

The Church of the Holy Family

Family Affairs

October 2021

Deadline for November *Family Affairs*: **October 22**

“Be still and know that I am God.” Psalm 46:10

I do not have a lot of experience with anxiety attacks, but I do get them from time to time. Recently, I had one at the beginning of church on a Sunday morning. Normally my pride would never let me admit this so publicly, but y’all, this has been a heavy time for all of us. If we have any hope of processing the trauma of the pandemic, we need to share our burdens and name what the coronavirus has taken from us. When I get an anxiety attack it feels like I am being pounded like a relentless, hot waterfall. It is deeply unpleasant—especially when you are trying to read the collect of the day in front of a crowd! I knew at the time that it was only about ten minutes until Sarah would begin her sermon and I could sit quietly. (Has anyone ever prayed for a long sermon?) I immediately began to pray The Jesus Prayer: “Lord Jesus Christ, Son of God, have mercy on me, a sinner.” I prayed it over and over, synching the words to my breathing. By the end of Sarah’s sermon, I was myself again, though a little shaken.

Along with iconography, the Jesus Prayer is Eastern Orthodoxy’s great gift to the Western Church. Orthodox Christians simply call it “The Prayer.” While it is particularly appropriate for times of great anxiety, the Orthodox are taught from a young age to pray it constantly, like a continuous soundtrack in the back of your head.

My recent experience reminded me of the book *Sadhana: A Way to God, Christian Exercises in Eastern Form* by the Jesuit priest Anthony de Mello. A favorite of spiritual directors since it was published in 1978, this little book gives many examples of different types of meditative prayer. I’ll describe one of my favorites to you; like the Jesus Prayer, it is also centered on our breathing.

Find a quiet and comfortable place to sit—but not so comfortable that you will fall asleep. Set a timer for five or ten minutes. With your palms on your knees, begin to become conscious of your breath. Take note of how it feels coming in and out of your nostrils. After a minute or so, remember how the Holy Spirit moved over the face of the waters of Creation and how that same Spirit animates and gives life to all that is—including us. Imagine God’s presence in the air you are breathing right now. Without words, without perhaps even thinking the words, express to God your great yearning for him. Perhaps you took a deeper breath? On the inhale, pray “My God, I long for you.” On the exhale, pray “My God, I surrender to you.” Repeat for as long as you like, or until the timer goes off. When you are finished, say a little prayer of thanks for the gift of this time.

You may have noticed that this time of prayer is not about praying for others. We are not praying for the desperate places of the world or those we love who are suffering. Instead, we are using this time to *restore ourselves* by connecting with that unremitting current of divine love which gives us life, even when we forget it does. It is not selfish to pray in this way; it is absolutely essential to our spiritual well-being. Offering this prayer of longing and surrender will make us more attuned to the work of God throughout the world and more present to the suffering of others. Like how on the airplane we are told to secure our own masks first before assisting other passengers, we must pray for ourselves before we can be of service to our neighbors. When we do not, we are tempted to believe what we do is from our own strength and not God’s. Be gentle to yourselves and others. With love,

Clarke French, *Rector*

from the Rector

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Summary of Vestry Minutes

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

- Heard a report from the Rector including he had attended the first clergy day in June at Holy Trinity in Greensboro where he sincerely enjoyed being with fellow clergy again. Holy Family's staff has all had some time off, but they have been given one extra week of discretionary holiday to be used some time in the next six to eight months. The rector continues to have weekly calls with the Chapel Hill Clergy Association and the Diocese of North Carolina. Both agree to take a precautionary approach to gathering during the height of the Covid 19 Delta variant.
- Treasurer Richard Fair said income is down slightly in June, but we had an average month in July. Year-to-date we are \$34,000.00 to the good. The General Fund is four percent ahead of expenses. So far, we are under spending on our budget. December is typically our biggest month for income. Discretionary funds are extensive and we have sent out assistance to the community. Richard received a report from our annual financial audit. We have a good, sound reporting of financial statements. We have good internal controls. We received an A++ from the auditing firm. Richard praised Tom Bloom, Holy Family's Financial Secretary, for his continued excellent work.
- Heard a report from Dave Worster, chair of the Master Plan Steering Committee, including there are over 30 parishioners involved in various the MPSC and its sub-committees. The Steering Committee will be interviewing three architect firms in late August and will recommend the hiring of one firm in mid-September. We have received a donation of \$15,000.00 for an interim playground. A small geodesic dome, a super dome, child and adult seating, and picnic tables are planned for the interim playground. Funds for an interior Chapel have been offered privately. The vestry passed a motion to allow the committee to negotiate a letter of intent on Church's part to build the chapel and on the donors' part to cover the cost.
- Discussion of Roof and Solar Panels: The church building needs a new roof. The existing roof is 20 years old and has been repaired many times. Problems with the installation have been uncovered. If we replace the roof, it is a good time to add solar panels, making use of rebates being offered by Duke Energy. Three estimates for a new roof and two estimates for solar panel installation have been received. There will be more discussion on this issue next month.

Commission Meetings in October 2021

Outreach Commission: Tuesday, October 12 , at 7:00 p.m., via Zoom.

Finance Commission: Tuesday, October 19, 6:00 p.m., in the Conference Room.

Vestry: Tuesday, October 19, 7:00 p.m., in the Parish Hall.

ENDOWMENT COMMITTEE

The Endowment Committee at its August meeting reviewed the grant applications submitted by members of Holy Family and approved the following grants for projects at Holy Family and its Missions:

1. \$2875 to Outreach for repairs to the church in Molas and for repairs to homes of 4 parishioners which have significantly deteriorated.
2. \$ 1500 to Childreach Africa for Nwoya Women's Center, to be used for furniture and supplies for their tailoring school and on-site childcare for the children of the tailoring students.
3. \$1750 to the Racial Equity and Land Committee to hire Michal Betts (Director Of Continuing Education at Duke's Center for Documentary Studies) to record, edit and co-produce a seven-episode series about Holy Family's founding and inheritance to educate the parish on why the church's campus and property is the way it is.
4. \$300 to acquire People of Color Who Inspire curriculum sets from Godly Play. These sets on Harriet Tubman, John Lewis, Bishop Barbara Harris and Martin Luther King , Jr. will be used in children's classrooms, Children's Chapel, and parent education.
5. \$3000 for an Outdoor Stations of the Cross. This set of 14 woodcuts, to be installed around the parish campus, offer an outdoor setting to pray the Stations of the Cross and provide opportunities for education programs and events around the Stations of the Cross.

Earlier this year, the Vestry appointed two new members of the Endowment Committee. Pat Scalabrin and James Brown were welcomed by members Anne Liptzin, Bill Andersen, Allison Zollicoffer, Clarke French, Richard Fair, Dick Cashwell and Sefton Stevens at the Committee's May meeting.

An Update from the Racial Equality and Land (REAL) Committee

The REAL Committee has been convened by the Capital Project Steering Committee to research the history of the original inhabitants of the land on which Holy Family now stands, who has lived and worked on it since then, and how it came to be the place our church was built. Our work thus far has ranged from title searches to visiting nearby burial grounds of enslaved people. We will be sharing what we have learned with the entire parish, and also inviting you to read, watch, listen, and learn with us. And please mark November 7th on your calendars now: that is All Saints Sunday, and we are planning a pilgrimage following the 10:00 liturgy that will take us from our own churchyard, to one of the burial grounds mentioned above, on through Orange County to St. Mary's Chapel, and then to Stagville, site of one of the largest plantations in the Southeast, worked by people enslaved by James Cameron. More information to follow! If you would like to know more about the REAL Committee and our work, please be in touch with the cochairs, Diane Robertson (robertson.m.diane@gmail.com) and Jeff Nelson (jeffrey.ac.nelson@gmail.com).

Canonical Crime Squad October Meeting – New Place and Date

1471: Edward of York has deposed and disposed of Mad King Henry VI of Lancaster. Canterbury is under martial law for the sin of supporting the losing side. Just as the vital pilgrim trade is starting back up, someone is poisoning pilgrims and posting bad poetry about each murder. Katherine Swinbrooke, with medical knowledge gained from her father and husband, is engaged by the town council to find the killer. Join the Canonical Crime Squad to see if Katherine can succeed before the killer adds her to his total. We will meet Monday, October 18, at 7:00 p.m. in the Parish Hall, masked, or by Zoom to discuss ***A Shrine of Murder*** by C. L. Grace (aka Paul Doherty.)

Christian Education for Children and Youth

The Rev. Angela Compton-Nelson, Assistant to the Rector for Family Ministries
(angela@holyfamilych.org) page 4

Sunday School: Sunday School kicks off on Sunday, October 3! Please register your young person/ people online using the link in the e-newsletter. The same form may be used to register students for Sunday School and EYC. The information you provide will help us establish and meet the parish's needs in all of the spaces we are offering programming. Note there are two options below for Elementary students and one option (currently) for Middle and High School students.

IN-PERSON Elementary School: Our gatherings begin following reception of the Eucharist during the 10:00 a.m. in-person Sunday liturgy. Students will make their Communion at the altar and proceed to the Narthex where they will meet their Sunday School leaders for the day. Parents should sign children in on the Sunday School sign-in sheet on arrival (next to the sign in for the liturgy). Students will use the Commons space for story and library time and spend the remainder of their time outside on the lawn between the parish house and the church's main building. Students may be picked up from the lawn. Sunday School will last for 45 minutes (approximately 11:45 a.m.). Please pick up guidelines prior to participation and read through our COVID protocols.

ONLINE Elementary Sunday School: A Zoom link for our first meeting on Sunday, October 3, at 9:00 a.m. will be included in the e-newsletter. If we have a small group, all elementary students will meet together and end at 9:30 a.m. If the group is larger, we will divide by age (pre-k through 1st grade and 3rd grade through 5th with the latter group beginning its Sunday School time at 9:30 a.m.). We are looking forward to learning together online through stories, songs, and activities.

IN-PERSON Middle and High School: After receiving Communion at the 10:00 a.m. liturgy, middle and high school students will gather in the St. Augustine room for a Middle and High School Sunday School lesson. Students will be dismissed at approximately 11:45 a.m. to return to their parents and do not need to be picked up.

ONLINE Middle and High School Sunday School: As of now, we will *not* be offering an online option for middle and high school students. However, if you have a student in this age group and prefer to use only online options, please send me an email (angela@holyfamilych.org) or give me a call. We will explore this option if there is sufficient interest.

Confirmation Retreat: This year, instead of a weekly class, students are invited to a Confirmation Retreat at Holy Family. Students ninth grade and older who would like to be confirmed at the Bishop's Visitation in 2022 (date is TBA, likely in the Spring of 2022) are invited to join us on the first weekend of Advent, December 3 and 4. On Friday (12/3) we will gather at the church at 5:00 p.m. for dinner, prayer, and orientation. On Saturday (12/4) students will gather from 9:00 a.m.-5:00 p.m. for a day of fellowship, food, and learning. Students should plan on attending the in-person liturgy on December 5 to be recognized and blessed by the congregation. Confirmands will be asked to join in the work of one of the ministries of the church (Altar Guild, Fellowship, Music, Welcome or Usher teams, Lectors, etc.) for the spring semester and should plan on attending the Triduum services on Thursday, Friday, and Saturday (April 14, 15, and 16) in Holy Week.

Book Walk: We will celebrate All Saints this year by using one of our "book walks" through the grounds of Holy Family. Stop by anytime you wish in early November to enjoy the fall beauty in the garden and learn about Saint Hildegard of Bingen.

EYC: This fall middle and high school students are invited to participate in EYC on the first and third Sundays of each month. The first Sunday will be fellowship time together sharing a meal and catching up. The third Sunday will involve a service project for a member of the parish or one of the many outreach programs that Holy Family supports. In October, firepit fellowship will be in the backyard of the Assistant to the Rector Angela Compton-Nelson (3124 Hope Valley Road in Durham). See the e-newsletter for more details.

Upcoming—**Happening #66:** Happening is a diocesan-wide event for high school youth to grow in their relationship with God and in relationships with others on their own journeys. This year's Happening is #66 in the Diocese and will be held at Haw River State Park Friday through Sunday, October 22-24.

OUTREACH UPDATE

Thank you to all who brought groceries during August for Project 5000. Interfaith Council staff gratefully welcomed Peggy Duhamel as she delivered the equivalent of 79 boxes/bags of groceries to replenish the empty shelves of the **IFC's Community Market**.

The Rector and the Outreach Commission are sending \$2,000 from Holy Family to the **Hurricane Relief Fund of Episcopal Relief and Development (ERD)** to help people recovering from Hurricane Ida. ERD is working closely with the Episcopal dioceses of Louisiana and Western Louisiana to provide temporary housing, food, gas money and other emergency supplies to individuals who had to evacuate their homes due to flooding and power outages.

Episcopal Migration Ministries (EMM), the refugee resettlement and migration ministry of The Episcopal Church, is responding to the deteriorating situation in Afghanistan that has left upwards of 550,000 Afghans internally displaced in the country since the beginning of the year, in addition to 2.9 million Afghans already internally displaced as of the end of 2020. Working in partnership with the U.S. government, EMM assists refugees with resettlement and direct services through a network of 12 affiliates across the U.S. The Rector and the Outreach Commission have allocated \$2,000 to EMM toward this work. Four years ago, Holy Family entered into partnership with Assad Stanikzai (a former aide to the US Military) and his family, when they were resettled to Durham. Now some of Assad's extended family have qualified for resettlement and will soon move from their processing location in Virginia to Durham/Chapel Hill. Please read Peggy's article below for more information about how you can help.

REFUGEE RESETTLEMENT UPDATE FROM PEGGY DUHAMEL

When US forces pulled out of Afghanistan, Afghan allies desperately sought to escape likely retribution from the Taliban. Among the thousands airlifted to Qatar were Assad Stanikzai's brother, brother-in-law, and two cousins, along with their wives and 20 children. Assad and his wife and children were welcomed four years ago by our church. They are doing well but now are expected to help in the resettlement of their relatives. The families are currently in Fort Lee undergoing processing and medical exams. Assad's brother and brother-in-law, their wives, and nine children will settle in Durham while the two cousins, their wives, and eleven children will settle near an uncle in Dallas, Texas. The two families coming to our area are likely to arrive in mid-October or perhaps November.

We want to help them. How? They will need places to live close to Assad in Durham, along with beds, towels, blankets, kitchen supplies, and some furniture. They need help with transportation until they can use the bus, call for Uber/Lyft, learn to drive and find an affordable car. Volunteers have offered to help in MANY ways but there is still much that will be gratefully accepted. You can join the team that will directly interact with the family and receive training through a Resettlement Agency. Gently used furniture and especially financial contributions to our church earmarked for "refugees" are welcomed. To counter feelings of helplessness and help in restoring dignity and self-sufficiency, we plan to offer gift cards so the families can make their own purchases for personal items.

Holy Family cannot provide all of the assistance these two families will need. We will work with Chapel of the Cross to help the two families, and will share donations of furniture, clothing and other necessities. This opportunity to cooperate with Chapel of the Cross is wonderful! Please contact Peggy Duhamel at 540-830-0182 or pegdrdog@aol.com if you would like to be part of this outreach mission. Thank you!

Meals For Molas

Holy Family has a long-term tradition of raising money to provide lunches for the students in our partner elementary school in Molas, Haiti. For many of the children, it may be their most substantial meal of the day.

To help address the ongoing need to provide nutritious lunches, Holy Family sells Haitian coffee and chocolates. Partnering with Singing Rooster provides the opportunity to directly support vulnerable Haitian farmers, help reforest Haiti, and build rural economies - all while we raise money for school lunches.

From October 31st through Sunday, November 14th, orders may be made for the following products:

Coffee (ground or bean) \$18 per 12oz bag

- Decaf
- Full City Medium Roast
- Tete Medium-dark Roast



Chocolates (78% dark cocoa) \$4 per 2.2oz bar

- Plain Bar
- Peppermint Bar
- Sea Salt & Nib Bar



Orders will be made online, or by dropping off forms in boxes at Holy Family. Payment will be collected upon delivery during Alternative Christmas (the first three Sundays in December).

For further information, please contact:
Leslie Andersen at lesliebandersen@gmail.com

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, or by asking members of the Prayer Team at the 10:00 a.m. Sunday service to pray with and for you.

This month, please pray for:

• **The victims** and perpetrators of violence, and the victims of war and natural disasters, and all refugees.

• **Those who lead the nation**, especially Joe Biden, 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 Kathy Abbott, Dave Worster, Bill and Mary Harrison, Marie Carotenuto, Sara Smith, Celia Lata, Molly Summerlin, Cynthia Baker, John Paul, and Frances DeHart.

• **Those who have died.**

• **Those expecting children**, especially Caitlin Fuller and Elizabeth Turnbull.

• **Those in any need or trouble**, especially Billy Ray, Jimmy, 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, Paula, and Angela.

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

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The Church of the Holy Family (Episcopal)
200 Hayes Road
Chapel Hill, NC 27517
(919)942-3108

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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

New Addresses:

Kris Little, 52 Glenmore Drive, Durham, NC 27707
Bryan Dougan, 1406 W. Markham, Apt. D, Durham NC 27705
Gagnon Family, 312 Prestwood Dr., Hillsborough NC 27278
Fritz Gugelmann and Family, 129 Ironwoods Drive,
Chapel Hill, NC 27516
Jones/Zahren Family, 2708 Carver Street, Durham, NC 27705
Shores Family, 1010 Gloria Avenue, Durham, NC 27701-2012