

The Church of the Holy Family

Family Affairs

January/February 2021

Deadline for March *Family Affairs*: February 17

“You are my refuge and shield; my hope is in your word.” *Psalm 119:114*

A normal day in my household begins around 6:45 a.m. I have an alarm set for 7:00, but I almost never need it. Saturday is the only day when I do not set an alarm—giving myself permission to sleep in a little—but my internal clock does not make a distinction between days, so I am usually up by 7:00 a.m. then, too. I make a cup of coffee and sit down for what will almost certainly be the only hour when I am truly by myself. What do I do? I gather my *Book of Common Prayer* and Bible and pray the office of Morning Prayer. If I were to rush through it, I could get it all done in about 15 minutes. But I do not rush. This time of scripture and prayer takes about half an hour. I love it.

I often remark that I live “a ribboned life,” by which I mean I mark the passage of time with the ribbons in my prayer book, moving them from one office to the next, from one psalm to the next. Regular prayers of the Daily Office have a choice between two plans for reading the psalms. (The recitation of the psalter is the heart of the Daily Office.) There is the seven-week cycle and the 30-day cycle. Since one of my goals is to essentially memorize the psalter (or large chunks of it) I opt for the 30-day plan. That means I read through all 150 psalms each month. It really sustains me.

At 7:50 I go upstairs to wake up Libby. I sing our morning song, my cover of the Muppet Show theme: “It’s time to get things started on the Libby Show today.” Jack gets up an hour later. Like me, Jack thrives on hyperbole, so our morning ritual involves an overblown prediction for a day full of “unrelenting despair and suffering.” He is absolutely hilarious.

One of my household jobs is to take a large share in Lunch Lady duties. My children are making out “okay” with online school, but it is very fair to say that they are not thriving. This worries me a great deal. But they are safe, they are loved, and maybe that is enough and the best I can do. I rather enjoy making lunch for the children. It’s almost always a hot lunch, which I think “sticks” better and longer. Making an effort with lunch is a way I can show them I care for them. It is one of those “quotidian mysteries” that Kathleen Norris writes about.

My workday begins at 8:30 a.m. when I set up a list of goals. I basically run Holy Family with a MacBook Air, my iPhone, and a Moleskine 18-month paper planner. If I’m praying for someone special that day, I light my oil prayer lamp on top of my desk. The altar guild will surely notice how much oil I have been “borrowing” from the sacristy once they get back to work!

There are essentially two parts to my work as a pandemic priest: the proactive parts and the reactive parts. I try and reach out proactively to folks I feel might need to talk, or with whom I need to talk. The other side of my day is responding to those who reach out to me. Both are essential.

Did I mention I often make dinner, as well? I love to cook, and I am pretty good at it, too. Most days I try to have dinner with Sally and catch up. She works so hard and has more scheduled meetings than I. If there is an errand to run, we almost always do it together, even when it is not a two-person job. After dinner, we each settle into our own activities, often solitary. I say Evening Prayer and then read or watch Netflix until it is time for bed. I take great delight in making an evening cup of tea, Ovaltine, or hot chocolate. One of my favorite evening activities is reading a poem with Libby. “Shall we have a poem?” “Yes!” is a frequent response.

I pray for you all. And I miss you so. As always, I remain, yours in Christ,

Clarke French, Rector

In this issue:

Parish News / page 3

Christian Education / page 4

A Poem by S. T. Kimbrough / page 5

Outreach / page 6

House of Prayer / page 7

Directory update: Please mark the change in your directory.

Mary Bratton's email: mcbratton44@gmail.com

Andy Johnstone's phone: 859-200-9578

Leslie Sharpe's email: lesliesharpe31@gmail.com

Summary of Vestry minutes

AT ITS REGULARLY SCHEDULED MEETING ON **November 17** THE VESTRY:

- Heard the Rector's report, including: The Rector went on a retreat at St. Francis Springs Prayer Center. The Rector applied and was accepted to serve on a community police advisory board. The Red Cross blood drive was very successful, collecting 44 units of blood. The church will continue with outdoor services, making the best of the weather. There is a plan, when needed, to move leaders and singers to the porch and umbrellas for parishioners. The Endowment Committee met and their investments are doing well.
- Treasurer's Report: Richard Fair reviewed financial numbers for October and for the year to date. The balance sheet is still healthy. A discussion ensued in response to a questions on whether Holy Family is saving money during the pandemic. The answer is complicated, but Holy Family is saving in some areas and spending more in other areas (sending a lot of money into the community.)
- The Rector noted that the Bishop moved the entire diocese back to stage 1B. This still allows indoor services, limited to ten people.
- Vestry Nominations Committee is complete. Serving are Sabrina Powell and Kim Gotwals, Keith Brown and Jessica Johnstone.
- Outreach: Diane Robertson stated that \$1,500.00 given for outreach programs was divided between three projects. The Outreach Commission also saved some funds for hurricane relief in Guatemala.
- Further work on the Vision for Ministry Document: The Rector indicated that the Steering Committee wants direction from the vestry and suggested looking at programs that could be helpful in formulating possible uses for the northeast corner of the church property. The Rector pointed out that we had experiences over the last eight months indicating critical needs and that they were sufficient to proceed with a smaller capital campaign. The example of Thomas provides proof that our ministry needs a housing component and the Rector suggested the Steering Committee work on a program that provides a housing component.

Commission Meetings in January and February, via Zoom:

Outreach Commission will meet Wednesday, January 20, 7:00 p.m., and
Wednesday, February 10, 7:00 p.m.

Finance Commission will meet Tuesday, January 19, 6:00 p.m., and
Tuesday, February 16, 6:00 p.m.

Vestry will meet Tuesday, January 19, 7:00 p.m. and Tuesday, February 16, 7:00 p.m.

LENT AT HOLY FAMILY

We may not be able to gather in person this Lent, but we will gather to pray, study, and even cook together via Zoom! Here are a few of the things on offer:

Pray

Many of us cherished the opportunity to pray together through Advent, thanks to Laura Collins, John Paul, Julia Powers, and Bryan Dougan who served as our hosts and officiants. This Lenten season we will return to daily Evening Prayer Monday-Thursday at 5:30 p.m. with the help of returning and new officiants. On Wednesday, March 3, we will pray the Great Litany together, and on Wednesday, March 17, we will pray the Stations of the Cross. If you would like to help with hosting and officiating, please let me know by sending an email to sarah@holyfamillych.org.

Study

One of the books Clarke, Angela, and I return to time and again is Tokens of Trust, by Rowan Williams. The book's subtitle is "An Introduction to Christian Belief", but I have read it at least once a year since it was first published in 2010 and I find something new to treasure in it every single time. Please join us in reading or rereading this beautiful book Thursdays in Lent at noon, beginning February 18th. The book is widely available in a variety of formats, and I have detailed chapter outlines that I am happy to share with anyone who would find them useful.

Cook

Holy Family's Soup Suppers on Wednesdays in Lent are a longstanding and much-cherished tradition. While we cannot crowd into the Parish Hall to eat together, we can cook some soup together with the help of three of Holy Family's many excellent cooks! Karyn Hlad Miller, Susan Brown, and Lisa Ray will each be leading us through the making of one of their favorite soups, using recipes they will share in advance so that we all have time to gather the necessary ingredients. On Wednesdays February 24, March 10, and March 24 from 6:00-7:00 p.m. we will gather in one another's kitchens via Zoom and make soup, while Karyn, Susan, and Lisa show us how it's done. It makes me hungry just to think about it!

Lenten Evening Prayer, Monday-Thursday, February 17-March 31, 5:30-5:50 p.m.

Lenten Study, Thursdays, February 17-March 25, 12:00-1:00 p.m.

Lenten Soup Making, February 24, March 10, March 24, 6:00-7:00 p.m.

All of the above will be via Zoom. Links will be sent to the parish listserv in advance and posted on the calendar at holyfamillych.org.

God bless you all in this season of Epiphany as we travel together toward Lent!

Your sister in Christ, Sarah

The Canonical Crime Squad will investigate our earliest mystery on February 8th with Agatha Christie's "Death Comes as the End." An Egyptian priest's concubine is found dead, and his daughter takes it upon herself to discover the murderer. This 4000 year-old crime was inspired by Dame Agatha's archaeological pursuits with her second husband, Sir Max Mallowan. Zoom address to be announced soon.

A Poetic Offering from S. T. Kimbrough, Jr.

A Palestinian Boy

A Jewish boy from Palestine
to Egypt with his parents fled,
for in a dream appeared a sign:
King Herod wanted their child dead.

But when King Herod's time was passed,
then Mary, Joseph, and their son
to Palestine returned at last;
their time as refugees was done.

An immigrant, a refugee,
such was the fate of Jesus child.
When you have lived this life you see
the fate of half the world profiled.

And yet, Hosea long foretold,
“from Egypt I have called my Son,”
Divine the summons and how bold:
a refugee salvation won.

Salvation of the human race
that learns the least, the last, the lost
God's love will constantly embrace,
embrace them all at any cost.

A Savior, once a refugee,
a fugitive from evil's grasp,
knew that oppressed folk must be free,
who for the breath of freedom gasp.

He's “born to set God's people free,”
so wrote an eighteenth-century sage.
Imagine this—a refugee
is viewed as Savior age to age.

S T Kimbrough, Jr., December 16, 2020

Christian Education for Children and Youth

Angela Nelson, Minister of Christian Education (angela@holyfamilych.org)

page 5

Lenten Practices and Prayers: Lenten preparation for households with young children

Date: Sunday, February 14th at 4:00 p.m.

Location: Zoom (link to be announced on Facebook and the listserv)

Participants: All are welcome. Content is geared toward households with students in elementary school and younger. Please bring your young people and an apron!

Come learn about Lent and the practices of Christians in the Lenten season—especially prayer, fasting, and almsgiving. We will learn a song, make pretzels (collect ingredients in advance and preheat your oven, but we will measure and prepare during our gathering), hear about our Christian Education Lenten book drive, and enjoy one another's company. Please "register" by email to Angela (angela@holyfamilych.org), and leave your cell phone number in the email so you can receive the reminder and recipe by text message the day of the workshop.

Lenten Book Drive for Book Harvest

For the Lenten season, we will be gathering new and gently used children's, early reader, and chapter books for Book Harvest North Carolina (Bookharvestnc.org). Book Harvest provides books to support literacy in families from birth. There are many ways your household may choose to contribute new or gently used books (check out some ideas below). Bring books to the Narthex at Holy Family beginning Sunday, February 21st through Sunday, March 21st and we will make the delivery after Easter Sunday. For questions contact Sheryl Forbis (skforbis@gmail.com).

Here's what we are doing in our home to get our children involved in contributing:

- Selecting one gently used and under-read book from our home library
- Selecting one book that we love so much we can't help but share it from our home library
- Purchasing one book we love from an online independent bookstore (like Liberation Station Bookstore, Golden Fig Books, or The Regulator in Durham, or Fly Leaf Books in Chapel Hill)
- One Spanish or Arabic language title
- One book written by a Black or Indigenous children's author centering upon the stories of Black or Indigenous children
- Giving our kids a chance to work for quarters towards purchasing a book of their choosing to donate

Sunday School materials in the Narthex (Lent and Black History Month materials coming soon!) Spring Sunday School materials through Candlemas are currently available for pick up on the education shelf in the Narthex. Pick up titles themed for the season of Epiphany and for Black History month. As Lent approaches we will add titles for Lent. Announcements for faith formation materials for Ash Wednesday, Lent, and Holy Week will be sent out from the Mailchimp list in the bi-weekly email.

Thank you to all who made donations to the Advent/Christmas offering or Meals for Molas Fundraiser this year.

We received \$1,660.00 to be divided between these three programs:

- ChildReach Africa (education, HIV care and trade skills for children and young women in Uganda),
- Episcopal Farmworker Ministry (classes, transportation, legal assistance, leadership development in eastern NC), and the
- Borderlands Ministry of the Episcopal Diocese of The Rio Grande in NM and western Texas (food, clothing, habitat, medical and legal assistance to people living temporarily on the Mexico side of the border).

In addition, proceeds from the Meals for Molas sale of Haitian coffee and chocolate (including a contribution from the Outreach budget) to support the lunch program at our primary school in Molas, Haiti totaled \$5,341.37. This will make a significant impact on how often the students get a hot meal at school!

St. Joseph's Breakfast Fellowship

For several years during winter, CHF has helped restock the shelves at St. Joseph's Episcopal Church in downtown Durham for their Breakfast Fellowship. They provide meals during the week to anyone who asks. As with so much else, COVID19 has required they alter what and how they provide this ministry – they currently hand out breakfast and lunch bags to go, along with coffee. St. Joseph's is in need of cans of ground coffee, gallon-size Ziploc bags, sandwich-size Ziploc bags, small bottles of water, and granola bars. If you can donate any of these items, please bring them to the bins in the narthex **by January 24**. Thank you!

Exciting News from InterFaith Council!

HURRAY!! On January 19th, the office for the Interfaith Council, the Community Market, and the Community Kitchen will be operational in the beautiful new building at 110 W. Main Street in Carrboro, for which we contributed \$6,000 over the past 3 years. It is a shame that because of the pandemic we cannot come in and admire the building. However, everyone is invited to join the Grand Opening via Zoom on January 21 at 6:00 p.m. Link will be on the Holy Family Facebook bulletin board or IFC website. Club Nova (non-profit mental health support center) will be occupying the space IFC vacated in the town-owned historic building on Rosemary Street. Please wait until after January 19th to bring your non-perishable groceries and toiletries to the cart in our Narthex.

Would you be interested in learning more about what IFC and the other churches in our community are doing? Peggy Duhamel has been the IFC liaison for our church for the past five years but would like to have someone take up this position. Once every two or three months, an early evening meeting is held (via zoom at this time), and a representative from nearly all the churches and synagogues in our area meet with Kristin Lavergne (and occasionally Jackie Jenks and other senior staff) to get the latest information on what is happening at IFC, ask any questions, and in turn share what is happening at his/her church. Contact Peggy (Pegdrdog@aol.com) if interested.

My house shall be called a house of prayer for all nations.

—Mark 11:17

Your prayers are invited for the people of our parish and of all nations,
and for the extension and establishment of the kingdom of God.

Almighty and everliving God, ruler of all things in heaven and earth, hear our prayers for this parish family. Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. *Amen*

house of prayer

Intercessory Prayers on behalf of specific individuals or groups can be recorded in the notebook kept on a lectern in the Narthex. Intercessions are offered at Morning and Evening Prayer during the week. To have a prayer included in the parish prayer list, please call the church office: 919-942-3108.

The e-mail listserv is a means of inviting the community to join in praying for particular concerns or thanksgivings. To make a prayer request in this way, contact either the Rev. Clarke French (cfrench@chfnc.net) or the Rev. Sarah Ball-Damberg (sballdamberg@chfnc.net).

Confidential requests for prayer may be made directly to one of the clergy.

This month, please pray for:

- **The victims** and perpetrators of violence, and the victims of war and natural disasters.
- **Those who lead the nation**, especially Donald Trump, our President, and Roy Cooper, our Governor. Please pray that they may serve justice, and promote equality and peace.
- **Those who risk their lives** in the service of their country, especially members of the armed forces and the diplomatic corps.
- **Our sick, homebound, and recovering**, especially Dave Worster, Lisa Worster, Dick Forbis, Bill and Mary Harrison, Marie Carotenuto, George Bloomer, Sara Smith, Aileen Womark-Montes, Celia Lata, Mary Anne Kendall, Molly Summerlin, Carolyn Parker, Cynthia Baker, and Jennifer Olson.
- **Those who have died**, especially Mary Hunter, Rollie Tillman, and Lee House.

- **Those expecting children**, especially Michelle Sroka.

- **Those in any need or trouble**, especially Billy Ray, James, and Ray in prison; Eddie on Death Row; incarcerated men and staff of Orange Correctional Center and those recently re-entering society from prison.

- **Our bishops**, The Most Rev. Justin Welby, Archbishop of Canterbury; The Most Rev. Michael B. Curry, Presiding Bishop; the Rt. Rev. Samuel Rodman, Bishop of North Carolina; the Rt. Rev. Anne Hodges-Copple, Bishop Suffragan of North Carolina.

- **Our seminaries**, especially the University of the South, Sewanee, the Anglican Episcopal House of Studies at the Duke Divinity School, and the Seminary of the Southwest.

- **Our mission partners**, Gyani Thapa in Nepal (Kirtipur Christian Fellowship), Catherine Piwang in Uganda (ChildReach Africa), and Karen Calani in Guatemala (Food for the Hungry).

- **L'École de Notre Dame** in Molas, Haiti, its students, teachers, and staff, and priest-in-charge Père Jean Jonas Laborde.

- **The Augustine Literacy Project** students, tutors, staff, and board members.

- **Our clergy**: Clarke, Sarah, and Paula.

- **The staff of our parish**: Tom, Gary, Julie, Bill, Angela, and Nicole.

Family Affairs

The Church of the Holy Family (Episcopal)
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RETURN SERVICE REQUESTED

Comings and goings

*The Lord shall watch
over your going out
and your coming in,
from this time forth for
evermore.*

—Psalm 121:8

Address Changes:

Gagnon family, 835 Weatherstone Park Circle, Hillsborough, 27278
Fritz Gugelmann family, 557 Fearington Post, Pittsboro, 27312
Rich family, 906 Arrowhead Road, Chapel Hill, 27514
Carl and Julia Fox, 609 Bennett Mountain Trace, Chapel Hill, 27516
Sonia Katchian, 114 Joanna Trail, Chapel Hill, 27516
Bob and Cindy Stoothoff, 105 Sagamore, Williamsburg, Virginia 23188
Nelson family, 3124 Hope Valley Road, Durham, 27707