

August 2016

The Disciple

News & Events at Christ Church Charlotte



Love God
Care for Each Other
Serve the World



A Prayer for Peace, Protection, and Healing

Amid the constant reminders of discord and conflict in our community, country, and world, the clergy of Christ Episcopal Church offer the following prayer for you and your loved ones:

Almighty God, on this day of resurrection we come before you with heavy and broken hearts for all those around the world affected by prejudice, violence, and war. We pray that you receive into your loving embrace all whose lives are impacted and forever changed by injustices and conflict.

We pray that you bring your peace and healing to all those who are injured in body, mind, or spirit. Comfort the families and loved ones of the victims with your steadfast and healing presence, to weep with them and then dry their tears; to bind up their broken hearts; and to soothe their suffering.

**Join us for a
Service of
Healing and Peace
Every Wednesday
at Noon**

We pray that you help us to acknowledge our fears and to avoid responses of revenge and violence, and like Christ, to pray for our enemies, who are also your children. We pray that you fill us with your Holy Spirit that we may show acts of kindness and generosity to those who differ from us, that Christ's reconciling love may finally unite us. Like St. Francis, may we follow Jesus and where there is hatred, let us sow love; where there is injury, pardon; where there is despair, hope; and where there is darkness, light.

Loving God, in the midst of this difficult time of recurring heart-breaks, draw us beneath the shadow of your wings as you protect and heal us; enlighten our eyes that we may see beyond the suffering of this day; and cheer us with hope and confidence in your power to make all things new; through Jesus Christ our Lord. Amen.

Music for Everyone

Can you carry a tune? Play a few guitar chords? Did you take piano lessons as a child, or have you always wanted to develop your musical skills? This fall, please consider adding your voice to our joyful music ministry, or simply 'pray with your ears.'

No matter your skill level, there is a place for you. We offer a low-key approach to musical and spiritual growth amidst your family, work and other commitments.

For more information, contact Rob Ridgell at ridgellr@christchurchcharlotte.org or visit www.christchurchcharlotte.org/music.

Parish Choir for Parents, Professionals, and All People

Come to the Choir Room at 8:00 AM on any Sunday (your choice) to practice music prior to the 8:45 AM service. No weekday rehearsal required! Sheet music and links to listen to the music will be sent each week. To sign up for this relaxing, enjoyable ministry, contact Rob Ridgell.

Worship Band

Come to All Saints' Hall at 7:45 AM on any Sunday (your choice) to "plug-n-play" prior to the 8:45 AM service. Occasional monthly rehearsals. Questions? Contact Rob Ridgell.

Music Club

Pre-K through First Grade, Wednesdays, 5:00 - 5:30 PM, perfect for learning the basics of making music and healthy singing by playing musical games. Register now at www.christchurchcharlotte.org/music-signup.

Junior Youth Chorus

Grades 2 - 4, Wednesdays, 5:00 - 5:30 PM for young, eager minds ready to explore new musical territory in worship and community. Register now at www.christchurchcharlotte.org/music-signup.

Youth Chorus & Instrumental Band

Grades 5 - 12, Wednesdays 5:30 - 6:00 PM for youth whose hearts love music - this program blends an emphasis of teaching community building, musical leadership with a joy of singing, playing instruments from drums, guitar, trumpet, flute, and keyboard. Register now at www.christchurchcharlotte.org/music-signup.



Summer Arts Camp

For four hot July days, campers, camp staff, and youth and adult volunteers experienced the love of God through various art forms – choral music, visual art, movement, drumming and instrumental music, and theater arts. The camp theme was based on a book by Dav Pilkey, *God Bless the Gargoyles*. Many thanks to all of the campers and their families for participating in this rewarding experience. We are grateful to the camp staff and all of the youth and adult volunteers for their leadership and love.



iGroups: A Successful Summer Kick-Off

We were thrilled to introduce our new iGroups with three fabulous summer events. First, we met for a Picnic in the Park on June 12. Despite the blistering weather, we had a great turnout of parishioners, family and friends. Along with the Freedom Park Train and playground, balls and bubbles abounded! On July 13, we welcomed 35+ people to a Party in the Park at Romare Bearden Park. Friends enjoyed the Carolina Beach Music sounds of Raleigh-based Band of Oz under a beautiful Charlotte night sky. Finally, we finished out the summer with a Family Movie Night in All Saints' Hall where kids came comfy in pajamas to watch *The Lion King*, while enjoying pizza and popcorn. The adults had a great time too!

We'll be hosting many more iGroups events. Visit www.christchurchcharlotte.org/igroups for the most up-to-date information.

iGroups
an invitation to fellowship



Hot Dog Sunday

Join us for our final Hot Dog Sunday on August 28, following the 10:30 AM services. We've had lots of fun this summer with this fabulous tradition and hope you can join us for our last summer lunch!



Save the Date for Fall Parish Day

Save the date for Fall Parish Day on Sunday, September 11. The congregation will worship together in All Saints' Hall at 10:00 AM, and then gather on the lawn for food, fellowship and fun! There will be music and entertainment, including our ever-popular cake walk! Come one, come all to this annual tradition where we usher in the program year!

Cub Scouts at Christ Church

Troup 17 invites all rising first through fifth grade boys who are interested in learning more about ethical decision-making, the surrounding community, outdoors, fitness and leadership to join our troop. All are welcome – you do not need to be a member of Christ Church to join. Meetings are held on Sunday afternoons, 4:00 - 5:30 PM, normally at Christ Church. A full schedule will be available in early September; we will begin meeting in mid-September. Contact Towner Blackstock at townerblackstock@gmail.com or Harry Shaw at hashaw@mac.com for details.

OUTREACH & MISSION

Change a Life – Go Back to School!

During the summer, with all of the violence and racial tension, many parishioners asked how they could be an agent for change. One great answer is to participate in our ministries at Rama Road Elementary School. With a commitment of an hour a week, you can change not only the life of a child, but also your own life. Even if you cannot commit to volunteering at the school, there are other ways to help (school supply drive, sew badges for Girl Scouts, etc.). Come back to school this fall and see why we are Rama Proud!

School Supplies: We are late with our supply drive this year! Please help! See details at right. Come help us sort the supplies on Thursday, August 25, 9:00 AM – Noon in the Blue Room.

Tutors/Lunch Buddies: Tutors meet with children for 30-40 minutes, once a week. You can pair up with a friend, which makes your commitment a little easier. The teacher will tell you what to work on with the child. No special knowledge or skills necessary. Lunch buddies sit with a student (and his/her class) for lunch once a week and simply form a friendship.

Classroom Helpers: This is an opportunity to get to know an entire class of kids as well as their teacher. Once a week you come and do whatever is needed – read with a small group of kids, make copies for the teacher, or any number of jobs. Again, no special skills or knowledge needed; just a love of kids and a desire to help.

Girl Scouts: Last year we had 80 girls who participated! Lots of help is needed to be assistant leaders, substitute helpers, snack providers, badge stitchers, and helpers with special events. We have had a few assistant leaders leave after several years, so we are especially in need of new assistants. Julie Stedman (julescs@aol.com) is the leader of this ministry and should be contacted to help or to find out more.

Special Event Helpers: Help coordinate and serve food at Family Nights, help oversee activities on Rally Day, be a chaperone for field trips, or assist with other special events that may occur.

When Bryan Stevenson came to Christ Church, he said four things are essential for making justice a reality for all: proximity; changing the narrative; staying hopeful; and doing uncomfortable things. Rama Road may be an uncomfortable thing at first, but after making the initial commitment, you will develop close relationships with children in need, you will see the potential and growth in the children despite their circumstances, and you will be filled with hope. For more information, contact Marty Hedgpeth at hedgpethm@christchurchcharlotte.org.

Rama School Supply Drive

Help the students at Rama Road Elementary have a great start to the new school year by participating in our annual school supply drive. Pick an apple from one of the trees located in the Church, the GoodNews Shop, or the Rotunda; purchase the items listed; and drop them off in the collection bin outside the Blue Room by Sunday, August 21.



Serve-a-bration 2016 is Coming!

Mark your calendars now for Serve-a-bration 2016, which will be November 6 - 12. This is a time when we have a week of opportunities to serve others in our community in a variety of ways. There will be projects for all ages, at all times of the days and evenings throughout the week. Little or no experience required, just a desire to help others. If you can't be with us during that week, you may make a financial gift to help defray the costs of in-house projects, which have included packaging food with Stop Hunger Now, putting together medical kits for persons with HIV/AIDS in Africa, and making sandwiches for the Urban Ministry Center.

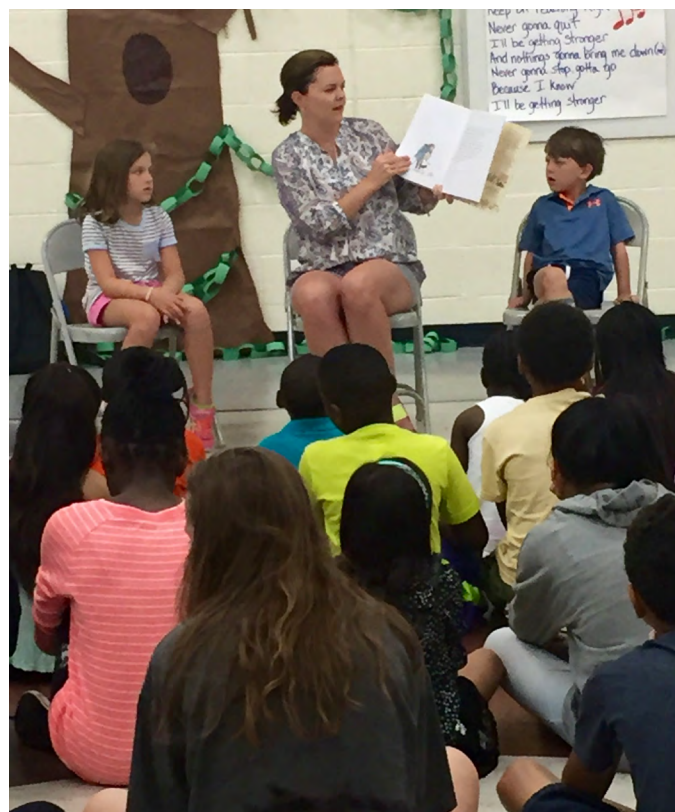


OUTREACH & MISSION

Freedom School: A Fantastic Third Year!

Christ Church's third Freedom School at Rama Road Elementary was a huge success! Sixty-five scholars in grades K through 8 spent their mornings building their literacy skills and developing a love of reading. Afternoons were spent participating in a variety of activities, including water fun at Ray's Splash Planet, exploring Discovery Place, watching movies, and bowling. Volunteers shared their time doing activities such as crafting, origami, science experiments, yoga, music, and learning new sports skills.

Many thanks to everyone who volunteered their time, including 19 Christ Church youth who served as assistant counselors. Special thanks to our leadership team: Laney Lay, Cindy Nicholson, Caroline Austin, Ainslie Wall, Laura Smith, and Catherine Ruth Kelly. Their dedication to the camp this summer was invaluable and made it all run smoothly. We're looking forward to Freedom School 2017!



ADULT FORMATION

Communication Skills Training (CST)

Congratulations to our 25th Communication Skills Training class at Christ Church! It has been almost five years since Bob Chapman spoke at our Faith Forum and asked Christ Church to pilot the first classes of the nonprofit arm of Barry Wehmiller's organization, which they now call "Our Community Listens."

This CST class is Barry Wehmiller's gift to us and many other communities around the country, and it continues to transform people's lives. Some interesting statistics:

- At Christ Church we have over 360 graduates.
- Over half of them come from our community.
- At least 21 are Christ Church staff and priests;
- 44 graduates are from Trinity Episcopal School, 10 are from Habitat for Humanity, 15 from Safe Alliance, 10 from Biz Journal.
- Close to 20 have participated from our EFM program at Christ Church.
- 15 couples have taken the course.
- More than 10 graduates are the young adult children of our graduates.

If you are interested in this three-day experience that will help you enrich your relationships with others, there are still spaces available in our upcoming October and January classes. Learn more and register at www.christchurchcharlotte.org/CST, or contact Jenny Beaumont at beaumontj@christchurchcharlotte.org.



CLASS 25: Sean Bird, Tenille Banner, Linda Hamilton, Tim Nelson, Victoria Rankin, Carol Shinn, Mary Davis Smart, Sharon Allen, Scott Couturier, Carla Hutchins, Debbie Pollack, Victoria Robinson, Michelle Wall, Jenny Beaumont.



CLASS 27: Chris Boylan, Faron Brazis, Gene DeVries, Nancy Harris, Dequan Huggins, Bertram Johnson, Rachel Johnson, Jessica Klasinski, Tavita Lambos, Diane Long, Laura Owens, Chanda Scott, Sara Shelor, Roland Simmons, Lisa Somers, Theo Shepard, Henrietta Thompson, Zak Ward, Tameka Whittlesey.



CLASS 26: Monica Bernot, Brittney Bogues, Maria Cardarelli, Linda Castillo, Brooks Frick, Monica Johnson, Katie Keels, Imani Marks, Matt McLanahan, Mamie McMaster, Kathleen Meier, Maile Nelson, Kim Sinkiewicz, Katherine Slayton, Anne White, Jenny Beaumont, Mary Davis Smart.

Reflection from a Christ Church CST graduate:

"CST was a life-changing experience for me! I believe the skills I learned have given me a leg up. As a college student about to enter real life, the listening and communication skills I learned will help set me up for a bright future.

I'd say my favorite experience had to be the closing dinner. Standing up in front of people I didn't know just three days before, but now had become close with, made me feel fantastic." - Trum DeVries

ADULT FORMATION

The Daring Way™

Wednesdays, September 14, 21, 28 and October 5
9:15 - 11:15 AM

The Daring Way is a highly experiential methodology based on the research of Dr. Brené Brown. This method was developed to help people learn how to show up, be seen, and live braver lives. During the group process we explore topics such as vulnerability, courage, shame, guilt, and worthiness. We examine the thoughts, emotions, and behaviors that are holding us back and we identify the new choices and practices that will move us towards living a more authentic and wholehearted life. The primary focus of these group sessions is on developing shame-resilience skills and developing daily practices that transform the way we live, love, and lead. Sessions incorporate Christian teachings and are led by The Reverend Matt Holcombe, Certified Daring Way Facilitator. Learn more and register at www.christchurchcharlotte.org/daringway.

Rising Strong™

Wednesdays, October 12, 19, 26 and November 2, 9
6:00 – 7:30 PM

Rising Strong is a highly experiential methodology based on the research of Dr. Brené Brown, and a follow up to The Daring Way. (It is not necessary for you to take The Daring Way to participate in Rising Strong.) The rules of engagement for rising strong are that: we will fall, once we fall we can never go back, this journey belongs to no one but you, we are all wired for story, creativity embeds knowledge, rising strong is the same process personally and professionally, you can't engineer an emotion, courage is contagious, and rising strong is a spiritual practice. As a group we will examine the thoughts, emotions, and behaviors involved in the reckoning, rumble, and revolution of rising strong. The primary focus of the group sessions is to develop daily practices that transform the way you examine, share, and own your story. Sessions incorporate Christian teachings and are led by The Reverend Matt Holcombe. Learn more and register at www.christchurchcharlotte.org/risingstrong.

Basics of World Religions

Wednesdays, September 21 & 28
6:00 – 7:30 PM

Join The Reverend Matt Holcombe as he explores the basics of the most popular religions in the world. If you have ever wondered about the differences and similarities between Christianity, Islam, Judaism, and Hinduism you won't want to miss this crash course. Come with questions for this important formation opportunity.

Spiritual Growth and the Enneagram

Wednesdays, September 21 - November 30
7:00 - 9:00 PM

The Enneagram is about people - how we are the same, how we are different, what makes us tick, how we get in our own way. The Enneagram can help us develop more authentic relationships with ourselves and others, and discover a deeper relationship with God.

The Enneagram offers an accurate description of the inner geography of our minds:

It describes nine fundamental personality styles.

- Each has its own internal logic.
- Each has strengths, talents and advantages.
- Each has limits, pitfalls and blind spots.

It helps explain why we behave the way we do.

- We begin to recognize our own patterns of behavior.
- We unmask our illusions, so that there can be room for real life.

It offers specific directions for personal growth.

- It is a powerful, transformative tool for moving deeper into one's life ... and beyond.

Rev. Dr. Paul Hanneman, a certified Enneagram trainer, has studied extensively with Don Riso and Russ Hudson, Thomas Condon, and Helen Palmer. He has taught the Enneagram for over 20 years. He is now retired after pastoring four congregations over 25 years and then serving for 15 years as Program Director/Community Educator for the Urban Ministry Center in Charlotte. He now teaches spiritual formation (including the Enneagram) in congregations throughout the area and offers spiritual direction and counseling from his office at St. Peter's Episcopal Church in uptown Charlotte.



Learn more and register at www.christchurchcharlotte.org/enneagram.



Blessing of the Backpacks Sunday, August 21, 10:30 AM

Start the school year off right with this Christ Church tradition.

Children, youth and adults are invited to bring school bags, lunch boxes, preschool totes, or briefcases to the 10:30 AM worship services on August 21, where clergy will bestow special prayers and blessings on the bags and the people who carry them.

It's a wonderful way to center the hearts and minds of our students as they embark on a new academic year.



The Shop Has a New Gadget: Orbit

The GoodNews team is back from market, and they have selected some great new items for the shop. We are moving into the digital age with Orbit, a tiny device you attach to your keys, phone, or other valuables that locates them when they are lost.

Orbit interfaces with a free mobile app and includes a high-volume speaker, splash-proof case, last-seen map location, and can be used as a selfie remote. Come in and get Orbit for yourself, your absent-minded family member, or your student headed off to college!



Save These Dates!

Back to Sunday School

Sunday, September 18, 10:00 AM

Watch your mail for a post card with your child's class assignment.

All Youth Fall Kickoff Event

Wednesday, September 14, 6:00 - 7:00 PM

Don't miss the opening night for JYC (4th-5th grade Junior Youth Connect), EYC (middle school Episcopal Youth Community) and high school. Details coming soon!

Nursery Open House

Friday, September 30, 6:00 - 9:00 PM

A fun social event and tour of the recently refurbished Nursery Suite is being planned for new and prospective parents and anyone else who wants to come! Save the date, and watch for more information coming soon.

Learning to Love Through the Fruit of the Spirit at Glory Ridge

By Lindsay Masi

Paul says that the fruit of the spirit is love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control. This summer, nine Christ Church youth and fellow adults spent a week at Glory Ridge pondering what it means to be filled with the fruit of the spirit. We worked with three families in Madison County to help make their homes safe and habitable. One family desperately needed new flooring in their trailer, another a new bathroom and deck, and the third looked for assistance with digging trenches around their steep, gravel driveway to keep it from washing away every year. Our group built relationships and learned from these families as we laughed and listened to their stories. We bonded with them and with each other.

Every year I am grateful to spend a week at Glory Ridge and in Madison County. I am grateful for the opportunity to love through a different lens and to witness the transformation that happens in the hearts of all who encounter this thin space on the mountain (even my own). I pray that the fruit of God's spirit remains with all who participated, and that we all remember why we are called to serve our neighbors. May you find joy and love in all you do, every moment of each day. Maybe you'll feel moved to join us next summer!



Freedom School Partners and Christ Church Youth



This summer 19 student volunteers gave two weeks of their summer to support, love and learn with our Rama Road Freedom School Scholars. Ansley Hardison, returning for her second summer of Freedom School and serving as the chair of the Rama Road Site Teen Board, reflects on her experience:

That first day made me fall in love with Freedom School. I watched children teach each other how to read and spell, and I assisted them in learning about important ways to help themselves and their communities. We also got to go on some awesome field trips for the course of my two weeks as a volunteer. I'm not saying that each day was filled with positivity all the time or that reading is an easy thing to get children excited about, but there is something about Freedom School that is intangibly special. While the work is hard, and sometimes even frustrating, Freedom School has kept me enchanted to come back for a second summer, and I know it won't end here.

Last July, as I drove to Rama Road Elementary School early one Thursday morning, my body nearly shook with nervousness and excitement. I pulled into the school parking lot, walked to the cafeteria, and was immediately greeted by smiling 10-year-olds eating breakfast.

They had no idea who I was, but they welcomed me into their class and we became instant best friends. After breakfast, we all went to Harambee, the morning opening session at Freedom School, where I was introduced to songs or chants that now ring through my head each day, and also through the hallways of my home.

Youth Council Needs You

Are you a High School student looking for a way to hone your leadership skills at Church? Join the Youth Council! We are looking for driven, faith-filled high schoolers to help lead programming, outreach, and worship through the school year for 2015-2016. Visit www.christchurchcharlotte.org/highschool to apply. Contact Betsy Zarzour at zarzourb@christchurchcharlotte.org with any questions.

CONGREGATIONAL CARE

AGING MATTERS

Join us for these monthly conversations on topics related to aging and caring for aging loved ones. All programs meet at **7:00 PM in M207**.

Downsizing Tips

Wednesday, August 24

Lori Fike from Chaos to Calm, Inc.

Pearls of Wisdom

Wednesday, September 21

Share a pearl of wisdom you have learned about aging or caring for the aging, and take home the pearls of others.

Living with a Chronic Illness

Wednesday, October 19

Camille and Andy Salisbury share what has given them hope and heart while Andy lives with Parkinson's Disease.

The Spirituality of Aging

Wednesday, November 16

The Reverend Cathy Hasty, R.N. Director of Health Ministry and Pastoral Education, Novant Presbyterian Hospital

Mental Health First Aid Course

August 31 - September 1

Want to know how to help someone developing a mental health problem or crisis? Christ Church is partnering with Mental Health Helping Hands to offer a two-day course on Wednesday, August 31, and Thursday, September 1, 8:00 AM – 12:30 PM. Cost (\$15) includes materials and snacks. For more information, contact Kathy Turner at 919-225-2749. Registration forms are available in the Church office, or you can register online at ChristEC.brownpapertickets.com (passcode is: ChristEC). Class size limited.

Living Your Strengths

Mondays, September 19 - November 1, 6:30 PM

If you want to understand, appreciate, and better exercise your gifts and strengths, you will enjoy this course. Explore what makes you happy, alive, and energized, and how your gifts help you grow spiritually in all areas of life. The course is six sessions. Class size is limited and is appropriate for adults of all ages. Several couples have enjoyed participating together. For more information or to register for a class, contact Lisa Saunders at saundersl@christchurchcharlotte.org.

Living with Grief and Hope

A four-week series for those coping with grief and loss will be held on Wednesday evenings, October 5, 12, 19 and 26, 7:00 - 8:15 PM. A daytime offering will be held on the same Wednesdays, 1:00 - 2:15 PM. No one need carry grief alone; knowing that others understand how we feel can lessen the hurt and strengthen the hope. Each meeting will be led by The Reverend Lisa Saunders. Register for the course by contacting Lisa at saundersl@christchurchcharlotte.org or 704-333-0378.



What will your legacy be?

Planned giving helps ensure that our mission - to love God, care for each other, and serve the world - continues for generations.

Visit www.christchurchcharlotte.org/oak-circle to learn more and see a five-minute video that we hope will inspire you to be a part of Christ Church's legacy.

STEWARDSHIP

Living a Generous Life

We are delighted to introduce Melissa and Paul Tolmie as the Chairs of the 2017 Annual Stewardship Campaign.

Melissa and Paul have been members of Christ Church since 1990. They have two adult daughters, Caroline and Margaret, who both grew up in this parish. Paul's parents, Don and Joann Tolmie, moved to Southminster in 2013 and have become active members of Christ Church in their retirement. The breadth and depth of knowledge that the entire Tolmie family brings to all parts of Christ Church is extraordinary – the list of past leadership roles is too long to print!

Please mark your calendar now for Celebration Sunday, October 30.

Christ Church will be entering into a season of Generosity this fall. Stewardship will look and feel different – with several exciting changes all focused on God's calling for us to be generous in every part of our lives. On October 30, we ask every member to take time to pray about their financial commitment for the upcoming year and make a commitment to be generous with the gifts God has entrusted to each of us.

We are thrilled to have the Tolmies' energy, commitment and deep belief in God as we change things up, take a leap of faith and head into a brand new season of Generosity.



In the Parish

New Members

Jon Currence
Brad, Lara, Noah, and Abigail Fleming
Emily French
Blair Henderson
Carole and George J. Mennen
William Mills
Marilyn Urey

Marriages

Haley Woodward Burton and Scott Brian Lahmeyer
Mary Beth Lukas Smith and John Thompson Allred, Jr.

Births

Logan Jennings Pressly Moose, son of
CeCe Pressly and Andy Moose
Samuel John Barone, grandson of
Paige and Tom James
John Carpenter Boyd, son of
London and Becca Boyd
Frances Ellen Thies, daughter of
Peggy and Charles Thies

Baptisms

Jane Celeste Broderick, daughter of
Staci and Tim Broderick
Elsie Taylor Fairey, daughter of
Eleanor and William Fairey
Anna Brackett Luther, daughter of
Brittany and Derek Luther
Bradford Banker Pendergrass, son of
Ann Stewart and Pearson Pendergrass
Charlotte MacGreggor Russell, daughter of
Brooke and George Russell, II
Amelia Rebecca Ryan, daughter of
Elizabeth and David Ryan

Deaths

Edmond L. Browning
Mary Adams Stephens, mother of Louis Stephens
Edgar Poston, brother of Alfred Poston
Holt Williams, father of Amy Walker

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THANK YOU for your generosity for Classroom Central!
Let's do it again for Rama Road Elementary School. Details on page 4.

