

The Carillon



Volume 108, Issue 113, September, 2013

Email articles to:
office@carolinechurch.net

My Dear Friends in Christ,

Can you believe it? The Summer, although not officially over, for all practical purposes is part of our history. That can only mean that the September avalanche of activities at Caroline Church has begun. Do read carefully this issue of the Carillon, for all the starting dates and times of the various parish ministries that will be up and running.

Yes, there is no doubt that we are an active group of Christian believers. One of the highlights of this new program year will be our partnership with All Souls Church. We will be participating in various Adult Christian formation programs and classes held at both churches throughout the year. I am sure this will prove to be an exciting time of learning about our faith as we come together sharing our reflections.

With Bible studies, Church School, CYC Youth gatherings, ECW's and all the other groups that meet at our church starting back up in September, it is appropriate that we recognize the national holiday known as Labor Day at the beginning of this month. Most of us do a lot of work, either at the place of our employment, at home, or at school. Some people joke that for modern people the most objectionable four letter word is "work". But I think, that such words as pain and fear and hate and idle, may be far worse words than work. Because these four letter words have one thing in common. They involve isolation that can happen when we are cut off from others.

We hurt alone, we fear alone, we hate alone, and when we are idle, we are most often alone. But it is not that way with work, especially the work that we do for our Lord and Savior Jesus Christ. Work links us to others. To continue my four-letter theme: we give through work, we make things by working; we earn as we work and produce something to share and we show that we care by our work. When we are at work, we are busy adding to the good things in life.

In fact, there really is no way we can show that we care but by doing work of some kind. And the pinnacle of the work we do is that which directly helps build up the church and the body of Christ here on this earth. Caroline Church gives us all an opportunity and an avenue to help

continue Christ's work in the world. Work is the only way that love in all its diverse expressions, can be shown to others.

No, I don't really agree with that common joke at all. For only as we "work" do we become part of, and show that we care for the God-given people and world all around us.

Yours in labor and love for Christ,

Fr. Richard+

Fall Worship Schedule

Beginning **September 8th**, the times of Sunday worship will be as follows:

Holy Eucharist Rite I at 8:00 a.m.
Holy Eucharist Rite II at 9:30 a.m.
Holy Eucharist Rite II or
a quarterly said Morning Prayer at 11:15 a.m.

Church School will start after the Installation of the Teachers at 9:30am at the church on September 8th, and then children will be brought over to their classrooms in the MCS building.

Children's Chapel will begin on Sunday, September 15th in the MCS building at 9:30 a.m.

Coffee Hour will begin approximately at 10:40am in the MCS building.

Our Caroline Church Vision Statement:

To help people encounter the living God together and live transformed lives for Christ.



Our Mission Statement

** We, the parishioners of Caroline Church of Brookhaven, are committed to Jesus Christ, to His teaching, His life, death and resurrection, in our call to serve and worship Him, in the tradition of the Anglican Communion.*

** We strive to share our faith and blessings for the furtherance of His kingdom in an environment of love, understanding, and support, through prayer, worship, Christian education, and fellowship.*

Fr. Farrell Graves

Many have expressed interest in my past studies of Buddhism and wonder how it affects my practice of Christianity. I would like to explain a bit about how Buddhism tempers my understanding of Christianity.

Like Christianity, Buddhism is divided into many greatly differing sects. It is impossible to summarize the religion, but what affected me most was not Buddhist practice so much as Buddhist philosophy as taught by my college advisor, Roger Corless, a professor of Buddhist-Christian studies and a practitioner of Roman Catholicism and Tibetan Buddhism. By philosophy, I mean Buddhism's understanding of the nature of reality. One of the central philosophical tenets of Buddhism is *anatma*—no-self. Buddhists assert that there is no constant, abiding identity in anything. There is no unchanging table-ness of the table, so to speak. A dining table is whatever we use as a dining table, whatever relates to people, food, napkins, etc. to fulfill a certain purpose—dining. Similarly, people have no “self,” no constant identity. We are ever changing, a process rather than an identity.

So what does this mean practically for us? If we recognize that there is no “self,” then we relate to things differently. We become less attached and suffer less when change occurs. It throws the emphasis from objects to processes. We are less weighed down by our possessions as we focus more on purpose. In general, we will deal more graciously with change, the only constant in life. All of this is consistent with Christian teaching.

If we accept the doctrine of no-self, moreover, the nature of truth is also brought into question. We can no longer say that truth can be expressed fully in words. If one person uses a desk as a dining table, and calls it a dining table, but another person refuses to relate to it as a dining table and exclaims, “You are just eating dinner off your desk,” which is it, a desk or a dining table? If tables give us such trouble, imagine trying to capture the nature of friendship in words. We stray into the land of poets. Words therefore do not refer to absolute and unchanging truths (table-ness). In fact, I would argue, words do not refer to things at all, but to nexuses of relationships that are important to us, and what is important to one may not be important to another. The way I relate to something may not be the way someone else relates to it.

Truth cannot be captured in words, but that does not mean it is utterly inaccessible. Words allow us to gesture towards truth. It is not, after all, that tables and chairs do not exist. *Anatma* does not mean that *anything* can be true. There is a “way things are,” but it is never entirely clear to us. We see now through a glass darkly, never grasping

reality clearly, but through the lens of our relationships to the world. If we think that we can relate in any manner that we want, then we will run up against reality. If we relate to a table as a puff of smoke, we are likely to get a bruise. Similarly, we can call a chipmunk a table, but we'll have a difficult time setting it.

Our relationship to God is the same. If we think that we know everything there is to know about God, then we are deeply misled. If, on the other hand, we say that God is whatever we want God to be, then we will run up against reality. For example, those who think God can be found in drugs or money suffer the consequences whereas those who find God in love, harmony, beauty, and honesty have a different and richer experience. The proof of the pudding is in the eating. Truth—the way things are—matters even though we cannot grasp it fully.

So what is the practical import of this? Deep problems arise when someone claims to have complete knowledge of truth. “My truth is the whole truth and you must accept it.” This is a way of taking power from others and is the definition of “unethical.” In other words, people who claim to know the absolute Truth want us to accept the relationships of the world that they want, and want us to obey them. There are many ways of relating to reality that do not conflict with it, that do not produce negative results. If I say that there can be no card playing on the dining table because it is not a game table, then that is how I relate to the table. If I assert that all other people must treat their tables in the same manner, then I am seeking to take power to act from others. Likewise, if I assert that poor people are poor because they are lazy and deserve no support and can get others to agree, I will have prevented people from acting. Of course, I will eventually run into the reality that such an attitude increases poverty and resentment and leads to social turmoil, though I can continue to deny that truth. An approach more consonant with truth, i.e., an awareness that poor people are not necessarily lazy, will have better results. Buddhists assert that trying to grasp truth, to claim that truth is in the palms of our hands, always leads to suffering. Instead, we must be more pragmatic in our approach. When something works to the betterment of all, we know that we are getting closer to the truth. Because none of us know the complete truth, we have to negotiate with one another until we move closer to it, as led by the Holy Spirit.

Readers will notice that I move seamlessly between Buddhist and Christian concepts, but only in ways that are consonant with Christianity. The difference between me and a Buddhist is that Buddhists say that the gods are irrelevant, as trapped in the confusion of their truths as we are. I would say that there is a God, and that that God is the embodiment of Truth. It is that God that we seek.

Our Anglican Heritage

John Henry Hobart

After the American Revolution and the Independence of the United States, the Episcopal Church, under public suspicion in many quarters because of its previous association with the British government, did very little for about twenty years. John Hobart was one of the men who changed this.

John Henry Hobart was born in Philadelphia, Pennsylvania, 14 September 1775, the son of a ship's captain. He was educated at the University of Pennsylvania and Princeton University, ordained deacon in 1798 and priest in 1801. Called as assistant minister to Trinity Church, New York, in 1803, at age 36 he was elected assistant bishop of the diocese in 1811, becoming diocesan in 1816.

To look at John Henry Hobart, you wouldn't have predicted greatness. Height always distinguishes, and he was notably short. Blessed with attractive blue eyes, he was nearsighted and forced to wear thick glasses. In an age of marmoreal gestures in the pulpit, he was melodramatic. At a time of dignified eloquence, he spoke rapidly, with emotion. When most men were reserved, even with their families, he was warm, whether with ambassadors or farmers, to the point of being thought odd.

Most bishops were content if they bestirred themselves for episcopal acts a hundred miles from home. Hobart had the energy of ten men: horses dropped under his exertions and he thought nothing of a winter visitation of 2,000 miles in western New York or 4,000 at a more seasonal time.

Early in his career he tackled publicly issues still dubious in the American mind: episcopacy and apostolic succession, arguably besting in print a redoubtable Presbyterian opponent.

He founded two institutions: a college in Geneva (later Hobart College) and General Theological Seminary in New York City, breaking his health to get both off the ground. He occupied the chair of pastoral theology and pulpit eloquence from 1822 to 1830.

He not only looked after the Diocese of New York (46,000 square miles and virtual wilderness west and north of Albany) he served as rector of Trinity Parish, the wealthiest and most influential church in the country. Agreeing to oversee the diocese of Connecticut, since its high- and low-church party roils had prevented the election of a bishop, he covered its parishes more thoroughly than any bishop ever had. New Jersey, similarly bishop-

less, appealed to him, and he looked after it as well.

He knew all the clergy in the Church generally and in his own diocese intimately. He was aware of their background, remembered their families, forgave their frailties, and appreciated their strengths. He watched over his candidates for Holy Orders with a paternal interest, meeting with them weekly.

His instinct for politics never overrode his principles. Once convinced of the rightness of his position, no wave of unpopularity would budge him. His friends adored him and even his enemies credited him with frankness and fearlessness. He held no grudges and played no games, two qualities that endeared him to many. In a turbulent New York State election for governor, a common saying was that only Hobart would have been easily elected.

He took 26 clergy at the beginning of his episcopate in 1811 and quintupled them to 133 by his death; watched the number of parishes increase from about 50 to almost 170; and confirmed roughly 15,000.

This lovable, indefatigable, type-A bishop went virtually nonstop from his ordination until his death. The only surprise was that he didn't die sooner. Troubled for years with what was most likely a bleeding ulcer, with rest and medication he would generally rebound.

In addition, he labored for mission, Bible, and Sunday school causes and other benevolent ventures, and he took special interest in the Christianizing of the Oneida Indians.

Physically exhausted, Hobart toured Europe from 1823 to 1825. Upon returning home, he professed loyalty to his country in terms that excited British disapproval and American pleasure. Nevertheless, Hobart staunchly, often tactlessly, acclaimed the English heritage and American canonical distinctiveness of the Church. This sectarian approach distressed ecumenically minded Broad Churchmen, who hotly engaged him in pamphlet warfare.

Hobart was a prolific writer and an eloquent, impassioned preacher. Among his many works were *Feasts and Festivals* (1804), *Apology for Apostolic Order* (1807), and an edition of a popular family Bible (1818-1820).

Early Sunday morning, September 12, 1830, John Henry Hobart died, aged 55. The funeral took place in New York City on September 16. The mourners included the governor of the state and the mayor of New York City, and the procession was estimated at nearly 3,000.

The third bishop of New York is buried under the chancel of Trinity Church, New York. He is remembered throughout the Episcopal Church every year on September 12.

Buildings & Grounds

Summer winds down, we move into a new school year and things are looking pretty spiffy around Caroline Church. As I write this, the church exterior has been painted and the Valley Restoration crew is moving on to the Parish House. Paul and his crew have done a great job restoring the exterior. Take a minute to look up at the bell level of the steeple. The urns (those four balls at the bell level) and louver trim have been rebuilt or replaced as needed. The rooftop cross on the altar end of the church has been re-gilded and stands out beautifully. We have been very pleased with the attention to detail Valley Restoration has given to this job. If you didn't see the work in progress, there are many photos on the web site. It's pretty awesome seeing three men working up at the top of the steeple.

Inside, carpets and tile floors are being cleaned and waxed. The classrooms will be ready for the September 8th opening. Bring on the kids! As organizations gear up for more frequent meetings, our facilities are ready.

One disappointing piece of news is that the home schooled group that has met in the MCS Building each Monday for several years will not be returning. They are mainly from Nassau County communities and were able to find a facility that was more convenient to their homes. That group always left things cleaner than they found them, meaning that they actually cleaned up some of our "mess" from Sunday. The church and MCS Building are cleaned Friday and Saturday, so please make an extra effort to police the area when your group uses the facility during the week. Garbage left in the kitchen early in the week is not going to have a pleasant aroma when Friday comes around. Please take trash out to the dumpster even if the can is not full. At one time we had the cleaning service come in twice a week. We simply cannot afford that luxury. Please follow the example of the home schooled group and pledge to leave the area cleaner than you found it.

Outside, the gardens are peaking. The sunflowers by the barn are in full bloom and Father Jim's Garden is also filled with color. Visit the south side of the MCS Building where the million golds are exploding and the tree planted to honor Joan Neul's service to Caroline Church is flourishing. Neighbors often walk through our grounds to view the gardens. You, our parishioners, are also invited to take some time before or after services to walk the grounds and give thanks for all the beauty that the Lord has bestowed upon our facility.

Chris Haring, Chair
Buildings, Churchyard and Village Green

Church School News

Hello Everyone! I hope you all had a wonderful Summer break. I will be sending out a packet to all school-aged parents, with information about Church School and the registration form. The form is also printed in the Carillon. Please take a moment to read all the information and register your child or children. It is important to fill out and return the form each school year, so I can update all of my information.

We have a lot of great things planned this year for your children. We still need some volunteers to help out in the nursery, if you have a child that is in the nursery and you can help out, please let me know. I have listed below the teachers that we have for each grade. They are:

Pre-K-Kindergarten:

Janene Timm, Martiza Groth, and Amanda Johnson

1st and 2nd Grade: Cheryl Aversano

3rd and 4th Grade: Virginia and Lainey Cash

5th Grade: Donna Butruch

6th and 7th Grade: Donna Kaires and Jackie Hull

8th and 9th Grade: Chris Callahan and Bruce Cash

10th Grade: Father Farrell, this will be the confirmation class and they will meet every 2 weeks, more information to follow.

Youth Group, 6th-12th Grade: Lindsay Porter

The first Sunday of each month will be Youth Sunday, we will rotate youth, although we hope to get volunteers. They will usher, bring up the offerings and read. The youth that are not volunteering will sit with Lindsay upstairs; after church they will go out for breakfast. The other 3 Sundays the youth group will meet from 4:00pm-6:00pm in the MCS Cave.

The first day of Church School will be September 8th at 9:30 am. Everyone will meet in the Big Church. There will be no Children's Chapel this Sunday. We will have the Teacher's Installation and during the announcements the children will leave for their classes. ALL PARENTS of Children Pre-K through 9th Grade need to go to the classroom and pick up your children. Each teacher will go over some information with you about the coming year. If you have more than one child and you are unable to be in 2 rooms, let me know.

On September 15th we will start Children's Chapel. We are in need of volunteers to play the piano. If anyone is interested please call me.

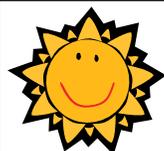
Children's Chapel is for the children in Pre-K through 2nd grade, but if your child is in 3rd grade or above and would like to participate in Children's Chapel, please speak to me. The service starts promptly at 9:30 am. Make sure to read all the information in the packet that is being sent home. I look forward to seeing everyone on September 8th.

Mary Doherty
Church School Director

Foyer Group

Foyer Groups are Forming!

This year there will be a slight change to the foyer groups. The main foyer group will be smaller, only six people, allowing for two individuals from outside the church to be invited. So we will call it Foyer Group Plus! What is a foyer group? Participants meet periodically for fellowship meals at each other's homes. Each host provides the main course and all other members bring an appetizer, a salad or vegetable and a dessert. The groups decide on the schedule that is convenient for everybody and meet approximately once a month for the year. It is a fun way to get to know people outside of church and to enjoy some camaraderie. For more information, any questions or to sign up please call Mirjana Ellis at 689-2627 or email at rmellis@optonline.net. You may also contact Christine Oster at 368-8686. We hope to get the groups formed by the end of September. Hope to hear from you!



ECW Morning Branch

We will be having a Rummage Sale on Friday and Saturday, October 18th & 19th.

Please do NOT drop off any items until that previous Monday, October 14th, in the MCS building.

We welcome your clean, gently used clothing to share with those less fortunate. We also welcome your assistance with setting up and breaking down. If you can help, please speak with Pat Harding at 981-9853.

Thank you.



Grief Support Group

Our next meeting will be Thursday, September 26th at 7:00pm. Anyone who has lost a loved one is cordially invited, even if your loss was years ago. Your attendance may be the spark to help someone else. We follow a basic structure and all sharing or discussions are held confidential.

For additional information, please contact Fr. Richard at the parish office, or Don Muffly at 689-8804.

Coffee & Fellowship Hour Host/Hostess

Sign up for 2013/2014



Please feel free to sign up for this wonderful time of sharing. Open to families, organizations or individuals who would like to share their 'hostess' gifts. The sign up list is on the clip board in the MCS building. You may either just sign up on the list, call the parish office at 941-4245 or contact Len Calone at 928-2019.

Senior Choir Planning for the New Musical Year

It is not too early to mark your calendars and remember that promise you made to yourself to be involved in the church choir. Beginning Thursday September 5th, the Senior Choir will begin rehearsals in the MCS building at 7:00 p.m. For anyone who would like to join, please contact Choir Director Dallas Garvin at 751-6559 for more information.

Just think, what would Sunday services, Christmas, or Easter be like without any music? Did you know that the very first musical instrument that God created was your voice? Let us use this wonderful creation to sing praise and glory back to God.



Blessing of the Animals

To all Caroline Church pets, be sure you communicate to your caring owners that you want to come to Caroline Church for your yearly blessing. You know how much they enjoy worshipping God in a faith affirming community, so don't be shy about asking the Lord to bless you as an important part of the family. The Blessing of the Animals will take place on Saturday, October 5th at 10:00 a.m. at the Carriage Shed in the Church Parking lot. This unique service in celebration of St. Francis of Assisi's love for all of God's creation has always been a special time for all members of our parish family, even those that wag their tails or chirp. We will also take an informal vote on the most exotic pet presented for a blessing.



Make a Joyful Noise!

We are looking for lots of young people (2nd grade and up) to sing and play instruments during the service as part of the Joyful Noise Choir. We sing songs from folk and popular traditions all over the world, frequently add instruments and movement, and often write our own verses and songs. No experience or skill is necessary to join, just a willingness to make a joyful noise unto the Lord! Pass the word along to the joyful young people you know!

September 8th is our kick-off choir camp from 11:00am-12:00pm in the Parish House with games and snacks. Regular rehearsals will resume the following week on Sundays from 11:00am-11:45am in the Parish House. We will sing at the 9:30am service on the first and third Sundays of the month and on special festival occasions.

Contact Katherine Kaiser with questions at: Katherine.J.Kaiser@gmail.com or (937) 471-0811.



The Caroline Book Club

Caroline Book Club: The next meeting of the book club will be Sunday September 15th at 3:00p.m. at the Soderstroms. The book: YOUR CHOICE! Share your summer reading with other members. Karl

Don't Forget.....

**Buy Gift Cards for
Stop & Shop / King Kullen /
Wild by Nature**

At coffee hour on Sunday or
at the church office during the week!

Parishioners buy a \$ 50 gift card,
spend \$50 @ store of choice
Store gives CAROLINE \$\$\$\$

We are still in need of a volunteer to sell Gift Cards on the 2nd Sunday of the month. Are you looking for a ministry that won't take too much time? Well this is the answer to that question. Sell Gift Cards during Coffee Hour on Sunday. One Hour of your time once a month. If interested, please call Janet in the Parish Office at 941-4245. Training is available.

Caring for the Caregiver

The Caring for the Caregiver Support Group had an active summer and that is a wonderful thing; we are helping many people!

Caroline Church has emerged in our local and, actually, not so local community as a place that provides caregivers, any and all caregivers, a forum in which to come and receive support on many different levels.

It is remarkable to see a caregiver attend their first meeting. They are usually pretty raw and desperate, just trying to survive and get through each day. Then you watch them leave; the fight back, their energy renewed. The support of other human beings, all suffering their own uniquely difficult and challenging issues, has provided a bond of support generously sharing the combined strength of all. It is wonderful to witness the work of the Holy Spirit in our lives.

There has been a marked and continual increase this summer in group participants which clearly shows us that there is a real need for what the support group provides. To that end, there will be a business meeting in September, date to be announced (watch the Sunday bulletins), to which all parishioners are invited. Specifically, there will be discussion, of among other things, the addition of a second support group and how best to proceed with the marketing and outreach of the group to the community. All input is welcomed and appreciated.

The support group continues to meet on the 2nd and 4th Saturdays of each month from 9:30am - 11:00am in the Parish House. The group is free, non-denominational, non-sectarian and non-disease specific.

There will be a Support Group business meeting on Sunday, September 22nd following the 9:30am service in the upstairs conference room in the Marco Smith Building.

For additional information, please contact Virginia Cash, Support Group Facilitator, at 631-428-0902 or at vcash5msw@aol.com





Prayer Shawl Ministry

Our prayer shawl ministry continues to serve the people of our community. We have a devoted group of women who gather regularly on the third Saturday of each month at 8:30am in different people's homes.

Our group is ecumenical and expanding all the time. We represent many different churches and encourage anyone who is interested, to attend and bring a friend. You do not have to be experienced to come. We are willing to teach you!

We open with prayer, discuss patterns and colors, teach others, pray for others, and listen to a short meditation. During a time of silence we focus on God, our knitting, and the clicking of our needles.

We have given away over 125 shawls. The shawls and lap robes have been warmly and graciously received. We trust that the shawls we have created send a message of God's love and compassion to all who receive them.

Our next gathering will be on September 21st at 8:30am. We look forward to having new members.

Please call for information and locations:
Sue Seel/ 631-689-0683

"Whatever gift each of you may have received, use it in service to one another..." 1 Peter 4:10

Parish Ministry Opportunities

Parish Nursery

Many of last year's Sunday School teachers are returning this year to teach. For this we praise the Lord! However, there are a few spots where we could use another teacher to be part of a team or as a substitute. Also, we offer at Caroline Church, nursery care for the youngest ones during our 9:30 a.m. worship service on Sunday mornings. We need an adult or mature teenager to supervise this service of hospitality for our parish family and visitors. Parents appreciate the time spent in church worshipping the Lord while their baby or toddler is being cared for over at the MCS building. If you can help with this important church ministry please speak with our Church School Director Mary Doherty who can be reached at home at 928-9841 or through the parish office and let her know you are willing to help out.

Children and Teen Singers

Our Youth Choir is a Ministry. Through singing in a choir, a child or young teenager can serve as a leader in the most important gatherings of the congregation. Your child does not need to match pitches or sing beautifully in order to be a Chorister. In our Joyful Noise Choir of children and youth all will learn to sing well. They will learn to use a great gift - their singing voices - and they will have fun and fellowship in the process. Their friends who are not members of the parish but are interested in singing are also welcome.

Please encourage your child or young teen to contribute to the life of our church by singing as choristers - a small deed that is well within the reach of each child at Caroline. If you would like to know more about the program, or to sign up your child or young teen, please contact Ms. Katherine Kaiser, our Joyful Noise Choir directress or the parish office.

Save The Date....
Caroline Church Annual
Epiphany Ball
Saturday January 25, 2014
The Old Field Club
Details Forthcoming



Stewards of Our Bodies

Have you ever thought of your body as not belonging to you? Maybe this is a new thought to you. None of us own very much in this world, but certainly my body is my own, you say. Let us look at this idea a little closer for a few minutes. It will help us in our attitude regarding the importance of Better Living.

We accept God as the Creator of this earth, including all that is in it. Since God created all matter, or "things," this also includes our bodies. "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the Breath of life; and man became a living soul." Genesis 2:7. That is right. We do not have a soul, we are a soul! It is the breath of God Himself which gives this thing we know as life to our physical bodies. The breath of God is the difference between a living person and a corpse.

We have already learned that man is made up of four dimensions: Physical, mental, social and spiritual. Each is important to God our Creator. So many pagan religions have taught that the body was the only thing of importance in the earth. "Eat, drink, and be merry, for tomorrow we die," has been the prevailing sentiment in ages past. Self-gratification, selfish-lustful desires were the way of life. Human-life was cheap.

At this dark point in the history of our earth, Christianity teaches something wonderful. The Christian concept is that the human body is fearfully and wonderfully made, and that it is sacred. Physical habits took on a new importance under the teaching of Paul when he said, "Ye are not your own, for ye are bought with a price, therefore, glorify God in your body and in your spirit which are God's." 1 Corinthians 6:19, 20. So this is the first reason for considering good health as a religious matter.

There is a second reason equally as important. It is simply this: Our character is affected by the state of our health. Paul referred to this when he wrote in 2 Corinthians 7:1, "let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." In other words, holiness can be attained best if we refuse to be the slave of unhealthful habits.

Medical science tells us that the condition of our bodies affects our personality, mental outlook, and our spiritual life. If you are eating a diet deficient in vitamin B, you are probably irritable, impatient, and nervous. If you have indigestion or too much acid in your stomach, you may have an acid tongue! At least you do not feel like worshipping God. We have also seen that our

thoughts affect our body and our spiritual interest. If we have selfish thoughts, guilt-feelings, fear, anger and mistrust, we have very little desire to improve ourselves or serve God.

Since the mind and the soul find expression through the body, both mental and spiritual vigor are in a great degree dependent upon physical strength and activity. What ever promotes physical health, also promotes the development of a strong mind and a well-balanced character. Without health, no one can completely fulfill his obligations to himself, to his fellow-beings, or to His Creator. Therefore, we are stewards of our bodies that belong to God. We are responsible to Him for their care.

We are also responsible to our families and our children for teaching them how to care for their bodies. How much is a child worth? If your child grows into manhood being carefully taught to obey the laws of good health; if he is taught to resist the social pressure of drinking and smoking, etc., because they conflict with physical law; if he is taught to walk in obedience to mental and spiritual law, he will possess physical strength and mental vigor capable of fulfilling the purpose of God for his existence.

Our bodies are the temple of the Holy Spirit. 1 Corinthians 3:16, 17. They are under our stewardship. There is a very important and special reason for Better Living, when we realize this. The results of faithful stewardship are a clear mind, health, and vitality; for the laws of health were made by the One who created us and has only our happiness in mind. What a wonderful Owner we have! And "He owns the cattle on a thousand hills and the wealth of every mine!"

He owns the rivers and the rocks and hills, the sun and stars that shine. Actually, this world is "twice His!" He made it, and sustains it, and then Christ redeemed it from Satan by His death on Calvary. We have a great responsibility as His stewards. How can we be faithful stewards in material things as well as physical things? There is as great a blessing for us in this as in being faithful stewards of our bodies!

<http://www.pathlights.com/Better-Health/Better-Health-27.htm>

Please look at the on-line calendar at carolinechurch.net to practice the daily suggestions made by the Stewardship Committee to do something 'Good' for You! Feel free to come up with your own suggestions for the day. Take care of yourself during this busy Fall Season!

Stewardship in September	
Our Tissue	
Stewards of our Self Care	
Scripture	Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6: 18-20
Ministry Spotlight	Teachers: Recognized in Service September 8th
	Youth: Welcome back our Youth Groups
For Every Parishioner Individually	Backpacks Donate Supplies for Backpacks for children of our Soup Kitchen Guests
Reaching out through Volunteering	Deliver Filled Backpacks to Soup Kitchens
Activities	Emergency Preparedness Seminar
	Do something "Good" for You!! Campaign





**Plug
into
a Bible
Study**

Home Bible Study
In the
Upper Parish House

The Monday Night Bible Study will resume our Fall Schedule with an 'Appetizer & Dessert Party' and Eucharist at the home of Barbara Delfyett. This will be on Sunday, September 8th from 5:00pm-8:00pm. Newcomers are most welcome! (Please call Barbara at 751-3658 to let her know if you are bringing an appetizer or dessert.)

Our actual study, which will be St. Luke's gospel, will begin the following Monday (September 16th) in the Upper Room of the Parish House. Gathering time is 7:00pm and study begins at 7:30pm.

Wayne Johnson

**'Exploring The Word'
Bible Study**

The 'Exploring The Word' Bible Study, which is held in the MCS building on alternate Monday evenings, will begin on Monday, September 23rd at 6:45pm.

All are welcome to join us!

Len Calone

We would like to remember in prayer, those who are serving in the Armed Forces.



Afghanistan:
Michael Cardamone, Adam Fullerton,
Roy Raguso, Mike Hanna, Kevin O'Donahue
Kevin LoRusso

**May God protect them, bless them,
and bring them home soon.**