



Hickory Neck Nuggets

Hickory Neck Parish Episcopal Church

August 2010

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What I Did On My Summer Vacation

The Reverend Lauren McDonald



In June I took a trip to California, partly for a few days of vacation and partly for some continuing education time.

My continuing education time was spent at the Hoffman Institute, a place where I had previously made an eight day retreat during one of my summers in seminary. The Institute is located at the end of a winding road in the hills of the wine country on a campus that hosts a redwood grove, natural sulfur springs, an enormous hot tub for soaking at the end of the day, motel-like rooms for forty people, a large classroom space, and a dining room where San Francisco chefs serve Mediterranean style food that can tempt even my particular palate.

Hoffman is a healing place. It's a secular institution where participants have the opportunity to work on letting go of the negative patterns that they've developed in their lives. I was there for a graduate weekend, to work on strengthening my leadership skills. One of the things that the Hoffman Process encourages is honoring all the parts of ourselves: Body, Mind, Emotions, and Spirit. In one of our exercises I learned how much I ignore my body, feeding it unhealthy food, avoiding life-giving exercise and sleep, and pushing to meet many demands, while I also ignore its needs. In another exercise I realized how much my intellect

drives me to do more, accomplish more, read more, produce more, seemingly forgetting how important rest and renewal are. Being in such a lovely setting reminded me how vital it is for me to spend time in God's creation, and what a big role beauty plays in refilling my well.

As I worked, I realized that this honoring of the whole self is applicable to our prayer and spiritual lives as well. Our bodies, minds, emotions, and spirits need to be part of our worship and prayer. Reading scripture, theology, and spiritual writings are wonderful ways to engage our minds. Music, art, deep conversations, and fellowship with others help feed our emotional selves. Our bodies like to participate too, by walking outside in nature, dancing, walking the labyrinth, and other active forms of prayer. Our spirits can participate in all of the above but also enjoy quiet contemplation, worship services, and sitting in the presence of God. God created us with all our parts, and all our parts long to join together in prayer and praise of our Creator.

During the first two weeks of August I will be traveling to Oxford, England with Bishop Holterith and several other clergy to attend the American Study Program. The theme this year is Christianity in the 21st Century. As I think about the week, I realize that it's primarily designed to engage my intellect. Each morning we will be listening to lectures, and I think that there will also be time to meet in small groups to discuss what we're learning. One of my challenges while I'm there will be to remember

to honor my whole self by finding nourishing food and not just eating fish and chips and sausage rolls and caramel shortbread the whole time I'm there. I'll need to take time for walking and praying, for sitting in silence in the beauty of the churches of Oxford and in the beauty of the English countryside. And I also need to take time to play, to explore a new place and delight in the things and people that I find there. Honoring my body also means I will find time for rest.

As you read this I invite you to take a moment to think about how you spend your time. Is there any part of you that feels ignored? Is there any part of you that needs renewal? What one small thing could you do today or this week to honor your body, mind, heart, and spirit? Listen to what you need. When we honor ourselves we are also honoring our creator. We are God's beloved children, and God wills our health and wholeness. So, if you still have some vacation time left this summer, think about how you can use that time to renew all the parts of you. If you're busy at work, think about how you might do one small thing to honor yourself. If you're longing to grow closer to God, think about how you might use your whole self to do so. I'll be doing the same.

Hickory Neck Food Ministries

Jim Izzo

"I was hungry, and you fed me; I was thirsty, and you gave me drink." – Matthew 25:35

Three groups of volunteers at Hickory Neck are heeding the words of St. Matthew by participating in one of three food ministries supported by our church.

From His Hands is an organization of approximately fifteen local churches that work with Grove Christian Outreach Center and the Salvation Army to provide over a hundred meals each week to those in need. Hickory Neck takes its turn four times a year. Alita Small plans the meals; she and a group of volunteers cook them at either St. Martin's or Williamsburg Presbyterian Church. Gary Harvey is responsible for getting the Salvation Army canteen truck, and with a group of volunteers, including Youth Group members, loads the truck, takes the meals to Grove, and

distributes them to people in need (A list is prepared by Pat McCormack of GCOC). "The families and individuals take the meals back to their homes, or in some cases, the tents they live in," Gary explained. "With the increase in the number of participating churches, we are trying to expand the program into upper James City County," he added. John Rothnie has begun working with Gary to coordinate this effort.

FISH is a local non-profit organization whose food pantry is located on Bypass Road in Williamsburg. Linda McGee has coordinated Hickory Neck's efforts to support *FISH* for the past few years. Each month she calls the group to find out the food items most in need and then types them on slips of paper to attach to the fish tags supplied by a friend of hers. These fishes are available for parishioners to pick up after the second Sunday service of the month, so that food items can be brought to church on the third Sunday. Needed items are also listed in the E-pistle. Donations have increased over the years to the point where dozens of bags of food are now donated most months. John Greenman and Patty Kipps fill their truck and take the bags of food to the *FISH* food pantry after the last Sunday service. Commenting on the people at *FISH* she has dealt with, Linda said, "They are always wonderful and express their appreciation to Hickory Neck. We're glad to share because we're so blessed. I think we get more from it than they do." Families who use the food pantry have choices, according to Linda, who has also brought people to *FISH* to shop. The organization has a limited budget with which to buy food items, the need for which varies each month.

Meals on Wheels is a national organization, with a Williamsburg branch, supported by Hickory Neck volunteers and a grant from the Fall Festival proceeds. Gay Forloine formerly worked in their office part-time; she is now a substitute driver. Anna Stone and Marie Wilkinson have delivered meals for many years. *Meals of Wheels* delivers approximately one hundred meals each week in ten different areas of greater Williamsburg, to the elderly and to people who are homebound due to illness or injury. There is a small cost (five dollars or less) for each meal for those who can afford to pay it. "The biggest advantage for recipients, besides the food, obviously, is the contact with people who deliver it to their homes," said Gay, "which is what we get from it also."





Elijah Righter and Linda Becker are shown distributing food from the Salvation Army canteen truck at the Grove Christian Outreach Center. The food had been prepared earlier at St. Martin's by other Hickory Neck Parishioners.

GoodSearch Update

Steve Snyder

Since the opportunity to earn money for Hickory Neck Church was first announced in a late April Epistle note, followed by an article in the May edition of *Nuggets*, the results have not been overwhelming. To date, our church has been credited with a total of \$43.43. These earnings are the result of 771 searches at a penny apiece, one bonus dollar acquired when a parishioner signed up during a bonus period, and \$34.72 from shopping.

If you haven't signed up to use the GoodSearch toolbar, it's painless and easy. Here's how it works. Go to www.GoodSearch.com and follow the directions to install the tool bar on your browser. Then, each time you use it to search for something online, the charity of your choice (enter "Hickory" and select Hickory Neck Episcopal Church from the drop down list) will receive one penny.

Once you have the GoodSearch toolbar installed, you can also visit the GoodShop, which has hundreds of participating vendors. There, a percentage of your purchase will be credited to Hickory Neck. From the figures shown above, it should be obvious that GoodShop is a good deal. Pennies add up, but a percentage of your purchase can add up a lot faster. If you have any questions about downloading the GoodSearch toolbar, please don't hesitate to call me at 804-557-3175.

August Celebrations



Birthdays

- | | |
|-----------------------|-----------------------|
| 1 - Bev Kemp | 16 - Sam Lensenmeyer |
| 1 - Emily Wirt | 17 - Tanya White |
| 1 - Wade Wirt | 20 - Amanda Meszaros |
| 2 - Kris Arcement | 20 - Ann Sloan |
| 2 - Gay Forloine | 21 - Alistair Smith |
| 7 - George Loving | 22 - Parker Kindley |
| 7 - Jeff Seiler | 24 - Ann Burkett |
| 7 - Clair Sink | 25 - Martha McCartney |
| 8 - Bunky Garfield | 25 - Steve Snyder |
| 8 - Pete Haines | 26 - Kathy Balentine |
| 10 - Martha Millhouse | 28 - Alison Bailes |
| 12 - Susan Banks | 28 - Ann Cooper |
| 13 - Brette Miller | 28 - Wilson Simmons |
| 13 - Andrew Small | 30 - Virginia Hagan |
| 13 - Lisa Small | 30 - Janet Parsons |
| 15 - Laurie Brown | 30 - Jodi Paul |
| 16 - Ben Lensenmeyer | |

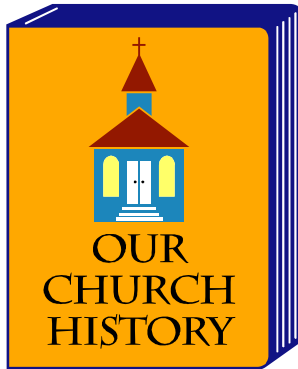
Anniversaries

- 2 - Ethel & George Margroum
- 4 - Carol & David Goff
- 5 - Denise & James Deal
- 6 - Carol & Rin Fraize
- 7 - Janet & Ken Parsons
- 8 - Paula & David Simmons
- 18 - Lisa & Dan Swaney
- 23 - Pam & Kevin Maddox-Jefferson
- 23 - Janet & Donald McConaughy
- 23 - Claire Sink & Bruce Hill
- 25 - Betty & Hoover Lide
- 25 - Jennie & John McCray

If your birthday or anniversary is this month and you are not listed above, please send the appropriate information to nansteve13@cox.net or call us at (804) 557-3175.

Amazing Transformation, Amazing Grace

Martha W. McCartney



John Newton, a shipmaster's son, was born in London in 1725 and went to sea with his father at age eleven as an apprentice. After his father retired in 1742, he became insubordinate and rebellious. He deserted his ship but was pressed into service in the Royal Navy as a midshipman aboard the HMS *Harwick*.

Again, Newton attempted to desert but this time he was caught, flogged in front of his shipmates, and then reduced to the rank of common seaman. It was a low point in his life. Newton later wrote that, "Like an unwary sailor who quits his port just before a rising storm, I renounced the hopes and comforts of the Gospel at the very time when every other comfort was about to fail me." He transferred to the *Pegasus*, a slave ship bound for West Africa, but continued to defy authority. Finally, he was shackled, then enslaved, and forced to work on a plantation in Sierra Leone. Thanks to his father's intervention, he was rescued.

In early 1748, when John Newton was returning to England, the ship he was aboard encountered violent weather and almost sank. While manning the pumps, he cried out to God in desperation. The storm-tossed vessel survived and afterward Newton, then a nonbeliever, pondered the words he had uttered. He began reading religious literature and studying the *Bible* but felt woefully unworthy of God's mercy. Newton sought employment on a slave ship and eventually attained his captaincy. Although a bout of sickness forced him to give up seafaring, he continued to be involved in the slave trade. In 1755 he became a customs agent in the port of Liverpool, but began studying Greek, Hebrew, and Syriac. In time, Newton became an evangelical lay minister. He continued his studies and with the encouragement of a friend, wrote about his experiences in the slave trade and his religious conversion on a stormy sea on March 10, 1748. The Earl of

Dartmouth, impressed with Newton's story, approached the Bishop of Lincoln about his entering the priesthood.

The Reverend John Newton received deacon's orders on April 29, 1764, and was ordained to the priesthood on June 17th. As curate of Olney, in Buckinghamshire, he endeared himself to parishioners by admitting his own failings and sharing personal experiences. Newton became friends with William Cowper, a gifted writer whose spiritual conversion paralleled his own experience. In 1768 the two men started weekly prayer gatherings that were designed to meet the needs of a growing number of parishioners. Partly on account of Cowper's literary influence, Newton began writing poetic verses or hymns. The lyrics to "Amazing Grace," based on 1 Chronicles 17:16-17, were written in late 1772 and probably were used in a prayer meeting held on January 1, 1773. A collection of the poems Newton and Cowper wrote for use in religious services were published as the *Olney Hymns*, a volume that gained great popularity.

Although some writers have surmised that the first stanza of "Amazing Grace" reflects the Reverend John Newton's repudiation of the slave trade, in fact he did not become an abolitionist until many years after his conversion to Christianity. He denounced the slave trade in a pamphlet that was published in 1788 and lived to see Parliament's passage of the Slave Trade Act of 1807. According to the *Dictionary of American Hymnology*, "Amazing Grace" is John Newton's spiritual biography.



Nugget Notes

At Hickory Neck, we welcome everyone to participate in everything freely, member or non-member. However, if you would like to become an official member of Hickory Neck, we want to make that happen for you. Simply call our office, 566-0276, or speak to **Father Michael** or **Pastor Lauren**. There are several ways to join. If you have not yet been baptized, we would be overjoyed to speak with you about receiving the Sacrament of Baptism. If you are already baptized, we can transfer you in as a baptized member, and if your letter of membership resides in another congregation, we can write them and affect the transfer. Official membership entitles a person to vote and stand as a candidate in

parish elections, but making the commitment of membership is also a good way to affirm your commitment to the mission of Jesus Christ in this place.

Mark your calendars for our Hickory Neck Church Parish Retreat on Friday and Saturday, October 8 and 9, 2010. This year we will gather at Roslyn, the 150-acre retreat center of the Episcopal Diocese of Virginia, on the James River in the west end of Richmond. (We were unable to reserve a suitable date at Chanco this fall.) Parishioners of all ages are invited to be a part of this gathering. It will be a time of fellowship, relaxation, worship, fun, quiet, and food for the body and soul. A sign-up sheet is posted in the Narthex for those considering attending. This will help in planning, even if your plans change. Registration forms will be available soon and, along with your payment, will reserve your spot for the event. To see the beauty of Roslyn, view the website www.roslyncenter.org. For more information about the Hickory Neck Church retreat, contact **Paula Simmons** at 564-7998 or **Melissa Casheros** at 345-2519.

The Women’s Spirituality Group will be meeting on August 21st from 10:00 a.m. to 11:30 a.m. in the Wilkinson Center. This month we will be focusing on the topic of self-care. Come and join us for a time of fellowship and renewal as we explore ways to nurture our spiritual lives. All women are welcome to join us, even if you haven’t attended previous sessions. The only thing you need to bring is yourself. If you have any questions, please contact **Pastor Lauren**.

The Singles Foyer Group will be having dinner together on Thursday, August 19th at 6:30 p.m. at Sal’s Ristorante Italiano on Capitol Landing Road. Please contact **Sue Dugan** if you plan to attend.

There will be an ecumenical service in remembrance of September 11th on Thursday, September 9th at 7:30 p.m. at Walnut Hills Baptist Church in Williamsburg. Clergy and lay people from many churches in Williamsburg will be participating in this service of peace, forgiveness, and love. Bob Melone, the pastor of Stonehouse Presbyterian Church will be the preacher. If you have any questions, please contact **Pastor Lauren**.

All parishioners – of any age – are invited to help package 10,000 meals for STOP HUNGAR NOW at Vacation Bible School on Wednesday, August 4th. Shifts are planned for 1 ½ hours, but give whatever time you can.

Shifts are: 9:00 a.m. to 10:00 a.m. for unloading and set-up; 10:00 a.m. to 11:30 am, 11:30 a.m. to 1:00 p.m., 1:00 p.m. to 2:30 p.m., and 2:30 p.m. to 4:00 p.m. for instruction, measuring, and packaging meals. Please sign up for a shift by emailing ann@stmartinswmbg.org or calling Ann at St. Martin’s at 229-1111.

The new Foyer sign-up sheets will be in the Narthex for those wishing to be part of a foyer group.



(as of 6/30/2010)

YTD Budget Income	\$221,139.54
YTD Actual Income	\$226,305.92
YTD Budget Expense	\$221,139.54
YTD Actual Expense	\$210,091.74

Fred Boelt reports that the overall income for the month of June was down by \$4,752. However, we received our annual mortgage interest subsidy from the Diocese in the amount of \$4,057 which greatly offset our lower income. Taking this as a credit against our monthly mortgage payment, June expenses were down by \$6,635. With some continuing prepaid pledges, we were in the black by \$16,214 at the end of June. As your treasurer, it is gratifying to be able to keep our bills current and to be able to provide funding as needed for budgeted programs at Hickory Neck.

Second quarter contribution statements have been sent to all donors of record. Please take a moment to review your statement. To those of you who are current or ahead of schedule, many thanks. If you are running a little behind, please give some prayerful thought to catching up. For planning purposes, if something in your life has caused your contributing ability to change, please feel free to discuss this with clergy or the treasurer. Even though we are operating in the black at the present, we all need to be vigilant in maintaining this enviable position. It takes the time, talent and treasure of every member and friend of Hickory Neck to continue to send forth God’s message from our special hill!



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Fall Festival Update

Jim Izzo

Many Hickory Neck parishioners have been busy for two months planning and preparing for our Tenth Annual Fall Festival. All committee chair positions and most co-chair positions have been filled. If you have not made a contribution of your time and talent yet, it is not too late. Call one of the committee chairs to donate an item to Attic Treasures or cook for the Bake Sale/Future Delights or solicit a gift for the Silent Auction, for example. The complete list of committees is available online at www.hickory-neck.org/festival and posted on the kiosk in the Narthex.

We will be posting the Participation Lists for people to sign up to work at the festival in mid-August. *Please plan to give an hour or more of your time on September 25th from 10:00 a.m. – 3:00 p.m.* You will be serving those in need of health care, those in need of transportation, those who are sick, the elderly, and the disabled; as well as those in need of a decent meal, those trying to recover from substance abuse, and those in prison or trying to regain a place in society.

Our Outreach Programs – Angels of Mercy Clinic, Grove Christian Outreach Center, Williamsburg Faith in Action, SpiritWorks, the Food Ministries, and the Prison Ministries – are all heeding the words of the Lord from *Matthew 25:40* – *“Inasmuch as ye have done it unto one of the least of my brethren, ye have done it unto me.”*



Book Lovers Unite

Maria Kane

This fall, we invite you to gather for Hickory Neck’s lively and thought-provoking monthly Book Club. Our discussions last about an hour and everyone is welcome. Some of last year’s selections include: *Father Melancholy’s Daughter* by Gail Godwin, *Traveling Mercies* by Anne Lamont, and *Olive Kitteridge* by Elizabeth Strout.

Please join us in the Wilkinson Center on the second Saturday of every month (*October’s gathering is the 1st Saturday*) at 10:00 a.m. for coffee, muffins, and a good time! All books are available at Barnes and Noble, Williamsburg Regional Library, and online at Amazon.com and BN.com.

Fall 2010 Reading List and Dates

September 11: *Little Bee*, Chris Cleave
 October 2: *The Faith Club*, Ranya Idliby, Suzanne Oliver, & Priscilla Warner
 November 13: *Gilled*, Marilyn Robinson
 December 11: *The Unlikely Disciple: A Sinner’s Semester at America’s Holiest University*, Kevin Roose

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August Deadline – August 15th

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