

# CREATOR

## Chronicle



January 2018

*“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.”*

### How I Stopped Chasing Happiness and Started Enjoying My Imperfect Life

*Adapted from an article by Mai Pham*

“Do you want to be happy? Be grateful!” ~ David Steindl-Rast

#### Dear Friends:

Have you ever set a goal and then become obsessed with it, making it the center of your life and arranging everything else around it? Did you think that only after you achieved your goal would you be totally relaxed and happy? I’ve done this many times before.

Throughout my life, I’ve measured my happiness by my achievements. I pushed to get good grades in school, then I focused on going to a good college, then on getting a high-paying job. However, even after getting all of those things, I was not happy. After attaining them, they felt *ordinary*, not as *extraordinary* as I *thought* they were.

The feeling of *achievement* was not that awesome after all. I blamed my achievements for my dissatisfaction ... they were *not* tremendous *enough* for me to feel happy. So I thought I had to do *more*. I found a new goal, and I fell into the trap again. I always had something to pursue, and I could never feel happy until I achieved everything.

I abandoned other things in my life to pursue them. My excuses always were “I can’t rest right now. I am busy doing [x]. I will do that after I achieve [x]. I will be relaxed and enjoy my life only after [x].” My [x] constantly changed. I never rested. I put off living until sometime in the future. *Now* was *never a good time* to enjoy life.

Even when I went out with my spouse on a date, I never really enjoyed myself. The feeling of *guilt* was always there to haunt me, to blame me for ditching my work, for being *lazy*. Only when I felt *miserable* and *exhausted* did the guilt fade.

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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.

***That was when I realized something was not right.***

***I was Measuring my Happiness by the scale of my Achievements.***

In the next couple days, I attempted to stop thinking of ***how to achieve*** my goals and paid full attention to ***how it felt***. I took time out for myself, just to think about my life. And it was a painful realization that not only I did not enjoy my life, I missed out so many things in the process.

***I had Forgotten the Ultimate Goal of My Life***

Everyone wants to be happy, including me. My ultimate goal is to enjoy my life. But I constantly postponed my happiness while working toward other short-term goals.

I thought I was in charge of my life and my happiness, but I wasn't. I let those short-term goals control of my life. As a result ... ***I separated myself from my loved ones.***

In ***my vision*** of a happy life, I pictured myself ***with*** my family. But in truth, ***I was not.***

In fact, I turned them down when they expressed concern. I felt like they just ***didn't understand***. The whole reason I needed to achieve more was to be with them when they were ***proud*** of me. But that was not what they wanted. ***They wanted me***, not my titles.

Whenever I achieved something, ***they were just happy to see me happy***. A part of my happy ending was right there with me, but I did not see it.

***I hurt my own feelings.*** As I was busy chasing the idea of my perfect life, measuring my worth by my achievements, I wasn't very fond of myself. When I didn't meet my target, I felt unworthy and I beat myself up. When I earned something, it wasn't extraordinary enough to be proud of. I even beat myself up for not trying harder to receive something bigger. I had a rough relationship with myself. I thought I was ***never good enough*** for my own love, or for anyone else's. It's ***painful*** believing that you are ***unloved***.

***I damaged my health.*** Because I was fixated on achieving my goals above all else, I ignored my body when it screamed for rest. I thought I only deserved to rest when I could no longer work ... when all of my energy was gone. If I didn't work until my energy ran out, I was a ***loser***. I worked my way to exhaustion just to earn a little some rest. I drained my immune system until just a simple cold would break me.

***Learning to Be Happy with My Imperfect Life***

We all have the tendency to compare ourselves with others. I grew up believing life is a race, and I wanted to be the fastest horse. Social media has made this worse. We see other successful people and we crave their achievements. We think if we were as successful as they are, as rich as they are, as talented as they are, we would be as happy as they are.

***Only this isn't the case:*** The truth is that we are different people, we have different goals and desires, but those are not the factors that determine our happiness. ***Happiness is not the***

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**result of our effort.** It can't be measured by our accomplishments. **Happiness is the direction we choose** and the way we live our lives. For some, happiness is to hear their mom's voice on the phone every day. It may be cradling your one-year-old niece ... or the look in your spouse's eyes when you spend **quality time together.** Happiness can be measured by **laughter.** Deep down, happiness is **love** and self-love. It's realizing how beautiful your life actually is. Here are some **aids** for discovering happiness:

**Meditation** allows me to catch my breath, slow down, and look at my life from a totally different **perspective.** I used to think I could never meditate because I couldn't sit still and think of nothing. But I started small with eight minutes a day, and I've surprised myself. I finally learned that meditation is **not about** clearing your mind and **thinking of nothing;** it is about **accepting who you are** and not letting your wild thoughts control you. It helps me see and **detach** from my thoughts ... to **let go** of the chaos in my life.

**Stay in the moment:** After I started practicing meditation, I began to **accept** the **present moment** more fully. It wasn't easy at first ... my mind was always wandering ... making up stories about my life. But as soon I **let that be** as it was without needing to change it, I began to feel more **comfortable** just **living** in the **present circumstance,** no matter what my mind had to say about it. I stopped trying to read a book while having lunch. I **focus** on cooking or taking a shower instead of thinking of work. I try to **taste the food** in every single bite, to **listen** to different kitchen noises, to **feel** the warm water running over my body, to let it **wash away** my stress and anxiety. Needless to say, I have never felt more alive. I now see how beautiful and colorful my life is.

**Write a Gratitude Journal:** I end my day by writing a gratitude journal. It felt silly at first. But writing down all the beautiful things brightens my life and makes me appreciate them even more. No matter how hard we may try, we will never feel positive all the time. Life can be brutal. A **gratitude journal** helps us to **let go** of the **negative** things in our lives and emphasize the things for which we are grateful.

**Affirmations:** I start my day by telling myself how beautiful life is, and how much God loves me just the way I am. Before I get out of my bed, I smile and tell my God, "Thank you for another wonderful day. I love you." When I put my feet on the floor, I thank God and say, "I love you" again. I affirm this fifty times a day, and as a result, I've started to believe that **God loves me.** It is **eye opening** and **life changing** to see how wonderful it is to have **another day** to live, to **feel love** and to **enjoy life** to the fullest.

**"Today might not be perfect, but it's a perfect day to be grateful."**

**Happiness** is **not** something to pursue in the **future.** Happiness is available **right now, right here.** When we stop chasing the shadow of happiness, we begin to recognize that **everything we need** to be happy has been here all along.

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I still **set goals** to pursue, but I no longer arrange my life around them. I've **stopped comparing** myself with others. I've stopped trying to become the person I was always told I should be. **Now**, I know **what matters** to me. I put my **focus** on God and **surrender** my heart and my soul ... my heart tells me who I **really am** ... now I **see, hear, smell, and taste** like never before. I enjoy the quality time I have with my spouse. I enjoy sitting quietly and listening to what God has to say. Even though my life is filled with ups and downs, **sadness** and **gladness** are different colors in my happily-ever-after picture. I'm pleased that I can still **feel** them. And, while I know my life is not perfect, I am **happy** to have today; and, it is a **perfect day** to be **grateful**. **HAPPY NEW YEAR!**

Yours in Christ,  
Pastor Bob



## 4 C's Christmas family

Thanks so much to the Creator family for your generosity in selecting and buying gifts for our 4 C's family. It is so important that people know that the body of Christ cares for them and their material as well as their spiritual needs. And it's such a joy for us to be able to participate in this together as a church family. We took the gifts while the children were at day care so as not to spoil their Santa Claus. The grandmother was so appreciative that she wept for joy. The toys were so cute, the clothes so beautiful, the gift cards so generous, and the checks went toward groceries and Christmas dinner.

Thank you so very much. – Dianne



Come and  
Join Us!

## Monthly Church Work Day

Saturday, January 20

8:30 - 11:30

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



## Prime Timers

Wednesday, January 3

12:00 - Healing Service

12:30 - Prime Timers' Pot Luck Lunch



Our gathering place for Council will be the Landers Center, formerly the DeSoto Civic Center, where we convened in 2006. The vast majority of lodging options are located just up I-55 or off of Airways near Goodman Road in Southaven and down a piece in Hernando. Or you may prefer to be a border-crosser and sleep with the ducks at the Peabody, although no blocks of rooms are reserved across the state line.

## 2018 Annual Parish Meeting

**February 4 @ 10:30 am**

Due to scheduling conflicts, this year's Annual Parish Meeting will be held Sunday, February 4 during the regular Sunday 10:30 service. It is important that everyone attend this meeting as we will be:

- Presenting the new budget for 2018
- Electing a new Junior Warden
- Electing one new Vestry member.
- Celebrating our successes of 2017

At the conclusion of the Parish Meeting we will be having a Pot Luck lunch in the Parish Hall. Please bring your favorite casseroles, salads, deserts and bread.



## 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><b>September</b></p> <p>17 Pack Committee Meeting, 11:30 am          21 New Parent Orientation, 6:30 pm          28 Pack Meeting, 6:00 pm</p> <p><b>October</b></p> <p>13-15 Akela Cub Weekend          20-22 Akela Cub Weekend          28 Brighton Park, 2:00 pm, Water Rockets</p> <p><b>November</b></p> <p>30 Pack Meeting, 6:00 pm, Guest is AMR</p> <p><b>December</b> <i>No Pack Meeting</i>, Winter Pack Outing</p> <p><b>January</b></p> <p>25 Pack Meeting, 6:00 pm, Guest is CPD</p> <p><b>February</b></p> <p>4 Scout Sunday (@ church @ 10:00 am)          9-11 Cub Scout Polar Weekend          22 Pack Meeting, 6:00 pm (Pinewood Derby)</p>	<p><b>March</b></p> <p>1 Camp Card Sales Begin          24 District Pinewood Derby          29 Pack Meeting, 6:00 pm</p> <p><b>April</b></p> <p>12 Camp Card Sales End (money due)          13-15 Cuboree Weekend          26 Pack Meeting, 6:00 pm</p> <p><b>May</b></p> <p>3 Year-end Parent &amp; Den Leader Meeting, 6:00 pm          31 Blue &amp; Gold Banquet, 6:00 pm          Graduation</p> <p><b>June - July</b></p> <p>TBD Cub / Webeles Summer Camp          TBD District Day Camp          TBD Pack Summer Outing</p>
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## Pack 345 Winter Adventure



Saturday, December 16 - the Pack visited the Petrified Forrest in Flora. We had a terrific time exploring the park and learning about geology. Afterwards, we toured the rock exhibits and “panned” for precious stones. We wrapped up our trip with a picnic lunch at the campground.

**What a great way to end 2017!**



# Trinity School, Uganda

The following are some letters Marti Williams received from the students at Trinity School.

Dear friend, How are you? My name is Trevor Samuel. Waalaga I am in primary one

Thank you for supporting me.

I love you so much

I will work hard

to go to another class

My brother Clever  
Lendo also needs  
your support  
I wish you a happy  
Christmas and happy  
new year  
God bless you.

Success has a simple formula: do your best, and people may like it.

18<sup>th</sup> - November - 2017.

Dear Friends,

How are you nowadays. Thank you for praying for me and wishing me success in my PLE Exams. My hobbies are playing football and riding bicycle. My best subjects are Science and Social Studies, and other remaining two subjects I know but there is too much reasoning and long working which need a lot of brain. In my future I want to be an Engineer.

Thank you,  
May God bless you.

Yours faithfully,  
Kabuye Reagan Joel

Saturday 4th November 2017

Hello friend

I hope you and your family are fine?  
I have written this letter to you to thank you for paying my school fees. And other things used in learning at school like books, pen set, pencils and many others. I am happy and my family because you gave me things which are going to help me in the school thank you.  
I go to church every Sunday because if I don't go to church, God will not be happy.

I am in primary five.

I get good marks because I read books seriously.

Thank you for all that

Yours faithfully,

Kirabira Fredrick.

Dear friend,

How are you these days?

I am fine this way.

In Uganda we have two seasons the rainy and dry season. It is raining and people are planting seeds for the season, some are weeding their plants.

They grow crops like maize, cassava, sweet potatoes, groundnuts and beans.

It is really beautiful watching green pasture growing every where the weather is cool.

I am soon looking forward to taking my final exams (P.L.E) on 2<sup>nd</sup> and 3<sup>rd</sup> November. I am doing a lot of revision with my friends our teachers are also guiding us, I need your prayer. I will be glad to hear from you next time, may God bless you for ~~what~~ ever assistance you are rendering me.

Kalungi E. Jonathan

# VESTRY DIGEST

## The December 18 meeting of the Vestry of Creator:

**Present:** Bob Blanton, Priest in Charge, Joyce White, Senior Warden, Frank Hennington, Jr. Warden, Michael Piazza, Treasury Committee representative, Andrew Wilder, Dianne Martin, Clerk of the Vestry

**Absent:** Vicki Donaho, Doug George, Linda Piazza, John Lanford

**Visitor:** Joan Blanton

### **Junior Warden Report**

- Frank will contact a brick layer to see about bricking the wall over the large culvert between the two parking lots.
- Frank will contact the fire department to see if they might use their ladder practice to change the light bulbs in the nave.

### **Treasurer Report**

Michael Piazza said we are back to a good flow for our revenues / expenditures. He will ask Beth to send out statements so that people will know what they owe on their pledges prior to the end of the year.

### **Old Business**

- The plaque for the Education building has arrived. The benches for the stations of the cross walkway have also come in.
- Work by the parish development council is progressing. The outreach committee proposed giving Christmas presents to a family from the 4 Cs. This project was readily and generously supported by the church membership. The welcoming committee is planning to print new cards containing current information about the church. The public information committee is working on several ideas. There will also be a new committee, the productions committee, which will oversee bringing events to Creator such as entertainment and offerings for the community.

### **New Business**

- Frank moved that the church stay with 5% as our percentage to be given as pledge to the diocese. The motion was seconded and passed.
- The annual parish meeting will be held February 4.
- Bob will write a stewardship letter to be sent out.

*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 *January Calendar*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 7:30 pm: DOA—Big Book Group	<b>2</b> 12:00 pm: AA Meeting 6:00 pm: Girl Scouts	<b>3</b> 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	<b>4</b> 12:00 pm: AA Meeting 6:00 pm: Cub Scouts	<b>5</b>	<b>6</b> 5 pm: AA / AI-Anon Meeting 
<b>7</b> 8:00 am: Mass 10:30 am: Mass 2:00 pm: Boy Scouts <b>Baptism of our Lord</b>	<b>8</b> 7:30 pm: DOA—Big Book Group	<b>9</b> 12:00 pm: AA Meeting 6:00 pm: Girl Scouts	<b>10</b> 6:30 pm: Cub Scouts 7:00 pm: Adult Choir 7:00 pm: Men's AA Group	<b>11</b> 12:00 pm: AA Meeting 6:00 pm: Cub Scouts	<b>12</b>	<b>13</b> 5 pm: AA / AI-Anon Meeting
<b>14</b> 8:00 am: Mass 10:30 am: Mass 2:00 pm: Boy Scouts <b>Worship Committee Meeting 11:30 am</b>	<b>15</b> 6:30 pm: Vestry 7:30 pm: DOA—Big Book Group	<b>16</b> 12:00 pm: AA Meeting	<b>17</b> 7:00 pm: Adult Choir 7:00 pm: Men's AA Group	<b>18</b> 12:00 pm: AA Meeting	<b>19</b>	<b>20</b> 5 pm: AA / AI-Anon Meeting <b>Church Work Day</b>
<b>21</b> 8:00 am: Mass 10:30 am: Mass 2:00 pm: Boy Scouts	<b>22</b> 7:30 pm: DOA—Big Book Group	<b>23</b> 12:00 pm: AA Meeting	<b>24</b> 7:00 pm: Adult Choir 7:00 pm: Men's AA Group	<b>25</b> 12:00 pm: AA Meeting 6:00 pm: Cub Scout Pack Meeting	<b>26</b> <b>Annual Council</b>	<b>27</b> 5 pm: AA / AI-Anon Meeting <b>Annual Council</b>
<b>28</b> 8:00 am: Morning Prayer 10:30 am: Morning Prayer 2:00 pm: Boy Scouts <b>Annual Council</b>	<b>29</b> 7:30 pm: DOA—Big Book Group	<b>30</b> 12:00 pm: AA Meeting	<b>31</b> 7:00 pm: Adult Choir 7:00 pm: Men's AA Group			

# January Servers

	7 Baptism of our Lord	14	21	28 Annual Council Morning Prayer	
Chalice	Tori Meyers Richard McMullan	Bob White Joyce White	Mike Milone Chuck Runyan	N/A N/A	
Lectors	Joan Blanton Richard McMullan	Michael Piazza John Lanford	Joan Blanton John Gardner	Fred Shirley Richard McMullan	
Prayers	Fred Shirley	Janie Fields	Deborah Runyan	Chuck Runyan	
Acolytes	Maddie Gray Braley Manny Diaz-Olarra	Ruby Lanford Rowan Braley	Maddie Gray Braley Max Lanford	Tristan McMullan N/A	
Ushers	Tom Kany Rivers McMullan	John Gardner Tristan McMullan	Frank Hennington Bettye Sue Hennington	Tom Kany Tori Meyers	
Altar	Rhea Estes	Katy Lanford	Larry Estes	N/A	
Home Communion			Edie Hill Tom Kany		
Vestry Person	Linda Piazza	Joyce White	Andrew Wilder	John Lanford	



## Birthdays & Anniversaries



### Birthdays

- 2 Lonnie Carlton  
Jeremy Randall
- 13 Bill Singletary
- 17 Doug George
- 20 Donna Corkern
- 21 Rivers McMullan
- 22 Elisabet McGahey

- 24 Edie Hill
- 27 Alexx Shirley

### Anniversaries

- 11 Jim & Wendy Brantley

# 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.”