church Office. Please call or send me an email if you have any questions at all.

—Father Joe

Fall Women's Bible Study

The Fall Women's Bible Study begins on Thursday, September 9th. We will meet at 9:30 a.m. in the Conference Room.

Our study is **FAITHFUL, ABUNDANT, TRUE.** This study features Kay Arthur, Priscilla Shirer, and Beth Moore. It is a seven-week study, and there is a study book that complements the video presentations each week.

Bring your Bible and join us as we will see how faithful, abundant, and true our Lord is. For more information, contact Kelly Smith or Harriet Dorland.

—Harriet Dorland

EYC NEWS



It is wonderful to begin a new school year with so many faces at our lock-in last month. The Episcopal Youth Community continues to grow and amaze me as we learn together how to live together as a community seeking after the abundant adventure of following Christ. It is truly an adventure that takes us deeper and further into the knowledge and love of God, who stretches us and forms us to be more and more like His Son, Jesus.



I am looking forward to the new things in store for this season as we begin to Enter the Story of God and discover how our stories are a part of God's story. This fall at EYC on Sunday nights we will embark on a journey through some of the major milestones in the Bible: Creation, Disruption, Israel's Journey, The Tabernacle, The Kingdom, Journey to the Cross and Restoration. This is a hands-on, interactive way to experience the story using all of our senses, allowing us to participate in the lesson. I can't wait to step into the story.

—Jill Altom



CONNECT OVER COFFEE

@ The Good Cup, Thursdays from 2:45 to 4:30 p.m. Stop by after school.

Happening for High School Students

Attention high school students, Happening #54 is coming to Resurrection, November 5-7th. This is a diocese-wide movement for all high school students unlike any other. Happening is a weekend event led by youth and addresses some of the basic questions and beliefs of the faith in an Episcopal context, the purpose of which is to introduce and deepen that which binds us all together, the love of Jesus Christ. Applications will be out in the mail at the beginning of the month.

—Jill Altom



News From the Resurrection Office:

A Church Directory was printed in August and copies are outside the Church Office and in the Parish Hall. If you would like an electronic copy, please email me at resmail1@comcast.net. You may make additions and corrections to a posted copy of the directory on a bulletin board in the Parish Hall, or send me an email.

I will list additions and corrections each month here in the Herald.

Changes to the August 2010 Directory:

- Peter & Christie Browne family's new email is scrowlers@comcast.net
- Lynn Tidwell Garrard is listed under the "T"s.

—Anne Ramsey

St. Luke's Food Basket

1st Sunday	Red Beans, Rice
2nd Sunday	Spaghetti, Spaghetti Sauce
3rd Sunday	Can of tuna, Tuna Helper
4th Sunday	Macaroni & Cheese, can of fruit
5th Sunday	Toilet Paper, Hand Soap



Each Sunday's offering (except the 5th) constitutes one complete meal for one family. Place your offerings in the basket at the back of the church. We are committed to serving St. Luke's with this ongoing weekly ministry, and these food items are separate from other food drives.

Days of Celebration and Thanksgiving

September Birthdays

1	Dustin Whittin	15	Will Harvey
3	Thomas Peluso		Sarah Lauricella
5	Emmie Hendricks	17	Patrick Clarke
6	Deb Holliday		John Rocco
	Gabe Lechleiter	18	Cole Erickson
7	Ethan Browne		Matthew Rehm
	Marc Hitchcock Jr.		Emma Travis
8	Kate Ransohoff	20	Ann Enoch
11	Bill Cleary	22	Charlotte Smith
13	Paschall Davis	25	James Skinner

September Anniversaries

3	Joe & Nan Keenan
5	Emmett & Louise Dozier
6	Richard & Kelly Smith
9	Dan & Lynne Kelly
16	Albert & Mary Robinson

Please send corrections and updates for Days of Celebration and Thanksgiving to Anne Ramsey at resmail1@comcast.net.

Please send all October *Herald* submissions to:

heraldnewsletter@gmail.com

by Friday, September 17th



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