

The Messenger

The Cathedral of the Incarnation
4 East University Parkway
Baltimore, Maryland 21218
410-467-3750
www.thecathedral.ang-md.org



July-August 2010

INTRODUCING OUR NEW ASSISTANT PRIEST IN CHARGE OF CHRISTIAN FORMATION

The Rev. Sara Shisler was born and raised in Calvert County, Maryland. She grew up as a member of Middleham and St. Peter's Parish in Lusby, where her parents were married and she and her three siblings were baptized. A seeker since birth, Sara has always had an interest in different traditions and expressions of faith. Having important friendships as a youth with kids of different denominations and religions backgrounds, instilled in Sara an appreciation for ecumenical and interfaith dialogue and relationships, although she did not realize it at the time. She just thought the Methodists had great lock-ins and the Baptists could really get their praise on!



In college Sara discovered that her love for art, psychology, history and sociology all came together beautifully in the wonderful world of Religious Studies. As a religion major, Sara fell in love with theologians like Miroslav Volf and Walter Rauschenbusch, mystics like Dorothy Sollee and St. Theresa of Avila, revolutionaries like Martin Luther King, Jr. and Martin Luther and many more lovers of peace and justice and workers for the Kingdom of God.

As graduation from college neared and questions of vocation loomed large, Sara began to have a sense that God might be calling her toward the path of ordination. With the encouragement and support of friends, family, priests and mentors, Sara began the ordination process for the priesthood, which would take her to Yale Divinity School and Berkeley Divinity School. She would go on to earn a Masters of Divinity and Certificate of Anglican Studies in 2008 and a Masters of Sacred Theology with a concentration in Christian Theological Ethics in 2009. During her time at Seminary, Sara was blessed to have the opportunity to live and study at two Anglican seminaries abroad: first, for a term at Westcott House, Cambridge University in England, and five weeks at the College of the Transfiguration in Grahamstown, South Africa. These experiences and the relationships she formed through them, gave Sara an even greater passion for world mission and global partnerships.

In her "free time," Sara enjoys playing with her dog Maggie, attempting to maintain a yoga practice, feeding her book addiction, trying new vegetarian recipes, throwing pottery, and traveling to new places and meeting new people. Her partner, Heather, is a child psychologist at Yale New Haven Hospital and the Yale Child Study Center and lives in Hamden, CT with their other dog, Emma.

Sara spent August 2009- May 2010 as an intern at St. Mark's On-the-Hill in Pikesville, which was a wonderful and formative experience. Sara was ordained to the Diaconate here at the Cathedral of the Incarnation on June 19th. Her first Sunday with us will be July 18th and she is thrilled and excited to begin her ordained ministry among all of us here at the Cathedral. She looks forward to getting to know all of us and serve with us as we continue to discern and follow God's will for the Church. †

FROM THE DEAN

Summertime and the living is...easy!

Well, maybe. There are renovations happening at the Cathedral Center this summer. Through the Interface Committee and the Diocesan Property Committee we have completed designs for the first floor of the Cathedral Center. The work will include offices for the Incarnation staff, the bathrooms, Conference rooms A, B, C, Shoemaker, both hallways, and the back stairwell between the Cathedral and the office area.



The areas will be re-painted and some lighting will be changed. New carpet will be installed following the painting. Last new thermal pane windows will be installed throughout the older “Cathedral House” where only single glaze windows exist. Several other minor projects will be addressed as each area is renovated.

The time line looks like this: beginning July 19th the conference room corridor will be emptied, painted and carpeted. Our plan for the office area is similar with painting followed by carpeting. Staff and youth service volunteers will work to prep the offices for the renovations and clear out unneeded clutter from July 19th through to July 30th. On June 23 the staff will be away from the office for a planning day. The work in the office areas will begin the week of August 2nd. During that week most of the staff will take vacation to be out of the way. We will be open and phone and email messages will be answered. Pastoral care is always available. The window replacement is to be completed during September (after we begin our program year).

Summer schedule reminders: Sunday liturgy at 8:00 and 10:30 AM; Tuesday 7:30 AM meditation and 12:15 liturgy and 12:45 centering prayer; Wednesday 8:00 AM morning prayer.

Please note: The program year **Kick-off Sunday is September 12th**, and includes Sunday school –

youth programs – adult forums- additional liturgical services and several other ways we build community and deepen our spiritual practices. We move from recreation mode to active mode.

One last note about our renovations. It is about growth. During the Rite 13 liturgy, June 13th, 14 of our students participated; six days later 15 students left for the J2A pilgrimage. This is good news. Our challenge is to expand our capacity to meet our needs. We will have to find large enough class rooms for the fall. We will be shuffling rooms around. We are also considering how to make our space as flexible as possible between staff offices, class room needs, youth needs and work areas. Counting on the Spirit to guide us and listening to the needs we have, I know we have the creativity to meet the challenge.

Have a great summer!
Peace, Hal †

Pastoral Care

If you or a loved one is in need of pastoral assistance outside regular office hours (Monday – Friday, 9 AM – 5 PM), please call the office number 410-467-3750 and press “4”. Leave your name and phone number and clergy on-call will respond as soon as possible. †

Baptism at the Cathedral

The next opportunities for Baptism are August 8 (the Sunday closest to the Transfiguration) or November 7 (All Saints’ Sunday)

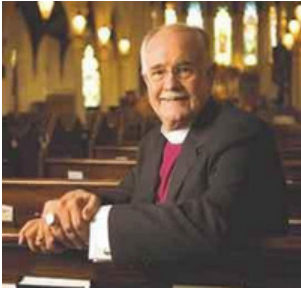


All parents of young candidates (and godparents when at all possible) are asked to attend a Baptism workshop to help get ready for this great Sacrament. Older candidates are asked to speak to Dean Hayek. Please register with the church office at office@thecathedral.ang-md.org †

NEWS FROM THE DIOCESE

Succession Plans for Bishop John L. Rabb's 2011 Retirement in Place

May 17, 2010



The Rt. Rev. Eugene Taylor Sutton, bishop of Maryland, with the support and consent of the Standing Committee, has chosen to appoint an assistant bishop to serve full-time in the diocese for a period of

approximately two years, beginning after Bishop Rabb's retirement on January 1, 2011, until the election and consecration of the diocese's next bishop suffragan.

The Rt. Rev. Joe Goodwin Burnett, bishop of [Nebraska](#), will serve as assistant bishop of Maryland, effective April 1, 2011, in accordance with the canons and constitutions of the Episcopal Church and the Diocese of Maryland.

"It gives me great pleasure to know my colleague and friend Joe Burnett will be able to accept my invitation to come to the Diocese of Maryland to assist us during these years of transition. He is a known leader in the Episcopal Church, whose experience, intellect and wit will be greatly appreciated by everyone here. We are absolutely delighted that we can use his considerable gifts as we move forward with our [Horizons 2015 priorities](#)," said the Rt. Rev. Eugene Taylor Sutton, bishop of Maryland.

Interfaith Peace Partners

We invite you to join us to pray for Peace on the 22nd of each month. Our prayers are needed more than ever as we pray for Peace in the Holy Land of our three faiths, Christian, Jewish and Moslem. For more information please contact the Rev. Charles Cloughen at ccloughen@ang-md.org. Our next service is on July 22nd, 7:30 PM at St. Francis Academy, 501 East Chase Street, Baltimore †

The Rev. Angela Shepherd Named to Diocesan Staff



We are pleased to announce that the Rev. Angela F. Shepherd will become Canon for Mission and Outreach in the Diocese of Maryland effective September 1 of this year.

Canon for Mission and Outreach is a new position on the diocesan staff. In that capacity, Angela's ministry will involve working with a group to start an Episcopal school for at-risk children in Baltimore, assisting with the Horizons 2015 priorities that call for transformational change through peace and justice, working with the diocesan Public Policy team, and encouraging congregations in their local and global mission efforts.



Thinking about summer camps? Be sure to check out opportunities for wonderful camp experiences at The Bishop Claggett Center in Buckeystown, Maryland.

Visit www.bishopclaggett.org for complete information on individual camps and for registration deadlines. †

SUNDAY SCHOOL & YOUTH NEWS

Summer Sunday School

Begins at 10:15 AM for children ages 3-6 years old upstairs in the large Sunday School room. Jane Vanko is leading the program which will be based on the lectionary readings. We still need volunteers! Please sign-up on the bulletin board.

During the summer the nursery is open for our youngest members aged up to 3 years old, from 10:00 AM. †

Vacation Bible School

July 26-31, 2010 - join friends from the Churches of Charles and the neighborhood under the Baobab Tree for Baobab Blast: God's Great Get-



Together. VBS will take place at First English Lutheran Church (Charles/ 39th St) for ages 3-5th grade for \$20 per child for church members. (Non-church members are always welcome at the slightly higher cost of \$25 per child.) The program is 9 AM - 12 Noon with after-care available from 12 noon - 5 PM for an extra fee of \$75 for the week. Flyers & registration forms are on the credenza outside the workroom.

Youth Volunteers are needed for the week as shepherds to the different age groups of young children. Adult Volunteers are needed as Teachers of the rotation classes- music, science, art, games. Please check with the office for more information or if you would like to volunteer. †

Look for more details about fall Christian Formation programs in our special Mid-August issue...

All God's Children

--Dorris & Ken McElroy



Since it's beginning in August, 1995, the Cathedral of the Incarnation has supported All God's Children a five day long sleep-away camp for 7-12 year olds held at The Bishop Claggett Center - with money, staff

and children from our congregation. As the name suggests, this is an opportunity for boys and girls from different backgrounds and ethnicities to play, learn new skills, and make new friends. It also allows junior staff to develop as leaders.

This year's camp begins on Sunday, August 8, and ends Friday morning, August 13. The cost is \$310; scholarship money is available. Application forms are available from Outreach Coordinator Amy Myers or in the lobby. Questions? Ask Dorris or Ken McElroy at 410-366-5598 or the Rev. Monique Ellison at 517-214-9557. †

J2A Pilgrimage Reflections

In the next issue of the *Messenger*, pilgrims will share their experiences during their pilgrimage



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ADULT FORMATION

Sunday Forum is taking a break during the summer months. Watch for the fall programming in future issues of *The Messenger*.

Adult Bible Study continues through the summer on Sunday mornings from 9:00 to 10:00 AM. This group ponders the Scriptures appointed for that morning. You are welcome to join in—for a Sunday or for a season.

Tuesday Morning Meditation Group continues to meet every Tuesday at 7:30 AM in the Peace Chapel. If you want to experience contemplative prayer (“Prayer of the Heart”) please join this group—no prior experience necessary. Silent wordless meditation is an ancient Christian discipline, originating from the third century Desert Fathers. It has been revived in modern times by several Benedictine and Trappist monks and is commonly practiced for 20-30 minutes twice a day in more than 100 countries. Its aim is to open the heart to the divine within and thus support both inner and outer spiritual journeys. All are welcome.

“**Reel Faith—Well for the Journey**” - led by The Rev. Ben Smith, is sponsored by Well for the Journey, Inc., a non-profit ecumenical organization offering spiritual nourishment for daily living. Participants gather on the evening of the first Sunday of the month at the Charles Theater and stay after each movie for a free discussion. No registration is required. To learn which movie has been selected, call The Well office (410-377-9520) or check the web site at www.wellforjourney.org not more than one week ahead. **Join us on July 11 for the next movie.** †

Cathedral Highlights

Did you know you can receive a weekly email update about what is happening at the Cathedral for the upcoming weekend? If you are not receiving the Cathedral Highlights, please email Caroline (cbomgardner@thecathedral.ang-md.org) or call the office and leave your email address so you can get these valuable emails! †

Workshop Time: August 28

On Saturday, August 28, from 9:00 AM until 1:00 PM (including lunch) there will be various workshops for the following groups:



Adult Choir
Children's Choirs
Sunday School Teaching Team
Youth Leaders *

*Gregg Morris will join us again for Journey to Adulthood training.

If you would like more information about joining one or more of these groups, please contact the office. †

Pledges



Even when your travels take you far away from the Cathedral during the summer, please remember to send in your contributions. Thank you! †

Save the date!

Join us for a concert to benefit ERICA
The Episcopal Refugee &
Immigrant Center Alliance

Featuring the Bryla Quartet

Saturday, September 25, 2010
at 5:00 p.m.

Cathedral of the Incarnation

Tickets go on sale August 1st
Help support our ministry of welcome!

OUTREACH

Habitat for Humanity News

--Sarah Stevens-Rayburn



Habitat News: Summer Building Week saw great progress on our houses, despite the usual hottest week of the summer temperatures. On 1717 Lorman Street, we have completed the exterior framing of the first floor and most of the second floor. On 1720, the framing of the basement has been completed, the joists laid for the first floor, and framing begun. Lunch provided by the Cathedral on Monday (thanks to Liz Diffenderffer's fabulous organizing) was considered one of the best of the week. All in all, it was a great week, and thanks go out to the workers who participated on site and those who put together the lunch subs in record time last Sunday! To join the fun of helping move the houses forward, contact habitat@thecathedral.ang-md.org. Your ongoing prayers for this work and your financial support via the special pew envelopes are equally needed and appreciated. Thank you! †

Sandtown Habitat for Humanity Build Week Lunches – Thanks!

--Amy Myers



A huge thank you goes out to the many volunteers from our community who helped feed the many, many, many Habitat volunteers in Sandtown during a very hot Build Week - including those who shopped, made sandwiches,



transported and served the food and drinks. And a special thank you to Liz Diffenderfer of the Stewardship Team who organized the meals and the volunteers from start to finish. Check out the bulletin board in the hallway for pictures! †



Photos by Amy Myers

School Supplies Drive in August

--Amy Myers

Each year our community leads a school supplies drive in August. This drive helps families at our partner neighborhood public schools, Abbottston Elementary and Waverly Elementary/Middle Schools where more than 80% of students qualify for free or reduced price lunches. Bins will be placed in the hallway in front of the workroom during August for collection. Here's a list of typical items that are always needed: Crayons - Glue Sticks - Pencils - Colored Pencils - Hardback black and white marbled composition books - spiral notebooks - notebook binders and loose-leaf paper (not college-ruled) - pocket folders - scissors - Kleenex - supply boxes/pencil cases - rulers - index cards - hi-liters - pens - hand sanitizer - paper towels



Check the Sunday bulletins in August for more specifics. For Abbottston needs, see Mary Jane Hall. For Waverly Elementary/Middle School needs, see Hadley Mellin or email her at hadleymellin@gmail.com. †

The Partnership to End Childhood Hunger in Maryland

-- Amy Myers

Maryland is the wealthiest state in the country and boasts three of the country's richest counties - Howard, Montgomery and Calvert. Despite this wealth, 1 in 10 Maryland households routinely face hunger. Maryland's high cost of living is a contributing factor, and many families struggle to provide nutritious meals for their children. The good news is that there are many established food and nutrition assistance programs throughout the state that can help struggling families; the challenge is to make sure that eligible families know about these programs and enroll their children in them. For example

only 21% of eligible Maryland children participate in the Summer Food Service program. Increasing that to 40% would mean that close to an additional 40,000 children would have access to nutritious meals during the summer months. Families can call 1-877-731-9300 to find a meals program nearby or visit www.nokidhungrymd.org to learn about more resources.

The Partnership to End Childhood Hunger in Maryland is a public-private partnership that includes organizations, federal and state public agencies, local leaders and representatives from the faith community working with stakeholders around the state to end childhood hunger in Maryland by 2015.

Visit www.nokidhungrymd.org to learn more. †

Outreach Team Update

-- Amy Myers

Learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow
Isaiah 1:17

The Outreach Team meets approximately every six to eight weeks to listen to one another as we try to discern how best to respond to the brokenness we see and experience every day. We make decisions on where to direct our community's funds that are tithed to outreach. We hear from Cathedral members talk about their passion for mission and service, whether that takes the form of building houses in Sandtown, helping families new to America settle in Baltimore, tutoring kindergartners, supporting microfinance in the developing world, stocking food pantries, advocacy, working for peace and reconciliation or some other outreach work entirely. We invite all in our community to come to an Outreach Team meeting and join the conversation. The next meeting of the Outreach Team is Wednesday, August 18 at 6 PM. Join us! For more information, talk to Outreach Coordinator Amy Myers at 410-467-3750 or outreach@thecathedral.ang-md.org. †

Health Care IS a matter of Faith

--Karen Wright

The National Episcopal Health Ministries recently hosted a Health Fair, a Diocesan day of discussing the church's role regarding health care issues ranging from health care reform to incorporating faith based health ministries at our churches. Health ministry in a local congregation is an intentional ministry focusing on both spiritual and physical healing, combining the ancient traditions of the Christian community with the knowledge and tools of modern health care.

Resolution A077 of the 76th General Convention of the Episcopal Church encourages the Episcopal congregations to implement health care ministries as a component of congregational care and outreach by the year 2012.

There is a significant need for churches to address the issues of physical, spiritual, and emotional healing of their members. Some of the benefits to implementing a health ministry in our churches are the following:

- Health ministries function as outreach to people both inside and outside the church community.
- Health ministries promote a sense of community and bring members of the community closer together. For example, when a volunteer Parish Nurse is offering free blood pressure screening, he is also offering pastoral care to the individual receiving the blood screening,
- Parish Nurses can inform the clergy regarding the seriousness of medical conditions within the congregation.
- Through the venue of health ministry, difficult-to-broach discussions regarding health stigmas, (i.e. AIDS/HIV) or end of life issues can be addressed to wider audiences.
- In the more impoverished communities, health ministries bridge some of the gap between the haves (those who have health insurance) and the have-nots.

Health Ministries can and do take many forms:

- visiting the sick at home or in the hospital,
- bringing food and the sacraments to shut ins and/or new mothers,
- driving people to doctor's appointments,
- offering health education series at church,
- volunteering medical professionals offering free blood pressure screenings,
- community blood drives,
- knitting prayer shawls.

An important indirect benefit of these health care ministries may be development of relationship with otherwise estranged members of the church community.

In the Keynote speech, Matthew Ellis, Executive Director of the Episcopal Health Ministries, addressed Health Reform and how issues of any individual's health impacts us all: from the mother who sends her child to school sick because she can't afford to pay the doctor (or fears she may not be able to pay the doctor) to the US's high rate of abortions. In an article Mr. Ellis cited from the Washington Post, a Cardinal from Great Britain explained, "If that frightened, unemployed 19-year-old knows that she and her child will have access to medical care whenever it's needed, she's more likely to carry the baby to term."

In addressing personal responsibility, Mr. Ellis noted that we must be well to serve; for example, are the clergy taking advantage of regular wellness checkups? Are we? One other speaker noted the responsibility to take care of our bodies as the temples housing our eternal, God-given souls. To do otherwise is not appreciating the awesome gift of life from God.

Church is a place where people of all ages and ethnicity congregate regularly, making churches an ideal venue to provide health screening services and health education programs to a wide range of people. A few studies have shown that health education programs in churches can effect real behavior changes.

Healing is a mission directed to Christ's disciples, along with teaching and following Christ's message.

The Maryland Episcopal conference is blessed with many strong Health Ministries so we don't have to start from scratch. The first step suggested was to perform an assessment of the needs of the church directly with the members and local communities: What do parishioners see as their greatest needs? Start with one or two areas and grow the ministry from there.

The following description was copied from one of NEHM's handouts: National Episcopal Health Ministries (NEHM) educates leaders for Episcopal health ministry and parish nursing, supports those engaged in health ministry in Episcopal congregations and provides resources to local congregations, dioceses and provinces. NEHM is a valuable resource for those seeking assistance in the development of faith ministries. For more information on NEHM, go their website at <http://www.episcopalhealthministries.org>.

In closing, we are all encouraged to take personal responsibility for our health and to be God's disciples in bringing equitable healthcare to all of His people. How can we be of service to our members and to the communities surrounding us? †

Toiletries Collection

--Adele Wakefield

We continue to collect toiletries (both full and trial sizes), including toothpaste & brushes, deodorant, soap, shampoo, baby wipes, diapers, etc. These are given to families and individuals – in transitional housing, hospice care, and at ERICA workshops. Donations should be placed in the box under the credenza, outside the workroom. †



Cathedral Festival Thanks

Our thanks go to Tom Gamper and his crew of YACs, J2As and other helpers. The Cathedral Festival was a great success. A special thank you also goes to Anastasia Kezar who coordinated the food that everyone brought.



Your generous hospitality to one another and to our guests once again showed off our Cathedral spirit. Thank you! †

From the Parish Register



Andy Weaver died June 5.

Grace Kachadourian died June 6.

For information about becoming a Cathedral member, please contact the office at office@thecathedral.ang-md.org. †



Altar Flower Memorials and Thanksgivings

Flower memorials and thanksgivings are available every Sunday except during Advent and Lent. The suggested donation for memorials is \$60. Please sign up on the sheet posted on the wall next to Caroline's office. Many Sundays are still available this year.

Questions? Contact Mary Jane Hall at 410-377-4218. †

CREATION CARE TEAM

--Paul Beares

Incarnation's Community Supported Agriculture Program (CSA)

Over 50 individual and family households are participating in our One Straw Farm CSA program. The CSA provides a stable base of member customers for local farmers while providing fresh locally grown, organic vegetables for the members over 24 weeks of the local growing season.



Outreach component - The One Straw Farm CSA also contributes four full shares for us to give away to those in need. The Creation Care Team works with the Outreach Team to provide one full share to a family ERICA has placed in temporary housing. The other three shares are provided to St. Mary's Rolandview Towers, supportive housing for the very low-income elderly served by St. Mary's Outreach Center in Hampden. The majority of seniors in these apartment buildings earn less than \$800 a month; any food is welcome, but especially fresh produce. In addition, many seniors have physical challenges that make it difficult to get to the grocery store at all, so it is a real boon to have free fresh food in the lobby of their building! The donated shares are claimed within an hour through our "Free Farmer's Market."

Volunteers Needed - Each Thursday
Volunteers from our community are needed to keep this program running smoothly.

- 2 volunteers are needed from 3 – 6:30 pm to greet CSA members and assist in distributing food shares in the air conditioned comfort of the Diocesan Center. This is a fun way to get to know fellow parishioners and some of our neighbors.

To volunteer to assist with the CSA member pick-ups, please sign-up on the bulletin board or contact Paul Beares at spbeares@verizon.net or 410-666-3787.

- 1 or 2 volunteers are needed from 3 – 4 pm to take our donated shares – and any other shares that CSA members have chosen to donate that week – to St. Mary's Towers, and offer residents a free farmers' market.

Please sign up to staff a Thursday farmers' market for St. Mary's; this is an outreach activity suitable for all ages and most schedules – if you are available Thursdays after work for about an hour, we can arrange that as well. Talk to Outreach Coordinator Amy Myers at outreach@thecathedral.ang-md.org, call the Cathedral office, or sign-up on the bulletin board. Every Thursday in July and August is open for volunteers.

If you are a CSA member and would like to donate your shares on any particular week, please let Paul Beares (spbeares@verizon.net) or Amy Myers know in advance so that we may include your produce in our farmers' market. †

Renewing our Cathedral Grounds - A Creation Care Project

We have begun the process of an exciting renovation of the Cathedral grounds, which will result in substantial changes to all of the garden areas bordering the Cathedral and Diocesan Center. A display showing the changes will be added to the lobby area in the near future. Our landscape designer, Karen Gahs of TDH Landscaping, has worked diligently to develop a plan that recognizes the unique character of our buildings and the role of the Cathedral in the community. We are seeking to create beautiful, sacred spaces that welcome the community to our doors.

Funding for this project comes from the Friends of the Cathedral Gardens' Endowment fund, which has the mission to promote the enhancement and preservation of the landscaping of the Cathedral grounds and to coordinate their development and maintenance.

Watch for more information as we move forward with this project. †

Baltimore Food & Faith Project – Film Festival at the Cathedral, Thursday, July 15th, 7 to 9 PM

The Baltimore Food and Faith Project, a program of the Johns Hopkins University Center for a Livable Future, will present segments from two important documentaries on the state of the world's food supply. "The Future of Food" offers an in-depth look into genetically engineered foods, and "The Dying Fields" explores the dynamics of cotton production in India and the devastating effects on local farmers.



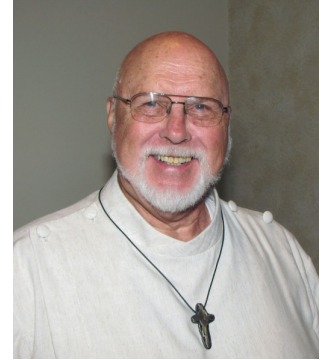
Please join us as we enjoy some locally grown popcorn and talk about the debate over genetically engineered foods and how these plants affect communities at home and around the world. †

OUR NEW DEACON INTERN

My name is Anthony Warner but please call me Tony. I will be serving as an Intern at the Cathedral for a short time and I am looking forward to meeting many if not all of you during that time.

I have been married to my lovely and very supportive wife for over fifty two years. We have three married children, two grandchildren and one great grand child. We both worked for the Dept. of Defense at Ft. Meade, MD and retired in 1995.


I was ordained as a Roman Catholic Deacon and served at Our Lady of the Chesapeake Church in Pasadena, Md. until 1992 when I submitted my letter of resignation to the Archdiocese. I then began a new faith journey and started attending Epiphany Episcopal Church in Odenton, MD. While at Epiphany, I was active in adult education, the building renovation committee, and served on two intern evaluation teams.



In 2002, we moved to Hanover, PA to be near one of our daughters and our two grandchildren. We joined their church, St. George's Episcopal Church in Hampstead, MD and immediately became active in parish life. I instituted a Eucharistic bread baking ministry, served 1-1/2 terms on the Vestry, was a member of the Board of Directors for our Christian Pre-School and led several Christian Formation programs. I am a Chalcistic, a Lay Eucharistic Visitor, and serve as co chair with my wife on the Pastoral Care Commission. This past year was very helpful in learning more about the Diocese since I served as the Alternate Delegate to the 2010 Diocesan Convention.

In the Spring of 2009, our Rector, The Rev. Chris Tang, asked me to consider having my Diaconal Orders recognized by the Episcopal Diocese of Maryland so that I could serve the people of St. George's as a Deacon. After a long consideration and discussion with my wife, I agreed. Bishop Rabb gave his approval. Archdeacon Welch put me in touch with Deacon Shematek who got the ball rolling and I will begin my Internship with you at the Cathedral of the Incarnation on July 11. †

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12 Noon Cancer Support Prayer Group	2	3 <i>Habitat Work Day at Sandtown 9 AM-4 PM</i>
4 8:00 AM Holy Eucharist 9 AM Adult Bible Study 10:15 AM Summer Sunday School 10:30 AM Holy Eucharist 12 Noon Coffee Hour 1 PM Igbo Service	5 <i>Cathedral & Diocesan offices closed</i> 	6 7:30 AM Christian Meditation 12:15 PM Contemplative Eucharist 12:45 PM Centering Prayer	7 8:00 AM Morning Prayer	8 12 Noon Cancer Support Prayer Group	9	10 <i>Habitat Work Day at Sandtown 9 AM-4 PM</i>
11 8:00 AM Holy Eucharist 9 AM Adult Bible Study 10:15 AM Summer Sunday School 10:30 AM Holy Eucharist 12 Noon Festive Coffee Hour <i>Reel Spirit, Charles Theater</i>	12 5:30 PM ERICA Board Meeting	13 7:30 AM Christian Meditation 12:15 PM Contemplative Eucharist 12:45 PM Centering Prayer	14 8:00 AM Morning Prayer	15 12 Noon Cancer Support Prayer Group 7-9 PM Baltimore Food & Faith Project: Film Festival	16	17 <i>Habitat Work Day at Sandtown 9 AM-4 PM</i> Habitat Childcare 9AM - 1 PM
18 8:00 AM Holy Eucharist 9 AM Adult Bible Study 10:15 AM Summer Sunday School 10:30 AM Holy Eucharist 12 Noon Coffee Hour 12 Noon Shawl Ministry 1:00 PM Igbo Service	19 <hr style="width: 100%; border: 0.5px solid black;"/>	20 7:30 AM Christian Meditation 12:15 PM Contemplative Eucharist 12:45 PM Centering Prayer 5:30 PM Chapter Meeting	21 8:00 AM Morning Prayer <i>Conference Wing Closed for refurbishment</i>	22 12 Noon Cancer Support Prayer Group 7:30 PM Pray for Peace , <i>St. Francis Academy, Baltimore</i>	23 <hr style="width: 100%; border: 0.5px solid black;"/>	24 <i>Habitat Work Day at Sandtown 9 AM-4 PM</i>
25 8:00 AM Holy Eucharist 9 AM Adult Bible Study 10:15 AM Summer Sunday School 10:30 AM Holy Eucharist 12 Noon Coffee Hour	26 <hr style="width: 100%; border: 0.5px solid black;"/>	27 7:30 AM Christian Meditation 12:15 PM Contemplative Eucharist 12:45 PM Centering Prayer	28 8:00 AM Morning Prayer 5:00 PM Stewardship Mtg Vacation Bible School	29 12 Noon Cancer Support Prayer Group	30 <hr style="width: 100%; border: 0.5px solid black;"/>	31 <i>Habitat Work Day at Sandtown 9 AM-4 PM</i>



August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 AM Holy Eucharist 9 AM Adult Bible Study 10:15 AM Summer Sunday School 10:30 AM Holy Eucharist 12 Noon Coffee Hour 1 PM Igbo Service Reel Spirit, Charles Theater	2 5:30 PM ERICA Board Meeting	3 7:30 AM Christian Meditation 12:15 PM Contemplative Eucharist 12:45 PM Centering Prayer	4 8:00 AM Morning Prayer <i>Cathedral Office - refurbishment</i>	5 12 Noon Cancer Support Prayer Group	6	7 <i>Habitat Work Day at Sandtown 9 AM-4 PM</i>
8 8:00 AM Holy Eucharist 9 AM Adult Bible Study 10:15 AM Summer Sunday School 10:30 AM Holy Eucharist & Holy Baptism 12 Noon Coffee Hour	9	10 7:30 AM Christian Meditation 12:15 PM Contemplative Eucharist 12:45 PM Centering Prayer <i>All God's Children</i>	11 8:00 AM Morning Prayer <i>Camp</i>	12 12 Noon Cancer Support Prayer Group	13	14 <i>Habitat Work Day at Sandtown 9 AM-4 PM</i>
15 8:00 AM Holy Eucharist 9 AM Adult Bible Study 10:15 AM Summer Sunday School 10:30 AM Holy Eucharist 12 Noon Festive Coffee Hour	16	17 7:30 AM Christian Meditation 12:15 PM Contemplative Eucharist 12:45 PM Centering Prayer	18 8:00 AM Morning Prayer 6:00 PM Outreach Team Meeting	19 12 Noon Cancer Support Prayer Group	20	21 <i>Habitat Work Day at Sandtown 9 AM-4 PM</i> Habitat Childcare 9AM - 1 PM
22 8:00 AM Holy Eucharist 9 AM Adult Bible Study 10:15 AM Summer Sunday School 10:30 AM Holy Eucharist 12 Noon Coffee Hour 12 Noon Shawl Ministry 1:00 PM Igbo Service	23	24 7:30 AM Christian Meditation 12:15 PM Contemplative Eucharist 12:45 PM Centering Prayer	25 8:00 AM Morning Prayer 5:00 PM Stewardship Mtg	26 12 Noon Cancer Support Prayer Group 7:30 PM Pray for Peace, <i>Location TBA</i>	27	28 9 AM-1PM Sunday School, Youth Leavers, Adult & Children's Choir Workshop <i>Habitat Work Day at Sandtown 9 AM-4 PM</i>
29 8:00 AM Holy Eucharist 9 AM Adult Bible Study 10:15 AM Summer Sunday School 10:30 AM Holy Eucharist 12 Noon Coffee Hour	30	31 7:30 AM Christian Meditation 12:15 PM Contemplative Eucharist 12:45 PM Centering Prayer	1 8:00 AM Morning Prayer	2 12 Noon Cancer Support Prayer Group	3	4 <i>Habitat Work Day at Sandtown 9 AM-4 PM</i>

The Messenger

The Cathedral of the Incarnation
4 East University Parkway
Baltimore, Maryland 21218
July-August 2010

CAN YOU HELP?

Through ERICA the St. Mark's-on-the-Hill community has generously agreed to provide housing for one of our clients, Aida N., and several area churches have rallied around to provide funds to meet our client's basic needs over the next several months -- for food, a bus pass, and a very few other essentials.

We still need a few more items to help make Aida more comfortable, and if anyone has new or gently-used versions of any of these things to donate, I'd be most grateful for your help.

- 1) analog-to-digital TV converter box, with cords
- 2) alarm clock/clock radio
- 3) cook books, e.g., old standards like *Joy of Cooking*, *Fannie Farmer Cookbook*, etc., so Aida can learn the standard American repertoire, in preparation for possible employment as an in-home health aide
- 4) fridge containers
- 5) small personal fridge
- 6) iron and ironing board
- 7) working window-unit air conditioner
- 8) a computer of recent vintage

Please contact the ERICA office at 410-467-3750 ext. 224 or director.ERICA@gmail.com BEFORE dropping off your donations, thanks!

***Messenger* Publication Schedule**

The Messenger is published ten times a year monthly with a combined July/August edition and a combined December/January edition. **The deadline for the September edition is August 20, 2010** (no longer than one page). Send correspondence to Editor, c/o The Cathedral of the Incarnation, 4 E. University Pkwy, Baltimore, MD 21218 or by email to messenger@thecathedral.ang-md.org. †

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