

CREATOR

Chronicle



December 2017

"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."

9 "Spiritual" Things People Do That Are Total Nonsense

Dear Friends:

No one ever told me spirituality could be a self-sabotaging ego trap. How could something that seemed so pure and good be harmful?

The answer has to do with something that psychologists call spiritual bypassing. In the early 1980s, psychologist **John Welwood** coined the term "*spiritual bypassing*" to refer to the use of spiritual practices and beliefs to avoid confronting uncomfortable feelings, unresolved wounds, and fundamental emotional and psychological needs. According to integral psychotherapist **Robert Augustus Masters**, spiritual bypassing causes us to hide behind a kind of spiritual veil of metaphysical beliefs and practices. He says it "not only distances us from our pain and difficult personal issues, but also from our own authentic spirituality, stranding us in limbo, a zone of exaggerated gentleness, niceness, and superficiality."

In his groundbreaking book, *Spiritual Bypassing: When Spirituality Disconnects Us From What Really Matters*, Masters writes:

Aspects of spiritual bypassing include exaggerated detachment, emotional numbing and repression, overemphasis on the positive, anger-phobia, blind or overly tolerant compassion, weak or too porous boundaries, lopsided development (cognitive intelligence often being far

Continued on next page

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.

ahead of emotional and moral intelligence), debilitating judgment about one's negativity or shadow side, devaluation of the personal relative to the spiritual, and delusions of having arrived at a higher level of being.

9 “Spiritual” Things People Do That Sabotage Our Growth

The best way to understand spiritual bypassing is through examples. I'm going to go into detail to describe ten specific shadow tendencies of spiritual people. Remember: You need not feel ashamed to admit that some of the items on this list apply to you. I suspect some of them apply to everyone who has ever taken an interest in spirituality. Most of them applied to me at one point or another, and some I'm still working through. The goal here is not to judge, but to increase self-awareness in order to progress toward a more honest, empowering, useful spirituality. Let's get into it.

1. Participate in “spiritual” activities to make us feel superior to other people.

This is probably one of the most pervasive shadow aspects of spirituality, and it takes many forms. Some people feel superior because they read Alan Watts. Or ride their bike to work. Or refrain from watching TV. Or eat a vegetarian diet. What I'm saying is that it's alarmingly easy to allow our spiritual ideas and practices to become an ego trap—to believe that we're so much better and more enlightened than all those others. This dysfunction actually inhibits genuine spirituality by causing us to focus on one-upping other people, rather than cultivating a sense of connection to the cosmos and feeling poetic wonder at the sublime grandeur of existence.

2. Use “spirituality” to justify failing to take responsibility for our actions.

“It is what it is.” or “The universe is already perfect.” or “Everything happens for a reason.” can all function as excellent justifications for never doing much of anything and never really examining our behavior. It's difficult to acknowledge the moments in which we act brashly, selfishly, or thoughtlessly and inflict suffering on someone else. It's difficult to admit that we too are far from perfect ... that growth and learning are a never-ending process.

3. Adopt hobbies, interests, and beliefs ... the latest “spiritual” fads.

We all have a deep need to feel that we belong, and form groups to satiate our spiritual need. This is potentially a great thing, but it also has a shadow aspect. It is possible to dilute the significance of genuine spiritual inquiry, contemplation, experience, and realization. We can tend to be people who use “spirituality” as a reason to feel superior to others.

4. Judge others for expressing anger or other strong emotions, even when it's necessary to do so.

When you become interested in spirituality, one of the first quotes you're likely to encounter is: "Holding on to anger is like grasping a hot coal with the intent of harming another; you are the one who ends up getting burned." The subtle point of the quote is that we shouldn't hold on to anger; we should feel it, express it if necessary, then let it go. However, it's very easy for us to assume that this means that anger, in any form, is a sign that one is unwise, un-spiritual. This is untrue. Anger is a natural human emotion and a perfectly justifiable response to many situations. This leads to inauthenticity. One struggles to constantly present oneself as calm, gentle, nice, and in a state of perpetual peace, and ultimately ends up looking and feeling like a fraud.

5. Overemphasize "positivity" in order to avoid looking at the problems in our lives and in the world.

"Just be positive!" is often employed as a deflection mechanism by "spiritual" people who would rather not do the difficult work of confronting their own internal issues, wounding, and baggage, let alone the problems of the world. The "positivity" movement has exploded in Western culture in recent years. The Internet is overflowing with seemingly endless memes and articles repeating the same inane messages: "Think positive thoughts!" "Just be positive!" "Don't focus on the negative!" Though there is surely value in cultivating gratitude for the many marvels of the human experience, this movement seems to overlook something critical: The darker aspects of life do not disappear, simply because they are ignored. In fact, most problems in our individual lives and on the global scale seem only to worsen when they are ignored.

6. Repress unpleasant emotions that don't fit our "spiritual" self-narrative.

"No way, I can't possibly be depressed or lonely or scared or anxious. I love life too much, and I'm too wise / enlightened to allow that to happen anyway." It's easy to delude oneself into believing that spirituality is going to make life feel like endlessly floating upon a cloud, but in practice, this is not the case. Life is still full of suffering, and in order to really grow and learn from our experience, we need to be honest with ourselves about what we're feeling.

7. Feel deep aversion and self-loathing when confronted with our shadow.

When you become interested in spirituality, it's easy to idolize people like the Mother Theresa or the Dalai Lama, and to believe that these people are Perfect Humans who always act with complete awareness and compassion. In actuality, we're all fallible humans, and we're all going to make mistakes. The deck is stacked against us. Over the course of years, there will be major mistakes. All we can do is learn from our errors and strive to do better in the future. We must be honest with ourselves about our mistakes in order to learn from them and grow into more self-aware, compassionate versions of ourselves.

8. Find ourselves in bad situations due to excessive tolerance and a refusal to distinguish between people.

The sad fact is that although we might be insulated from it, the struggle for survival is still very real for vast numbers of people on this planet. Many people have grown up in poverty, surrounded by crime, and have learned that the only way to survive is by preying upon weakness. The majority of people worldwide seem not to have this mentality. Learn to make distinctions between people; let yourself know that it's okay to trust your brain's highly evolved pattern-matching mechanism when it tells you that someone looks like they're on drugs, deranged, desperate, or dangerous.

9. Want so badly for various "spiritual" practices to be correct that we disregard science entirely.

There's a pretty heavily anti-scientific streak in a lot of the spiritual community. We can become hostile toward science because the scientific community considers certain beliefs and practices we find valuable unproven or pseudoscientific. This only means that we have not yet been able to confirm its validity through repeatable experimentation. It doesn't mean that it isn't true or valuable. The scientific method is one of the best tools we have for understanding the observable universe; it allows us to discover the profound truth of biological evolution, observe the far reaches of space, extend our lifespans by decades; to discard it is to lose one of our most powerful lenses for understanding reality.

Yours in Christ,

Pastor Bob



**Come and
Join Us!**

Monthly Church Work Day

Saturday, December 16

8:30 - 11:30

There is a lot going on and we could really use some extra hands!



Prime Timers

Wednesday, December 6

12:00 - Healing Service

12:30 - Prime Timers' Pot Luck Lunch



Advent 4 & Lessons & Carols

This year Advent 4 and Christmas Eve fall on the same day!

In order to fit all this celebrating into one day, our schedule will be as follows:

- There will be **NO 8:00 am Mass** on Sunday, December 24.
- Mass celebrating Advent 4 will be held at **9:00 am**.
- Following Mass, there will be a brunch in the Parish Hall. Everyone, please prepare your favorite brunch dishes and come join in fellowship as we prepare for Christmas week together.
- Following brunch, we will be greening the church. The greening will begin around 11:00 am and should last about three hours.
- At 4:00 pm the choir will be in the Nave to begin practicing for Lessons & Carols.
- 6:30 pm - Lessons & Carols (*no Communion*)

CREATOR FALL STUDY SCHEDULE

Sunday Seekers' Sessions

What is the Bible?

How an Ancient Library of Poems, Letters, and Stories Can Transform the Way You Think and Feel about Everything

Rob Bell writes:

"I've been reading and studying and exploring and rereading and rethinking and giving sermons from the Bible for twenty-five years, and I find it more compelling and mysterious and interesting and dangerous and convicting and helpful and strange and personal and inspiring and divine and enjoyable than ever.

"Some people see the Bible as an outdated book of primitive, barbaric fairy tales that we have moved beyond. And then there are folks who talk about how important and central and inspired the Bible is but then butcher it with their stilted literalism and stifling interpretations. But you, I want you to read the Bible in a whole new way,"

~ from *What is the Bible?*

Beginning Sunday, **September 10, 2017** and meeting Sundays from 9:15 to 10:15 am until **December 10, 2017** the *Sunday Seekers' Sessions* will be studying the works of **Rob Bell, Jim Palmer, Nadia Bolz-Weber, Rachel Held-Evans, and Paul Smith**. Pastor Bob will be leading a deep dive into written, audio, and video expressions of current insights into and speculations about the meaning of scripture and possible future directions in the evolution of religious practice.

Confirmation/Inquirers Classes

What is the Bible?

Why Are We Episcopalian?

Our mixed gathering of youth and adults will be studying material that parallels the *Sunday Seeker's Sessions* with emphasis on the humanity behind the scriptures and the revelation that we "cannot get to the holy without [being] human. When considering a passage, **Rob Bell** explains the worst question we can ask of a text ("Why did God . . . ?") and the best question to ask ("Why did people find this important to write down?") In asking these questions, [we will go] beyond the one-dimensional question of 'is it true?' to reveal the Bible's surprisingly transformative power."

Classes will begin Wednesday, **September 13, 2017** and will meet from 6:30 pm to 7:30 pm until **December 13, 2017**. Pastor Bob will be leading the classes. We will be discussing Scripture, Science, Religion, Culture, and Evolution with many video illustrations. Any question raised in this class will be addressed. No question will be dismissed as improper or too difficult to answer (Although, some questions may require the class to do some research).



Pack 345



Cubmaster: Mike Milone
Assistant Cubmaster: Tom Simpson
Pack Committee: John Gardner, Chairman, Edie Hill,
John Fox, Richard McMullan

Pack 345 Calendar - 2017 - 2018

<p>September</p> <p>17 Pack Committee Meeting, 11:30 am</p> <p>21 New Parent Orientation, 6:30 pm</p> <p>28 Pack Meeting, 6:00 pm</p> <p>October</p> <p>13-15 Akela Cub Weekend</p> <p>20-22 Akela Cub Weekend</p> <p>28 Brighton Park, 2:00 pm, Water Rockets</p> <p>November</p> <p>30 Pack Meeting, 6:00 pm, Guest is AMR</p> <p>December <i>No Pack Meeting</i>, Winter Pack Outing</p> <p>January</p> <p>25 Pack Meeting, 6:00 pm</p> <p>February</p> <p>4 Scout Sunday (@ church @ 10:00 am)</p> <p>9-11 Cub Scout Polar Weekend</p> <p>22 Pack Meeting, 6:00 pm (Pinewood Derby)</p>	<p>March</p> <p>1 Camp Card Sales Begin</p> <p>24 District Pinewood Derby</p> <p>29 Pack Meeting, 6:00 pm</p> <p>April</p> <p>12 Camp Card Sales End (money due)</p> <p>13-15 Cuboree Weekend</p> <p>26 Pack Meeting, 6:00 pm</p> <p>May</p> <p>3 Year-end Parent & Den Leader Meeting, 6:00 pm</p> <p>31 Blue & Gold Banquet, 6:00 pm Graduation</p> <p>June - July</p> <p>TBD Cub / Webeles Summer Camp</p> <p>TBD District Day Camp</p> <p>TBD Pack Summer Outing</p>
---	--



VESTRY DIGEST

The November 13 meeting of the Vestry of Creator:

Present: Bob Blanton, Priest in Charge, Joyce White, Senior Warden, Frank Hennington, Jr. Warden, Vicki Donaho, Doug George, Michael Piazza, Treasury Committee representative, John Lanford, Dianne Martin, Clerk of the Vestry

Absent: Linda Piazza, Andrew Wilder

Junior Warden Report

- Frank will contact Delta Tree Services to get their bill for the tree work they did on the property.
- The ice maker is working. Clinton Refrigeration said it was stuck in cleaning mode. They reset it and it works.
- Frank will look into having Hinds Community College re-brick the wall over the large culvert between the two parking lots.
- Beth will contact the people who clean the inside of the church to get an estimate for them to attend to the outside by performing tasks such as blowing the leaves.

Treasurer Report

- Michael mentioned that revenues and expenses are back to what was budgeted.
- Michael will draft an annual stewardship commitment letter and Bob will send it out.

Old Business

Fall festival

Vicky, Doug, and their friends were commended for all the fine leadership and work they did on the fall festival. It was a great success. Next year the Taste of the Arts will be held one weekend, then there will be one week of the Artists showcase, ending with the fall festival. This way, those that purchase art will be able to take their purchases home when they come to the fall festival.

Continued on next page

Old Business

Fall festival

Vicky, Doug, and their friends were commended for all the fine leadership and work they did on the fall festival. It was a great success. Next year the Taste of the Arts will be held one weekend, then there will be one week of the Artists showcase, ending with the fall festival. This way, those that purchase art will be able to take their purchases home when they come to the fall festival.

Parish Development Council

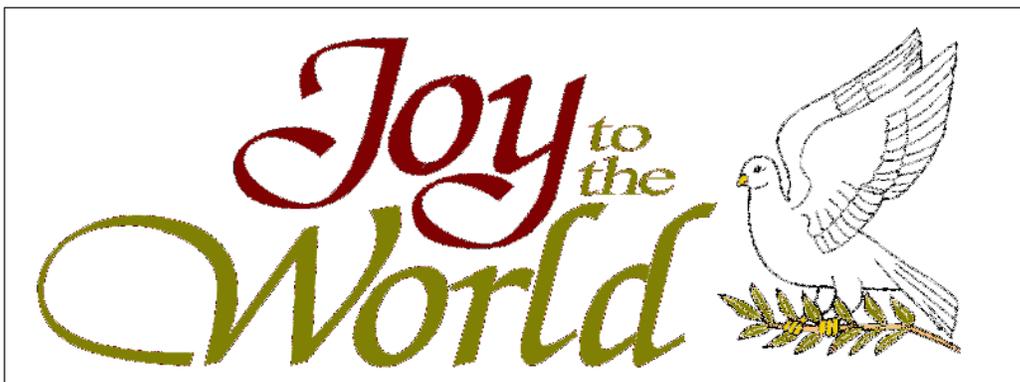
- John Gardner will be co-chair of the Outreach committee.
- The welcome committee will look into new cards for the pews.
- Bob would like us to replace the Clinton Courier add with a color one that would show the Episcopal shield and the Lutheran shield with a message such as “Episcopalians and Lutherans worshipping together”.
- The outreach committee is in conversation with the 4 C's to get a family for whom church members may buy Christmas presents.

New Business

Council will meet the last weekend in January.

There being no further business to come before the vestry the meeting was adjourned at 7:41 p.m.

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.



CREATOR *December Calendar*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 5 pm: AA / AI-Anon Meeting
3 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass Advent 1	4 7:30 pm: DOA—Big Book Group	5 12:00 pm: AA Meeting 6:00 pm: Girl Scouts	6 12:00 am: Healing Service 12:30 pm: Prime Timers 6:30 pm: Cub Scouts 7:00 pm: Adult Choir 7:00 pm: Men's AA Group	7 12:00 pm: AA Meeting 6:00 pm: Cub Scouts	8	9 5 pm: AA / AI-Anon Meeting Parish Hall Rental 6pm - 10pm
10 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass Advent 2	11 6:30 pm: Vestry 7:30 pm: DOA—Big Book Group	12 12:00 pm: AA Meeting	13 6:30 pm: Cub Scouts 7:00 pm: Adult Choir 7:00 pm: Men's AA Group	14 12:00 pm: AA Meeting 6:00 pm: Cub Scouts	15	16 5 pm: AA / AI-Anon Meeting Church Work Day
17 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass Advent 3	18 7:30 pm: DOA—Big Book Group	19 12:00 pm: AA Meeting	20 7:00 pm: Adult Choir 7:00 pm: Men's AA Group	21 12:00 pm: AA Meeting	22	23 5 pm: AA / AI-Anon Meeting
24 Advent 4 9:00 am: Mass Brunch & Greening of the Church following Mass Christmas Eve Lessons & Carols 6:30 pm	25 8:00 am: Mass 10:30 am: Mass 7:30 pm: DOA—Big Book Group Christmas Day	26 12:00 pm: AA Meeting	27 7:00 pm: Adult Choir 7:00 pm: Men's AA Group	28 12:00 pm: AA Meeting	29	30 5 pm: AA / AI-Anon Meeting
31 8:00 am: Mass 9:00 am: Sunday school 10:30 am: Mass New Year's Eve	Office is Closed					

December Acolyte Schedule



Advent I, Dec. 3

Ruby Lanford - Crucifer
Max Lanford - Gospel Book

Advent II, Dec. 10

Rowan Braley - Crucifer
Manny Diaz-Olarra - Gospel Book

Advent III, Dec. 17

Maddie Gray Braley - Crucifer
Tristan McMullan - Gospel Book

Advent IV, Dec. 24 (9 am)

Jonathan Dacus - Crucifer
Tristan McMullan - Torch
Manny Diaz-Olarra - Torch
Rowan Braley - Gospel Book



Christmas Eve, Dec. 24 (6:30 pm)

Maddie Gray Braley - Crucifer
Rowan Braley - Gospel Book



Sunday after Christmas, Dec. 31

Ruby Lanford - Crucifer
Tristan McMullan - Gospel Book

December Servers

	3 Advent I	10 Advent II	17 Advent III	24 Advent IV 9:00 am	31
Chalice	Mike Milone Tori Meyers	Bob White Joyce White	Mike Milone Chuck Runyan	Bob White Richard McMullan	Mike Milone Joyce White
Lectors	John Lanford Joan Blanton	Chuck Runyan Michael Piazza	Richard McMullan Deborah Runyan	John Lanford Joan Blanton	John Gardner Fred Shirley
Prayers	Chuck Runyan	Deborah Runyan	Janie Fields	Fred Shirley	Chuck Runyan
Acolytes	See December Acolyte Schedule on page 11				
Ushers	Tom Kany Rivers McMullan	John Gardner Tristan McMullan	Vicky Donaho Abby Donaho	Frank Hennington Bettye Sue Hennington	Tori Meyers Rivers McMullan
Altar	Beth Braley	Katy Lanford	Joyce White	Rhea Estes	Larry Estes
Home Communion			Edie Hill Tom Kany		
Vestry Person	Andrew Wilder	Joyce White	Vicky Donaho	Frank Hennington	Doug George



Birthdays & Anniversaries



Birthdays

- 7 Deborah Runyan
- 8 Caitlyne Shirley
- 11 Sara Waldbauer
- 12 Sarah Margaret Wilder
- 14 Sarah Runyan
- 16 Ruby Lanford
- 17 Mike Milone

- 21 Joyce White
- 22 Wallis Schutt
- 25 Stefan Williams
- 31 Marti Williams

Anniversaries

- 11 Larry & Rhea Estes
- 31 Bill & Marty Singletary

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

Administrator

Beth Braley

theepiscopalchurchofthecreator@gmail.com

Choir Director

Ezra Wall

ewallmedia@gmail.com

Senior Warden

Joyce White, 601-924-3796

Junior Warden

Frank Hennington, 601-924-3056

Treasurer

Vacant

Vestry

Linda Piazza, 601-594-6704

Andrew Wilder, 601-842-0058

John Lanford, 601-708-4374

Doug George, 601-502-5063

Vicky Donaho, 601-924-5107

Contacts

Church Office

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

Email: theepiscopalchurchofthecreator@gmail.com

Pastoral Emergencies

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

Polly Marshall, Cell: 601-953-2980

Acolytes

Mike Milone, Cell: 601-473-6305

Adult Christian Education

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

Altar Guild

Larry & Rhea Estes, Cell: 601-813-3859

Choir

Ezra Wall, Cell: 601-454-4811

Children's Christian Education

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

Columbarium

Wendy Brantley, Cell: 601-954-3946

Flower Guild

Becky Wright, Cell: 601-940-4861

Betty Sue Hennington, Cell: 601-955-9970

Funeral Guild

Linda Piazza, 601-594-6704

Parish Lunches & Special Events

Vicky Donaho, 601-924-5107

Scouting Committee Chairman

John Gardner, Cell: 601-955-3611

Scoutmaster

Chuck Runyan, Cell: 601-668-5362

Cubmaster

Mike Milone, Cell: 601-473-6305

Wedding Coordinator

Betty Sue Hennington, Cell: 601-955-9970



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.”