



OTEY NOTES



Otey's Got Talent Too!

Pancake Supper Extravaganza Celebrates Shrove Tuesday, March 8



Move over, Justin Bieber. Otey's got talent, too!

An evening of fresh, new talent is on the way to the Mountain with the annual Shrove Tuesday Pancake Supper and Entertainment Extravaganza hosted by Otey Parish. This lively evening of delicious food and family entertainment is scheduled for Tuesday, Mar. 8 at Cravens Hall.

Doors open at 5:45 pm, pancakes start appearing at 6:00 and the entertainment kicks off at 6:15 with plans to end around 7:30. Everyone is welcome, so invite all your friends and neighbors.

"The national talent search TV shows have nothing on us," according to talent coordinators Sandy Baird and Beth Charlton. "There is no telling who might show up," they said.

"With all the practice we've dealing with snow this winter, there's very little chance that we'll have a weather problem we can't handle. You can look forward to encore performances of many popular acts plus debuts by some newly discovered talent," said Nancy and Stephen Burnett, event coordinators.

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From the Rector...

During Lent, which is sneaking up on us, many of us try to follow some kind of special discipline or rule. An often asked question is this: "What should I give up for Lent?"

I've admitted before that, during Lent, I'd rather see people "take up" than "give up." If your personal theology demands that you "give up" something, you could combine "giving up" and "taking up." For example, give up some time each day and join us

for Morning Prayer or Evening Prayer. Or give up 15 to 30 minutes each day and use that time in Bible study, Sacred Reading, or Prayer –

which leads me to my topic, Centering Prayer.

My friend Barbara Crafton is an Episcopal priest and author. Discussing how she discerned the answer to an important question, she writes:

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FROM THE RECTOR, CONTINUED FROM PAGE 1

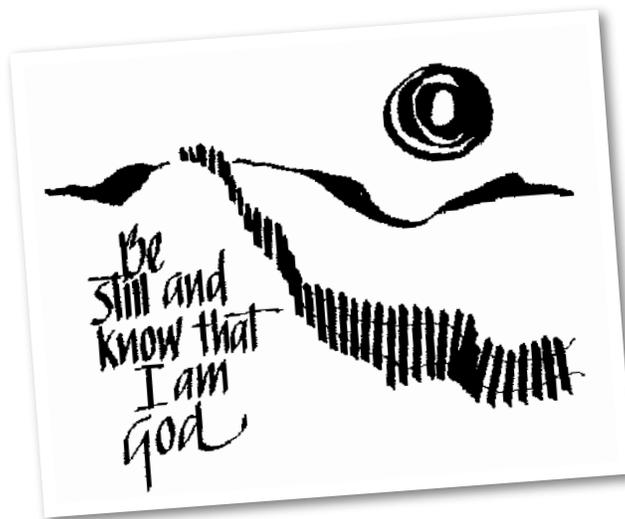
“What I have been thinking lately about prayer in discernment is that centering prayer is really the key. In its silence, beneath all words and worries, everything is cleared away – including my important decision. To sit in silence at the moment when an urgent question tugs at the sleeve is an expression of trust in God, and God does not disappoint. And so, centering: offering the important choice to God and then stripping everything away in silence and sitting in the silence. Then, when you ‘return,’ something has been added, something that is more than gut.

“... you sit down with your urgent question. You place both feet on the floor. You close your eyes and make sure your clothes aren't binding you in any way – if your belt is tight, you, loosen it. If you are cold, get a wrap. You turn your attention to your breath and mark it, and you continue to mark it throughout the prayer. Starting with your feet, you relax the parts of your body, one by one, by tightening them very firmly and then releasing them. Both feet. Both calves, both thighs, your abdomen, both hands, both arms, your shoulders, your neck. You contort your face and then let it relax. As you tighten and relax each part of your body, it seems to disappear. And, all the while, you mark your breath. In and out. The gift of God. Sustaining you your whole life long.

“You begin to repeat your holy word, over and over. Your holy word is not chosen for its wealth of meaning, since this is prayer that goes beneath meaning. Save the really thought-provoking words for another time. Choose this one for the sound. If you can't think of one, you're welcome to use mine. It's ‘Holy God, holy and mighty.’

Holy God, holy and mighty. Holy God, holy and mighty. Holy God, holy and mighty...

“Just say it again and again, as you sit. Let it catch any distraction that comes your way: a sound outside, a physical sensation, a thought. Let it be like flypaper -- do people still know what flypaper is? -- and just let your distractions stick to it. After a time, the word will slip away, too, and you will be in silence. If a thought or a sound comes, just repeat your holy word until it passed. You are still. Empty. Underneath everything, in a way. God can fill you now. Maybe this stillness is what God is like. You can stay as long as you like. Don't worry; you won't get stuck down there.



“What happened to your big decision? It's still there, still waiting to be made. You still must make your choice. But you are different now. Something has changed in you, something you may not be aware of at all. Sometimes all our prayer about things is just too frantic – it's just worry, with an ‘Amen’ at the end. Sometimes you have to stop and let God carry the load for a while, and then when you come back, the deciding is different.

Maybe centering prayer is a little like restarting one's computer -- an old program isn't gone until you shut down, and the new one you installed isn't activated until you restart. Maybe centering prayer sweeps your spirit clean and gives God some room to move in you.”

Consider the spiritual dividends you'll enjoy if you balance “giving up” something with “taking up” something extra. Such as Centering Prayer. If you have a problem getting started, the Otey Parish Centering Prayer Group, led by Jennifer Michael, meets every Monday at 7:00 P.M. By the way, my centering words are “Lord Jesus Christ, have mercy on me, a sinner.” Feel free to use them – I swiped it from Thomas Merton.

Wishing you an Holy Lent,

Joe

Folks At Home: Connecting Community Members with Service Providers

Do you have a skill for sale? Could you refer someone you've hired who does great work? Folks at Home (**F@H**) is always seeking Vendors / Service Providers to add to our Vetted Vendor referral lists. An integral function of F@H is to coordinate access to affordable services. Our goal is to connect community members in need of services with those offering services.

The Vendor completes an application, listing 5 references. **F@H** vets the Vendor by speaking with each reference. Once the vetting process is complete, the Vendor is added to the **F@H** Vetted Vendor lists. We coordinate access to services, but the payment is directly between the **F@H** Member and Vendor hired.

Folks at Home is part of a growing national trend, often called "The Village Movement." Villages are membership-driven, grass-roots organizations that, through both volunteers and paid staff, coordinate access to affordable services including transportation, health and wellness programs, home repairs, social and educational activities, and other day-to-day needs enabling individuals to remain connected to their community throughout the aging process.

For more information on the "Village-to-Village" network, visit:

<http://vtvnetwork.clubexpress.com/>

Folks at Home (F@H) is a membership-based, volunteer driven, not for profit organization "developed for and dedicated to assisting its members in continuing a dignified and comfortable lifestyle in their homes through services they need or require."

People of all ages are invited to join Folks at Home as Members, Vendors, Volunteers, Donors, and as Advisors, Board, or Committee Members. Your support, questions and suggestions are welcome. For more information, you may call, e-mail, come by, or visit our website:

<http://folksathome.sewanee.edu>

Otey's Got Talent Too!

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Judy and Cary Wofford return as Otey's kitchen coordinators. If you've wondered what it's like to work the grill at Waffle House, here's your chance. Otey needs folks who like to flip pancakes, or can help to set up or clean up. Sign up online at:

signupgenius.com/go/volunteer386

... and enter the password PANCAKE. Or, contact Ann Morris via email, at: amorris9911@yahoo.com for more information.

Donations, in lieu of volunteer labor, are always gladly accepted. As in years past, Taylor's is donating and hanging fabulous decorations. Beth Charlton will be assisting with entertainment and university students will be lending helping hands (other years).



The menu, served family style, includes all-you-can eat pancakes with syrup and butter and some alternative toppings, sausages, juice and coffee. Prices are \$5 for ages 6 thru 89; \$2 for ages 5 and under; and everyone 90 years or older dines free!

Costumes of all types are encouraged, but certainly not required. The entertainment portion of the evening historically draws lots of smiles, so mark your calendar for Tuesday, March 8, and we will see you there!

Kathleen O'Donohue, Director, Folks at Home
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FEED MY SHEEP



Many who enter do not even know they are brave. They have been told of their shortcomings for years. But we urge them inside, welcome them in their need and pain and are always happy to see them. If they had not come, we would not have had the opportunity to meet them. Otey parish opens its arms to all, our church doors are never locked, the still small voice is there and you can hear it, and the Lord is with you.

The Lord Be With You

At CAC events, I often begin prayer before a meal with a call and response. The call is: “The Lord be with you,” and the response is, “And also with you.” This simple call and response is always a reminder that our neighbor is with us and that we have called on God’s presence. I believe God is always with us. This prayer reminds me to pause and listen to the still small voice waiting to be heard amid the business of our lives.

The CAC has been very busy in the month of February. It continues to meet the needs of our Sewanee neighbors by providing help for utility bills and food for the table. Our Sewanee neighbors are also helping the CAC. Our parish and the Sewanee community were ready to help when the word went out about Freddy and Tibby Tucker’s house fire. Calls and donations of clothing and money were available instantly.

The catechism on page 851 in the BCP states that *Christ promised* to bring us into the kingdom of God and give us life in all its fullness. We are then required to respond to this promise by loving God with all our heart, mind, and soul and to love our neighbor as our self. It is a challenge, many times, to love the one’s who do not love themselves, or are not willing, or incapable of helping and loving themselves, but we cannot turn away. We are called to love in spite of the circumstances. The ministry of Otey Parish through the CAC strives to live this command out and we need your prayers daily.

Kana

**Kana Goldsmith
Director, CAC**

More information about CAC is on the back page of Otey Notes.

Otey Memorial Parish

The Rt. Rev. John Bauerschmidt
Bishop of the Diocese of Tennessee

The Rev. Joe Ballard
Rector

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Ann Millar, Junior Warden

Roy Millar, Treasurer

Henry Chase, Assistant Treasurer

Amy Burns, Clerk

Doris Carlisle

John Grammer

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David Spaulding

Elizabeth Wilson

Noel Workman



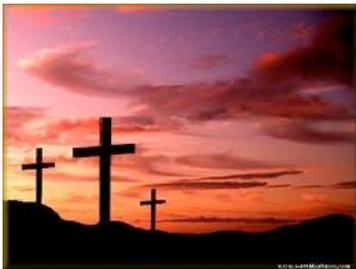
FROM YOUR TREASURER...

The statements for Year 2010 should reflect your annual giving and donations to Otey Memorial Parish. Should you have a question or need to discuss the statement, please feel free to contact me directly at 598-5687 or on my cellphone at 256-520-9702.

- Roy Millar

LOOKING TOWARD LENT..

Lent, the 40-day season of fasting and prayer begins on March 9, Ash Wednesday, and concludes on Holy Saturday, April 23rd. During Lent, we remember the 40 days Jesus spent overcoming temptation by Satan in the desert.



This year, beginning March 15th, we will gather

on Tuesdays at 12:22 PM for Noon-day Prayer and a light lunch in the Parish Hall.

Our theme will be "A Season for the Spirit," inspired by Martin Smith's book which encourages us to "be blown by the Spirit into the desert of our hearts" so that we can do the work of reconciliation of all humanity, which Jesus does in the world, in our very own hearts. Mark the dates for Tuesdays in March and April (March 15, 22, and 29; April 5 and 12) to join us at 12:22 PM.

Lenten meditation books from Episcopal Relief and Development (ERD) will also be available for your use. If you would like to receive daily Lenten meditations by e-mail you can sign up at:

<http://www.er-d.org/2011LentenMaterials>

For questions, call Robin Reed (636-0010)

PLEASE KEEP IN YOUR PRAYERS...

Elvie Biddle, Carl Bloeser, Terri Blount, Ann Brewster, Karen Bunting, Clyde Burgoon, Ada Byrd, Jim Cameron, Brownie Carney, Faye Carney, Hampton Carver, Ashley Charlton, Bud Clark, Mary Clinton, Loulie Cocke, Michelle Cooper, Suzie Coughlan, Meta Crane, Mary Sue Cushman, Louvica Davis, Keith Durham, Matthew Fleming, Terry Fonham, Sally Franklin, Amy Hanna, Charles Hubbard, Patrick Irwin, Rayma Lee Johnson, Bill Jones, Jody Jones, Jean Livingston, Howell Lynch, Mary Farris Lynch, Julie Marsman, Elizabeth Masters, Ruth Matlock, Chrissy Meeks, Sheila Naidu, Mary Bethany Neal, James Newton Jr., Evie Patterson, Cheri Peters, Evangeline Price, Peggy Rhys, Michael Rusin, Mike and Joan Sharp, Helen Shedd, Clea Sherrill, Kip Slawter, Barbara Springer, Jasmine Stafford, William Stimart, Dessie Taylor, Alexander Thiel-Hadjilambrinos, Polly Thurman, Tibby Tucker, Reid Ward, Lethia Watson, Tyler White, Fred Wile, Kathy Woods, Harry Yeatman, and Virginia Carter Zinn.

We pray for those serving in Afghanistan, and Iraq and for their families, especially Joe Alexander, Jimmy Blankenship, and Kyle Loyd.

We also pray for the victims of war.

Volunteer Opportunities at CAC in March 2011



The CAC has been providing “client choice” to our Sewanee residents. Members of the CAC are encouraged to select items of their choosing from the CAC shelves. The CAC is dedicated to providing healthy and delicious food for our table.

Tuesday, March 1st & 15th:

-- Stock the food pantry shelves

Wednesday, March 16:

-- Fresh food grocery day

The CAC is providing fresh fruit and vegetables and meat on every third Wednesday of the month. Donations of these items or your monetary donation are greatly appreciated.

The CAC’s purpose is to provide assistance to persons in crisis with services related to basic human needs, to identify ways those persons can break out of the cycles of poverty and need, and to ultimately present the love of Jesus Christ in our community.

Don’t Forget!

The deadline for submissions for the April 2011 issue of Otey Notes is:

Wednesday, March 16

Email submissions to:

cate.will@gmail.com



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