



The Bel fry

Christ Church Episcopal Newsletter

May 2009



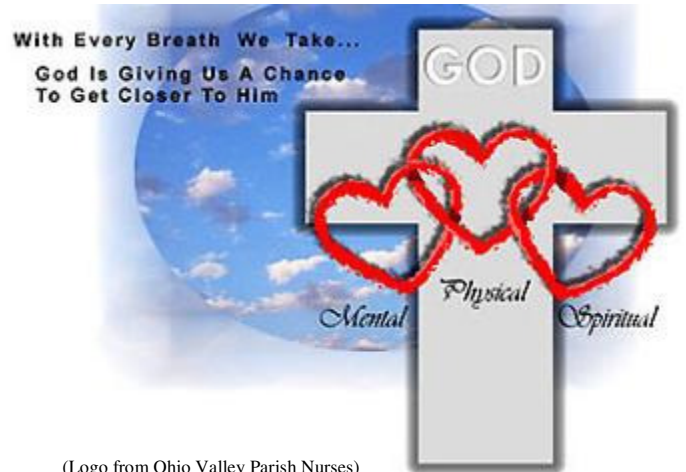
What is Parish Nursing?

The term "parish" means "to walk beside", and was chosen initially to describe the type of nursing model where the nurse functions within a congregational setting. The Parish Nurse assists in the development of health ministry and "walks beside" the members to empower the faith community to take ownership of their personal health and achieve the highest level possible. Parish Nursing is a powerful movement that will be part of the solution for current care system problems.

A Parish nurse is a registered nurse who recognizes spiritual care as being central to the practice of nursing and facilitates holistic health across the age span of the congregation. As a result the faith community is able to reclaim its healing role in the community by integrating the standards of health within the context of faith.

Faith Community Nursing is a new term describing Parish Nursing and is recognized by the American Nurses Association as a Specialty Practice. The Ministries Association, Inc. in conjunction with the ANA during the 2005 revision of scope and standards recognized the need to describe Parish Nursing in terms that would allow Parish Nursing to practice in faith communities from all traditions and denominations. The term Faith Community Nursing was established to represent nurses who practice in a congregational setting, and focus on the intentional care to spirit, promote holistic health, and prevent or minimize illness within the faith community.

The Parish Nurse uses knowledge, skill, and experience to assess groups and individuals. Being able to assess the faith community in a larger



(Logo from Ohio Valley Parish Nurses)

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sense brings the congregation into health awareness which can include the physical building, processes that may or may not be present for safety, as well as needs defined by age groups present in the congregation. This process is essential to identify the congregation strengths and needs. Problem solving techniques is the initial step in order to collect pertinent information to understand the issues from a holistic framework. From this assessment priorities can be addressed, options identified and explored, an action plan can be agreed upon, and an implementation and evaluation plan can be initiated.

The Parish Nurse empowers the faith community to encourage responsibility and ownership, rather than dependency. The individual or faith community is engaged throughout the process and makes choices according to personal values and spiritual beliefs.

Nursing Diagnosis is based on findings of the assessment of 'worrisome conditions'.

Outcome Identification is setting realistic and obtainable goals to assist with lifestyle changes or disease management.

Planning for the desired outcome with the individual/faith community at all levels to achieve success.

Implementation through mutually agreed upon plans that are implemented by the empowered individual/faith community. Modifications can be made to the plan as needed. Implementation is interactive and involves the individual, the family, the faith community and all who may be involved to assist with reaching the optimal level of health.

Coordination of Care; often the implementation phase requires coordination...

Coordinating the people involved, the other processes required, being an advocate for an individual until he/she can advocate for themselves. The Parish Nurse is well-informed and understands community resources resulting in smoother transitions with better outcomes.

Health Promotion and Teaching by understanding the process of health behavior and the ability to measure improvement in health awareness regarding risks vs. responsible health choices. The development of a health ministry team that consists of congregation members that want to contribute their gifts, talents, and time in serving others on their journey to wholeness.

Evaluation of each activity, action plan, intervention for successful outcomes, effectiveness, and the individual or faith community response. Revisions and alterations are part of the process to move the individual or faith community toward wholeness.

By Diane C. Carlyon, BSN, RN, MSHCA, PN





Spring is upon us and it is the time of year to celebrate life bursting forth.

Our Mustard Seed Campaign is geared up and ready to have fun at the Alaska Zoo in the new Gateway Building with our WILD THINGS auction on May 2nd starting at 6:30.

There will be a silent auction as well as a live auction. We have so many items available to bid upon from vacation get aways and rafting trips to spa treatments and fine art.. We have book baskets, pamper yourself baskets, food baskets and fun baskets. Each basket is put together by someone with thoughtfulness and care.

There will be a band and music and even a slide show celebrating the history of Christ Church's community. This year we will again have food and drinks. There are games to play and prizes for the winners. We have also added contests for children and a special event to support St. Christopher's Food Pantry. Everyone is welcome and I can assure you that you will enjoy your evening. Tickets are still available for \$35. If you have any questions call Becky at 346-1306 or leave a message on the church phone 345-7914. So come and join the Wild Things for a roaring good time on May 2nd. Remember "no gift is too small that it cannot be multiplied".

submitted by Becky Alexander, event organizer



Looks like the Worship Committee needs YOU!



"Dress up as your favorite celebrity day" at school.

Can you guess who she is?

FROM THE ORATORY: ALLELUIA, THE LORD IS RISEN!

Last year at this time, I preached a sermon asking if we are really an Easter people? Do we travel with the Risen Lord guiding us on our journey? Do we have the foggiest idea where we are even going?



As I sit and reflect on those questions I share these thoughts...I believe we are embarking on a year of transformational living with Christ at the center purpose of all that we do as a community of faith. Our mission as a church and members of the body of Christ has become ever more clear through the outreach, responses and actions of our faith community. Our little, yet growing community, is much like the mustard seed...

The Parable of the Mustard Seed

(Here are some thoughts written by me and inspired by a conversation with Becky Alexander, our Sr. Warden.)

Jesus told them another parable "The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all your seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds of the air come and perch in its branches" (Matt. 13:31-32)

Christ Church Episcopal, is like the tiny mustard seed. We are on our way to growing into a beautiful tree where all are welcome in our branches. Mustard seeds are so tiny that they can be carried on the wind for hundreds of miles before they land. They are so tenacious that in almost any soil, they take root and grow. Christ Church is like the mustard seed - growing where God has planted us with the tenacity to be the little church that wouldn't die.

Four years ago we embarked on the new adventure of "church home ownership" as we purchased our own property and building at 5101 O'Malley Road. Yes, God had finally planted us! Our mission: to expand the circle of Christian followers throughout the world.

Our mission is not about increasing the numbers on our latest parochial report. Rather, it is about the very heart of why we claim to be Christian – to love one another as Christ loved us. It is about sharing and proclaiming our belief in the life, death and resurrection of Jesus Christ. It is about having such a belief in the power of God that the size of our parish doesn't matter. It is God's actions, through us, that matter.

We have grown to understand that just saying we love Jesus isn't enough. Saying yes to Jesus requires us to be a people of action, conviction and integrity. We must be accountable for our words and actions. If we say we are an Easter people, then we must live as though we believe in the risen power of our Lord Jesus Christ.

We have grown in spirit and yes, tenacity! And yes, our parish is growing in number each week. That growth only comes through the grace and power of God. With each new person in our community, our community changes. We welcome those changes and opportunities for internal growth. As we continue to grow into a mustard tree of Christ centered strength, our hands and hearts are outstretched to receive those who need to rest in our branches of faith.

All are welcome. Alleluia!

-Rev. Katherine Hunt



Episcorific

a 'zine for and by the young adults of the episcopal church

love & light

by Jeremiah Sierra

This is a sample from www.episcorific.org, a zine published seasonally. It is a rich collection of writings and artwork worthy of an audience far broader than just 20 and 30 year olds.

The Great Vigil of Easter

A fire is kindled on the sidewalk, outside the church doors. The Paschal Candle is lit and brought down the aisle; each of us have prayer books in hand, illuminated in the dark church by our own small candles in paper holders. My father, the priest at our small Episcopal church, holds the candle high, chants, and we respond.

The Light of Christ Thanks be to God.

Twelfth Grade Physics

Dr. Lawley, gray hair, large creased ears and nose, white board marker in hand. Light, he tells us, is a mysterious thing. Measure it one way, it interferes with itself and diffracts like a wave. Another and it bounces off electrons like a particle. All matter, perhaps, has this dual nature; everything a wave and a particle.

The Light of Christ Thanks be to God.

The heavens, once filled with angels, seemed empty once we took flight and found in the skies only air. Looking closer, we've found new surprises, evidence of bending space and dark energy, strings in multiple dimensions and whole universes beyond our own. We cannot trust our senses, even the universe itself seems uncertain. Upon closer inspection, it is nothing like we ever imagined.

College (and After)

I discover that my faith is fragile. How can I reconcile the mass of questions I have in my head with the omnipresent loving God? The closer I look, the more it falls apart.

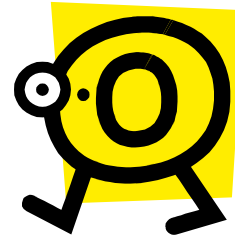
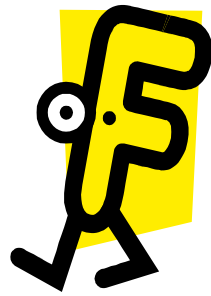
Though many of the questions remain, my faith is slowly resurrected as the possible answers and the new questions pull and push against each other. God is not a certainty the way he once was, but neither is God merely a distant, omnipresent being. In my prayers and on dark lonely nights, God seems to be a being, sentient and willful. On the other days, God seems full of possibility, a force, the ground of being, or simply love, incarnate in Jesus Christ.

The Light of Christ Thanks be to God.

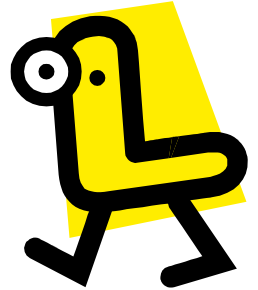
The Great Vigil of Easter

We chant these words one final time; recite the stories of our salvation, from creation to the death and life of Jesus Christ. I am drawn to the character of Jesus, his dual nature, God and man. Jesus, crying and sweating blood in the garden, angry at the sleeping disciples. Jesus, broken and abandoned. Jesus, whole and resurrected. Christ, love and light incarnate in the world. Light and love that draws us to God and each other, Love that is overwhelming and mysterious.

The Light of Christ Thanks be to God.



(Fully Renewing Our
Lives in Christ)



We're making a board game about Paul and his travels. Here are some questions to help you get ready to play the game.

1. At one point, the people of Lystra thought that Barnabas was the Greek god, Zeus. Who did they think Paul was? _____
2. Who were the two fellow tentmakers who sailed with Paul to Syria? _____ & _____
3. Someone used a belt to tie Paul's hands to show that he would bound and handed over to the Jews in Jerusalem. Who was it? _____
4. Paul was struck blind on the road to Damascus, but who did Paul strike blind? _____
5. Who laid hands on Paul and restored his eyesight? _____
6. Paul could preach for a long time, who fell asleep and fell out of a window while Paul was speaking? _____
7. There was a Greek silversmith who made shrines of the Greek god Artemis. He riled up his fellow artisans because Paul's message was taking away his business. Who was he? _____
8. Who was dragged before the authorities because he entertained Paul and Silas as guests? _____
9. Who was the dealer in purple cloth who invited Paul in to stay? _____
10. Who was the slave that Paul wrote to Philemon about? _____

**Onesimus
Priscilla**

Jason

**Hermes
Eutychus**

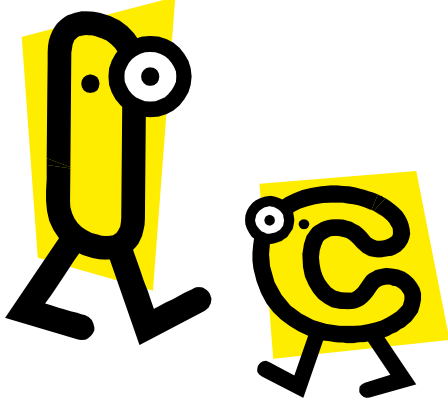
**Aquila
Ananias**

**Lydia
Elymas**

**Demetrius
Agabus**



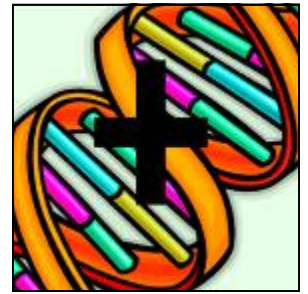
Fortune-tellers, soldiers, jailers, beatings, an earthquake, conversion, backpedaling and more—find it all in 25 short verses—Acts 16:16-40



Intergenerational Christian Education

A new curriculum, written by
Rev. Katherine Hunt and Gail Loken
Being piloted at Christ Church

**Come join us on Sunday mornings at
9:30 as we FROLIC in our faith.**



Who is FROLIC for?

Everyone

What's the best thing about FROLIC?

The answer depends on who you talk to:
People have said,

- “It’s fun and focused on our faith.”
- “I like getting to know the kids”
- “We always do something different”
- “I always come away with something new to think about.”
- “We’re all learning together.”
- “There’s a role for everyone.”

What about prayer?

We open by collecting our prayers on the whiteboard and then pray them together. We close with prayer, too.

What else do you do?

Dramatize Bible stories, draw pictures of scripture passages, play games, share in small groups, tell stories, ask questions, pop balloons, sing, talk and listen to one another



Crazy Hair when we get there!

It began as a simple challenge...

If we could bring in 1000 food items for the St. Christopher's Food Pantry, then the youth could turn the Priest's hair white. (as if they weren't turning it white fast enough already)



The First Load - 415 Items



The Next Sunday's Offering



By Palm Sunday

It became a Lenten Challenge for the whole community. The food drive gained momentum throughout Lent and by Palm Sunday we had exceeded the goal and the count stood at 1137.

Crazy Hair day was on! (and the food keeps coming in)



1137



From the Jr. Warden...

Spring brings the emersion of unfinished projects and ideas for the physical improvement of our Christian space. The following are projects identified for May.

1. Crush and rebag the aluminum cans so Gail Loken can take them to recycling (for Habitat for Humanity)
2. Haul the old kitchen cabinets to the Habitat Restore for someone else's use
3. Gardeners start planning for a late May planting around the church
4. "Claim a space" - sign up for the Founders' Hall or Kitchen to be your space to organize and maintain.
Thanks to all who have already claimed a space.
5. Check over the playground equipment to be sure it is clean and safe for children to use.
6. Participate in a work day on May 16 from 10 AM to 2 PM
7. Let Nancy Brandt-Erichsen know when something needs repair or attention 346-1844 or nhbe@aol.com

Vacation Bible School in Anvik

John and I are again excited about going to Anvik for Bible School in July. We have three partners coming from California, one from the Valley and a couple high school youth who will be with us. Over the years there has been a steady increase in the number of kids coming, and several who have "aged out" of the elementary school age kids we have worked with. We hope to have a good program for the teens!

As in ages past we are seeking help with the collecting of supplies for the week. We cannot "cook" in the Mission House where we stay, but we can boil water. And we boil a lot of water (which has been carried to the Mission House). We also prepare the snacks for the kids each day – all foods that were eaten in Bible times.

In order to hold down the costs, we will start mailing boxes Parcel Post as soon as we can. The Wish List will be on the upstairs poster-door, so folks won't duplicate items. Of course, we'll accept money donations also for "shipping and handling."

John and Berta

Wish List

2 good sized jars Skippy Peanut Butter
 1 jar Grape jelly
 1 jar anything-but-grape jelly
 1 jar no-sugar added jam or marmalade
 1 jar mayonnaise or Miracle Whip
 6 flat packets tuna
 6 flat packets chicken
 4 boxes Pilot Bread
 a variety of teas – herbal & caffeinated

1 box knives-forks-spoons
 sturdy paper plates

6 containers Wet-Ones pop ups
 4 rolls paper towels
 2 packs Charmin

Packing tape
 Sticky stuff to put artwork on the wall
 2 electric water heating pots like in the Christ Church kitchen

Enough for 25 servings
 Almonds or other nuts
 Dried apples
 Raisins (little boxes)
 4 cans Large black olives
 Beef jerky/dried snack sausage
 Fig Newtons – individually wrapped, if available
 Graham crackers



Confessions of a Backsliding Environmentalist



I don't litter the earth with trash, but I seldom get motivated to go pick up the trash that litters my neighborhood.

I want to reduce my electricity use, but I still have a cupboard shelf filled with incandescent light bulbs and its hard not to use them up.

Grocery bags—I'm still struggling with making sure I have the reusable ones with me when I get to the store. I remember for a while, but soon I'm back to my old ways.

Natural gas—on a cold morning its tough to shorten that hot water shower.

Driving less—I'm carpooling more, but still jump in the car for "quick trips" whenever I want to pick up an item or two. My lack of planning and restraint have probably added several tons of CO2 emissions to the atmosphere already.

I do feel good about increasing recycling—but much of the credit really goes to the municipality for instituting curb side pick up.

Time to repent—time to turn around and climb back up-before I slide too far down the hill. If you're sliding, too— please join me in striving to be a better steward of creation. If you're not backsliding, pat yourself on the back. Together we can make a difference.

-Gail



A Thought and a Prayer...

In FROLIC this year, we've been studying Paul. His life, his journeys, his struggles, his letters, his missionary work and the communities where he started churches almost 2000 years ago. I've been struck by the fact that he started small churches, churches that were small enough to be able to meet in homes in the midst of big cities. Cities like Ephesus—population 225,000: like Corinth—population 300,000: like Thessalonica—population 200,000. And from those churches, our faith has come across the miles and through the ages to us, the people of Christ Church Episcopal. A little church in Anchorage—population 279,000. A little church with the same kind of countercultural zeal, love for Christ and for one another, and commitment to the Gospel as those little churches that Paul planted.

-Gail Loken

Dear God, We thank you for the work of St. Paul and the faith communities he gathered together. We pray that we, too, may faithfully hold the light of Christ and eagerly share the Gospel, so that in the ages yet to come, this community and communities like it may also share in the joy and peace that comes in knowing you. Amen



Every baptized person is called to ministry. The Education for Ministry (EfM) program provides people with the education to carry out that ministry. Through study, prayer and reflection, EfM groups move toward a new understanding of the fullness of God's kingdom. EfM is a four year program of theological education from the School of Theology at the University of the South, Sewanee, TN.

Our group at Christ Church meets on a midweek evening from 7 to 9:30. Now is the time to plan for joining the group for the new academic year which begins in the fall. To find out more, join us for a reenactment of an ancient liturgy on May 14th or talk to Gail or Becky or any of the current participants, Nancy, Diane, Wendy, Don or Barb.

Christ Church has supported Episcopal Relief and Development for at least 24 years. Here is an edited version of only one of the projects of ERD. If you would like to contribute to this fund, there is a change jar in the entry to the Church. More information on ERD can be found here: <http://www.er-d.org/>

In East Asia and the Pacific, Anglicans commit to action on climate change

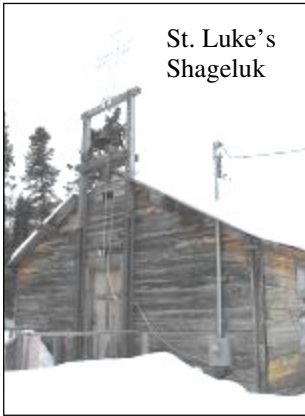
With a pledge to work together in addressing pressing environmental concerns in East Asia and the Pacific, representatives from Australia, China, Hong Kong, Japan, Korea, Philippines, Polynesia, Solomon Islands, the U.K., the U.S. and Vanuatu met March 23-26 in Hong Kong for a consultation on climate change, co-sponsored by Episcopal Relief and Development, the Episcopal Church and the Anglican Province of Hong Kong Sheng Kung Hui.

The purpose of the gathering was to focus on "climate change as it relates to poverty, and identifying how we can work together more effectively in areas of sustainable development." For the Rev. Keith Joseph of the Anglican Church of Melanesia, the issues addressed at the gathering could not have been closer to home, where climate change in the Solomon Islands and Vanuatu has resulted in some islands with large Anglican communities having been submerged by sea.

"Flooding and severe weather impact us significantly," he told ENS in an interview. "We cannot deal with these problems on our own."

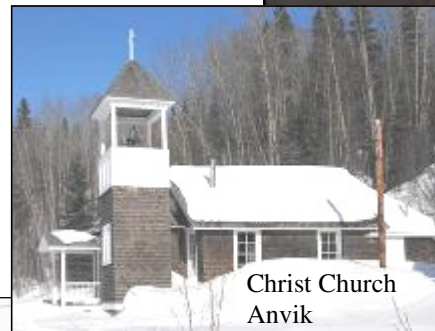
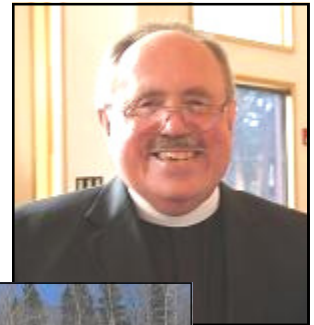
John

8 Days in the Lower Yukon with Deacon John Hanscom



4 Deacon's Eucharists - one in Shageluk, two in Grayling, and one in Anvik, 2 General worship/prayer services associated with a funeral, commendation, and interment in Shageluk, 2 Memorial Services, 2 Infant Baptisms in Grayling, Several pastoral visits, 1 Potlatch, Sunday School in Shageluk, 1 "Singspiration", 1 "ring blessing" - a Deacon cannot really "bless," but anyone can pray

asking God to bless, and it filled a pastoral need of an Elder (you sorta had to be there) and, kind of by accident, supervising of a youth basketball night in the Anvik School, in which I was staying.



Growing in Faith and Fellowship



How many ways can you say, "Jesus loves you"?



Getting ready for Compline



Our alien friends are just as photogenic as we are.



Scripture verse scavenger hunt



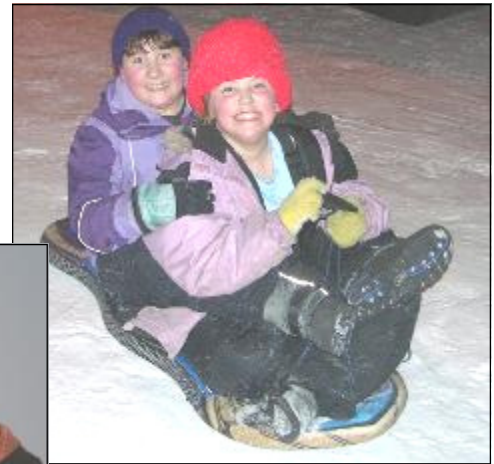
Aliens can help us see our world and our faith with new eyes.



We can all cradle the baby Jesus in our hands.



Take the picture quick! It's cold down here!



Just how steep is that hill?



How hard is it to talk to an alien?



It takes everyone working together to transport those aliens safely to their destination

Learning new skills
Sewing scarves



Making gifts to share with families and friends

Calling All Kids

The Diocesan Youth Camp will be May 31st through June 6 at Camp Challenge, just outside Wasilla. It is for kids entering the 4th through 8th Grade. Christ Church has been actively involved with the Camp since 1991, and two members are founders of the reconstituted Camp, which had been fallow. It is a week of fun in a Christian setting. Applications are on the outside wall of the Ministry Team room downstairs.

John

More Worship Opportunities

Mary Conrad Service

The next Mary Conrad Service is 2:30 PM May 24th in the common room of the Mary Conrad Center. This has been an outreach of Christ Church for many, many years, supporting Elders, and all are welcome. It is held the 4th Sunday of every month.

Taize Service

The next Taize Service is Sunday, May 10th, in the Chapel at Providence Alaska Medical Center at 2PM. This is a lovely contemplative service of music, spoken word, and prayer. The service is broadcast to and recorded on PAMC CCTV for the spiritual benefit of those in the hospital.

The Nauska-Salmon Community

This group meets at 5PM on the first and third Sunday of each month in the basement of St. Christopher's Episcopal Church on the corner of Oklahoma and Duben in the Muldoon area. All are welcome. It is particularly directed toward those who are unchurched or reentering the Church or those who are not ready for a formal worship service (those who describe themselves as "spiritual but not religious"). It includes singing, Gospel Based Discipleship, an informal Eucharist, and fellowship during the pot-luck dinner.

For more information about these services, contact Deacon John Hanscom.

Newcomer's Potluck

Sunday, May 17th at 6:00 pm
Downstairs in the Fellowship Hall

We'll share dinner together and then gather upstairs for a kid friendly service where we'll explain why we do what we do and answer your questions about worship in the Episcopal Church

Blood Pressure Clinic

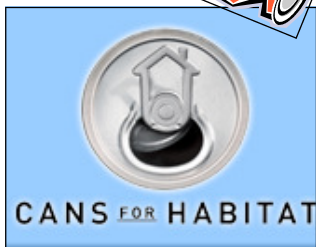
Sunday, May 17
After the 10:30 Service



Want to learn something new that's actually really old? Come learn some Biblical Hebrew. We'll gather about twice a month to play games as we learn the sounds of the Hebrew alphabet. The text for this adventure? Teach Yourself to Read Hebrew Book & CD set ISBN# 0-939144-50-6
Our first gathering is scheduled for May 27th.

Thank you

Thank you to Bill and Carolyn Wade and Andrew and Hannah Ekak (relatives of Rev. Katherine) in Wainwright, AK for the gift of the whale meat and to Don Peter for the shipping and delivery of 150 pounds of whale meat to Native Elders throughout Anchorage.



Thank you and God bless you and the people of Christ Church for their donation to Habitat for Humanity. We are building a home in Ocean Shores for a beautiful family and they should be in it by Spring. You can feel the spirit of God when you go in the front door.

Blessings,

Fr. Dale - St. Andrews Grays Harbor in Aberdeen Washington.

Let's keep the cans coming!

Sunday Schedule: 4th Sunday - Rite I
8:30 a.m. Holy Eucharist Service - No Music
9:30 a.m. Christian Education-All Ages
10:30 a.m. Holy Eucharist Service - with Music
Fellowship Time after each service.
9:30 p.m. Compline Service

Christ Church Episcopal

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Office Closed	5 Deanery Anti Racism Training	6 Deanery Safe Church Training	7 Deanery Meeting and Workshops EfM 7 PM	8 Deanery Meeting and Workshops	9 Deanery Meeting and Workshops
10 Mother's Day	11 Office Closed	12 6:30 Potluck with Bishop Rustin Kimsey	13	14 Worship Committee 12 Noon EfM 7 PM Ancient Liturgy	15 Youth Night 6:30 pm	16 Spring Cleanup and Work Party 10am -2pm
17 Blood Pressure Clinic 6 PM Newcomers Potluck	18 Office Closed	19	20	21 EfM 7 PM	22	23 Youth Activity Noon—3
24 UTO ingathering 	25 Office Closed	26	27 Hebrew Brown Bag Supper 6:30	28 Meet n Eat 6:30 pm EfM 7 PM	29	30
31 Youth Camp Begins	June 1 Office Closed	2	Summer Schedule begins June 7 9:30 a.m. Holy Eucharist Fellowship Time after the service. 9:30 p.m. Compline Service			

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We're on the web
www.christchurchanchorage.org



Almighty God, giver of every good gift: Look graciously on your Church and so guide the minds of those who shall choose a bishop for the Diocese of Alaska, that we may receive a faithful pastor, who will care for your people and equip us for our ministries; through Jesus Christ our Lord. Amen

Christ Church Sunday Services

8:30 A.M. Holy Eucharist (no music)
9:30 A.M. Christian Education
10:30 AM Holy Eucharist
(4th Sunday—Rite I)
9:30 P.M. Compline

Summer Schedule begins June 7th

9:30 A.M. Holy Eucharist
9:30 P.M. Compline

Mark Your Calendar—Vacation Bible School Evenings August 3rd -7th
Held at Christ Church Episcopal