



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

October 2009

"I will praise the Lord!"

Dear Friends,

Psalm 146 begins with the words: "Hallelujah! Praise the Lord, O my soul! I will praise the Lord as long as I live; I will sing praises to my God while I have my being."

We are created in God's image and our bodies are a temple of God's righteousness. All that we do and all that we can hope to become by giving of ourselves over to God's love is a powerful expression of our worship to Him. We were made to worship and to praise God's glory! We have so many expressions at Christ Church to be thankful for and to offer our praise in glory to God. Most importantly we have each other.

This month of October will be filled with such expressions. The 25th is a BIG day of many things to praise the Lord! On the 25th we will celebrate our Harvest Ingathering for making a pledge for 2010 of thanksgivings to the glory of God's blessings. Travis Krischke is doing an outstanding job keeping us up to date with our Ripe for the Harvest program and what we can expect for 2010. During the next few Sundays preceding the 25th, Travis will continue to update us on where currently are and where we plan to move forward towards fulfilling our vision for the mission of Christ Church.

Also on the 25th we will be having our annual election for three new Vestry members and Diocesan Council delegates. Each vestry member is elected to serve a 3 year term. Please take time before the 25th to look and pray over the candi-

dates who will present themselves to serve as your Vestry. Many thanks to the fine work of Sarah Martinez, Charlie Cole and Jim Hart who will be rotating off the Vestry at the end of December fulfilling their 3 year terms. On the 25th we also will host our annual Chili Cookoff after the 10:30 service on the back patio. Everyone is invited! Please bring a favorite special chili dish in a heated appliance like a crock pot. It's always great fun to share special recipes! So please make plans to attend this special BIG day of celebrations and don't forget to invite a friend or neighbor to attend with you!

Is there anything happening after the 25th? Yes indeed! November 1 will be All Saints Sunday. Baptisms are traditionally performed on this special day. We currently are planning to hold 2 baptisms during the 10:30 service. If you or anyone you know would like to be baptized on this special Sunday please let me know or call the church office 267-2428.

Let us Praise the Lord!
Thanks be to God!

Bruce†

Down Right Faith

by Jeanette Holahan

It is now October 2009 which means that our daughter Sydney is now two years old. It means that the world did not end when we got the news that she would be born with Down syndrome. On the contrary, our life journey has been enriched beyond our imaginations. I am not the same person who gave birth to her two years ago. I am a changed woman. God has given so many gifts to me through Sydney. He has opened me to a whole new world that I never saw before and I wouldn't change a thing. I am doubly blessed that Sydney is being raised in a church family like Christ Church. I know that her brothers and sisters in Christ welcome her with open arms. My heart melted when she walked up to Communion for the first time a few weeks ago. Just when I thought that my heart couldn't overflow anymore, I saw the looks on the faces of the people in the pews watching her. I think CEC was just as proud of her as I was. How awesome is God to have given us such an amazing extended family in CEC.

As I mentioned, it is October, which means that it is officially Down Syndrome month and time for the annual BUDDY WALK. The Buddy walk is the biggest fundraiser for the Down Syndrome Association of Central Texas (DSACT). DSACT provides community, educational, emotional, and social support for individuals with Down syndrome and their families. The Buddy walk is also a day of celebrating life and frankly a day of FUN!

Please help us give back to the community that embraced us. Come JOIN OUR TEAM "SYDNEY'S SAINTS" on Sunday October 25th from noon to 4pm for the Buddy Walk. We will be in Mardi Gras attire, so break out your Purple, Green and/or Gold and COME WALK WITH US! Can't make it? You can also be part of the team with a donation.

To join our team or donate: click on <http://www.active.com/donate/buddywalk09/sydneysaints>

Blessings!
Jeanette Holahan

10th Annual Down Syndrome Association of Central Texas Buddy Walk



Details: The 10th Annual Buddy Walk will take place at Reunion Ranch located in Georgetown, Texas on Oct. 25 from 12 p.m. - 4:00 p.m. The Buddy Walk is a one-mile walk in which anyone can participate without special training. It is a wonderful, heart-warming event that celebrates the many abilities and accomplishments of people with Down syndrome. After the Buddy Walk, DSACT holds a family festival. Activities will include live musical performances by Joe McDermott, Monte Warden and Elvis, wagon rides, swimming, paddle boat rides, pony rides, kids games and entertainment, raffle and silent auction, sport mascots, community exhibitors, food and lots of fun! We encourage people with Down syndrome to invite "Buddies" everyone from friends and family to teachers, legislators, doctors to join them on the Buddy Walk. Every participant helps promote the importance of understanding, acceptance and awareness.



Saint Sydney of Christ Episcopal Church is the daughter and angel of Jeanette and Randall Holahan.

Submit Yourselves to God

by Fran Hart

Recently our Sunday reading included these words from James: "Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you." I've been thinking about this as it applies to my daily routine - particularly as I strive to consult God in all things. I find myself asking myself many times throughout the day "Is this impulse of God or of the devil?" By intercepting impulses I can refrain from thoughtless actions and operate with deliberation.

In an effort to fully understand and appreciate God's will for us I searched for Biblical references to "impulses," but was surprised to find none. I did find that we are advised against being rash (acting hastily, without due consideration). In Proverbs we're told that a rash tongue leads to ruin (*Proverbs 13:3*) and that we create a trap for ourselves when we make rash promises to God (*Proverbs 20:25*).

Isaiah foretells of the coming of the king of righteousness, through whom "the eyes of those who see will no longer be closed, and the ears of those who hear will listen. The mind of the rash will know and understand, and the stammering tongue will be fluent and clear." (*Isaiah 32:3-4*)

We are called to resist the devil, but we are not expected

to do this without help. Fortunately we are backed by the strength and power of God, able to outfit ourselves with His armor: the belt of truth, the breastplate of righteousness, shod with the readiness that comes with the gospel of peace, bearing the shield of faith, the helmet of salvation and the sword of the Spirit which is the word of God. We wear this armor when we pray in the Spirit, on all occasions with all kinds of prayers and requests. (*Ephesians 6:10-18*) We must "be self-controlled and alert because the enemy prowls around us" (*1 Peter 5:8*), eager to claim us one impulse at a time.

It's a relief to recognize that God is not asking me to prove how strong and independent I am. Quite the opposite. God is delighted to find me wholly reliant on Him. In my efforts to discern the motivation behind the impulses I feel, I'm forced to examine my intentions and my desires. Am I seeking God's will or am I seeking some earthly pleasure or immediate gratification?

I know this: on days in which I'm prayerful and continuously seeking God, invoking His presence, inviting the Spirit to be in me and soliciting His counsel I feel armed and ready. I'm less anxious and more confident in the face of adversity. Is it coincidence that those are the days that are filled with peace and wise choices? I don't think so. I think that's what James was talking about.



"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."

- Elizabeth Lawrence

Are you wondering?

by *Elizabeth Burba*

Have you wondered whether someone you know has a serious drinking problem? The following quick screening tests can be used by non-professionals to determine if an addiction problem may exist. The CAGE questionnaire is an internationally used assessment instrument for identifying problems with alcohol.

- CUT:** Ever felt you ought to cut down on your drinking?
ANNOYED: Have people annoyed you by criticizing your drinking?
GUILT: Ever felt bad or guilty about your drinking?
EYE-OPENER: Ever had an eye-opener to steady nerves?

Answering “Yes” to two questions is a strong indication for Alcoholism. Answering “Yes” to three questions confirms Alcoholism.

ADDICTION WORKBOOK QUIZ:

Here is a simple quiz from The Addiction Workbook to determine if you or someone you are concerned about has become addicted to a substance or behavior and needs help.

- Can you consistently keep promises to yourself about your drinking/drug use, gambling, eating, sexual activities, etc.?
- Do others have a different version of your relationship to these behaviors than you have?
- Are you paying an emotional price for these behaviors (shame, guilt, remorse, self-directed anger)?
- Do your activities in relation to these substances or behaviors violate your own values?
- Did you lie to yourself when you answered the previous questions?

If the answer is “yes” to any of those questions, a professional assessment is a wise move.

NEXT MONTH, some thoughts on how to help someone who may be struggling with substance abuse.

As soon as the results of the survey conducted on October 4 are available, we will publish the highlights and make the complete analysis available to anyone who would like to see it.

Faith Partners Coordinators: Elizabeth Burba, Tish Rogers, Robert Wren

FORREST GUMP GOES TO HEAVEN

Submitted by Bernie Davies

The day finally arrived. Forrest Gump dies and goes to Heaven. He is at the Pearly Gates, met by St. Peter himself. However, the gates are closed, and Forrest approaches the gatekeeper. St. Peter said, 'Well, Forrest, it is certainly good to see you. We have heard a lot about you. I must tell you, though, that the place is filling up fast, and we have been administering an entrance examination for everyone. The test is short, but you have to pass it before you can get into Heaven.'

Forrest responds, 'It sure is good to be here, St. Peter, sir. But nobody ever told me about any entrance exam. I sure hope that the test ain't too hard. Life was a big enough test as it was.'

St. Peter continued, 'Yes, I know, Forrest, but the test is only three questions.'

First: What two days of the week begin with the letter T?

Second: How many seconds are there in a year?

Third: What is God's first name?

Forrest leaves to think the questions over. He returns the next day and sees St. Peter, who waves him up, and says, 'Now that you have had a chance to think the questions over, tell me your answers.' Forrest replied, 'Well, the first one -- which two days in the week begins with the letter 'T'? Shucks, that one is easy. That would be Today and Tomorrow.'

The Saint's eyes opened wide and he exclaimed, 'Forrest, that is not what I was thinking, but you do have a point, and I guess I did not specify, so I will give you credit for that answer. How about the next one?' asked St. Peter.

'How many seconds in a year? Now that one is harder,' replied Forrest, 'but I think and think about that, and I guess the only answer can be twelve.' Astounded, St. Peter said, 'Twelve? Twelve? Forrest, how in Heaven's name could you come up with twelve seconds in a year?' Forrest replied, 'Shucks, there's got to be twelve: January 2nd, February 2nd, March 2nd...' 'Hold it,' interrupts St. Peter. 'I see where you are going with this, and I see your point, though that was not quite what I had in mind...but I will have to give you credit for that one, too. Let us go on with the third and final question.'

Can you tell me God's first name?' 'Sure,' Forrest replied, 'it's Andy.' 'Andy?' exclaimed an exasperated and frustrated St Peter. 'OK, I can understand how you came up with your answers to my first two questions, but just how in the world did you come up with the name Andy as the first name of God?'

'Shucks, that was the easiest one of all,' Forrest replied. 'I learnt it from the song, ANDY WALKS WITH ME, ANDY TALKS WITH ME, ANDY TELLS ME I AM HIS OWN.'

St. Peter opened the Pearly Gates, and said: 'Run, Forrest, run.'

OCTOBER MINISTRY SCHEDULE

Oct. 11

10:30 a.m. Wes & Kathy Lowe: **Lectors**
Wes & Kathy Lowe: **LEMs**
Kathy Ashlock: **Altar Guild**

Oct. 18

10:30 a.m. Burl Judy/Penny Byrnes: **Lectors**
Burl Judy/Jerry Halstead: **LEMs**
Cathy Valucek: **Altar Guild**
Alex Rogers/Adele Simms: **Acolytes**

Oct. 25

10:30 a.m. Jacque Gray/Suzie Scanlon: **Lectors**
Jacque Gray/Merilee Verdesca: **LEMs**
Martha McEver: **Altar Guild**

Nov. 1

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

8:00 Worship Leaders

Oct. 11: Randall
Oct. 18: Travis
Oct. 25: Kirsten
Nov. 1: Thelma

Vestry Person for Month of October: Tony Alvarez
Offering Counter for Month of October: Merilee Verdesca

Adult Sunday School is meeting God

J.I. Packer, author of *Meeting God*, is an evangelical Christian often perplexed at what he finds in many Christian communities: fellow believers seeking to advance in godliness, but with surprising little interest in God himself. “When they study the scripture, only the principles of daily personal godliness get their attention; their heavenly Father does not. It is as if they should concentrate on the ethics and dynamics of marriage and fail to spend time with their spouse!” says Packer.

The CEC Adult Sunday School is looking at 12 studies in Packer’s *Meeting God* that will help us refocus so that we learn to look for God every time we read the Bible. “The Father wills that we honor the Son; the Son wills that we honor the Father; the Spirit works to bring us to the place where in faith, love and prayerful obedience we honor both and celebrate in worship the grace and power that flow to us from all three. This God-centered, Christ-centered, Spirit-centered, Trinity-centered perspective is constant in the New Testament,” says Packer.

Join us at CEC Adult Sunday School at 9:15 a.m. in the library where we are invited to enjoy a cup of coffee, meet one another in Christian community, and meet God.

To whom then will ye liken me, or shall I be equal? saith the Holy One.

26Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number: he calleth them all by names by the greatness of his might, for that he is strong in power; not one faileth.

27Why sayest thou, O Jacob, and speakest, O Israel, My way is hid from the LORD, and my judgment is passed over from my God?

28Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.

29He giveth power to the faint; and to them that have no might he increaseth strength.

30Even the youths shall faint and be weary, and the young men shall utterly fall:

31But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Isaiah 40: 26-31

Staff and Ministry Coordinators:

Rector:Rev. Bruce Bonner 267-2428
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

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

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
P.O. Box 638, Cedar Park, TX 78630
phone: 512.267.2428
fax: 512.267.7337
web: www.cectx.org
e-mail: office@cectx.org
requests: prayerrequest@cectx.org

3 CEC Vestry positions open for 2010

The CEC Vestry Nominations Committee, Sarah Martinez, Jim Hart and Charlie Cole, who will be rotating off the vestry in January, are taking nominations for new vestry candidates. Vestry elections will take place at the end of October at the CEC Ingathering Sunday. If you are interested in serving the church in this way, please see one of the Nominating Committee members.

Requirements for a Three -year CEC Vestry Member:

- Pray daily for the welfare and mission of our Church.
- Be an active participant during worship on Sundays.
- Give of your stewardship in time, talent and treasure.
- Communicate and Shepherd over one of the ministry categories mentioned below and offer a monthly report at vestry meetings:
 - Parish Events
 - Liturgy and Worship
 - Outreach and Diocesan
 - Christian Education
 - Facilities and Administration
- Attend and participate in all scheduled monthly meetings. (If for any reason you cannot attend please allow the senior warden to know in advance).
- Serve for one month as vestry person of the day during Sunday mornings.
- Attend the annual CEC vestry half-day retreat in January
Attend the annual Diocesan half-day vestry worship.