



The Beehive

Vol. 25, Issue 8 * November 2009 * Christ Episcopal Church, Norway, ME 04268 * 207-743-6782
 Email: christch@megalink.net * Website: www.megalink.net/~christch

Dear Christ Church Friends and Family—

In a day or so most of you will receive a small envelope hand-addressed by someone you know at Christ Church. (If you do not receive it please phone the church office so we can get one to you!)

Inside the envelope you'll find a card inviting you to support the ongoing life of Christ Church by making a pledge for 2010---a pledge of your money, your time, your skills, or a combination of all three. Please turn your card over to read the personal note penned to you by a Christ Church parishioner, telling you why (s)he makes a pledge commitment and why Christ Church is important to his or her life and family.

As you know, we are stewards of all that God has given to us. I recently learned that "stewardship" comes from the old English word "sty-ward," or warden of the pig sty. That was a huge job and responsibility for the keeper of the sty, as the stability of the manor depended on the well-being of the denizens of the pig sty.

In the same way, we are guardians of the gifts given to us by God: our wealth, our wisdom, our ability to work and to create. The better we do as caretakers of our gifts, the more the gifts can be used to nourish and build God's kingdom.

Our annual giving to God has everything to do with our relationship with God, as individuals, as families, as a church community. Our giving is an outward sign of our gratitude to God and of our commitment to others who are, like us, children of God and part of the Body of Christ.

Please receive your card with thanks and prayerfully consider your own offering to God through the mission of Christ Church, our beloved parish church. Christ Church has long been a place of worship, of prayer and learning, of generous outreach to the world beyond and a source of strength to countless families and individuals through the years, in times of sorrow as well as joy.

You can mail your pledge card to church in the envelope provided or carry it with you to church. Either way, it will be gathered with other cards for a blessing at our altar on one of four November Sundays.

Faithfully,

Anne+



FOYER GROUP

Just a reminder that the "Foyer Group" is still meeting for lunch on the 2nd Friday of each month. If you are interested in this social group of folks from the church, please contact Beulah at 743-5943. Reservations are necessary!

SUNDAY WORSHIP

September—June at 8 & 10 A.M.

SUNDAY SCHOOL

Sept. - May at 10:00 A.M.

EUCCHARIST/HEALING SERVICE

Wednesday at 9:30 A.M.

WOMEN'S BIBLE STUDY

Tuesdays at 11:30 A.M.

MEN'S LUNCH

Wednesdays at noon

2009 CHRIST CHURCH LEADERSHIP DIRECTORY

Rector:	Anne Stanley	Members of the Vestry:	
Parish Secretary:	Linda Caradonna	Beulah Ayer	743-5943
Senior Warden:	Carlyn Watts	Peter Blackman	583-4871
Junior Warden:	Barbi Tinder	Jeanne Byers	743-5762
Clerk:	Cheryl Willey	Ted Kehn	527-2313
Treasurer:	Tom Knight	Joanne Lowell	743-5540
Asst. Treasurer:	Marcia Pottle	Lynne Orsini	583-4589
		Bonnie Trundy	966-3276



AROUND THE PARISH:

Our sympathy to the family of **Zeke Trask** who died on October 7th. Zeke was a beloved member of Christ Church and of the Oxford Hills community.

Condolences also go to **Kathy Whittier** whose mother, Lorraine Knight, recently died, and to **Steve Jones**, who lost his father, Dr. Harold Jones, in October. Our thoughts and prayers are with all of you.

Congratulations to **Jesse Leonard** for his awards in football and soccer.

Jeanne and **Jim Byers** have been off to Boston to the ballet recently.

Zeke Pfeifer, **Jeff** and **Bonnie Pfeifer's** dog named for Zeke Trask, will be a year old in November.

Please pray for **Nancy Dewing** who had a run-in with the dog. She suffered a broken ankle and had to have surgery to have steel plates implanted. Nancy will now spend months recuperating.

- Thelma Cunningham



THANKSGIVING COVENANT MEAL

Thanksgiving Day will once again bring our traditional lunch with St. Catherine's Church. This is always a holiday treat and a wonderful way to meet and socialize with our Covenant partner while enjoying a delicious Thanksgiving feast! The meal begins at noon, Thanksgiving Day, and is held in the Parish Hall of St. Catherine's Catholic Church. It is open to all members, family, friends, and the community at large and there is no charge. It is just what you would expect on Thanksgiving---turkey, dressing, the works!

While St. Catherine's prepares the turkeys and most of the first course of the meal, we at Christ Episcopal provide desserts and assistance in set-up, serving and cleaning up. If you can help out in any of these capacities, check our Guild Room for sign-up sheets. We typically supply about 10 pies and have 3-4 people helping with each area---set up arrives around 11:30, servers around noon, and clean-up takes around an hour or so. Please check with Rosemary Laban, or members of the Outreach Committee, if you have questions about any aspect of this warm and friendly way to spend Thanksgiving in Maine!

FINANCIAL RECAP PERIOD ENDED 09/30/09

Operating Income.....\$104,298.07.
Operating Expense.....115,440.91.
Deficit\$ -11,142.84.

There was over \$6,000 in pledges in arrears at the end of the third quarter. Is your pledge current?

- Tom Knight, Treasurer



NOVEMBER CALENDAR

03	11:30 A.M.	Don't forget to VOTE! Women's Bible Study
05	5:00 P.M.	Choir rehearsal
08	8 & 10 A.M.	The Rev. Canon H. Male, Celebrant
09	Noon	Centering Prayer
10	11:30 A.M.	Women's Bible Study
11	10:30 A.M.	Outreach Committee
12	4:00 P.M.	Worship Committee
	5:00 P.M.	Choir rehearsal
15	11:30 A.M.	Vestry
16/17		Rector at clergy retreat
17	11:30 A.M.	Women's Bible Study
19	5:00 P.M.	Choir rehearsal
23	Noon	Centering Prayer
24	11:30 A.M.	Women's Bible Study
26	Noon	Community Thanksgiving dinner at St. Catherine's

Men's Lunch continues at noon on Wednesdays

NOVEMBER BIRTHDAYS

- 04 Martha Salimeno
- Bonnie Pfeifer
- 05 Lisa Tinder
- 06 Bernice Kehn
- 09 Priscilla Rooth
- 12 Julia Cunningham
- 17 Cheryl Willey
- 18 Jean Cuningham
- 20 Susan Cyr
- 22 Lorraine Thompson
- 24 Wade Wright Ryder
- 27 Lynda Soule
- Charles Hammond



NOVEMBER ANNIVERSARIES

- 26 David & Anne Stanley
- 27 Rhys Williams' ordination



*Please continue to pray for....*Keith, David, Karen, George, Pearl, Abby, Brendan, Forest, Kayla, Bill, Rose, Chris, Lester, Donald, and Toivo

WORSHIP AND OTHER PERSONNEL – NOVEMBER 2009

PLEASE NOTE: IF YOU ARE UNABLE TO SERVE ON A SCHEDULED DATE, PLEASE FIND A REPLACEMENT AND LET THE CHURCH OFFICE KNOW THAT PERSON'S NAME BY THE TUESDAY MORNING BEFORE YOUR SCHEDULED DAY.

	NOV. 01	NOV. 08	NOV. 15	NOV. 22	NOV. 29
<u>EUCCHARIS-TIC MINISTER</u> 8:00 A.M.	Sue Emerson	Peter Hammond	Mary Bickford	Al Barth	Lynn Brown
10:00 A.M.	Thelma Cunningham	Carlyn Watts	Barbi Tinder	Chris Pottle	Tom Knight
<u>ACOLYTE</u> 8:00 A.M.	Sarah Walton	Peter Hammond	Mary Bickford	Al Barth	Lynn Brown
10:00 A.M.	Chris Pottle	Rachel Brennan	Andy Churchill	Carlyn Watts	Thelma Cunningham
<u>LECTOR</u> 10:00 A.M.	Rosemary Laban-NT	Jeremy Hill-OT	Merton Lord-NT	Barbara Rooth-OT	Caroline Leonard-NT
<u>USHERS</u> 8:00 A.M.	Hank Emerson	Ann Bickford	Peter Bickford	Sandy Luke	Harry Harper
10:00 A.M.	Pat & Henry Stewart	Tom Knight David Stanley	Tim & Donna Churchill	Bill & Jane Gibson	Jane Dann Judy Gideonse
<u>COUNTERS</u>	Carlyn Watts Henry Stewart	Tom Knight Marcia Pottle	Thelma Cunningham Tom Knight	Chris Pottle Peter Blackman	Bill Gibson Bernice Kehn
<u>COFFEE HOUR</u>	Donna Churchill	Evelyn McAuliffe	Marcia Pottle	Mary Tolman	Rainey Foster
<u>ALTAR GUILD</u>	<u>Oct. 31—Nov. 13</u> Thelma Cunningham Lynne Orsini		<u>Nov. 14—Nov. 27</u> Beulah Ayer Bernice Kehn		<u>Nov. 28-Dec.11</u> Martha Eaton Cheryl Willey

WORSHIP AND OTHER PERSONNEL – DECEMBER 2009

PLEASE NOTE: IF YOU ARE UNABLE TO SERVE ON A SCHEDULED DATE, PLEASE FIND A REPLACEMENT AND LET THE CHURCH OFFICE KNOW THAT PERSON'S NAME BY THE TUESDAY MORNING BEFORE YOUR SCHEDULED DAY.

	DEC. 06	DEC. 13	DEC. 20	DEC. 24 4 & 10 P.M.	DEC. 27
<u>EUCCHARIS-TIC MINISTER</u> 8:00 A.M.	Sue Emerson	Peter Hammond	Al Barth	4:00 Paul Bickford 10:00 Thelma Cunningham	Peter Bickford
10:00 A.M.	Paul Bickford	Allan Crane	Tom Knight	TORCHES—4 P.M. Rachel Brennan Andy Churchill	Chris Pottle
<u>ACOLYTE</u> 8:00 A.M.	Sarah Walton	Peter Hammond	Al Barth	4 p.m. Sarah Walton	Peter Bickford
10:00 A.M.	Andy Churchill	Thelma Cunningham	Chris Pottle	10 p.m. Lynn Brown	Rachel Brennan
<u>LECTOR</u> 10:00 A.M.	Jeremy Hill—OT	James Lehr—NT	Jane Dann—OT	4 P.M. C. Leonard 10 P.M. Ted Kehn	Rosemary Laban—NT
<u>USHERS</u> 8:00 A.M.	Hank Emerson	Ann Bickford	Sandy Luke	4 P.M. Tim & Donna Churchill	Mary Bickford
10:00 A.M.	Tom Knight Tom Guilford	Jane & Bill Gibson	Bonnie Trundy Beulah Ayer	10 P.M. Henry & Pat Stewart	Jodi Carter David Stanley
<u>COUNTERS</u>	Thelma Cunningham David Stanley	Tom Knight Marcia Pottle	Bill Gibson Bernice Kehn	Chris Pottle Carlyn Watts	Henry Stewart David Stanley
<u>COFFEE HOUR</u>	Jessica Dunn	Jodi Carter	Rosemary Laban	Christmas Eve/ No Coffee Hour	Jane Gibson
<u>ALTAR GUILD</u>	<u>Nov. 28-Dec.11</u> Martha Eaton Cheryl Willey	<u>Dec. 12—Dec. 25</u> Joanne Lowell Jan Wall Mary Bickford		<u>Dec.26—Jan. 08</u> Thelma Cunningham Lynne Orsini	



**DAYLIGHT
SAVINGS TIME
ENDS!!**

**DON'T FORGET TO
SET YOUR CLOCKS
BACK ONE HOUR**

**WHEN YOU GO TO BED SATURDAY
NIGHT (OCTOBER 31, HALLOWEEN
NIGHT)!!**

ANNUAL GIVING CAMPAIGN

Pledge cards for the year 2010 will be mailed the week of October 26, 2009. The Ingathering will be during the first four Sundays of November. Please also note the Opportunities for Ministry on the reverse side of the card, and check off your pledge of time and talent as well as your treasure. In thanksgiving, let us return to God a portion of what he has given us.

Yours in Christ,
The Stewardship Committee

RECENT ELECTIONS:

Carlyn Watts:
Area Four representative to Diocesan Council

Barbi Tinder:
Province One (New England) United Thank
Offering (UTO) coordinator

Anne Stanley:
clergy representative from Maine to the
Province One Synod

CENTERING PRAYER

A reminder: Every other Monday from Noon to 1:00 P.M. the Guild Room is the place for Centering Prayer. People from Christ Church, as well as from other churches and from the community at large gather to hear a reflection and to sit in silent prayer. This offering is a gift to the world as well as to our parish church. Ted Kehn has been our facilitator for several years now.

THE PROBLEMATIC CHALICE

When Jesus passed the Cup around at the Last Supper, I'm sure he could have had no idea of how much trouble the discovery of germs would cause the Church 2,000 years later. Some of the way people have tried to solve the problem—At an Episcopal church in Albany I once attended in 1961, the priest dipped each wafer in the Chalice and then placed it in people's hands! In the early part of the 20th century in Arizona, many Episcopal churches used little individual glasses like the Baptists and Congregationalists do. This was because so many people went to Arizona to be cured of their TB. Roman Catholics simply aren't offering a Chalice during this (swine flu) epidemic. An Episcopal church in Kansas this year is offering the Chalice but after each communicant, the Eucharistic minister is wiping the Cup with a vodka soaked purificator. Here's what the Church of the Advent, Boston, has to say about the problem. What do you say?

"If you wish to make your Communion by intinction, please do so in the following manner. Leave the host on your outstretched hands. The person administering the Sacred Blood will take it, dip it into the chalice and place it on your tongue. It will not be placed in your hand. Please do not attempt to dip the host yourself. This too often results in a person's fingers being plunged into the consecrated wine which is irreverent and certainly unsanitary."

- submitted to the Beehive by Jim and Jeanne Byers

Ed. Note: At Christ Church, the Chalice (cup) is offered, but dipping the wafer (intincting) into the cup is not an option now, during this time of increased illness. When the Chalice comes to us, we may drink from it (less risky than intincting), make the sign of the cross over it with our wafer, or cross our arms over our chest as we look at it (looking at the Chalice is a form of receiving!).

Likewise, as at many other churches, we are discouraging hand shaking at the Peace these days. It is better to smile and nod in greeting.

GET YOUR BEEHIVE BY EMAIL!!



We have quite a sizeable group of parishioners receiving the newsletter by email. If you'd like to join them (and receive your Beehive in color!) just tell Linda and give her your current email address. We'll add you to the list! **OR—If you have received this newsletter by email and do not wish to, just let us know and we'll remove your name from the email list.**

DIOCESAN CONVENTION

Check the diocesan website for photos and details of the Annual Convention in Bangor just ended: www.episcopalmaine.org

You can hear both Bishop Lane's sermon and his address, which is a bold call for the church to adapt to the changing world, rather than merely tweaking a system of being church that doesn't always work well any more. How can we be the church to everybody, everywhere?

In addition to being an annual reunion of Episcopalians from all over Maine, we participated in wonderful worship and prayers, we heard of creative ministries and outreach currently underway in our diocese, we passed a budget for 2010. And we considered four resolutions. First, peacemaking: passed with an amendment to direct the bishop to disseminate the resolution's content to our elected officials. Second, a Constitutional Amendment regarding the certification of Delegates to Convention: passed as submitted. Third, another Constitutional Amendment regarding the Lay Delegate formula: tabled for reconsideration at the 2010 Diocesan Convention. And last, clergy compensation for 2010: passed as presented.

Task Forces are being established to work both on mission priorities which will assist in creating the next budget(s) and mission strategies to begin a diocese-wide effort to imagine new ways of being the church in our changed and changing world (worship and mission combined).

Representing Christ Church were Lay Delegates Peter Bickford, Barbi Tinder and Carlyn Watts and Clergy Delegate Anne Stanley.

Facts on Honey and Cinnamon: *(from Martha Estes, RN, Province 8 United Thank Offering Coordinator, submitted by Barbi Tinder, Nurse Martha's counterpart for Province 1)*

Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

It is found that a mixture of honey and Cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases.

Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.

Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack.

Also, those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat.

In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS: Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon of Cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 2 percent within two hours. *(cont. on next page)*

CHRIST EPISCOPAL CHURCH
35 Paris Street, Norway, ME 04268



NOVEMBER 2009

(cont. from page 5)

As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

UPSET STOMACH: Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS: According to the studies done in India and Japan, it is revealed that if Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamin and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

INFLUENZA : A scientist in Spain has proved that honey contains a natural Ingredient which kills the influenza germs and saves the patient from flu.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder, and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increase and even a 100 year old, starts performing the chores of a 20-year-old.

SKIN INFECTIONS : Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

WEIGHT LOSS: Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 P.M. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH: People of South America, first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

HEARING LOSS: Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!