

# THE SAINT TIM'S TIMES

## Yoga in Community

*by Alyssa Sugar*

Hello, my name is Alyssa Sugar and I have been teaching yoga in Greenville for 24 years. I have enjoyed teaching my class in the Parish Hall at St. Timothy's for about 5 years now. I feel so fortunate to have a church family that believes and supports the ministry of yoga. I believe yoga works on our mind, body and spirit and gives us the space to get closer to God. Some of the students that come to class are members of St. Tim's and some are not. Some have tried out ministries of the church because of coming to yoga class too.



When I first moved here from up north, there was only one yoga class in town. With encouragement from the local yoga instructor, I decided to go get my yoga teacher training certificate. When I started teaching, I was surprised at some of the reactions I received. One example is in the Bless Your Heart section of the Daily Reflector, I once wrote in to support a local music teacher who was bringing the joy of yoga to her students and finding positive results. Well, a few choice words were written back, such as saying I was a "Devil Worshiper".



I was quite taken aback, since as I stated earlier, I feel like yoga brings you closer to God. Even though yoga began in India and was founded by people of the Hindu religion over 5000 years ago, it does not mean that Christians can't partake in the many benefits it has to offer. It seems to me that all religions are based in loving one another, so I see more similarities than differences.

I have been a member of St. Timothy's for over 20 years and have seen people come and go, but it has always felt like home to me. From getting confirmed into the Episcopal church with my eldest son, Dylan, to watching my youngest son get married in there in 2022, it has been a true blessing. I feel like the church has been with me and my family through thick and thin and there has been a plenty of both in the past 20 years. Thank you St. Tim's!





## My St. Tim's Story

by Mary Vincent



A note: we're hoping to run "My St. Tim's Story" as a series throughout the next year or so to accompany our newsletter content. If you are willing to share your story, we'd love to hear it! Email Martha [formation@st-tim.org](mailto:formation@st-tim.org).

Eddie and I began coming to St. Tim's in the early 80's at the invitation of his cousin, Jerry Phillips. You will find Jerry in the Memorial Garden.

We were married in my hometown at St. Mark's Episcopal church. I was baptized there, and my family wanted me to come back home to be married. Eddie grew up Baptist and had some Salvation Army in the mix. He had/has cousins that were officers in the Salvation Army. Needless to say, the Episcopal Church was a little foreign to him. He has adapted well.

We did not attend church in the early years of our marriage but when Leigh and Lauren came along, we decided we needed to find them a church home... Ha ha, we certainly were the ones who needed a church. Our girls were baptized with the Lennox kiddos.

St. Tim's family embraced us, and we soon started helping with Lobster Fair, Sunday School, sponsored young folks for confirmation, served on Vestry, building committees, helped with the church service in several capacities. Our girls went to Sunday School (Formation), EYC, served as acolytes, crucifers and readers.

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Both girls were married at St. Tims and when their children were born, they were all baptized at St. Tims. It is a joy to see those kiddos help with Family's First activities, take part in fun activities like CHIPS and we now have an acolyte.

Our girls are on Altar Guild teams and word has it their daughters have been accepted on their respective teams as trainees. Grayson is sometimes on a team as well.

I have enjoyed being on Unseen Guest and Inreach. Eddie is now on a Shelter Team and is a member of the Brotherhood when he can attend and/or help with special projects.

The title of this short article is My St. Tim's Story, but it would not be possible without my family being with me on this journey. Throughout the ups and downs of life, the St. Tim's family has given us immeasurable support. I am grateful to that wild and crazy guy, Jerry Phillips, for inviting us to visit that little White Chapel. I think that is what we call...A GOD WINK.



## Did you know...?

Back in 1981, a few years after St. Timothy's was officially gathered (1978) and after a piece of land was purchased by the church and the diocese, the little white chapel that sits at the center of our campus was relocated from Ayden. There it was previously known as St. James Episcopal Church. This chapel served as the primary worship space from that move until our church sanctuary was complete in 2003. But that isn't the fun fact.

In the past year or so, Allan Kinlaw and Arran Gregg have become regular attendees of our 8am worship service. But St. Tim's is not new to Allan... He was actually the electrician who disconnected the chapel, still in Ayden, so that it could be moved to its current home in 1981.

As John Porter-Acee put it, that makes him the person with the second longest relationship with our chapel, edged out by Susan Holmes who was baptized in our chapel as an infant before it was moved!!

A shadowbox including St. James memorabilia is located in the entrance to the church offices, with a photo of the chapel atop the table... come check it out! You can also learn more about St. Tim's history and see cool photos on our website History page: <https://www.st-tim.org/history/>.