

The Garrett County Episcopalian

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www.episcopalchurchingarretcounty.org



Pentecost

News of St. Matthew's, St. John's, and The Log Church



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Come Holy Spirit, Come

Day of Pentecost marks entry into final season of Church Year

Sunday, June 4th is Pentecost Sunday or Whitsunday. It is the birthday of the Church, the day we celebrate the descent of the Holy Spirit upon the Apostles in Jerusalem and gave them the ability to tell the story of Jesus and the Good News of the Gospel to "all the world" gathered in Jerusalem in languages the crowds could understand. Initially, everyone thought the Apostles were drunk at "nine o'clock in the morning," but, eventually, the first converts to Christianity formed the foundations of the Christian Church.

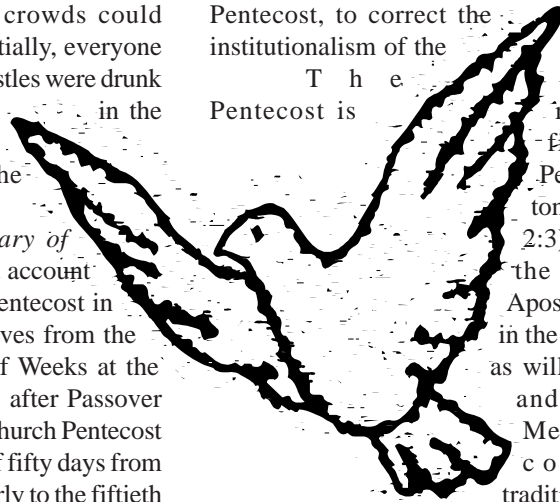
The Westminster Dictionary of Christian Theology offers a detailed account of the development of the idea of Pentecost in the church: The term pentecost derives from the Greek name for the Jewish Feast of Weeks at the close of the grain harvest fifty days after Passover and Unleavened Bread. In the early church Pentecost at first designated the whole period of fifty days from Easter; only later did it refer particularly to the fiftieth day, which became a feast in its own right. The fifty days celebrating Christ's resurrection were "one great Sunday," according to Athanasius. There was no kneeling for prayer, but only standing and no fasting. The "Alleuia" was a hopeful sign of the time when 'we shall become a perpetual praise' (Augustine). In the fourth century the fiftieth day was regarded as the seal of the period, with the Ascension of Christ and the Descent of the Holy Spirit as its twin themes. By the end of that century and into the fifth, two distinct feasts of Ascension (forty days after Easter) and Pentecost emerged.

Sermons at the Feast of Pentecost by preachers of the fifth century relate the new covenant of the Spirit to the old covenant of the Law. Further, the gift of speech for apostolic preaching is

considered as a reversal of Babel, bringing unity and catholicity to the church and its mission. The vigil of Pentecost became a baptismal occasion, and the white robes of the baptized account for the English 'Whitsunday'.

In the twentieth century the feast has lent its name to a 'Pentecostal' movement which enjoys the more spectacular gifts of the Spirit such as glossolalia, prophecy, and healing. Ecumenically, the Eastern Orthodox also see themselves as bringing a spiritual ecclesiology, typified in the event of Pentecost, to correct the greater institutionalism of the Western Church.

The liturgical color of Pentecost is red, the color of fire, a symbol of Pentecost, after the tongues of fire (Acts 2:3) which rested on the heads of the Apostles. The hangings in the church will be red as will the priest's stole and chasuble. Members of the congregation traditionally wear red to church on Pentecost as well. The Garrett Pipes and Drums will be out in full force this Sunday with the Kirkin' o' the Tartans, too. (See related article on page 4)



Pentecost June 4

Wear something red to church!

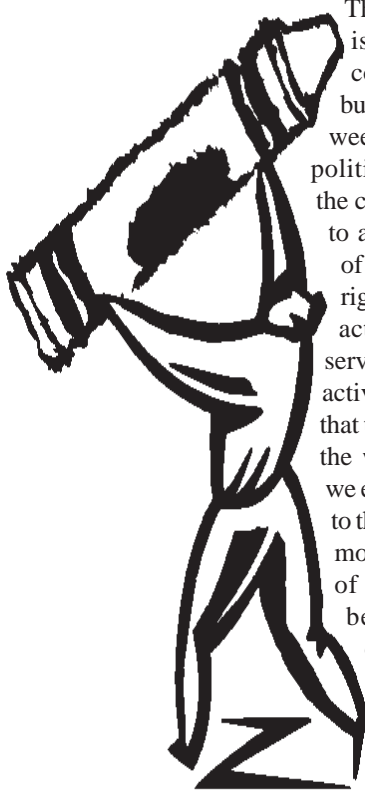
Holy Eucharist at St. Matthew's
8 & 10:45

Holy Eucharist and The Kirkin' o' the
Tartans at St. John's
9AM

Coloring Outside the Lines



General Convention will be held in Columbus, Ohio June 13-21. Follow the events on our website.



The Episcopal Church is poised to meet in convention in Columbus, Ohio in a couple of weeks, and already the political factions within the church are gearing up to affirm that *their* way of doing church is the right and only way. Reactionaries, both conservative and liberal, are actively trying to tell us that the church is going in the wrong direction and we either have to go back to the way things were or move out on the fringes of reality somewhere

because the old ways just don't work any more.

The dilemma we face here in the trenches, is whom to support? Which way to go? Who is right? The irony is that everybody's right, just a little.

The church is always struggling with serious questions about the role of women in the church, human sexuality, and making sense of traditional forms of understanding God in the rapidly changing day-to-day life of the Twenty-first Century. In a time when the younger generations literally have no use for the institutional church, yet seek a deeper understanding of God, knee-jerk reactions from conservative factions such as the AMiA, and equally unfortunate reactions from the liberal side, do nothing for the seeker than to justify their mistrust of organized religion.

Anglican theology and tradition attempt to take the "via media," or middle way, as a means of exploring the great questions presented to us without resorting to the exclusion of anyone. This is not an easy thing. It is akin to listening to someone shouting at the top of his or her lungs in support of a position against which you have devoted your entire life, while embracing that person's position and being open to the possibility that they might have a point. It is easier to label a person a heretic, a sinner, a liberal, a conservative, or a Gentile and walk away in

disgust rather than to discover and do something about the fears which separate you.

The nature of the Episcopal Church is such that it can't survive in a polarized state. Ideally it tries to see all aspects of thought and theology while remaining a praying, serving, covenantal community. This is not the first time in its history that potentially divisive questions have arisen, nor will it be the last. But attempts to make people conform to a certain way of believing do not work, nor are they theologically sound. Whether a person is gay or straight, male or female, Christian, Buddhist, Jew, or Muslim, married or unmarried, able to speak in tongues or not, prays with upraised arms, or not, is not the issue. What is at issue is whether or not people of different beliefs and practices love the Lord and serve in his name with love and respect for others, knowing that their sins and those of everyone else, when handed over to God, are wiped clean, making them acceptable

"Questioning a long held, comfortable, and comforting position is painful and frightening"

and precious before God. Until we learn to believe that in our hearts and practice it, the media will continue to have a field day with us, and those who are seeking a deeper understanding of God in their own way will do so without our help.

Letting go of comfortable positions which no longer have meaning is painful, difficult, and dirty work. At the beginning it can seem

like the end. But in the end, it is a new beginning.

Chip +



Breathe Deeply...and Pray

by Kathleen Gibbs

About a year ago, I read an excellent article in TIME magazine about meditation. The article detailed recent research into prayer and meditation (a form of centered prayer) and its effects on health and general wellbeing.

In the Christian tradition, we believe prayer has benefits for those for whom we pray, but have you ever thought that *you* benefit from the prayers you extend toward others? According to the TIME article, new research

shows this to be true. Prayer and meditation help to lower blood pressure and regulate heartbeat, lessening the effects of everyday stresses on our body's most important organs. In fact, while we believe and hope these activities have benefits for others,

there is no question they have benefits for those who pray or meditate regularly. The kicker is that regular prayer or medita-

tion have cumulative benefits. Five to ten minutes a day of prayer, meditation or deep breathing engages the body's relaxation response, calming and opening our minds and hearts to the universe around us. In fact, Dr. Andrew Weil, Director of the Program for Integrative Medicine at the University of Arizona and a well know wellness authority, has said that as few as eight to ten deep, quiet, consecutive breaths each day can be enough to calm the mind and body and enable us to deal with life in more emotionally healthy, loving ways – bringing increased balance and wholeness into our daily lives.

Where to begin? If you don't already have a regular prayer or meditation practice, it's not hard to begin and requires no special tools! All you need are a few still moments in the morning and maybe again in the evening. I like to practice in the mornings, before my day really starts. It usually helps get me off on the right foot emotionally - but do whatever seems most comfortable for you. Experiment with different times of the day or evening – maybe you will sleep better having spent just a moment or two breathing deeply before you slumber – or maybe you need a bit of an afternoon pick-me-up – not a nap, but not a bag of chocolate cookies either.

In those tranquil moments, find a comfort-

able place to sit or lie down. Spend a moment settling in and then just breathe – that's all, breathe. Breathe in and breathe out. Count your breaths if you would like to. Sometimes counting breaths or saying a little “mantra” over and over in your mind helps prevent unnecessary or unwanted thoughts from intruding. You will never be able to clear your mind completely, but you can focus on your prayer or your “mantra” – a short prayer (like the Hindu “Om” or a more christian phrase like “God is Love” or “Our Father, who art in heaven...”) that helps you stay focused as you breathe in and out. Stay with the rhythm of your breath and see if you can follow it as it comes in through your nose, back through your head and into your throat and lungs – then see if you can follow it back out.

Our culture often de-emphasizes the connection between the mind and the body, yet it is this very connection which keeps us in a state of emotional and physical balance. Awareness of it brings us to an awareness of all things interior and exterior, natural and man-made, physical and universal. Focused prayer, breathing and meditation bring awareness of this connection – and has many benefits for us and for others besides!

An Easy Breathing Exercise

- Sit up straight in a fairly comfortable chair with your eyes closed, your feet flat on the floor and hands cupped in your lap.

- Begin paying attention to your breath, just be aware of it coming in and going out. After the first few breaths, make your breathing a bit deeper.

- Place your hands on your belly and continue to breathe. Feel how the deeper breaths expand your belly as you take in more air. Breathe three very deep breaths.

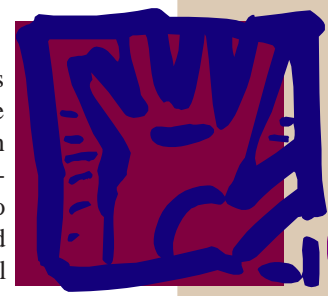
- Place your hands on your upper chest. Again, breathe deeply for three breaths, before slowly opening your eyes.



Let everything that has breath praise the LORD.

Psalm 150:6

Mind



Body

HEALTH

SOUL

Festival Celebrates Rich History

by Jerry McGee

For more than 18 years, the Garrett College Pipes and Drums have been entertaining Garrett County and area residents and guests at the McHenry Highland Festival during the first week-end of June.

Now in its 19th year, the festival continues to grow. The festival offers Celtic music and dancing, Highland athletic games, sheepdog demonstrations, clans, craft exhibitors, commercial vendors, livestock shows, military encampments, a Celtic dog exhibit and a variety of other activities plus victuals and goodies aplenty!

Several years ago, the festival became a weekend event, with activities planned for Friday, Saturday

and Sunday. Last year the Garrett County Commissioners recognized the first weekend in June as Celtic Week.

A golf tournament and concert at Wisp begin the weekend on Friday, June 2nd. The concert features world-renowned Scottish fiddler Bonnie Rideout, who entertains at the Kennedy Center and concert halls throughout the world, as well as the rollicking Celtic band Coyote Run. More entertainers will perform Saturday at the Garrett County Fairgrounds, including the Canadian Celtic rock band Hunting McLeod. The Master of Ceremonies on Saturday will be Chip Lee. Sunday features the Kirkin' o' the Tartans at St. John's Episcopal Church in Deer Park and a "Haste Ye Back" Brunch at Will o' the Wisp.

The Garrett County Promotion Council and the band started the festival in 1987 to offer entertainment during a slow season of the year. The Pipes and Drums has remained the host band and is usually joined by five or six other bagpipe bands for the festival.

The Garrett College Pipes and Drums band was formed in 1979 by Judge Fred Thayer and Charles (Chip) Evans. Twelve men gathered for an evening session of classes at the Garrett Community College Center Street extension in Oakland in 1979. John Grant and Paul Browning participated in those early classes and continue playing with the growing

band.

Originally called the Garrett Highlanders, since some members also played for the Ali Ghan Shrine Highlanders, the band changed its name in 1989 when it became affiliated with Garrett Community College and began offering piping and drumming as credit courses. The name was changed again a few years ago when the college changed its name to Garrett College.

Pipe Sergeant Paul Browning, then 13, and his 11 year old sister Barbara, were the first family team in the band. Later his father, Jerry Browning, joined the band as a bass drummer. Through the years many other family groups marched with the band, such as John, Catherine and Jo Donaldson and Jim

and Mary-Alice Riesman.

On the band's 25th anniversary a new band kilt was ordered for band members. Made in Scotland, the kilts are the Colquhoun tartan, in honor of Thayer's clan. The pipe band marches in parades, performs at area nursing homes and business, educational and charitable events. The season usually starts with the Bridgeport WV Scottish Festival and Celtic Gathering and the Garrett College graduation ceremony. It usually includes the Autumn Glory Festival, the Berlin Whiskey Rebellion and a concert at the Goodwill Mennonite Home in Grantsville. The band, now under the leadership of Pipe Major Jerry McGee, Drum Major Kenny Noland and Clan Chief Chris McCann, is currently preparing for its upcoming season of appearances.

The current festival board of directors includes **Jerry McGee**, Board Chairman and Festival Coordinator; **Jeff Nelson**, Administrative Assistant to the Chairman and Treasurer; **Gary Lambert**, Secretary; **Jo Donaldson**; **Abe Folmsbee**, Student Apprentice to the Board; **Rich Ford**; **Ellen Fritz**; **Jerry Humberson**; **Odette Lueck**; **Helga Williamson**; **John MacGowan**; **Rosemary Versteegen**; and chair emeritus **Fred Thayer**.

An even bigger and more elaborate event is being planned for 2007 to celebrate the festival's 20th anniversary.

Information about the festival and ticket purchase can be accessed on the festival's website, www.highlandfest.info.

*"Kirkin' o' the
Tartans at St.
John's, June 4,
9AM"*



Highland Festival Friday, Saturday, and Sunday, June 2-4.

Teen Coffee House to Open June 16 at St. Mark's Lutheran

Ecumenical Lutheran/Episcopal Project for High School Teens

The Episcopal Church in Garrett County and St. Mark's Lutheran Church have once again teamed up to create a program for the young people of our community.

Friday, June 16 marks the beginning of a series of teen coffee houses which will provide a place for high school teens to hang out, listen to music, and talk. The series will alternate between St. Mark's and St. Matthew's and will coordinate with the coffee house at Our Town Theater so that there will be a weekly event through the summer for teens.

The coffee house concept is not a new one. Every generation had its coffee house. In the fifties, the Beat Generation had places to listen to music, hear poetry, and talk about issues of the day. The sixties and seventies were no different. The music changed from jazz to folk to rock, but the coffee house was the place to be for the younger generation searching for an identity and a place to express itself.

Today, young people are seeking out the same kind of place. There will be live music from local

bands part of the time. At other times, recorded music and videos might be played. Games, open mike nights, or just a place to talk over ideas, will be the standard fare at the coffee house. Minimal adult participation, primarily for safety issues, will ensure that the young people feel they are in a safe, yet non-oppressive environment where they can express themselves openly to peers.

There will be a \$3.00 cover charge to cover the cost of the bands. Pizza, soda, and snacks will be available for sale at a minimal charge. The coffee house will be open to all teens of high school age, including those just graduated from 8th grade moving into high school.

The coffee house will be open from 8 to 11PM on selected Friday nights.



The first coffee house opens Friday, June 16 at 8PM at St. Mark's Lutheran Church.

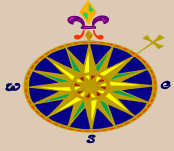
Authentic Scottish Shortbread to be Sold at June 3 Highland Festival

Melt-in-your mouth Scottish shortbread will be sold beneath the green and white-striped St. John's Episcopal Church tent again this year during the June 3 McHenry Highland Festival at the Garrett County Fairgrounds. Proceeds benefit projects of the church's women's group.

Baked by the women of St. John's, the authentic shortbread will be sold in decorated boxes, in sizes ranging from four pieces to a complete pan of 16 pieces. Prices range from \$2.50 to \$8.50 a box.

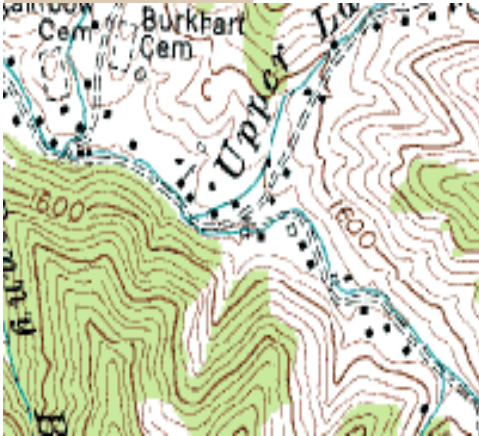
Last year, the shortbread was sold out by mid-afternoon, so plan on buying your shortbread early in the day. The shortbread sales tent has a large "Scottish Shortbread by St. John's Episcopal Church" sign and is located opposite the row of food concession stands inside the fairgrounds.





High Tech Treasure Hunt Planned

Geocaching and Orienteering Intro for Young People



Getting around in the wilderness used to depend on a knowledge of topographic maps and compass orientation. With the advent of the Global Positioning System (GPS), it is now possible to locate your position anywhere on the planet to within ten feet with nothing more than an inexpensive handheld GPS receiver. These devices allow you to locate yourself, navigate to a fixed

point, or find your way in the city with electronic maps.

One use for these devices which has developed over the past few years is the game of geocaching. A weather-proof container is hidden somewhere and the coordinates are published to a geocaching website. People download the coordinates to their GPS receivers and find their way to the hidden container which contains a log book and little knickknacks which are taken as a souvenir. The geocacher signs

the log book and usually leaves some little thing behind for the next person to take. When the geocacher gets home, a notation on the website can be entered indicating the day and time the cache was found.

On Saturday, June 24 at 10AM, a training session and picnic will be held at the home of Gregan and Donna Crawford on Landon's Dam Road. The young people of our congregations are invited to come and learn how to use a GPS receiver, read a topographic map and learn the basics of a compass. After the training, they will be sent out with a GPS unit to find several caches which have been set at Pinetum. GPS receivers will be provided for this outing. If you have your own, do bring it, but it must be capable of entering data on site. You will need to bring a small pack to carry water, good

walking shoes, and three small knick-knacks to leave when you find each cache.

On subsequent dates, we'll go out and find some other caches around Garrett County. You'll also learn about the website where you can get locations of geocaches and go on your own hunts. See you on Saturday, the 24th!

“Not exactly a pillar of fire or column of smoke - but still guidance in the wilderness from above!”

A walk in the woods, hidden treasure and a picnic for the young people of our congregations. Saturday, June 24, 10AM



We Are All Members, One of Another Please pray for our members listed here

Virginia Poling, Ferne Belmonte, Ashley Deal, Lauren Hatcher, Alice Soberg, Nancy Wright, Betty Rundquist, Robert Coughlin, Derek Parker, Evelyn Lamp, Sean Snider, Maureen Sharps, Jane Snider, Paul Keister, Tom Watts, Kyle Wwaim, Mike Fulmer, Bill Dodds, Ray Matheny, Carol Mattingly, Peggy Houston, Rose Meyer, Steven McDonald, Joe Frantz, Terry Turner, Charles Herman, Bonnie Conway, Irene Schrock, Tom Crawford, Mary Elizabeth Bell, Betty Jane Cook, Liz, Will, Ben, and Annie Biser, Dewey Dunn, Peter Kittle, Megan Paccione, Sandy Tasker, Sue Townsend, Mary Ann Weeks, Same Eastman, Robin Eastman, Sharon Lee, Jeanette Fitzwater, Ron Bowie, Richard Strugin, Lance Hodes, Glen Tolbert, Dave Martin, Rylan Faggio, Denise Brulinski, Dickey Galvin, Garriel Rentschler, Jane McGee, Ellen Beckman, Dan Rumer, Kaylin Faith Paugh, John Hodge-williams, Mary Alice Fries, Valeria and Samantha Hodge-Williams, Kathy Zabriskie, Mary Elizabeth Bell, Ed Stitt, Sandy Bell, Walker Hauser.

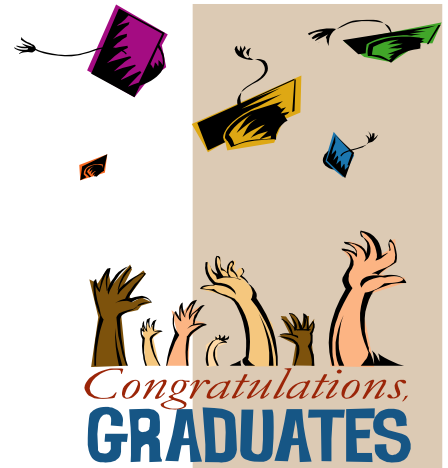
Congratulations Class of 2006

Kelly Taylor and Evan Lantz

Congratualtions to Kelly Taylor and Evan Lantz who graduate June 4 from Southern High.

Kelly is a member of St. John's, and is the daughter of Dave and Brenda Taylor. Kelly will be attending Garrett College in the Fall and

plans to transfer to Frostburg or WVU next year. Evan is a member of St. Matthew's and is the son of Steve and Mary Lantz. Evan will be in the pre-pharmacy program at WVU.



Are You Getting the E-Newsletter?

For a couple of months now, we have been sending out a weekly E-Newsletter, with timely information about the Episcopal Church in Garrett County. Many of you have commented favorably on it. We do have one problem, however.

We have 105 email addresses in our master list for the newsletter. Since we have been sending it out, only half of the newsletters are being opened. This means that about 55 of you are not seeing the newsletter in your inbox. The mailings are not getting bounced

back, so we suspect that they may be going directly into your spam or junk mail folder. Please check on this and tell your spam blocker to allow mail from The Episcopal Church in Garrett County, or if you find the e-newsletter in your spam folder, just tell your computer that it is not spam. If you are not seeing it at all, let us know at the church office and we'll work to get it corrected.

Nearly New Needs You



The Nearly New Shop at St. Matthew's is in need of volunteers to help out with sales and stocking. The Nearly New serves the community by offering low cost clothing and household items to people who cannot afford to purchase them in regular stores. Additionally, the income from the Nearly New provides about 30% of the operating budget of St. Matthew's. If you are looking for way to live out your Christian calling to serve others in Christ's name, here is an opportunity. Please give Debbie a call at the Church Office at 301-334-2510, and she will fill you in on the details and shifts available.

Weekly Service Schedule

St. Matthew's

**Sunday: Holy Eucharist, 8AM and
10:45AM**

Wednesday: Healing Service, 7PM

**Thursday: Holy Eucharist,
7:30AM**

St. John's

**Sunday: Holy Eucharist, 9AM
Sunday School, 9AM**

Visit our Website

www.episcopalchurchingarrettcountry.org

Listen to streaming, daily Morning,
Noonday prayer and Compline in
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Podcast

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