



The Trumpet

*Our Mission: To seek and serve Christ in others,
loving our neighbors as ourselves.*

Christ Episcopal Church of Cedar Park • 3.5 miles west of Hwy. 183 on W. FM 1431 • www.cectx.org

November 2009

We give thanks to You Almighty God

Dear Friends,

We at Christ Episcopal Church have so many things to give thanks to God during this month of November. I want to thank Travis Krischke for his excellent leadership in helping us follow up with our second year in our stewardship program Ripe for the Harvest. If you are prayerfully considering making a financial commitment for 2010, please fill out one of the gold cards and put it in the offering plate on Sunday. These commitment cards help shape our budget and enable us to support all of our ministries. I am looking forward to all the great things God has in store for us in 2010.

I give thanks to God for our children's ministries. Jennifer Cowles, our children's minister, is doing such a fantastic job. Recently we changed the time period for our Kid's Kingdom to be held during the sermon time at the 10:30 service. This change has helped to bring more kids into our children's programs who were attending the 10:30 service with their families. We are now reaching more and more with the gospel of Christ.

On November 22 during our Sunday school time from 9:30 until 10:15am, we will gather for our annual Advent Event in the parish hall. This is a special family event for all ages. Together we make family wreaths and other seasonal crafts that help tell our faith story as we count the days in anticipation for Christmas.

On November 25th from 7:00 until 8:00 pm we will gather for worship and offer our heartfelt thanks to God during our Thanksgiving Eve service. Please make plans to attend and bring family members and friends while the turkey thaws.

During the month of November we have many plans and activities to give thanks to God for the many blessings He so graciously provides for us. During this time of year let us also not forget our friends and family who rely on Hill Country Community Ministry for their support. Please remember to bring food items to fill our food basket at the door of the church. These proceeds go directly to support the HCCM food pantry.

Faithfully,
Bruce†



Planning Committee sows seeds of faith for continued bountiful harvests at CEC

by *Tony Alvarez*

Recently, I have been approached with questions regarding the progress of the CEC Planning Committee (PC). Therefore, I would like to take this opportunity and provide a little background as well as a general update of the PC's endeavors. I cannot do this without first giving thanks and acknowledgements to the PC members who have graciously given of themselves this past year. Please give your warmest regards to: Bill Sterling, Carolyn Dupy, Christine Luchini, Jennifer Cowles, Jim Hart, Wes Lowe, and Kirsten Lynch for their tireless efforts. Without their contributions the progress we have made so far simply would not have been possible.

The PC was tasked with planting new seeds for our CEC church home. These seeds were reaped from the results of last year's Ripe for the Harvest program. The largest project identified from that Program was the build-out of the pavilion in the back of the Christian Education Building (CEB) which is currently an open air basketball court with rooftop overhang frequently used for church gatherings when the weather allows. Enclosing and building out this part of the CEB existing footprint would provide additional meeting space for Children's, Youth's and Adult's Ministries alike. The PC quickly realized in order to execute this project in a responsible way, and with an eye to future growth, an architect must be contracted. Therefore, the PC's first order of business was to identify qualified architects and conduct interviews to determine with whom we could best work with to achieve project success. The interview process was lengthy and extensive. The consensus of the PC was to use Jackson-Galloway (J-G), a local architectural firm with an impeccable reputation. J-G produced for CEC a preliminary set of schematic drawings that were sent out to a local general contractors for a budgetary estimate. J-G's estimate to refurbish the entire CEB, add some additional, much-needed parking, and to build-out the Pavilion came in right at \$600K.

And this is a challenging target for future growth at CEC, but one, with God's help, we are confident can be achieved. We must continue to grow our congregation the way we always have: by spreading the word of God. Maybe the opposite to the "if you build it they will come" approach taken in "Field of Dreams" we can depend on our neighbors coming to Christ, and when they do, they will help us build up the church, the body of Christ. They will come and they will build it.

So the groundwork is being laid and the soil is being prepared for future harvests at CEC. But this is not to say the PC is without vision and/or direction to meet our immediate needs. Through a generous grant made available to CEC, the PC will be aggressively attacking some, not all, of the following projects in 2010 which have been identified as requiring immediate attention: New HVAC for the CEB, siding repair, exterior paint, up-upgrades to the audio/visual system in the sanctuary, audio/visual system for Kid's Kingdom, landscaping for the north side of the sanctuary, the completion of the new stone welcome sign, and sewer system upgrades. This list is not in any particular order. The PC will work under the direction of the Vestry and the Vestry's administration of these grant monies to complete as many of these projects as possible.

Clearly, the LORD continues to bless CEC and the Planning Committee believes 2010 will be an exciting year! With the road construction completed we are now highly visible in our community and the number of families attending will begin to increase. And this is the real growth we are working towards: To seek and serve Christ in others, loving our neighbors as ourselves. Please remember to meet and greet visitors, answer questions, give tours, etc... as this is key to fulfilling our Mission at CEC. Keep planting those seeds of faith!



Addiction myths can be a barrier to recovery

submitted to Trumpet by Elizabeth Burba

The information below is from Recovery Ministries of the Episcopal Church, Inc.

The core of Christian teaching is the life and dignity of each person. Our parish communities are called to “hunger and thirst for justice” and are “peacemakers.” There are, however, a number of obstacles in the form of blocks and barriers that can impede the efforts of both individuals and institutions desiring to help the afflicted.

There are persistent myths, or what might be termed erroneous folklore, surrounding addictive diseases which block or interfere with clear understanding and present barriers to being an effective helper.

1. *Failure to discern misbehavior from pathologically impaired control*

Most Americans, perhaps as many as 80%, have abused alcohol or some other drug at least once in their lives. Others have overindulged in other ways and experienced harmful results. However, when they experienced adverse consequences from these actions, they were able to moderate or cease their use of the chemical or stop the behavior. And so they understandably wonder why everyone else can't do the same thing? Clinical observation and research seem to indicate that some people seem to be so constituted neurochemically, that if they experiment with these activities or substances very much, they will connect with them at a deeper more instinctive level in the brain than normal, below the level at which will power and reason have much force.

2. *Understandable Anger*

Almost everyone has a reason to be angry at people who drink or drug too much or engage in “bad” behaviors. Anger may stem from being raised by an addicted parent or simply by observing some “drunk” acting out in an embarrassing or threatening way. This anger is founded on the common belief that the addict is behaving this way on purpose. They could stop if they really wanted to. Yet, as science learns more and more about addictive disease, it becomes clear that “stopping” is not such a simple matter.

3. *They brought this on themselves*

It may be a disease, but it's a self-inflicted disease

isn't it? Not exactly. Research suggests that genetic and brain chemistry factors predispose certain individuals to develop a far more powerful connection to the euphoria produced by these substances and behaviors than that experienced by “normal” persons. In addition, abstinence is not as admired in our culture as is control. Society wants people to “drink responsibly,” to learn to “hold their liquor,” “to drink like a gentleman or lady.” The person who is prone to losing control over substances or behaviors is not asked to abstain but rather encouraged to master the use.

4. *They have to “bottom out”*

The widely-held belief that someone must lose just about everything before they can accept help is erroneous. Decades of clinical experience and many respected studies show that even very brief forms of intervention can interrupt the progress of addictive disease, often in its early stages. And brief intervention is a very appropriate role for the Church.

5. *There is some underlying cause for their addiction*

Under the influence of alcohol and drugs, chemically dependent people do bad, stupid, and insane things. Thus, it seems logical that the reason people drink, use drugs, or otherwise engage in harmful behaviors is either because they are bad people, don't know any better, or have some underlying psychiatric or emotional disorder that causes them to make “bad choices.” This implies that if the victim could just get “good” enough, smart enough, or mentally stable enough, they could learn to “control” their actions. However, science and medicine now point to addictions as primary diseases and not just symptoms of ignorance or emotional or psychiatric disorder.

6. *They don't seem to want help*

It certainly seems that way because most alcoholics/addicts deny that they have a problem and resist accepting help. But a pathological wall of delusion and denial keeps the alcoholic/addict from seeing and feeling what is obvious to those around them.

I'll Try

By Fran Hart

Sometimes the Adult Education group hits on a topic that stirs up a healthy debate and that debate gives me food for thought that carries well into the week. During one such conversation I mentioned that I don't agree with Yoda's words of wisdom "Do or do not... there is no try." (George Lucas/Star Wars) When I say "I'll try" I mean "I'll do my best." When I hear "I'll try" I assume the same meaning. It seems that for some, "I'll try" means "No, it's not gonna happen."

Maybe we're uncomfortable saying "no" or we hope to avoid a conflict. Maybe we intend to do something but we're not willing to make it a priority or make sacrifices to support the effort. I suppose this is what's behind the adage "The road to hell is paved with good intentions." In the end, God will evaluate our intentions. "I know, my God, that you test the heart and are pleased with integrity." (1 Chronicles 29:17)

Is it ever acceptable to say "I'll try?" Is it enough to declare our intentions? Does the phrase "I'll try" adequately reflect a commitment to success? In some cases, such as taking out the trash, success is measurable. You either got the trash to the curb or you didn't. If you didn't, what were the factors that hindered you? Did you forget? Did you put it off until it was too late? Did you get the trash halfway down the driveway then quit? In other cases, such as trying to be a good parent, the results may not be immediately obvious and success is not readily measured. Yet I would argue that we have to try.

In Paul's letter to the Galatians he advises "let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions." (Galatians 5:16-17)

Our sinful nature might lead us to say "I'll try" when we mean "no, I won't." Our sinful nature might allow us to be distracted or lazy when we really did intend to try. Our sinful nature might lead us to give up if our efforts don't yield immediate success. If we're led by the Spirit we will say what we mean and mean what we say. We will stay in communication with God, seeking His blessing in all that we do and succeeding by His grace and mercy.

God promises to guide us along the best pathways for our lives, advising us and watching over us. (Psalm 32:8) We know that there will be trials; we will occasionally stumble and fall. We are not expected to be perfect in our Christian lives, but we are expected to try. And for the rest of it? I may not wholly embrace Yoda's philosophy, but I will be more sensitive to various levels of commitment communicated when I say or hear "I'll try." Or, at the very least, I'll try.

All those big houses

National Native American Heritage Month

Our Native American ancestors had a very different view from the Puritanical work ethic displayed during westward expansion in the mid 1880s. The following is an excerpt from an article published in *Overland Monthly* in 1868. A great Mescalero Apache chief, named Cadete, was speaking very openly with a U.S. Army soldier at the Bosque Redondo Reservation in New Mexico where his tribe of about 400 was being held along with the Navajos. He spoke about the Apache's resentment of the "new men" (as the whites were then called) and their laborious mode of existence.

"You desire our children to learn from books, and say, that because you have done so, you are able to build all those big houses, and sail over the sea, and talk with each other at any distance, and do many wonderful things. Let me tell you what we think. You begin when you are little to work hard. After you get to be men, you build your big houses, big towns, and everything else in proportion. Then, after you have got them all, you die and leave them behind. Now, we call that slavery. You are slaves from the time you begin to talk until you die; but we are free as air. Our wants are few and easily supplied. The river, the wood and plain yield all that we require. We will not be slaves; nor will we send our children to your schools, where they only learn to become like yourselves."

Not long after this conversation, the Apaches fled from the Bosque Redondo reservation in the middle of the night. The army commander at the reservation knew the tribe was miserable being confined and not allowed to roam and he let them go without a chase.



NOVEMBER MINISTRY SCHEDULE

Nov. 1

10:30 a.m. Brittany & Barbara Alvarez: **Lectors**
Barbara Alvarez/Carolyn Dupy: **LEMs**
Jobie Guzman: **Altar Guild**

Nov. 8

10:30 a.m. Thelma Thompson/Sarah Martinez: **Lectors**
Thelma Thompson/Sarah Martinez: **LEMs**
Kathy Ashlock: **Altar Guild**

Nov. 15

10:30 a.m. Jan Halstead/Kathy Wood: **Lectors**
Jerry & Jan Halestead: **LEMs**
Cathy Valucek: **Altar Guild**

Nov. 22

10:30 a.m. Travis Krischke/Randall Holahan: **Lectors**
Travis Krischke/Randall Holahan: **LEMs**
Polly Enders: **Altar Guild**

Nov. 29

10:30 a.m. Carolyn Dupy/Patty Craig: **Lectors**
Carolyn Dupy/Jan Buntebart: **LEMs**
Martha McEvers: **Altar Guild**

8:00 Worship Leaders

Nov 1: Thelma

Nov 8: Randall

Nov 15: Travis

Nov. 22: Kirsten

Nov. 29: Fran

Vestry Person for Month of November: Jan Buntebart
Offering Counter for Month of November: Lori Cole

Getting at the tooth/truth

An Epiphany Story - by Father Sid Gervais

Like the dentist who must make the chair we recline in before him to lay all the way back so he can first see, then touch, then drill into, then fill, if we are to be relieved of our tooth ache, so is our salvation. But he does that, we let him, and we are made better.

There are two realities which are essential to our spiritual health:

- 1) Introspection, and
- 2) Contrition

We recognize each of the two each Sunday when our worship is authentic.

- 1) Introspection comes through the sermon which causes us to learn something about ourselves.
- 2) Contrition, of course, comes when we confess and hear promises of forgiveness.

I write this because I see so little of both OUTSIDE OF THE CHURCH. Our society is so goal oriented, win oriented, in-your-face confrontational that, frankly, I get tired of it. And, I believe the two go together so universally in the religions of the world.

The simile of the dentist cutting out the rot to save the tooth is extremely accurate. The dentist is Jesus, the tooth is you and me, the rot is sin and the "procedure" is salvation.

Give God the Glory; there is no other way.

Sid Gervais†

Share your Epiphany in The Trumpet all year long

Everybody has those "Aha!" moments: epiphanies big and small. Those rare times when everything makes sense for a change. Share your Epiphany story in Trumpet newsletter each month. Send your Epiphany story by the Wednesday before the first Sunday of the month to: trumpet@cec-tx.org

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Acolytes:Kristi Uthoff 388-1258
Adult Ed.:David Enders 259-4430
Altar Guild:Jobie Guzman 267-1462
Angel Food Ministry: Arthur Callaway 218-9150
Children's Ministry:Jennifer Cowles 260-7575
Communications: ..Marilee Verdesca 864-1942
Connections Class: Rev. Bruce Bonner 267-2428
Cursillo:Jan Halstead 259-5430
Episcoplayers:Randall Holahan 260-1774
Faith Partners.....Elizabeth Burba 259-1345
Robert Wren 255-7494
Flower Ministry:Jill McDonald 248-1938
God's Geeks:Randall Holahan 260-1774
Greeters:.....Tony Alvarez 986-5678
Hill Country Comm. Min.: Dorothy Keelin 260-0817
Honduras Med. Mission: Jerry Halstead 259-5430
Hospitality:.....Jennie Krischke 259-0409
Lectors/LEM's:Fran Hart 291-2726
Music Ministry:Patty Craig 267-7981
Pet Ministry:Jill McDonald 248-1938
Prayer Ministry:Sid Gervais 255-0278
Prayers of the People: ..Elizabeth Burba 259-1345
PrayFast Ministry: ..Christine Luchini 267-2476
Stewardship:.....Travis Krischke 259-0409
Trumpet:David Enders 259-4430
Ushers:Mandy Moore 528-9588
Womens' Ministry: .Kathryn Bonner 260-7797
Youth Ministry:....Melissa Cox

2009 Bishop's Committee:

Co-Senior Wardens:

Charlie Cole & Sarah Martinez

Members:

Tony Alvarez.....986-5678
Jan Buntebart.....528-9338
Charlie Cole.....294-2958
David Enders.....259-4430
Jerry Halstead.....259-5430
Jim Hart.....291-2726
Travis Krischke.....259-0409
Sarah Martinez.....260-1326
Andrew Verdesca.....864-1942

Christ Episcopal Church Ripe for the Harvest Super List

1. Celebrate Our Congregation/Fellowship/Faith/Intimacy of Worship/Programs
2. Facilities - Buildings and Space - Need for Expansion/Upgrade & Improve/Youth Space
3. Desire for growth in attendance at all services and within the various ministries
4. Wish to improve the church grounds landscaping/Stations of the Cross/Labyrinth
5. Concern for the different ministries - growth/participation/commitment
6. Desire to expand CEC's Outreach Ministries - Mission/Community Involvement
7. Praise and thanksgiving for CEC's wonderful clergy!
8. Joy and celebration for our children and youth
9. Celebrate the wonderful music and desire for additional contemporary hymns
10. Desire for more involvement in the services and concern for traditions
11. Great need for improving parking areas, driveway, pathways
12. Desire for a full time youth minister/Children's & Youth Coordinator
13. Desire for greater participation by the congregation in the various CEC ministries
14. Desire to use existing land and acquire more land for development of CEC's Mission