

THE SAINT TIM'S TIMES



Telling Our Story

by *The Rev. John Porter-Acee*

Has anyone noticed that St. Timothy's is on the move? There are so many moving parts that it is hard to keep up with everything. I am writing to you on January 19th and just in the next ten days we have a vestry retreat, a regional preconvention meeting, a dinner group social and kick off, Fifth Sunday Fellowship during our 9:00am formation hour, crew45, a national Cursillo meeting, a B.R.A.C.E. support group meeting, and a two day long PCS Teacher Training.

And those events are just the new or one-time things. We also have all of our usual recurring activities like our Men's Socials, the Brotherhood of Saint Andrews, Adult Choir, Youth Choir, EYC, Girl Scouts, Cub Scouts, Scouts, Cursillo Reunion Group, Dinner at the Shelter, lunch at J.O.Y. Community Center and Soup Kitchen, Knitting, Board Games, 12 step meetings, Altar Guild, Pew Duty, Inreach, and let's not forget Sunday Worship and Formation, or our St. Timothy's Preschool.

That's 30 different group activities or events in ten days not counting regular meetings, which reminds me of #31, a calendar meeting with all of our ministry groups to organize things through August or September. How can we possibly be aware of everything? I doubt we can, but what you are reading is movement in the right direction.

This marks the return of our newsletter, affectionately known as The Saint Tim's Times.

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Communication is always a delicate balance. If you communicate too often, people will ignore you. If you communicate less than you should, people will rightfully complain about a lack of communication. You can never “win” the communication battle, but consistency is one of the only proven techniques.

Consistency allows people to learn where the information that they are looking for will be located, so that they can go and find it easily. Here is the consistency that we strive to achieve:

<p>Refrigerator Page one, half-sheet of paper that includes all of the important information for one week to hang on your fridge. Deadlines, events, birthdays, anniversaries, prayers for the sick, and contacts for unseen guests and inreach for the week.</p>	<p>Wednesday Email Sent to all who are on our distribution list to give short descriptions of anything going on in the next several weeks. This is a good place to learn about what you want to make space for on your calendar, or what you want to invite your friends to attend with you.</p>	<p>Saturday Email Sent to all who are on our distribution list to give bullet points about what is coming in the next few weeks plus links for our Sunday service. This is a good reminder of what is happening the next day at church as well as what you learned about in the Wednesday Email but you will not get much more information than titles and times.</p>
<p>Worship Announcements Before worship begins, the Vestry Person of the Day announces specific and timely information from the refrigerator page, both emails, and other congregational requests.</p>	<p>Website www.st-tim.org contains the most information you can get about St. Timothy's. Major events such as Christmas and Easter are often seen in the rotating banner. You can access the full church calendar and read in depth descriptions about ongoing programs or special events.</p>	<p>Facebook Page Follow our Facebook Page, "Saint Timothy's Episcopal, Greenville NC" for fun updates, event announcements (especially last minute changes), photos and more!</p>

While we believe this strategy to be effective, we do not feel that there is a place to hear our stories. The addition of the St. Tim's Times is meant to fill that void. The Times will not be a list of events or request to sign up or show up. The Times will be full of our striving, growing, learning, and living together. You will have a chance to read about our celebrations and, when needed, you will be able to read about places we are falling, or have fallen, short. The Times may lead people to sign up, or participate in one of our activities, but it will only do so by sharing someone else's experience of that activity, not because it lists days, times, and number of people needed. The Times is meant to build relationships with each other, with our new members, with Pitt County, and with God.

What information have you been looking for that you can't find? What ways are we missing in our efforts to communicate and connect with you? Far more importantly, what stories to you have to tell that can help us in our efforts to Love God, by Serving our Neighbors, Together?

Choir Brings a Joyful Noise to the Community

by Peter Woodruff

The St. Timothy's choir has decided to take an exciting new step to expand the scope of our ministry. I suggested in the fall that there might be ways for us to take our skills out beyond the four walls of our church and into the world, and members of the choir enthusiastically agreed.

The first week of January, we traveled out to Red Oak Manor Assisted Living with a stack of music and lyric packets. We gathered many of the residents together, passed out the packets, and sang for them and with them. Leslie Bowman and Ellen Crawley have been heading up this new outreach concept, and they put together a collection of wonderful hymns and music familiar to the residents. They were filled with joy, singing and dancing in their seats. It made me happy to see their eyes light up at hearing some of their favorite songs again. Thank you to Leslie and Ellen for coordinating this opportunity with Red Oak and for assembling the music packets. If you are interested in joining us or learning more, please contact myself, Leslie Bowman, or Ellen Crawley. Membership in the choir is not required; only a desire to serve!



"Electrifying" Vestry Retreat

by Liz Lane



At St Tim's, I have had a strong and meaningful relationship with clergy and parishioners, through the good times and the struggles I have experienced. I like St Tim's because it is a small church and a very close knit church family. We had our Vestry Retreat on Jan 20 to 22. The atmosphere was electrifying. We not only got to know each other, we opened our hearts to the needs and desires we want to offer the church. Our purpose on the Vestry, I feel, is to focus on communicating and being involved more directly with our church family. During the retreat, what I found so amazing was the interaction we had with each other. We shared our ideas and our personal opinions. Because of the retreat, I think working together this year will be quite productive!! I really want us to grow together as a church and achieve the goals we have developed. Thank you all for giving me the opportunity and the responsibility to serve on the Vestry and achieve these goals!



Qi-what???

by Kathryn Lennox Lloyd

During the height of the pandemic, I began my journey through live, online yoga teacher training. I benefitted tremendously, not only from physical practices, but, from mindfulness and meditation practices. During advanced teacher training, I was introduced to, and came to love, the ancient practice of qigong (“chee-gong”). Its gentle movements, along with meditative flows, supported my intention and ability to become more grounded and mindful, living as much as possible in the present moment (and returning to it again and again when my mind wanders into the past or toward the “what-ifs” of the future). After feeling the personal impacts and learning of the amazing direct experiences of others, I believe wholeheartedly in the benefits of qigong, as it can support us in cultivating vital energy, reducing stress and tension, and finding balance that can lead to a deep sense of peace. My conviction is that **all deserve to live in peace**, and my desire is to bring offerings into our community that are in alignment with this conviction. Off our mats, these practices can enhance our relationships with ourselves and others, including God.

Celebrating our Teachers

by Leslie Bowman

St. Timothy’s Preschool has been in operation for more than 30 years. Our children range in age from 14 months to five years. Registration for next year will open February 20th! We are fortunate to have an outstanding staff and a beautiful campus. Below is a brief bio and photo of our dedicated lead teachers in the older classrooms. We’ll share about the younger ones next month. If you see them around our campus, please express your thanks!



Pre-K:
Amy Phelps

Amy has a bachelor’s degree in Early Childhood Education. She has a 13-year-old son and a 9-year-old daughter. Her family lives in the country with their three dogs and three horses. She loves being outside and hiking. When asked why she teaches, she responded, “Preschool children are like sponges, constantly soaking up knowledge and I love being a part of that process.”



Threes:
Vicki Rouse

Vicki has an A.A.S. degree in Early Childhood Education and a B.S. in Family and Community Services & Early Intervention. She enjoys gardening and camping and loves fostering cats & kittens for the Animal Shelter. Her family includes her husband, three boys, four cats and lots of chickens! In addition to teaching preschool, she has taught Sunday School, at summer camps and has run an at-home childcare center.