

CREATOR

Chronicle



June - July 2016

“As a congregation named for our Creator, we are children of the Living God, beloved brothers and sisters of our Lord Jesus Christ, selflessly living out our faith in worship, fellowship, giving, education and outreach.”

The Welcoming Prayer

Dear Friends, I want to share with you a little method of reflection with a big impact. It is called the **Welcoming Prayer**. This unassuming little method has helped me many times. What’s your first impulse when you have a “bad” feeling? If you’re like me, it’s usually to suppress it. But we all know that doesn’t work. What we focus on sticks around. This is one of the big lessons I have learned through meditation. If I try to suppress a thought, it becomes my entire focus . . . much worse than before.

But while a regular meditation practice can inculcate a balanced relationship with our feelings and emotions, with the serenity that comes from that, sometimes we need help right now, in the field. We can’t exactly sit down on the sidewalk and start meditating. (Though there may very well be a church nearby.)

And sometimes, we’re too caught up in the thoughts that are swirling around a negative emotion, and meditation just seems impossible. I encourage you to pray or meditate anyway in those situations, but if you want some extra help, the **Welcoming Prayer** might help.

You’ve heard all the axioms about going through rather than around problems. Well, the **Welcoming Prayer** is a method for doing this with bad feelings. The basic idea is that when you are experiencing a negative feeling, you don’t pray for it to go away, you welcome it. Let’s say you are feeling fearful. You literally say to yourself, “Welcome, fear.”

You don’t detach from it. You get to know it.

Here is a short run-through of the **Welcoming Prayer** method. Please read the longer description in the body of the article before trying it, and then use this version as a refresher:

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Rev. Robert M. Blanton, Priest-In-Charge * office hours: Monday—Thursday, 9:00 a.m. — 12:00 p.m.

Please call the church office, 601-924-2261, to schedule an appointment.

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- **Focus and sink in** — *Feel the feeling.* Don't run away from it or fight it. *Stay with this until you really experience a connection to the feeling or emotion on not just an emotional but also a physical level.*
- **Welcome** — Affirm the rightness of where you are and acknowledge God's presence in the moment by saying: "Welcome, [fear/anger/etc.]" *Don't just say this and move on. Repeat it and sit with the feeling until you experience a genuine sense that you welcome it, that you are not fighting against it.*
- **Let go** — Say "God, I give you my [fear/anger/etc.]," or one of the other phrasings if you find it more meaningful. *At this point, you can turn the feeling or emotion over to God and let it go. If you haven't truly felt it and welcomed it in, you may still experience resistance here. Stay in the letting go, or turn back to the focus or welcome stages as appropriate.*

The method

The history of the Welcoming Prayer is a little surprising. It's not an ancient practice, though it's an ancient idea. Mary Mrozowski of Brooklyn, New York (a practitioner of Centering Prayer and friend of Father Thomas Keating) developed the method. She was inspired by *Abandonment to Divine Providence* an early 18th century spiritual work by Jesuit priest and spiritual director, Father Jean Pierre de Caussade. Father Thomas and others saw the value of her little method and over the years have supported, fine-tuned and expanded it within the community of people who practice Centering Prayer.

If you are struggling with a bad feeling, the power of this little method is that it offers a structured way to embrace and accept it, so you can release it and move on. There are three phases to the **Welcoming Prayer**. You might go directly from one to the next in a single, relatively formulaic prayer sequence. Or you might find yourself staying in one phase as it does its interior work. Using Episcopal priest the Rev. Cynthia Bourgeault's labels, the three parts are:

- Focus and sink in.
- Welcome.
- Let go.

Focus and sink in. This is not about indulging bad feelings. It's not about amplifying them or justifying them. But *feel the feeling*. Allow yourself to become immersed in it. Let it wash over you. Don't run away from it or fight it. Just feel what it's like to be experiencing it.

The word "feel" can mean either to have a physical experience of touching something, or to have a mental experience of encountering an emotion. Connect those two. Feel the feeling or emotion physically. Notice your body, how you are tense or anxious or hot or fidgety or lethargic. *As with meditation, you are just **observing** the feeling, **not** trying to alter it.*

Welcome. As I've said before, we can only start from where we are, and we can only move forward if we **accept** where we are. So, now, affirm the rightness of where you are by welcoming the bad feeling or emotion, and acknowledging God's presence in the moment.

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You do this by literally saying, “Welcome, [name the bad feeling].” If you are frozen in fear, say, “Welcome, fear.” Hot with rage: say, “Welcome, rage.”

Note Well: we’re talking here about feelings and emotions, not problems and physical hardships. We are not welcoming illness or injustice. If you think you should be applying the Welcoming Prayer to a problem or illness, think again about what negative emotion or feeling is being kicked up. (You probably will be dealing with a variety of fear or anger.) There’s nothing passive about acceptance. Acceptance merely establishes you in reality, so that you can respond to a situation effectively. If you are terrified about a health issue, that fear may be immobilizing you; accepting and then releasing the fear may free you to be able to deal with the specific issue.

Let go. There are at least four ways to do this last part. Mary Mrozowski’s original version uses a fixed statement. You say these lines no matter what the specific issue:

“I let go of my desire for security and survival.
I let go of my desire for esteem and affection.
I let go of my desire for power and control.
I let go of my desire to change the situation.”

Another version takes just that last line and ties it to the current situation.

“I let go of my desire to change this feeling.”

A third alternative is even briefer, and names the feeling:

“I let go of my [fear/anger/etc.]”

And finally, my favorite, for its added depth with the same economy of words:

“God, I give you my [fear/anger/etc.]”

That night or the next morning when you meditate (and you do meditate, right?) you can reinforce the letting go. The two complement each other.

Part of my spiritual first aid kit

Some take the *Welcoming Prayer* to another level, as one of the key pieces in their spiritual life. For me, the *Welcoming Prayer* is a complement to my meditation practice, and it’s a Band-Aid . . . part of my spiritual first aid kit that I can take wherever I go . . . to break a negative pattern. Its power is in its simplicity: *Focus — Welcome — Let go.*

Why don’t we all take a “Sabbatical” this summer from fighting against our worries, our emotions, and our feelings and try the *Welcoming Prayer*.

**Yours in Christ,
Pastor Bob**



2016 Gee's Bend Quilting Retreat

Learn to Sew, Create and Share
Your Story

November 3-6, 2016

Please visit www.geesbendquiltingretreats.com for registration details

Life is full of rules. And that is necessary. We are taught from an early age. To stand in line. To wait for our turn. To color in the lines. To follow a pattern. Rules allow us to learn. To acquire the skills we need to grow and mature. And then the time comes, when the rules we follow may begin to hold us back. The rules take us to a place where we start believing we "have to" do it this way, or we "should" do it that way. We believe we "must" or "need to" follow the rules, color in the lines, go by the pattern, for things to be right or good enough. And it is then, that hopefully, we are graced with a spirit is ready to see what happens if we question the rules....



What if we color outside the lines... If we work without a pattern to follow. What might happen if we let go of our "have tos" and "shoulds", our "musts" and "need tos". When we reach that time, when we are ready to allow our spirit and our skills to draw new lines to color within and without, to create with no thought to limits or rules. When it arrives, that time is exciting. It is energizing. It is cathartic. It is cleansing.

If the time is right for you, I hope you will consider our upcoming *Gee's Bend Quilting Retreat, November 3-6, 2016 at Gray Center*. This is an opportunity to spend time with China Pettway and Mary Ann Pettway of the Gee's Bend Quilting Collective as they share their unique quilting styles. While we remain

rooted in the routine and calming movement of needle and thread, we will be encouraged to explore new ways of combining color and texture and fabric to create a quilt that expresses the work of our hands and the spirituality of quilting.



And the best part? No rules....or even quilting experience necessary.

I was a novice sewer when I attended my first retreat with China and Mary Ann. I had just "completed" my first quilt top and I boldly registered for the retreat. Truth be told, Anne Robertson was teaching me to quilt and probably stitched more on "my" quilt top than I did! The stories she shared of her time at Gee's Bend Retreats with China and Mary Ann were more than enough to convince me it was something I must experience. One story in particular, grabbed my attention. Anne was considering including certain pieces of fabric in her design and she asked China or Mary Ann, "Should I?" And the response, "Yes, if you want to" Hearing this, I knew this was my kind of retreat. When I arrived, I found participants ranging from extremely talented and experienced quilters, to a lady that stopped and purchased her first sewing machine at the local Walmart right before she arrived. The days spent in our quilting room, the rhythm of sewing machines, scissors, singing by Mary Ann and China. As we helped and encouraged and learned from each other, we shared stories and lessons in quilting and in life. We pieced ourselves together in a bond I still feel connected to.

I believe that is as God intended. And I hope you will join us in November. Should you? Yes, if you want to!

~ Susan Nix





**Prepared for Episcopal Church of the Creator NPO
(Cycle 2016, Qtr 1)**

Dear Episcopal Church of the Creator,

The Kroger Family of Stores is committed to bringing hope and help to local communities. We do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program of Kroger. We are also committed to carefully protecting our customers' personal information. In order to meet their expectation of privacy, we have adopted a simple policy to never share a customer's personal information. Our privacy policy applies to Community Rewards participation as well. As your neighborhood food retailer, we deeply value our ability to support local organizations like yours.

Your supporters (18 households) who shopped at **Kroger** between **2-1-2016** and **4-30-2016** (Cycle 2016, Qtr 1) have contributed to your **\$278.68** total donation. Your organization will be receiving a Kroger check in this amount within 30 days from 5-23-2016.

If you have any questions, please email deltacommunityrewards@kroger.com or visit our website at www.krogercommunityrewards.com. Thank you for your continued support of your local Kroger store.

The more your supporters shop with us, the more money your organization will earn!

Thank you,
Community Rewards Staff



Prayer
and Healing
Service

**Healing Service and
Prime Timers**

**Out for the summer. See you in
September!**

VESTRY DIGEST

The May 16 meeting of the Vestry of Creator:

Present: Bob Blanton, Priest in Charge, Joyce White, Senior Warden, Frank Hennington, Junior Warden, Vicky Donaho, Andrew Wilder, John Lanford, and Deborah Runyan, Clerk of the Vestry

Absent: Chuck Runyan, Mimi Bussell

Junior Warden Report: The flower bed has been cleaned, the bushes have been trimmed, and the exterior lights have also been cleaned. Larry and Ray Estess have completed some painting projects.

Treasurer Report: The treasurer report was sent to all members since Mike Piazza was unable to be present. Bob suggested that the report indicate in numbers whether we are ahead or behind as graphs can be deceptive. He thinks listing expenses vs revenues would be helpful. Joyce will discuss with Mike Piazza. Andrew Wyatt questioned the Uganda transfer being listed twice. This occurred because the account had been closed at the bank and it was resent to the new bank.

Old Business:

The new pew markers have arrived.

New Business:

The new date for our pot luck will be May 22nd, 2016.

We now have a schedule for services while Bob is gone.

Cub Scouts-See hand-out for cost. Discussion was held on scholarship money for cub-scout leader training. Possibility of using some EYC, special offerings, and Arts Council funding to make this happen.

Motion to suspend the June meeting was made by Vicki Donaho, seconded, and passed. Discussion on obtaining new choir robes was held. Prices on cassocks and surpluses will be investigated.

October 29th, 2016 was proposed for the fall festival.

John Lanford moved to increase diocesan support to 5%. The motion was seconded and passed unanimously.

The Parochial Report was reviewed and passed.

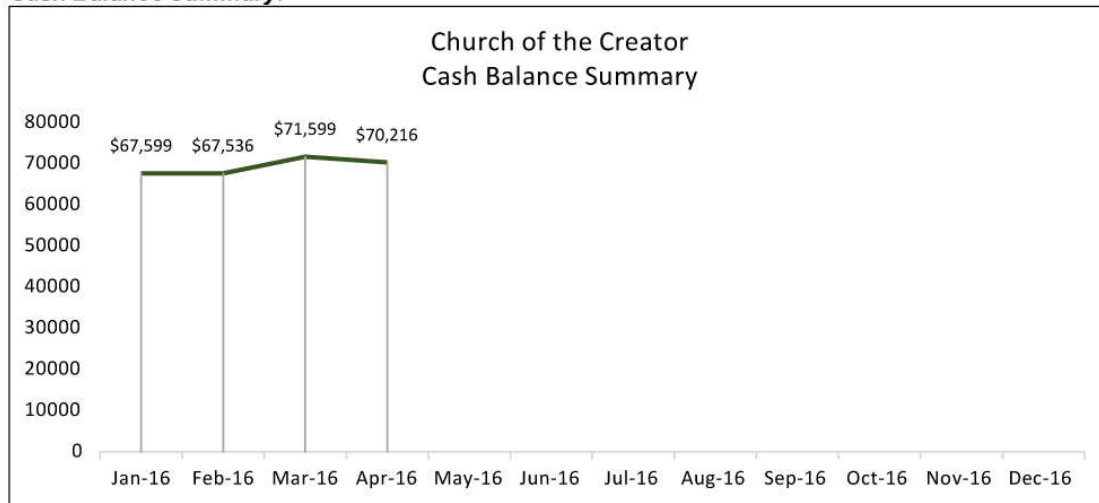
Minutes of vestry meetings may be found on the bulletin board outside the administrator's office following their approval and correction if needed. If you would like a copy, please call the office and a copy will be provided to you via email.

Church of the Creator
Vestry Summary
April, 2016

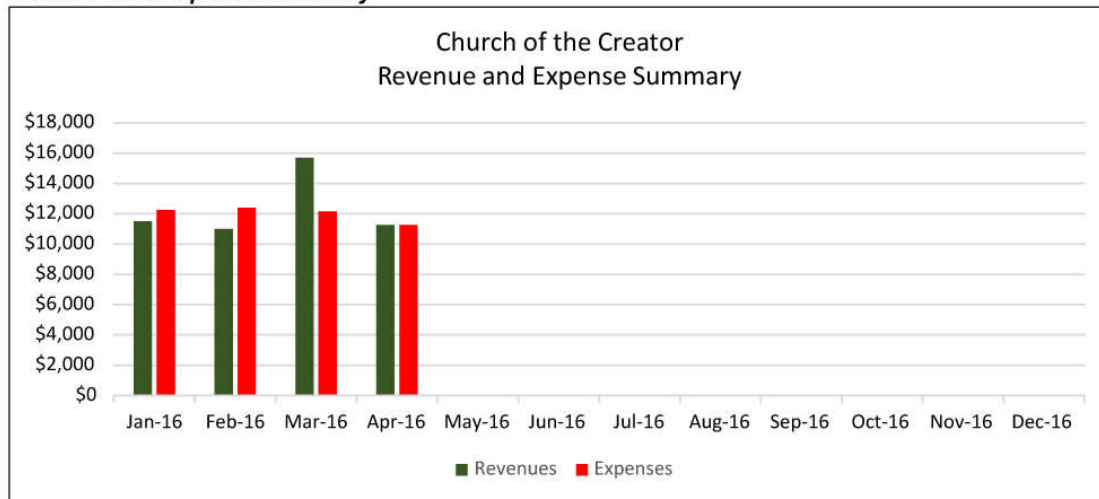
Bank Account Summary:

	April, 2016	Year to Date 2016
Beginning Balance:	\$71,598.62	(1/1/16) \$70,227.39
Deposits:	\$13,130.11	\$62,617.76
Withdrawals:	(<u>\$14,512.63</u>)	(<u>\$62,629.05</u>)
Ending Balance:	<u>\$70,216.10</u>	(4/30/16) <u>\$70,216.10</u>

Cash Balance Summary:



Revenue and Expense Summary:



Summary of Restricted Funds
As of April 30, 2016

Labyrinth Fund	\$468.88
Martha and Mary (Connections)	\$722.87
Altar Flowers Fund	(\$57.74)
Building and Property Improvement	\$2,886.20
Children's Christian Education Fund	\$403.11
Choir Fund	\$1,728.35
EYC Fund	\$1,161.97
Fundraiser's 2016 Forward	(\$181.62)
Deacon's Discretionary Fund	\$361.00
Special Offerings Fund	\$1,360.80
Trinity School Fund	(\$13.55)
Undesignated Memorial Fund	\$40.00
Arts Ministry Fund	\$511.37
Columbarium Fund	\$3,540.89
NO - J.E. Barnes Memorial Fund	\$1,999.64
Total Restricted Funds	\$14,932.17

Notes:

Special Offerings Fund: Additions included Stations of the Cross Donation \$900, Movie Fundraiser \$225.

Trinity School Fund: Incurred service charges due to wire transfer return.

CREATOR *June Calendar*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 12:00 pm: AA Meeting	3	4 5 pm: AA / AI-Anon Meeting
5 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass	6 6:30 pm: Boy Scouts 7:30 pm: DOA—Big Book Group	7 12:00 pm: AA Meeting	8	9 12:00 pm: AA Meeting	10	11 5 pm: AA / AI-Anon Meeting
12 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass	13 6:30 pm: Boy Scouts 7:30 pm: DOA—Big Book Group	14 12:00 pm: AA Meeting	15	16 12:00 pm: AA Meeting	17	18 5 pm: AA / AI-Anon Meeting
Rev. Bob Blanton on vacation - Jun 13 thru July 9 (Supply priests are scheduled for June 19 & 26)						
19 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass FOOD PANTRY for the 4 C's	20 6:30 pm: Boy Scouts 7:30 pm: DOA—Big Book Group	21 12:00 pm: AA Meeting	22	23 12:00 pm: AA Meeting	24	25 5 pm: AA / AI-Anon Meeting
26 8:00 am: Morning Prayer 9:00 am: Sunday school 10:30 am: Morning Prayer	27 6:30 pm: Boy Scouts 7:30 pm: DOA—Big Book Group	28 12:00 pm: AA Meeting	29	30 12:00 pm: AA Meeting	1	2 5 pm: AA / AI-Anon Meeting

CREATOR *July Calendar*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 5 pm: AA / Al-Anon Meeting
3 8:00 am: Morning Prayer 9:00 am: Sunday school 10:30 am: Morning Prayer	4 6:30 pm: Boy Scouts 7:30 pm: DOA—Big Book Group 	5 12:00 pm: AA Meeting	6	7 12:00 pm: AA Meeting	8	9 5 pm: AA / Al-Anon Meeting
10 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass	11 6:30 pm: Boy Scouts 7:30 pm: DOA—Big Book Group	12 12:00 pm: AA Meeting	13	14 12:00 pm: AA Meeting	15	16 5 pm: AA / Al-Anon Meeting
17 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass FOOD PANTRY for the 4 C's	18 6:30 pm: Vestry 6:30 pm: Boy Scouts 7:30 pm: DOA—Big Book Group	19 12:00 pm: AA Meeting	20	21 12:00 pm: AA Meeting	22	23 5 pm: AA / Al-Anon Meeting
24 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass	25 6:30 pm: Boy Scouts 7:30 pm: DOA—Big Book Group	26 12:00 pm: AA Meeting	27	28 12:00 pm: AA Meeting	29	30 5 pm: AA / Al-Anon Meeting
31 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass	1 6:30 pm: Boy Scouts 7:30 pm: DOA—Big Book Group	2 12:00 pm: AA Meeting	3	4 12:00 pm: AA Meeting	5	6 5 pm: AA / Al-Anon Meeting

June Servers

	5	12	19	26	
Chalice	Chuck Runyan	Wendy Brantley	Bob White	Bob White	
	Tori Meyers	Richard McMullan	Joyce White	Chuck Runyan	
Lectors	Need Lector	Fred Shirley	John Lanford	Need Lector	
	Chuck Runyan	Joan Blanton	Deborah Runyan	Wendy Brantley	
Prayers	Deborah Runyan	Wendy Brantley	Max Lanford	Chuck Runyan	
Acolytes	Tori Meyers	Landon Daniel	Ruby Lanford	Landon Daniel	
	N/A	Ruby Lanford	Max Lanford	John Richard	
Ushers	Richard McMullan	Doug George	Mimi Bussell	Richard McMullan	
	Rivers McMullan	Abby Donaho	Tristan McMullan	Alex Runyan	
Altar	Rhea Estes	Peggy Wilder	Joyce White	Peggy Wilder	
Home Communion			Edie Hill		
Vestry Person of the Day	Frank Hennington	Vicky Donaho	Chuck Runyan	John Lanford	



Birthdays & Anniversaries



Birthdays

3 Shirley Gale
 4 June Dale
 6 Katy Lanford
 15 Bill Schmid
 17 Sandra Randall
 21 Sarah Brantley
 Lucas Stanley

22 Jennifer Wilson
 26 Sally Elder
 30 Janie Fields

Anniversaries

5 Isabel & Tommy Mills
 21 Bill & Nancy Schmid
 23 Len & Mimi Bussell
 26 Charles & Marti Williams
 28 Lee & Nickie Carre

July Servers

	3	10	17	24	31
	Morning Prayer				
Chalice	N/A	Richard McMullan	Wendy Brantley	Bob White	Wendy Brantley
	N/A	Chuck Runyan	Tori Meyers	Chuck Runyan	Joyce White
Lectors	N/A	Deborah Runyan	Jolyne Shirley	Fred Shirley	Michael Piazza
	N/A	Max Lanford	John Richard	Chuck Runyan	Maddie Gray Braley
Prayers	Janie Fields	Fred Shirley	Deborah Runyan	Wendy Brantley	Max Lanford
Acolytes	N/A	Landon Daniel	John Richard	Landon Daniel	Rowan Braley
	N/A	Max Lanford	Ruby Lanford	Max Lanford	Maddie Gray Braley
Ushers	John Lanford	Mimi Bussell	Doug George	Richard McMullan	Beth Braley
	Ruby Lanford	Alex Runyan	Abby Donaho	Rivers McMullan	Stone Braley
Altar	N/A	Rhea Estes	Larry Estes	Joyce White	Peggy Wilder
Home Communion			Jane kany		
Vestry Person of the Day	Andrew Wilder	John Lanford	Vicky Donaho	Frank Hennington	Mimi Bussell



Birthdays & Anniversaries



Birthdays

1 Marilyn D'Isepo
 10 Monty Braley
 12 Dorothy Claypool
 Jane Kany
 Scott Waldbauer
 15 Trent Nichols
 16 David Hostler

18 Charlie Dieth
 Bob White
 19 Beth Braley
 Emily Dacus
 25 Len Bussell

Anniversaries

21 Tony & Lisa Chandler

Episcopal Church of the Creator

Church Office Hours:

9:00 am—2 pm, Monday—Thursday

Presiding Bishop

The Most Reverend Michael Curry

Bishop

The Very Reverend Brian Seage

Priest-In-Charge

The Reverend Robert M. Blanton

Deacon

The Reverend Deacon Bill Hanna

Administrator

Beth Braley

ecreator@bellsouth.net

Choir Director

Ezra Wall

ewallmedia@gmail.com

Senior Warden

Joyce White, 601-924-3796

Junior Warden

Frank Hennington, 601-924-3056

Treasurer

Vacant

Vestry

Chuck Runyan, 601-925-0829

Andrew Wilder, 601-842-0058

John Lanford, 601-708-4374

Mimi Bussell, 601-924-7066

Vicky Donaho, 601-924-5107

Contacts

Church Office

Administrator—Beth Braley, 601-924-2261, Home: 601-924-7889

Email: ecreator@bellsouth.net

Pastoral Emergencies

Rev. Robert M. Blanton, Cell: 601-291-0652

Polly Marshall, Cell: 601-953-2980

Acolytes

Mike Milone, Cell: 601-473-6305, Home: 601-925-6009

Adult Christian Education

Rev. Robert M. Blanton, Cell: 601-291-0652

Altar Guild

Peggy Wilder, Home: 601-926-1075

Choir

Ezra Wall, Cell: 601-454-4811, Text preferred

Children's Christian Education

Rev. Robert M. Blanton, Cell: 601-291-0652

Columbarium

Wendy Brantley, Home: 601-924-1695

Flower Guild

Becky Wright, Cell: 601-940-4861

Betty Sue Hennington, Cell: 601-955-9970

Lisa Chandler, Cell: 601-540-4045

Funeral Guild

Chuck Runyan, 601-925-0829

Outreach

The Reverend Deacon Bill Hanna, 601-605-8523

Parish Lunches & Special Events

Janie Fields, Home: 601-922-2759, Cell: 601-624-8614

Scouting Committee Chairman

Jim Brantley, Cell: 601-940-1962

Wedding Coordinator

Kathy Milone, Home: 601-925-6009

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Episcopal Church of the Creator
1445 Clinton-Raymond Rd.
Clinton, MS 39056

*We are part of the Worldwide Anglican Communion and in communion with the
Archbishop of Canterbury.*

“We are a congregation of the Episcopal Diocese of Mississippi: One church in mission, inviting, transforming, and reconciling. We seek to serve Christ in all persons and to respect the dignity of every human being.”