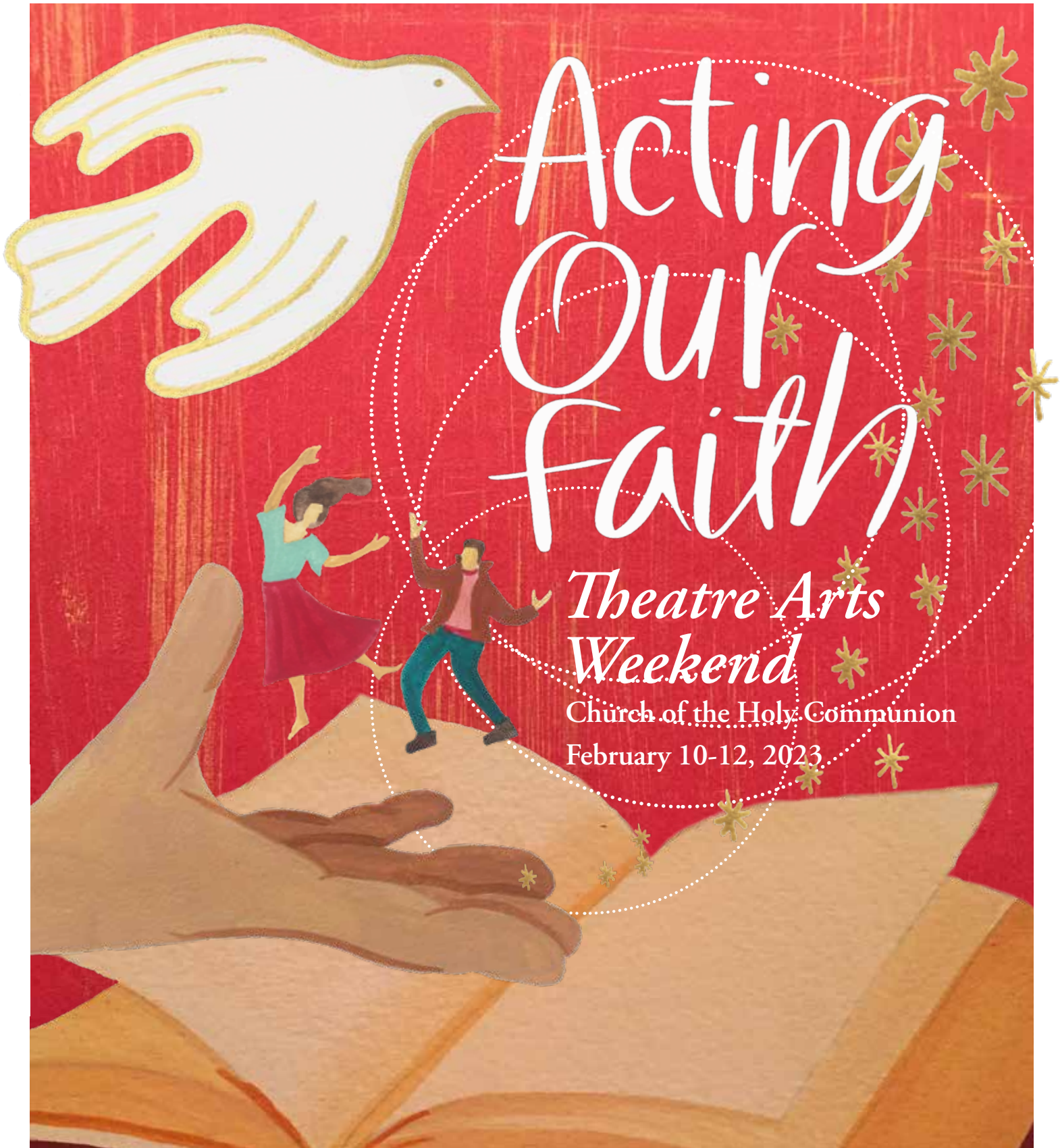


The COMMUNICATOR

EPIPHANY SEASON 2023 | ISSUE NO. 170

A Sacred Presence in the Center of Memphis





The COMMUNICATOR

A publication from Church of the Holy Communion
EPIPHANY SEASON 2023 | Issue No. 170

CLERGY

The Right Reverend Phoebe Roaf, *Bishop*

The Reverend Sandy Webb, *Rector*

The Reverend Jonathan Chesney, *Associate Rector*

The Reverend Sarah Cowan, *Associate Rector*

The Reverend Dr. Randy McCloy, *Deacon*

The Reverend Miranda Cully,
Chaplain to St. Mary's Episcopal School

VESTRY

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Acting Our Faith



Theatre Arts Weekend at Holy Communion

FEBRUARY 10-12



The words “Theatre Arts Weekend” tend to provoke two responses. Either, “Fun! I hope I get to be on stage!” Or, the opposite: “No thanks, there’s no way I’m getting up in front of a crowd.”

While the two reactions are normal and understandable, Minister to Children Drew Massengale wants people to know that the February 10-12 weekend with a Cincinnati-based Christian theatre troupe called Friends of the Groom offers something for everyone, not just theater aficionados.

“Whether you want to actively participate and perform, or whether you prefer to just sit back and enjoy laughing at and thinking about everything presented, the various components of the workshop allow people to engage however they desire,” said Drew. “After all, a good audience is an important part of the theater experience!”

Drew should know well: It was his experience as a teen with the Friends of the Groom theatre troupe that inspired him to imagine this weekend in the first place. “I remember that experience so well because it helped set the course of my life as a teacher, entertainer, and minister.”

The theatre troupe has been in existence for more than 40 years and travels globally to communicate the Christian message in an entertaining and challenging format. Three members of the troupe will travel to Memphis to lead the series of activities February 10-12. The events include a Friday evening dinner and performance and Saturday morning interactive workshops. The activities are intentionally designed to be multi-generational. Members of the troupe will also play the starring roles in the Sunday morning formation offerings on February 12, and they will add special elements to the Sunday morning 10:30 a.m. worship service.

“Especially in this post-pandemic time and as we begin the new year, we know that our members want to gather and be in fellowship with one another,” stated Carter Webster, head of Holy Communion’s program staff. “This weekend will be a great way to connect with each other and make new friends.”

While the weekend experience is targeted primarily at Church of the Holy Communion’s members and affiliates, the events are open to the public and will be advertised through a number of

(Acting continued on page 9)

ACTING OUR FAITH: *Theatre Arts Weekend*

FEBRUARY 10-12, 2023

• At-A-Glance •

What’s this all about? “Acting our Faith” is a weekend of fellowship and fun for all ages, centered on the power of storytelling and theatrical arts. Led by members of a Christian theater troupe called Friends of the Groom, the interactive and intergenerational activities help each person grow in Christ, watch, think, and laugh. Come enjoy this delightful time with friends old and new!

Who’s it for? Anyone, open to the public! Invite your friends and family. Children as young as 8 years will enjoy attending, and anyone 12 and older is welcome to participate in the interactive portions of the workshop.

When and Where? February 10-12, 2023

Location – Cheney Parish Hall

Event Highlights:

Friday, 6:00-8:00 p.m. – Dinner & a show by Friends of the Groom

Saturday, 9:00 a.m.-12:30 p.m. – Theatre arts workshop featuring performance demonstrations and experiential learning activities for children, teens, and adults of all ages. A light breakfast and lunch are provided.

Sunday, 9:15 & 10:30 a.m. – Friends of the Groom will perform scenes during adult formation hour, and our 10:30 worship service will feature special theatrical elements.

How do I sign up? Tickets are \$20 per adult, \$15 per child, or \$60 (maximum) per family. This includes the Friday dinner show as well as breakfast and lunch on Saturday. **Visit www.holycommunion.org to register.**

Registration deadline is February 6

Nursery care for infants & toddlers is available on request.

What if I have more questions? Contact Minister to Children Drew Massengale with any questions. Should cost or childcare be a barrier to participation, please reach out to Holy Communion clergy or staff.

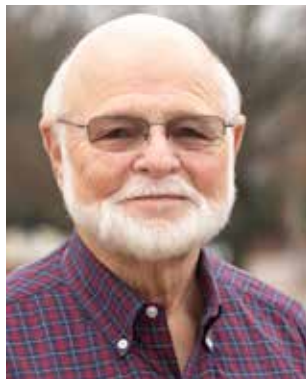
NEW VESTRY MEMBERS TO BE ELECTED AT ANNUAL PARISH MEETING JANUARY 22

Holy Communion's Annual Parish Meeting will be held on January 22, 2023 at 9:15 a.m. in Cheney Parish Hall. This important meeting allows the parish to vote on new leaders, review the parish budget, and hear about the state of the parish from the Rector.

Five new vestry members will be elected at the Annual Parish Meeting to serve three-year terms. The vestry has nominated the five people below. Additional floor nominations may be made at the meeting. To determine whether a potential floor nominee meets the qualifications for vestry service, please contact the Reverend Sandy Webb in the Parish Office.

JOEL CHAPMAN

When did you come to Holy Communion and in what ministries and activities are you involved? I was confirmed into the Episcopal tradition and joined the church in April 2021. But I have been a staff singer in the choir since January 2018. In 2019, I prepared a presentation on stress management for The Daughters of the King, but COVID occurred. When the choir was on summer break, I presented June and July 2020, at the Sunday morning adult education series on coping with COVID-19. This year, I joined the roster of lectors.



Joel Chapman

What skills/experience would you bring to vestry service?

As a clinical psychologist, I have given many public-service classes on mental health topics. In my former church home, First Congregational Church, I founded and directed The Pilgrim Center, a counseling program for spiritual and mental well-being. I also produced and performed in a number of benefit musical events, both for the church and for community social service programs.

What does Church of the Holy Communion mean to you?

Even during my twenty years at First Congo, I frequented Episcopal services and social events. So, when I came to Church of the Holy Communion as a singer, I soon realized I was home, especially when Father Sandy tells us, "I love you all very much."

What is your vision for Holy Communion? By serving on the vestry, I would like to do what I can to help the continued growth of our ministries and Holy Communion's welcoming spirit.

Name something about yourself that we may not know:

Something you may not know about me is that my life-partner, Gary Dawson, and I have been together thirty-nine years. I have been truly blessed.

ELEANOR JORDAN

Member at Holy Communion since: January 2018

In what ministries and activities are you involved? I am a spiritual director. I am a member of the Altar Guild. And, I am secretary of The Daughters of the King.



Eleanor Jordan

What does Church of the

Holy Communion mean to you? Holy Communion was a welcoming haven for me when I needed a parish home. Since then I have been nurtured by the friendships I've made, and I have been offered opportunities to serve the Lord in this place.

What skills/experience would you bring to vestry service?

I have worshipped at Holy Communion a very short time, but I have served at many parishes as a result of my life as a Navy wife. I have broad experience in all aspects of parish life that helps me understand how a parish works. As a spiritual director I have developed my listening skills, which helps me make informed decisions.

What is your vision for Holy Communion? The focus on service to the community has grown, and I hope that Holy Communion will continue to offer more opportunities to benefit our neighbors outside the doors.

Name something about yourself that we may not know: I once flew at Mach 2 in a Concorde SST!

KIM JUSSELY

When did you come to Holy Communion and in what ministries and activities are you involved? We came to Holy Communion in 2020. My family participates in the children's and recreation ministries. I've personally been involved in the Stewardship and Communications committees.



Kim Jussely

What does Church of the Holy Communion mean to you? Church of the Holy Communion offers my family a place of stillness and re-centering. Each week, we're presented the opportunity to refocus our priorities and remember the truths our family holds sacred. We need the reminders the weekly liturgies offer, along with the love and care the staff of Holy Communion provides.

What skills/experience would you bring to vestry service? Since I was not raised in the Episcopal Church, I offer an objective viewpoint, constructed from my various church experiences. In my professional experience, I managed many projects integrating new products into manufacturing and retail settings. Since leaving my profession and becoming a mother, I better understand what young families with children might desire in a church community.

What is your vision for Holy Communion? I would like to see the ministries for young families, children, and youth grow, with more opportunities for community, fellowship and service. These three communities all contribute to the future of our church.

Name something about yourself that we may not know: I went to Clemson University, along with my husband. I was raised in Greenville, South Carolina, which is about 45 minutes from Clemson.

STEVEN QUACH

When did you come to Holy Communion and in what ministries and activities are you involved? 2008. I'm involved in the Young Adults and Youth Ministries. I also serve on the Happening Steering Committee for the diocese.



Steven Quach

What does Church of the Holy Communion mean to you?

Holy Communion has influenced much of my life and where I'm at right now. Through the church, I've met lifelong friends (like Mary Shea, my wife) and made wonderful childhood memories. It's a place that has helped me to grow spiritually. I chose to be baptized at CHC the day I also graduated high school.

What skills/experience would you bring to vestry service?

With me being so young and continually making friends outside the church and meeting new people through my work, I'm able to share my experiences at CHC. I've been here since I started attending EYC in sixth grade, and have continued to attend since then. I've worked on the recreational side with Julie Fike during my undergrad years and volunteered to help with youth after college.

What is your vision for Holy Communion? I want to see Holy Communion grow with congregational involvement and continued programing for members of all interests and age groups. I love the welcoming environment and want to continue to see new faces in the pews and Parish Hall. I especially enjoy seeing the youth feeling comfortable at church and hearing children laughing and playing.

Name something about yourself that we may not know:

I love waterfowl hunting. I love the taste of ducks, I love cooking ducks, and I love being outdoors in the early mornings. I'm big on cooking different meats.

KEN ROBERTS

When did you come to Holy Communion and in what ministries and activities are you involved? We came in 2005. I have been an usher for over 15 years. Lisa and I have done Supper Clubs and worked on Pilgrimage Auctions, and I coached a number of soccer teams. We are regular attendees of the 9:15 Sunday adult forum.



Ken Roberts

What does Church of the Holy Communion mean to you?

Holy Communion – the church building – is, obviously, the physical center of our church life. It is where we gather to worship, learn, and have fellowship with our parish community. But, when I think of Holy Communion, I think about the people. I remember the youth leaders who (staff and volunteers) set examples for and mentored our three children. I

(Vestry continued on page 8)

EPIPHANY SEASON 2023:



CHURCH OF THE
HOLY COMMUNION
EPISCOPAL

FAITH *Formation*

Learning Opportunities at Holy Communion – Spring 2023

All Sundays at 9:15 (except when noted) | Contemporary Theology in Action class (adults), Middle/High School formation, Children's Sunday School, nursery care

JANUARY

8

Sunday Formation

Godparent/Godchild Sunday | 9:15 a.m.

Rev. Sarah presents on Baptism and Godparenting.

15

Sunday Formation

Martin Luther King Reflection | 9:15 a.m.

Fr. Sandy reflects upon Dr. King's sermon "The Drum Major Instinct" and how Dr. King's words of challenge and hope speak to us in our own day..

22

Parish Annual Meeting, Lunch | 9:15 a.m.

Connect with members and meet new friends at the barbecue lunch following the 9:15 a.m. Annual Parish Meeting and 10:30 a.m. worship service. This important meeting allows the parish to vote on new leaders, review the parish budget, and hear about the state of the parish from the Rector. Vestry nominees may be found at www.HolyCommunion.org.

29

Sunday Formation | 9:15 a.m.

TRACK 1 Explore Godly Play | Join Minister to Children Drew Massengale in exploring how the Christian language is shared through storytelling and wondering. This class is ideal for parents, grandparents, Godparents, and those interested in supporting Children's Ministry.

TRACK 2 My Episcopal Life | Fr. Sandy offers what has become a favorite class and one that is part of the new member/confirmation process. Learn what it means to be an Episcopalian.

FEBRUARY

5

Formation | Sunday 9:15 a.m.

TRACK 1 Explore Godly Play continued | Join Minister to Children Drew Massengale in exploring how the Christian language is shared through storytelling and wondering. This class is ideal for parents, grandparents, Godparents, and those interested in supporting Children's Ministry.

TRACK 2 My Episcopal Life continued | Fr. Sandy offers what has become a favorite class and one that is part of the new member/confirmation process. Learn what it means to be an Episcopalian.

12

Sunday Formation

Acting our Faith: Theatre Arts Weekend with Friends of the Groom Theater Troupe | 9:15 a.m.

Acting our Faith is a weekend of fellowship and fun for all ages, centered on the power of storytelling. Friday evening, Saturday/Sunday mornings February 10-12. Registration available at www.HolyCommunion.org.

19

Sunday Formation | 9:15 a.m.

TRACK 1 Bible Geography | Join Old Testament scholar and parishioner Phil McMillion in looking at the kingdoms and locations mentioned in the Bible.

TRACK 2 My Episcopal Life continued | Fr. Sandy offers what has become a favorite class and one that is part of the new member/confirmation process. Learn what it means to be an Episcopalian.

26

Sunday Formation | 9:15 a.m.

TRACK 1 Bible History | Since not all the Bible is in chronological order, how do these books fit together historically? Join Old Testament scholar and parishioner Phil McMillion in an overview of events.

TRACK 2 My Episcopal Life continued | Fr. Sandy offers what has become a favorite class and one that is part of the new member/confirmation process. Learn what it means to be an Episcopalian.

MARCH

5

Sunday Formation | 9:15 a.m.

TRACK 1 Bible Archaeology | Join Old Testament scholar and parishioner Phil McMillion in examining key discoveries that help us to understand the Bible today.

TRACK 2 My Episcopal Life continued | Fr. Sandy offers what has become a favorite class and one that is part of the new member/confirmation process. Learn what it means to be an Episcopalian.

Wednesday Evenings at Holy Communion | Seasonal

Join us **Wednesday, February 1** for a pop-up program and dinner. Our Lenten Wednesday program runs **February 22 through March 29**.

All Wednesdays include dinner at 5:30 p.m., program at 6:30 p.m., and Compline at 7:15 p.m.

JOIN, ENGAGE, CONNECT

Wellness and Recreation

Youth soccer registration is open until Mid-February. Youth baseball registration will open in early February and be open until mid-March. Adults are welcome to join in the wellness classes listed below. Visit www.HolyCommunion.org for more details.



ALL LEVELS YOGA:

Monday and Wednesday – 8:30-10 a.m.

Friday – 9-10:15 a.m. Sunday – 3:30-4:30 p.m.

GENTLE YOGA AND INTERMEDIATE YOGA:

Gentle Yoga – Monday and Wednesday – 4:15-5:15 p.m.

Intermediate Yoga – Tuesday and Thursday – 4:15-5:15 p.m.

ZUMBA:

Monday and Wednesday – 6:30-7:30 p.m.

Saturday – 9:30-10:30 p.m.

TAI CHI: Monday and Wednesday – 11:30 a.m.-12:30 p.m.

Young Adult Gathering

January 29 after the 10:30 worship service

BRUNCH

Meet up with other young adults in the parish for brunch after the 10:30 worship service. Reach out to Carter Webster at cwebster@holychurch.org for details.

St. Columba Junior High Ski Trip

Jr. High (grades 6-8) will go to Hidden Valley Ski Resort February 17-19, 2023. The price for this trip will be \$560. Visit www.SaintColumbaMemphis.org for details.

PreYC | January 29

PreYC is a monthly fellowship and service opportunity for 4th and 5th graders. We had some great experiences over the fall semester as we encountered some of the ministries at work at Holy Communion.

This spring, we will continue with that momentum to explore ways of living the words of the prophet Micah: "And what does the Lord require of you but to do justice and to love kindness and to walk humbly with your God?" (Micah 6:8). What do justice and kindness look like? What does it mean to walk humbly with God? Let's find out together.

Dates: January 29 | February 26 | March 26 | April 23

Episcopal Youth Community (EYC) January kick-off

EYC (Episcopal Youth Community) Kicks Off January 22 | Youth group dinner and activities for youth in grades 6-12 will kick off on Sunday, January 22, 6:30-8:00 p.m. Help support the youth by providing dinner: <https://takethemameal.com/VQHY3671>



Hams Update

Holy Communion really knows how to ham it up! Thanks to your generosity, we collected 337 canned hams for the St. Luke's Food Pantry, overshooting our goal by 87%. Thank you, everyone!

Moving to Seasonal Formats

In 2023, you'll see a move to a seasonal format for both our Wednesday formation program and our printed newsletter, *The Communicator*. This timing will more closely align with the liturgical seasons of the church and staff responsibilities. Visit www.HolyCommunion.org for dates and details.

ABUNDANCE of FELLOWSHIP OPPORTUNITIES IN 2023

Wednesday Evening Program Take New Shape

Beginning in 2023, the Wednesday evening programs at Church of the Holy Communion will take a new form, moving to a seasonal learning format, with occasional "pop-up" evenings of activities or speakers. The move re-orientates the formation offerings into a more concentrated educational offering over several weeks, allowing more people to commit to a concrete number of sessions. Our delicious dinners will continue in this new seasonal format!

Our first seasonal Wednesday night program will be a Lenten formation program, beginning with Ash Wednesday on February 22 and running through March 29. We'll also have a "pop-up" program on Wednesday, February 1. All Wednesday programs will follow the same time format as before: Dinner at 5:30 p.m., program at 6:30 p.m. and Compline at 7:15 p.m. Please note: Parish Choir rehearsals will remain as scheduled, every Wednesday evening.

Becoming a Member of Holy Communion

Interested in finding out about membership in The Episcopal Church and this parish, whether for yourself or a child? We'd love to share more about this process!

Interested adults should reach out to any member of the clergy and plan to attend the "My Episcopal Life" classes held Sundays at 9:15 a.m. beginning January 29. For youth interested in confirmation,



please email Carter Webster at cwebster@holychommunion.org as soon as possible.

Acting Our Faith: Theatre Arts Weekend at Holy Communion with Friends of the Groom



Acting our Faith is a weekend of fellowship and fun for all ages, centered on the power of storytelling. Led by members of a Christian theater troupe called Friends of the Groom, the interactive and intergenerational

activities help each person grow in Christ, watch, think, and laugh. Friday evening, Saturday/Sunday mornings February 10-12. Register at www.HolyCommunion.org.

Lunch follows Annual Parish Meeting and Worship on January 22

Connect with members and meet new friends at the barbecue lunch following the 9:15 a.m. Annual Parish Meeting and 10:30 a.m. worship service.

Supper Clubs Launch February 5

Join us for a kick-off potluck as we launch our spring supper club program on Sunday, February 5 at 6:30 p.m. Note the date change! Watch for more details.

Save the Date of February 25

Breakfast with Becca Stevens of Thistle Farms and Thistle & Bee. Watch for more details!

(Vestry cont'd from page 5)

reflect on the friendships we have made through the fellowship opportunities, the wise and compassionate counsel from our clergy, and, mostly, the overwhelming support from the entire church community when it was badly needed. To me, Holy Communion means people that care for each other.

What skills/experience would you bring to vestry service?

I have 30+ years of experience helping run businesses with large, complicated physical plants. I have previously served on the vestry at Holy Communion and at another parish in this diocese.

What is your vision for Holy Communion? My vision for Holy Communion is to be a place of perpetual activity: People of all ages constantly using our state-of-the-art facilities for worship, learning, fellowship, recreation, counseling, exercise, the arts, and on and on. Our family has felt the impact of Holy Communion on our lives outside of Sunday services. I hope for a wide range of activities on our campus to spread that impact to others.

Name something about yourself that we may not know:

An ideal day for me is spent on our farm using my tractor and chainsaws.

Photos by Cindy McMillion

Have You Set up Your Profile on MyHolyC?

The September 18 Adult Forum was dedicated to an overview of Holy Communion's new technology tools, including how to access the parish portal and directory known as MyHolyC. If you missed it or have some lingering questions, don't worry! Staff and volunteers are available to help. Access to the portal is via the top right link of Holy Communion's homepage, www.holycommunion.org. After requesting a login and being approved, members and affiliates can manage their profiles, including their own privacy settings and notification preferences. They can also upload a photo!



What's "Appening" at Holy Communion?



Download the new CHC app for quick access and notifications about CHC happenings!

Most parishioners know that Holy Communion launched a new website last spring. But fewer folks know that a new app accompanied the launch. Free and available for download in the Apple App Store or Google Play, the CHC app provides easy access to sought-after information: calendar dates, sermons, online giving, and more. Download the CHC app and get connected today!

(Acting cont'd from page 3)

media channels. Parishioners are encouraged to invite their friends and family.

"Our faith is based in storytelling," noted the Reverend Sarah Cowan, Associate Rector. "Our personal stories are

wrapped up in the stories found in scripture, and we learn our faith through the storytelling process. So a theatre arts weekend is really just a way to engage more broadly with our faith stories, and I can't wait to see all that will unfold during the weekend."

Before Christmas, Reverend Sarah interviewed Tom Long, Executive Director of Friends of the Groom. Here's what he had to say.

What happens at your weekend retreats?

I regularly see people drawing closer to each other and then closer to God during these weekends – that's very gratifying.

How does that happen?

The basic idea is our faith is relational. And faith is most deeply communicated not through systematic theology, but through relational experiences. Nothing against preaching, but when you fall in love

with somebody, you don't usually lecture them. That comes later after you've been married for a while.

The first impulse is to get a guitar and, you know, put a rose between your teeth and stand under their window and sing love songs. I think the arts kind of do that for our faith.

How did the troupe begin?

Friends of the Groom started in 1980 when I called up a group of friends and asked them if they wanted to be in a musical I was writing for my church – St. Thomas Episcopal, just outside Cincinnati. I had recently completed an M.A. in theater at the University of Cincinnati, and had already done some writing

and directing of short scenes at the church...By the third year, a number of clergy and other audience members were telling us: "You people really need to be institutionalized!" So we picked a name for ourselves, printed stationery, found some free legal help, and in March 1982, we were incorporated as an independent non-profit organization.

Why the name "Friends of the Groom"?

We floated a bunch of names around and that was the one that made Episcopal rectors smile. It's based on the ideas in scripture of Jesus as the bridegroom. We're all friends of Jesus.



Photos by Cindy McMillion

MINISTRY FOCUS

Knitting Ministry

By Brooke Caldwell

You've seen the baskets at the altar when we bless our knitted items, now here are some quick facts you may not know about Holy Communion's Knitting Ministry.

We make blessings! As of November 2022, we've given out over 1,200 Baptism Blankets, Prayer Bears, and Prayer Shawls, praying over each item as it's stitched. We have also distributed uncounted Comfort Dolls and Prayer Squares. That's a lot of prayers and yarn!

We crochet too! That's right, we crochet Prayer Squares that are perfect for popping into your pocket for those times when you can't wrap yourself up in a Prayer Shawl (like for an imaging scan).

We can teach you how to yarn! There are several group members who can teach you knitting and crochet skills. We can also answer questions you

have on techniques, pattern reading, and general "how did this happen?" moments.

We're hybrid! We meet once a month in person and occasionally on Wednesday nights. Our group also meets twice a month via Zoom. And now you can find us on the Realm Connect app. Meeting participation is entirely optional.

We are a community! One of the ministry's core values is community and we welcome everyone to join us. Members of the ministry do not have to be active or attend Holy Communion. With our online options, you don't even have to be local!

We use washable yarn! That's right, we only use yarn you can throw in the washer and dryer; one less thing to worry about when life is overwhelming.

We provide yarn! And we gladly give yarn to our members free of charge to turn into bears, blankets, shawls, and squares. Crochet hooks, knitting needles, and patterns are also available.

Like other ministry groups, the Knitting Ministry is always looking for help. Because we only use specific washable yarn, we cannot accept in-kind donations. Instead, we ask that monetary donations be directed to the Church Office with the earmark, "Knitting Ministry." For online giving via Realm Connect, use the "Other Gift" option with "Knitting Ministry" in the Memo line.





THANK YOU

The Knitting Ministry wishes to thank Linda Christopher (*right*) for many years of leadership and service! Interested in the Knitting Ministry? Contact Brooke Caldwell (cbcold@gmail.com) or Kristen Powell (KristinJPowell@gmail.com).



The Knitting Ministry would also like to extend an invitation to you and your friends to join us as we serve God by serving others. We don't just create physical reminders of God's Love and the Church's Presence; we create a space for each other to exist within a welcoming community.

The Knitting Ministry: Just another reason it's a GREAT time to be at Holy Communion.



The COMMUNICATOR

Church of the Holy Communion
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Memphis, Tennessee 38117
(901) 767-6987
www.holycommunion.org

WORSHIP TIMES

Sundays (*In-Person*): 8:00 a.m., 10:30 a.m. and 5:30 p.m.
Sundays (*Online*): 10:30 a.m.



Memorials & Honoraria

Received November 16, 2022 – December 15, 2022

In memory of Barbara Wilson

Anne Fisher
Sylvia Adams
Alice Bolton
Gloria & Jim Weir
Walter D. Wills, III
Emily Woodside & Bill Falvey
Kathy & Ben Adams
Annie Mahaffey
Wayne Ferguson

In memory of Paul Anthony Langford

Hubert & Elizabeth Minton

In memory of Mr. Louis F. Allen

Mr. & Mrs. Robert F. Fogelman, II

In honor of John Lewis

Ruth & Ron Thompson

In memory of Dr. Walter Ruch, Jr.

Patsy & Bob Smith, Mimi & Hallie

In honor of Jenny Jensen on her birthday

Peggy Frazer

In memory of Leigh Krzyzaniak

Peggy Frazer

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Photo by Joan Biddle

Angels prepare to walk down the aisle at Holy Communion's annual Christmas Pageant and Holy Eucharist service on Christmas Eve.

Church of the Holy Communion is a sacred presence in the center of Memphis, a welcoming church that gives glory to God through worship, service, and learning.

The COMMUNICATOR

SEASON AFTER PENTECOST 2023 | ISSUE NO. 174

A Sacred Presence in the Center of Memphis



Photo by Cindy McMillion



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A publication of Church of the Holy Communion
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CLERGY

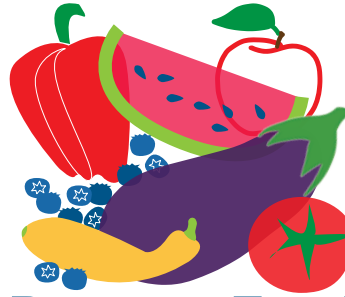
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Chaplain to St. Mary's Episcopal School

VESTRY

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Bradley Fogelman, *Jr. Warden*
Shannon Mattern, *Clerk + Michael Faber, Treasurer*
Jack Nelson, *Officer for Sustainability*
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Janice Hall, Lisa Holt, Eleanor Jordan, Kim Jussely,
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Jake Epperson *Acting Assistant Minister to Youth*
Roosevelt Gray *Facilities Staff*
Drew Massengale *Minister to Children*
Michael McGuire *Minister of Recreation & Wellness*
Cindy McMillion *Parish Photographer*
Beth Mitchell *Associate Minister of Communication*
Ann Moorehead *Facilities Staff*
Dr. David Ouzts *Minister of Music and Liturgy*
Jim Sawicki *Facilities Staff*
Jamie Shaw *Facilities Staff*
Kyle Taubken *Parish Videographer*
Carter Webster *Head of Program Staff*
Sarah Wilkinson *Receptionist*
Cynthia Williams *Receptionist*



Recover Food FEED HOPE

The Vision to Recover Food, Feed Hope in Memphis

At a time when many outreach ministries in faith communities around the nation are struggling with basic rebuilding, due to the COVID-19 pandemic, one ministry at Holy Communion has expanded and even reinvented itself. A growing group of loyal volunteers is recovering food and feeding hope in Memphis – and has a new tagline and logo to better articulate its mission. Here's the story behind this thriving ministry.

Early in the pandemic, Constance Abbey, a downtown ministry serving unhoused neighbors near St. Mary's Episcopal Cathedral, asked Holy Communion for help. Barb Boucher, long-time coordinator of Holy Communion's monthly "More Than A Meal" outreach program, sprang into action with the help of over 75 parishioners, developing a plan to provide more than 900 sack lunches every week, plus enough hot food to serve 40-50 on weeknights. Soon, other faith communities were involved.

That work led to a partnership with Memphis Jewish Family Services to glean – that is, save and re-purpose leftover food – from local farmers' markets. Gleaning is an ancient biblical practice of gathering the remains of crops after harvest. The biblical mandate comes from the Hebrew Scriptures: When you reap your harvest in your field and forget a sheaf in the field, you shall not go back and get it; it shall be left for the alien, the orphan, and the widow, so that the Lord your God may bless you in all your undertakings (*Deuteronomy 24:19*).

The ministry has grown quickly by capitalizing on local partnerships, a web of volunteers from all over the city, and an innovative leadership structure. This new structure brings together several previously separate hunger ministries, including More than a Meal, the Gleaning Ministry, and collections for St. Luke's Food Pantry and Emmanuel Center, to better serve hungry neighbors.

As of this spring, Recover Food Feed Hope is providing 200+ individually packaged meals per week from food that otherwise would be wasted. The packaged meals are distributed to organizations that can help those experiencing food insecurity in Memphis, including the Emmanuel Center, Hope House, Lisieux Community Drop-In Center, Holy Trinity Episcopal Church, St. George's Memphis campus, and the 901 Refrigerator Project. In addition, the ministry provides First Congregational Church a hot



Photos by Cindy McMillion

Some of the Recover Food Feed Hope volunteers: Back Row (L-R): Vance Lewis, Don Paterson, Janice Hall, Carol Paterson, Barb Boucher, Ruth Ellen McQuiston, Sally Mercer, Gigi Franklin. Front Row (L-R): Dorothy Brownyard, Barbara Mulligan, Pam Tracy, Jo-Ellen Reed.

meal to serve 75-100 each week. It also provides meals to Room in the Inn.

Word has spread quickly among organizations hoping to share excess food with hungry people and eliminate food waste. Currently the ministry receives food from Shelby Farms and Rhodes College, and leaders are in discussion with others. “We work closely with Heidi Ruptke and Clean Memphis to expand food recovery from institutional kitchens, restaurants, and caterers, which helps feed more people and keeps more food out of landfills,” said Boucher.

“We realized that we needed to clearly communicate our work as we moved into greater visibility in the community,” said Janice Hall, vestry member and one of the food ministry leaders. “That is what led to developing the ministry name of ‘Recover Food Feed Hope’ as well as a logo, dedicated email address, and some printed collateral that we could use to share our vision.”

The volunteers came up with the Recover Food Feed Hope name while they chopped and packaged food in the Holy Communion kitchen.

“We realized that we needed to clearly communicate our work as we moved into greater visibility in the community”

JANICE HALL,
Holy Communion vestry member and one of the food ministry leaders

They also developed a shared leadership structure, in which responsibilities are rotated regularly, with the goal of eliminating volunteer burn-out.

Hall says it’s all about building a ministry for the food-insecure in Memphis, connecting with partners, and planting more service opportunities in other faith communities – thereby broadening the reach across the city. “There are so many people who want to do good here in Memphis,” said Hall, noting that many of the weekly volunteers come from outside of Holy Communion.

Currently, work groups meet on Sunday afternoons, as well as Monday and Thursday mornings. The ministry also needs more drivers for pick-up and delivery on Mondays, Tuesdays, and Thursdays.

To get involved, learn more, or donate to the food ministry, go to the Recover Food Feed Hope online sign-up, or email the ministry at recoverfoodfeedhope@holycommunion.org.



Volunteers, Staff Enjoy Weekend of Training in GODLY PLAY Curriculum



Photos by Cindy McMillion

A kind of magic happens every Sunday during the 9:15 a.m. formation hour in the Children's Suite at Church of the Holy Communion. This is when children in prekindergarten through fifth grade have the chance to leave behind their often active and heavily-scheduled world and enter a quiet space of Spirit-led wonder.

Two curricula are now offered at Holy Communion, both grounded in the Montessori method of child-centered discovery: Catechesis of the Good Shepherd for ages 3-6 and Godly Play for ages 6-9 and 9-12.

Volunteers and staff participated in a three-day Godly Play training retreat hosted at Holy Communion May 19-21, 2023. They were joined by children's ministers from other West Tennessee parishes, other dioceses, and even other denominations to learn more about the inherent spirituality of children and how to engage spiritual dialogue using the

"These stories were passed to me, and they are ingrained, and the very least I can do is to tell the story."

DEBBIE CAMPBELL
*Holy Communion parishioner
and Godly Play volunteer*



Christian language. The workshop was led by Godly Play trainer Ashley Bond, who is the Director of Formation at Trinity Episcopal Church in New Orleans.

Parishioner Debbie Campbell saw the whole weekend as a "blessing." Noting that while she is not a professionally trained educator ("I'm a bookkeeper!"), she found encouragement in the oft-repeated reminders: "You have everything you need," and "The children will get everything they need."

"It is all within me to pass along the faith," Campbell said. "These stories were passed to me, and they are ingrained, and the very least I can do is to tell the story."

Those familiar with Godly Play or Catechesis of the Good Shepherd cite the intentionality of their shared Montessori approach. Rather than relying on didactic teaching, verse memorization, or guided crafts, there is a deliberate focus on helping the child to "be ready," whether entering the sacred space, hearing the



PICTURED | Page 4 inset: Debbie Campbell presents the Creation story. Page 5, clockwise from top left: Emelia Massengale, Zoe Sandberg, Wimberly Plunkett work with the Holy Family figures; detail of Creation story materials; Catechesis lesson on the Gifts of the Holy Spirit.

lesson, choosing work, preparing the feast, or saying goodbye. In Godly Play, this action is guided by two adult mentors (the Door Keeper and the Storyteller). As Martha Klee, our Level I Catechist, likes to say, “The Holy Spirit is the teacher.” And like Catechesis, the Godly Play lesson starts before even stepping through the door.

Greeted at the threshold by the Door Keeper, the child is asked if they are ready to go in, and if not, what they might need in order to be. Inside the room, the Storyteller helps build the circle, then presents the lesson, engages wondering (“I wonder” is an essential phrase in Godly Play), and invites the child to choose their own individual reflection or response work. The session closes with group fellowship, a small snack – or “feast” as it is known – and a blessing at departure.

In this way, the children’s formation hour mirrors the order of the Eucharist: gathering, hearing the word, reflecting, feasting, and blessing.

Clergy at Holy Communion note the connections between the parish’s long history of investment in Catechesis of the Good Shepherd and the adoption of Godly Play. Both draw upon the Montessori approach, but the training and certification process for each method differs somewhat. Additionally, because Godly Play was founded and

developed by Jerome Berryman, an Episcopal priest, the lessons and language tend to coincide more closely with our own traditions.

“When I began my role here at Holy Communion, we already had a good amount of Godly Play materials, and I fell in love with the lessons almost immediately,” said Drew Massengale, Minister to Children. “The sacred stories of the Bible and the liturgical actions of the Church are presented in a way that’s accessible to any age, education level, or faith background.” A workshop he attended in November “sealed the deal,” he said. “I wanted my own kids to



fully experience Godly Play, and I wanted our volunteers to have the opportunity to learn this method as a group.”

Massengale found this recent Godly Play retreat to be deeply rewarding and said it “definitely brought the Children’s Ministry team closer together” – including some new and returning volunteers. “We have an abundant blessing of mentors who each possess a wide array of talents and a desire to see this ministry grow,” stated Massengale while also noting that there is always room for new volunteers.

We are grateful for our 2022-23 Children’s Ministry and Children’s Chapel volunteers:

Debbie Campbell, Margot Chapman, Lili Hilton, Martha Klee, Charlton Lyons, Dianne Lyons, Patty McCormack, Pat Pate, Susan Satterfield, Mary Thompson

And we welcome new/returning volunteers Nora Hayden and Mary Shea Quach!

SEASON OF PENTECOST:



What's Ahead in Adult Formation? *Join us Sundays at 9:15 a.m. in Cheney Parish Hall*

This summer, our Adult Forum will focus on the so-called “Book of Signs” – the first half of John’s Gospel. John refers to Jesus’ supernatural acts not as miracles, but as signs which testify to who he is. Join us in reading a gospel that grows progressively more dramatic, pointing to the power and mystery of Jesus.

JUNE 11	John 2 – The marriage at Cana, cleansing the temple	JULY 16	John 7 – Teaching in the temple, Nicodemus reappears
JUNE 18	John 3 – The conversation with Nicodemus	JULY 23	John 8 – Forgiving the woman caught in adultery
JUNE 25	John 4 – The woman at the well, the healing at Capernaum	JULY 30	Healing of the blind man in Jerusalem
JULY 2	John 5 – The healing at Bethsaida	AUGUST 6	John 10 – “I am the gate.” “I am the good shepherd.”
JULY 9	John 6 – Feeding of the 5,000. Conversation with Peter	AUGUST 13	John 11 – Raising of Lazarus

Enching above by Jacques Callot (artist) French, 1592 - 1635. *The Marriage at Cana*, 1618. Courtesy National Gallery of Art, Washington.

Don't Miss Pickleball in June!

Enjoy Pickleball at Holy Communion in June. Open to all, we'll have up to four courts available in the McNeill Family Gymnasium. Beat the heat and play inside! A beginner's court will be selected, should there be enough beginners. Join us!

Tuesday and Thursdays in June 9am–noon

Tuesdays, June 13, & 20

Thursdays, June 15, & 22



JOIN, ENGAGE, CONNECT



Photo by Craig Thompson

CHC Young Adults Outing June 15

We are going to a concert at the Overton Park Shell on June 15 at 7:15 p.m. Need details? Reach out to Carter Webster (cwebster@holychurch.org) or Mary Shea Quach (mstipton96@gmail.com). *Bring a blanket or chair!*



Announcing C3: Compline, Crafts, Community for Ages 8-12

The name says it all! This unique four-evening camp invites rising 3rd-6th graders to gather at the end of the day, enjoy a light dinner, and create items to enhance our outdoor Playground before exploring the Episcopal liturgy of Compline. Parents will be invited on Thursday evening to participate in a camper-led Compline service! We are seeking several volunteers (16 years and older) to help.

WHO: ages 8-12 (rising 3rd-6th grade). We can accommodate 10 campers **WHEN:** Monday-Thursday, July 17-20, 5:30-7:30 p.m. **COST:** \$75 per camper **REGISTER BY:** Monday, July 10 by contacting Minister to Children Drew Massengale



Going on vacation this summer?

Go ahead, forget all your cares as you travel to the beach, the mountains, or overseas. Just don't forget the church! Church of the Holy Communion still relies on pledge payments and donations to fund our operations throughout the summer. An easy way to guard against lapsed payments is to set up automated withdrawal (ACH). Contact the business office staff by calling the Parish Office (901-767-6987) to learn more about this easy process. Photo by Cindy McMillion

Wednesday Fun in June Mornings and Evenings



Come play in the McNeill Family Gymnasium on Wednesday mornings June 14, & 21, 9:00 a.m.–noon!

We'll have balls, jump ropes, and group games for all ages. Children under 15 must be accompanied by a caregiver.

PLUS: Join us **Wednesday, June 21, 5:30 dinner**, followed by *Sing* the movie and a popcorn bar!

MINISTRY FOCUS:



*I cannot do everything,
but I can do something.*

What I can do, I ought to do.

*What I ought to do by the grace of
God I will do.*

Lord, what will you have me do?

This is the motto of the Order of the Daughters of the King. Although humble and brief, it tells the story of the order's call to be the extension of Christ's kingdom through prayer, service, and evangelism. This was the vision of our founder, Margaret J. Franklin, and today's Daughters of the King are still called to that mission. Membership to our Order is open to women who are



Beverly Holmgren, member of the chapter at All Saints Episcopal Church, holds the banner at the Spring Assembly hosted at Holy Communion.

communicants of the Episcopal Church, churches who are in communion with it, or churches in the historic episcopate but not in communion with it. Today our membership includes women in Episcopal, Lutheran, Roman Catholic, and Anglican Churches.



A new class of postulants to the order will begin this summer. Over the course of the required three-month preparation period, prospective members will participate in a period of concentrated study, training, prayer, and service.

If you feel called to be a Daughter of the King or would like to know more about our Order, please contact Ann Andrews (lemonysnicket@bellsouth.net) or attend one of our monthly chapter meetings on the third Sunday of the month immediately after the 10:30 service.

Holy Communion's chapter hosted the Daughters of the King Spring Assembly on May 6, 2023.

Photos by Elaine Fulgham and Sarah Cowan

Buen Camino!

WALKING THE WAY *by Ellie Bakelaar*



In April, I hiked a small section of the Camino de Santiago, St. Francis path. I started in the beautiful French village of St. Jean Pied de Port and crossed the Pyrenees into Spain.

It did not disappoint. It was majestic, it was challenging, it was spiritual, and everything in between.

I hiked the Camino solo; however, I was never alone. I carried with me the people I love as well as people I have lost. That



said, the Camino is a community. The people that you meet along The Way are what make this experience as rich as the scenery. I had read this before going but did not anticipate the impact it would have on me in such a short time. Everyone has a story. The Camino is about connections. It is as much about the journey as it is the destination. It is about being present with every step you take...and you take A LOT of steps! The sights, smells, and sounds are too much to describe. I know there will be many Caminos for me to come. This was just the first chapter.



Photos by Ellie Bakelaar



Mental Health and Spiritual Well-Being:

A Strategic Initiative at Holy Communion

JOEL W. CHAPMAN, PH.D.

For God did not give us a spirit of timidity, but a spirit of power, love, and self-discipline. (2 Timothy 1:7 NIV)

The quote above from Paul's second letter to Timothy has long stood out to me, given my training as a clinical psychologist in the tradition of humanistic psychology. Whether one seeks professional help for a short-term problem or needs guidance with more complex life-long issues, the overall role of the counselor or psychotherapist is guided by the essence of Paul's declaration.

In psychological literature, a "spirit of timidity" translates as a sense of low self-worth and fearfulness. A "spirit of power, love, and self-discipline translates as self-confidence, a capacity to give and receive, and an ability to regulate our desires and respect the needs of others. Paul also urges us to "fan into flames the gift of God" (v.6). I think of Paul's directive as encouragement to actualize our best self.

Some of us may have had experience with religious practices that portray humankind as inherently flawed, and some of us may have had negative encounters with the mental health establishment. There are also traditions in both religion and mental health which have distorted the essential nature of human beings, but spiritual well-being and good mental health are not fear-based. Modern counseling practices offer hope for the resolution of vexing problems and can do so because of an implicit belief that people want to live their best life even if they learned self-defeating, fear-based behaviors along the way.

"Paul also urges us to "fan into flames the gift of God" (v.6). I think of Paul's directive as encouragement to actualize our best self."

The clergy and vestry of Church of the Holy Communion have placed a high priority on parish mental health services in the formulation of the church's Strategic Action Plan for 2022-2025. The church's relationship with Samaritan Counseling Center has been strengthened; there is a growing partnership with the Psychology Department of the

University of Memphis to provide a forum for the presentation of student research in mental health issues; and regular forums on topics of concern from parish members, such as parenting, caregiver issues, or life transitions are in development.

The inaugural column, herein, is another initiative from church leadership to make mental health services more understandable and a vital part of our overall spiritual well-being. ***In future***

newsletter editions, specific mental health concerns and perspectives will be addressed. In fact, you are welcome to submit ideas and suggestions. You may send your comments to scowan@holychommunion.org.

As the Rector, Father Sandy, likes to say, "This is a good time to be at Holy Communion!" Indeed!

Dr. Chapman is a member of the vestry, a staff singer in the church choir, and a resource person in matters of mental health.

Photo by Cindy McMillion

ORGAN CONSOLE UPDATE

LATE MARCH 2023 found Dr. David Ouzts spending considerable time poring over the detailed designs of our new Walker Technical Co. organ console in preparation for its installation later this summer. "I had to make sure every stop knob, piston, pedal toe stud, and expression pedal was in its proper place," recalled Ouzts. Despite the laborious attention to detail, the process was "quite exciting," according to Ouzts. "I had great fun studying the schematics and envisioning the organ and choral literature that I will be able to easily play." The organ console will be installed in late summer 2023.



J2022054 Memphis, TN Console Assembly		Scale	1:16	---
Revision Log				
1.0	3/28/23	Drawing Created		Created 3/28/2023
				Drawn Shane Kemp
				Checked
				Material
				Sheet No 1/1



Photo by Cindy McMillion

Watch the Recording: May 21 Update from the Wardens and Rector

On May 21, Senior Warden Richard Williamson, Junior Warden Bradley Fogelman, and Rector Sandy Webb hosted an important adult forum conversation about our youth program, communications, newcomers ministries, stewardship and sustainability, endowment fundraising, and insurance coverage. Want to watch the recording? Go to:



GARDEN GIFTS GROW

The last issue of *The Communicator* reported on the plans for the Holy Communion garden. When this issue of *The Communicator* went to print, gifts and commitments totaled \$339,964, bringing us to 72% completion of the "watering" phase.

GARDEN FUNDRAISING		PHASE GOAL	RUNNING TOTAL
100% complete	PLANTING PHASE Initial gifts allowed the project to go from concept to planning, with commission of architectural documents by the Vestry.	\$250,000	\$250,000
72% complete	WATERING PHASE Additional gifts will put shovels in the ground by authorizing construction when we get to \$375,000 in commitments.	\$125,000	\$375,000
	BLOSSOMING PHASE After the public rollout, a parish-wide appeal will achieve our construction goal of \$425,000	\$ 50,000	\$425,000



The COMMUNICATOR

Church of the Holy Communion
4645 Walnut Grove Road
Memphis, Tennessee 38117
(901) 767-6987
www.holycommunion.org

WORSHIP TIMES

Sundays (*In-Person*): 8:00 a.m., 10:30 a.m. and 5:30 p.m.
Sundays (*Online*): 10:30 a.m.



Memorials & Honoraria

Received May 1, 2023 – May 31, 2023

In memory of Damion Jesse Harmon Hines
Miranda Cully

In memory of Dottie Campbell
Robert & Kendra Propst
Karen & Phil Campbell

In memory of Dwaine Boucher
Alice Bolton

In memory of Clayton Roberts
Neill Sloan

In memory of Grant Macdonald
to the Holy Communion Garden
Don & Maryanne Macdonald

In memory of Bill Adams
to the Holy Communion Garden
Sylvia Adams

In memory of Tommy Keesee
Steve & Debby Schadt
Julie & George Ellis

In memory of Charles Crumby
Sherry & Mike Murphy

In memory of Connie Pittman
Sherry & Mike Murphy
to Friends of Music
Edith Langston

In memory of Robbie McQuiston
Julie & George Ellis

In honor of George B. Ellis
Marilyn M. Wiener and the family of
the late Bailey Lee Wiener

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Photo by Cindy McMillion

Volunteers read Acts 2:1-21 in various languages on Pentecost Sunday, including our own Mary Beth Darrow, Director of Operations, who read in Hebrew.

Church of the Holy Communion is a sacred presence in the center of Memphis, a welcoming church that gives glory to God through worship, service, and learning.

The COMMUNICATOR

SEASON AFTER PENTECOST III 2023 | ISSUE NO. 176

A Sacred Presence in the Center of Memphis

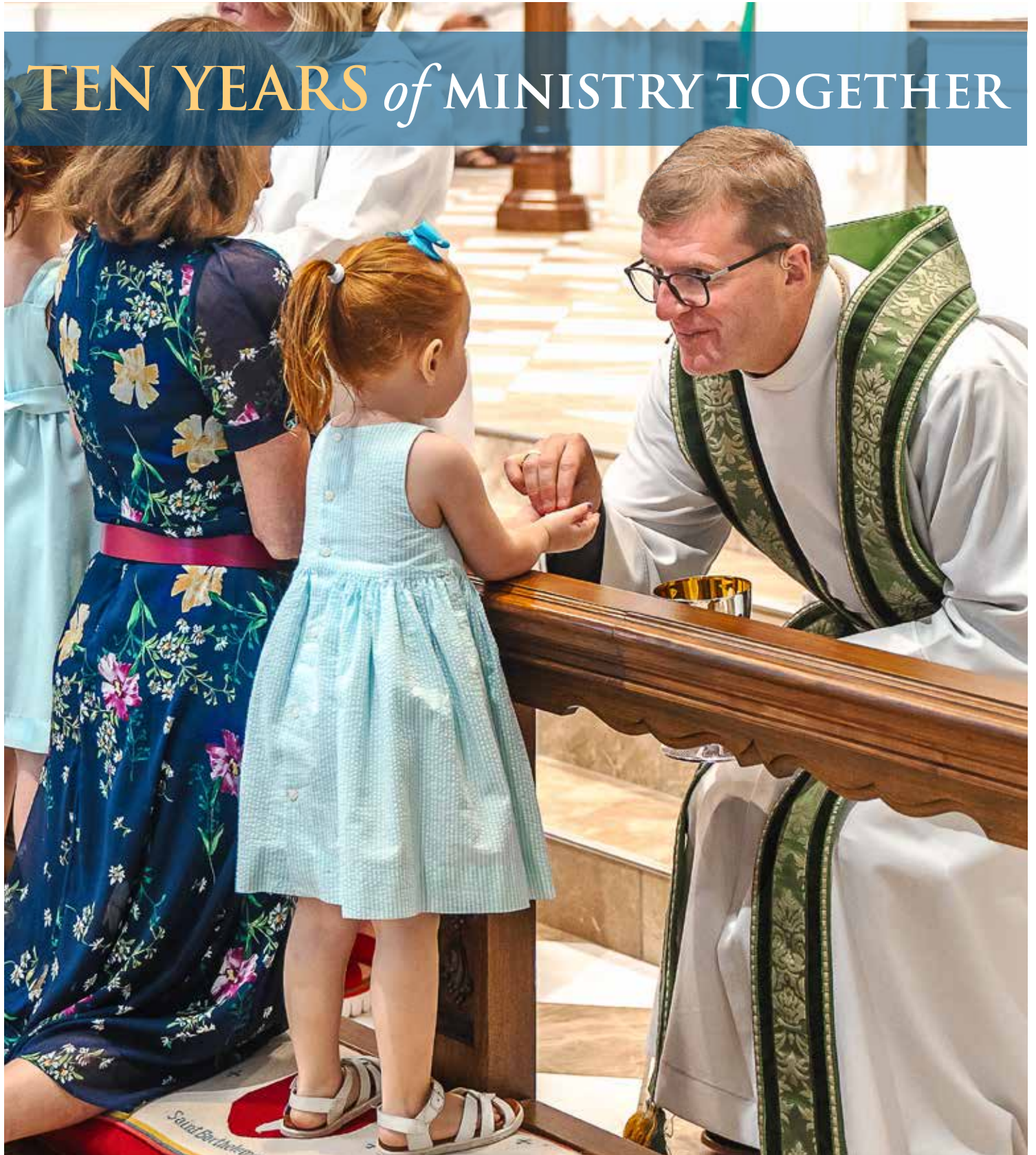


Photo by Cindy McMillion



The COMMUNICATOR

A publication of Church of the Holy Communion
SEASON AFTER PENTECOST III 2023 | Issue No. 176

CLERGY

The Right Reverend Phoebe Roaf, *Bishop*
The Reverend Sandy Webb, *Rector*
The Reverend Jonathan Chesney, *Senior Associate Rector*
The Reverend Sarah Cowan, *Associate Rector*
The Reverend Dr. Randy McCloy, *Deacon*
The Reverend Miranda Cully,
Chaplain to St. Mary's Episcopal School

VESTRY

Richard Williamson, *Sr. Warden*
Bradley Fogelman, *Jr. Warden*
Shannon Mattern, *Clerk* + Michael Faber, *Treasurer*
Jack Nelson, *Officer for Sustainability*
Thomas Carlisle, Tay Chafin, Joel Chapman,
Janice Hall, Lisa Holt, Eleanor Jordan, Kim Jussely,
Barton Lynch, Steven Quach, Ken Roberts,
and Romaine Scott

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CELEBRATING TEN YEARS *of* MINISTRY TOGETHER

ACCOMPLISHMENT has defined Church of the Holy Communion's first ten years of ministry together with the Reverend Sandy Webb. Some of these accomplishments have been outward and visible, while others have been inward and spiritual. In the essays that follow, some of Holy Communion's lay leaders (and one friend from another church) reflect on what Holy Communion has done, with God's help, in these last ten years.

DANIEL AMSLER: *Creating Beauty*

A handful of us on the Nave Renovation Committee were tasked with creating a new design for the old, crumbling dorsal curtain. "It has to be a cross," one of us said (David Dando). All in agreement, we contacted sacred artist Mel Ahlborn. Via weeks of zoom calls, we told Mel our hearts and vision for this altar centerpiece. Through dozens of designs, materials, colors, and symbols, this creation of the cross floating in front of a beautiful curtain came alive. The glory of the cross, rich in symbols, was matched with the care and consensus of the prayerful work of creating this piece, nestled in the beauty of our new chancel.



Photos by Cindy McMillion

In Fall 2018, Albert Throckmorton, Head of School, and Father Sandy Webb inspected the office construction.

SARAH COWENS:

Partnering with St. Mary's

From the moment Sandy arrived at Holy Communion, he was committed to building a strong partnership with St. Mary's Episcopal School. He knew that a positive relationship between the school and the church would be beneficial to both. I have appreciated how he and Albert Throckmorton, Head of School, have been able to forge a strong friendship, while moving their individual institutions forward.

JACK STRATON:

Sustaining our Future

Holy Communion has changed dramatically over the last ten years. The physical changes are most apparent, but there have been positive changes in our church family, culture, and leadership as well. It is truly a great time to be at Holy Communion. Our leadership team is focused on furthering our mission. A core part of that work is challenging our church family to provide the key elements of sustainability – support, nourishment, and long-term advancement – of our mission. Living into our mission relies on our collective support of that mission. All of us can play a role in meeting that challenge.



BROOKE CALDWELL:

Worshipping Online

For those unable to leave home, traveling, or not feeling up to attending in person services, our Online Community is a welcoming space to all. The Facebook Group's active chat during the 10:30 service makes online attendance feel less isolated and lonely. And the support of our Online Community members, especially as we lift each other in prayer, makes the distance between us feel not so great.

Tenth continued on page 9

**THE
REVEREND
SANDY WEBB
FUND *for*
STRATEGIC
LEADERSHIP**



The Reverend Sandy Webb Fund for Strategic Leadership was established by the Vestry in 2023 to celebrate the Rector's tenth anniversary at Church of the Holy Communion.

This permanently endowed fund seeks to ensure that Holy Communion will always be able to retain and empower the sort of strategic and visionary leadership that the Reverend Sandy Webb has exemplified throughout his tenure at Holy Communion.

More details about the fund will be forthcoming.



ORGAN CONSOLE LIFTED TO BALCONY

QUESTION: *What weighs nearly 500 pounds and arrives in its own Mercedes van from Pennsylvania?*

ANSWER: *Our new organ console, which was delivered and installed in August.*

HOLY COMMUNION'S ORGAN CONSOLE was lifted to the balcony via special hand-cranked machinery in August. The crew from Walker Technical worked all week with Minister of Music and Liturgy Dr. David Ouzts, as well as our local organ technician, Greg Koziel, to fine-tune the installation. With the original 40-year-old console beyond the point of repair, a gift from the estate of Tina McWhorter enabled Holy Communion, together with our friends and ministry partners at St. Mary's Episcopal School, to invest in the replacement of our pipe organ's console. Once the work on the church tower has been completed, and once repairs have been made to damaged plaster in the organ chamber, the pipe organ will be thoroughly cleaned and receive additional heavy maintenance.

This important work on Holy Communion's most prominent musical instrument would not have been possible without Tina McWhorter's estate gift and is a reminder of the impact that each one of us can have on Holy Communion's future through estate gifts and planned giving.



Photo by Bradley Milstone

An estate gift allowed work to proceed in replacing the 40-year-old organ console which was beyond the point of repair. A crew from Walker Technical delivered the organ console and lifted it to the balcony on August 16.

FAURÉ REQUIEM | Sunday, November 12 during the 10:30 service

THE PARISH CHOIR will sing the Gabriel Fauré *Requiem* with chamber orchestra and organ on Sunday, November 12, in the context of the 10:30 liturgy. The Rhodes Camerata (former Rhodes Women's Chorus), directed by Dr. Ellen Koziel, will join the choir for the service. This *requiem mass* is being offered on Remembrance Sunday, which was originally a British commemoration and is observed by many Episcopal churches on the Sunday nearest to Veterans Day.



Guest organist for the service will be Elizabeth Gunnells Smith, a longtime friend and colleague of Dr. David Ouzts, who will conduct.

Ms. Smith is co-owner of Lois Fyfe Music in Nashville, a company providing sheet music to customers throughout the United States. She has served as organist to several churches in Nashville and also as accompanist for the Nashville Symphony Chorus. She is active at conventions all over the country, giving workshops on choral and organ repertoire. Along with our regular observance of All Saints' Sunday, this *Requiem* will be sung in memory of all faithful departed from Church of the Holy Communion this past year.

Growing Our Generosity

Stewardship Campaign Kicks Off with New Giving Challenge



Liz Crowder, Holy Communion's stewardship chair, has worked all summer to bring new strategies to the annual stewardship drive. "We've done our homework," states Crowder, "We are ready to try some new approaches."

The stewardship campaign in the fall collects pledges, which are financial promises for the coming year and which, in turn, allow the Vestry to create the 2024 budget.

Tokens of your Treasure

We've heard your feedback! Many parishioners give financially to Holy Communion via our online platforms, in advance, or on an irregular basis but still would like to participate in the offertory during our worship services or set a positive example for the children in our lives. The new "Treasure Tokens," found in our Nave pews or at the back of Quilling Chapel, are a tangible way to show your support for Holy Communion every week when the collection plate passes by.

Questions? Please reach out to Liz Crowder, Stewardship Chair, at choctaw914@mac.com



BECAUSE GENEROSITY BEGETS

GENEROSITY, an anonymous parishioner will provide a challenge gift of \$10,000 if Holy Communion receives 40 pledges from new donors for the coming year. In essence, any new pledge received, of any amount, will help Holy Communion to receive this generous gift.

In addition, any one who makes a pledge for 2024 will be invited to a thank you event on November 19.

Watch your mail and email for details about Stewardship 2024!



STEWARDSHIP CALENDAR

SUNDAY, OCTOBER 29

Stewardship Sunday

Prayerfully consider how to grow your generosity. Bring your completed pledge card to church on October 29 (or complete it online)

SUNDAY, NOVEMBER 19

Stewardship Thank You Event

Those making a pledge for 2024 will be invited to a special thank you event on November 19.

SEASON OF PENTECOST:

CHRISTIAN FORMATION | *Sundays at 9:15 a.m.*

CHILDREN (*Grades 5 and below*)

Meet in Children's Suite at 9:15 a.m.
(music/singing at 9:00 a.m.)

YOUTH (*Grades 6-12*)

Meet in Youth Suite at 9:15 a.m.

ADULTS

Most Sundays

Room 204: Contemporary Theology in Action, small group discussion in person and via Zoom.

September 17, 24, October 1

Room 301: The Book of Glory in the Gospel of John.
Room 348: Discussion of Anne LaMott's book *Help, Thanks, Wow: The Three Essential Prayers*. No time to read the book? No problem, come anyway!

October 8

Judas: Portrait of a Disciple

October 15, 22, 29

Track I: Parables of the Kingdom

Track II: Beloved prayers from the Judeo-Christian tradition

November 5, 12, 19

Judaism, Polytheism, and Christianity



Recover Food Feed Hope

Help package and prepare sustenance for those facing food insecurity in our community. Kitchen volunteers and drivers are needed. Email RecoverFoodFeedHope@holycommunion.org to get involved.



Free Photography Workshop

September 24 or October 22
Join parish photographer Cindy McMillion for an hour-long workshop of photography tips, including composition,

perspective, angle, action, and lighting. Details and RSVP: www.holycommunion.org/news/posts/photography-workshop



Tenth Anniversary Remarks

On September 10, we celebrated TEN wonderful years of ministry together with the Reverend Sandy Webb and Church of the

Holy Communion – and, together, we looked ahead to a bright future. To view a recording of the special Warden's Forum from the day or download a copy of remarks given by Father Sandy, visit www.holycommunion.org/news/posts/tenth-on-the-tenth

Take Sandy to Work

Parishioners are encouraged to invite Father Sandy to their place of business, and perhaps share lunch before or after. Contact Mary Beth Darrow in the Parish Office to inquire about scheduling.



JOIN, ENGAGE, CONNECT

Wellness and Recreation

Youth basketball registration is open. Plus, check out our many wellness offerings: www.holycommunion.org/recreation-wellness



ALL SAINTS' SHRIMP DINNER

Save the Date! Shrimp Dinner

November 5 at 6:30 p.m.

One of Holy Communion's most beloved traditions is back after a hiatus! Watch for details about tickets, table reservations, etc.

Want to help? Please contact Kendall Visinsky.

UPDATE: THE HOLY COMMUNION GARDEN

In mid-September, Holy Communion gave the "authorization to proceed" for the Holy Communion Garden. Construction begins in early October. "So many people have had a hand in getting us to this place, but none have been as dedicated and as tireless as vestry member, Barton Lynch," said the Reverend Sandy Webb. "Please join me in congratulating Barton on this remarkable accomplishment, and in thanking her for everything she has done and will do to make it a reality for our church."



SUNDAY EVENINGS for Youth and Children

EYC (Episcopal Youth Community) for grades 6-12

Drop Off & Pick Up Location: Youth Suite Doors Entrance, facing Perkins Extended

6th-8th: 4:00-5:00 p.m.

All Youth Dinner: 5:00-5:30 p.m.

9th-12th: 5:30-6:30 p.m.

PreYC for grades 4-5

PreYC is a program designed to welcome and introduce younger youth to the Episcopal Youth Community (EYC). All youth in grades 4 and 5 are invited to build community through fellowship and fun! This group meets one Sunday afternoon a month during the school year. Gather in the Youth Suite for crafts, games, and conversation followed by dinner with older youth at 5:00 p.m.

Upcoming PreYC Dates

September 24 | Season of Creation

October 29 | It's a Mystery...

December 3 | Gift Exchange!



CHURCH OF THE
HOLY COMMUNION
EPISCOPAL



Rally Day 2023 provided a grand kick-off to the program year, with food, fellowship, and fun in the McNeill Gymnasium following the 10:30 service. Now is the time to find a group, activity, or ministry to join! See the listing below and check www.holycommunion.org for start dates, contacts, and other details. Questions? Contact the Parish Office.

Learning / Formation

Education for Ministry (EfM)

A four-year distance learning certificate program in theological education with small-group study and practice.

Men's Bible Study

Meets weekly to study scripture for the upcoming Sunday.

The Reading Life

Meets monthly for lively discussion and debate around a monthly book selection.

The Rector's Bible Study

Meets weekly with the Rector to study selected scripture.

Words3 ("Words Cubed")

A creative writing group that meets on Zoom.

Fellowship/Community

All Saints' Guild

Women of all ages meet monthly for lunch, prayer, and fellowship.

Daughters of the King

Daughters of the King is a spiritual sisterhood of women dedicated to a life of prayer, service, and evangelism.

Supper Clubs

Small groups gather monthly to share a meal and fellowship.

Recreation & Wellness

A variety of youth recreation teams and adult wellness classes offered.

Young Adult Gatherings

Gather for prayer, fellowship, and discussion.

Worship/Hospitality

Parish Choir

Make a joyful song! Music reading ability and weekly attendance not required. Wednesday evening rehearsals.

Handbell Choir

Music reading ability is helpful, but prior ringing experience is not necessary. Sunday evening rehearsals.

Centering Prayer

Meets monthly for Centering Prayer and Lectio Divina (praying the scriptures). The labyrinth is also available.

Acolytes

Anyone in Grade 5 and above can help in Sunday worship.

Sunday Liturgical Ministers

Assist with and serve communion. Read lessons from scripture and/or the prayers at the Sunday worship services.

Altar Guild and Festival Floral Ministry

Prepare worship space for services and festival worship.

Worship Greeters

Greet fellow parishioners and newcomers before and after Sunday worship service.

Check the "Get Involved" section of www.HolyCommunion.org for start dates, contacts, and other details. Questions? Contact the Parish Office at 901-767-6987.



In 2018, Father Sandy Webb and Maryanne Macdonald spent many hours reviewing blueprints in their work with the Renovation Committee.

Photos by Cindy McMillion

MARYANNE MACDONALD:
Renewing our Campus

Remodeling buildings, beautifying space, enhancing security, and planning for the future. This was the mission of the Renovation Committee. We could not have accomplished all of this if it were not for Sandy's leadership and God's blessings.

LAURIE RIEMAN:
Making New Connections

In transferring from a small parish to a large one, I anticipated that making new connections would be daunting and difficult. With the mindset of wanting to now be a "small fish in a big pond" and not the reverse, the guidance of the minister of hospitality was most helpful and, in the months to follow, there were many invitations issued by welcoming, friendly parishioners in varied areas. (I can't say enough good things about how Supper Club has allowed for becoming better acquainted with others.) I am now happily involved where I want to be and continue to appreciate the abundant opportunities to become connected with Holy Communion.



reconfigured; communion rails were made more accessible; new pews, flooring, lighting and audio were installed. Sandy insisted that quality of material and craftsmanship not be compromised. Funding these projects was merely a logical extension of these aspirations. A creative architectural team kept the project on budget. I was never in doubt that the capital campaign would cover all expenses. Holy Communion created a vision, and parishioners would not settle for less.

SHERRY MURPHY:
Serving our Community

Holy Communion has a long, strong history of financially supporting outreach into the Memphis community. In 2018, we initiated an effort to get more parishioners involved in organizations that received our outreach funds. As this effort evolved, it led to a realignment of Holy Communion's financial outreach support, the development and support of exciting new ministries, and increased parishioner participation in those ministries.

DR. BILL FALVEY: *Navigating a Pandemic*

Dealing successfully with the pandemic at Holy Communion required an amazing amount of input,

Tenth continued on page 10



Photos by Cindy McMillion

Children's Ministry Team Welcomes Your Children on Sunday Mornings!

These smiling faces are ready to welcome your children on Sunday mornings. Nursery Team Lead, TaJuana Brown (center, left photo), works with infants and toddlers, alongside Morgan Przybyszewski (left) and Brianna Nolen (right). Jeannie Russell (right photo) shares her musical gifts with our children every Sunday morning as she helps to lead Children's Chapel. The team brings many years of expertise in caring for children of diverse backgrounds and capabilities. Questions about Children's Ministry? Please reach out to Drew Massengale, Minister to Children.

(Tenth cont'd from page 9)

communication, and coordination from many people with a wide variety of experiences and skill sets. Sandy was able to assemble an outstanding group of parishioners: Dr. Steve Sittnick, Lisa Holt, RN, Michael Morgan, and a team of other advisors. This group and others worked tirelessly with the clergy and staff to develop protocols for our safe re-entry to the church. What made their efforts successful, though, was the faithful cooperation of our parishioners in following the guidelines recommended by the Re-entry Task Force.

DR. GEORGE ROBERTSON,
SECOND PRESBYTERIAN
CHURCH: *Partnering*
with Others

Sandy has become a faithful partner to me in ministry to Memphis, as he was to my predecessor, the other Sandy,



“Father Sandy’s Bible study is a wonderful place to learn, discuss, and reflect on God’s word.”

BARBARA MULLIGAN
Holy Communion parishioner

Sandy Willson. More than that, this special man of God, has become a dear friend to me – consoling in dark times, encouraging with words of grace, sharing best practices, and greeting wherever we see each other with contagious joy. Thank you, Father, for the generous gift of Sandy Webb to the Kingdom of God, to Holy Communion, to Memphis, and to me!

BARBARA MULLIGAN:
Learning about Scripture

Father Sandy’s Bible study brings a richness to the study of Scripture, and I count it as one of the blessings at Church the Holy Communion. His Bible study helps me gain a better understanding of who God is and God’s role in my life. My goal in attending Bible study is to understand the meaning of Scripture, apply it to my life, and gain spiritual growth. Father Sandy’s Bible study is a wonderful place to learn, discuss, and reflect on God’s word.



Mental Health and Spiritual Well-Being:

Wholeness, not Perfection

JOEL W. CHAPMAN, PH.D

In last month's column, the topic was how self-actualization and spiritual well-being are intertwined. This month's article will focus on a common barrier to mental and spiritual well-being--perfectionism.

The religious culture of my childhood taught that goodness (right-living) depended upon rigid adherence. "Straight is the gate, and narrow is the way, which leadeth unto life and few there be that find it." (Matthew 7:14). As I grew into adulthood, I began to discover that my sense of unworthiness was not unique to me, and as a clinical psychologist, I discovered that perfectionism is pervasive. Influences such as advertising encourage us to feel "less than" without their product. Certain religious traditions teach that humanity is inherently wicked. There is pressure to be the winner – not the loser. Body culture and beauty culture create pressure to look a certain way.

Perfectionism in the mental health field is called a character trait, the goal of which is control through rigid adherence, black and white thinking, and stern judgment. In the realm of theology, the word "perfect" appears frequently in the King James Bible, but it is a limited translation of the actual Hebrew word *tamim*.

Tamim translates as "wholeness," "maturity," "completion," or "purity," depending on the Scriptural context. "Be ye therefore perfect, even as your Father which is in heaven is perfect" (Matthew 5:48) more accurately enjoins us to seek wholeness, not flawlessness. The search for flawlessness stunts the reality and richness of being a human, and we can get lost in a defensive and constricted approach to life and relationships.

The expectation of perfection is not a merciful way to live, and, ironically, sets us up for escapism into "the ways of the flesh," as described in Romans 8:1-11. In the field of mental health, the Biblical "ways of the flesh" are considered forms of self-sabotage or self-loathing which can turn into various mental

health problems. Of note might be the problem of addiction since Alcoholics Anonymous (AA) links perfectionism with the chemical search for relief. An often-used adage in AA is "what matters is progress, not perfection."

So, life-affirming mental health teaches self-awareness and acceptance of our humanness in order to help us make course corrections and so we can be more open, compassionate, and complete. In spiritual terms, these traits are the fruits of right-living or righteousness. Righteousness is not fear-based; it engenders zeal for life, rather than zealotry. The pure in heart are not pure because they are flawless, but pure in their single-minded commitment to completion and maturity (*tamim*) as whole human beings. In other words, self-actualization. Jesus said, "If your eye is single, your whole body shall be full of light" (Matthew 6:22). Modern mental health says, "AMEN."

For further reading, check out *How Good Do We Have To Be?* by Rabbi Harold Kushner. The next article in this series will focus on how perfectionism is connected to toxic shame and how it interferes with the growth of healthy shame.

Dr. Chapman is a member of the vestry, a staff singer in the Parish Choir, and a resource person in matters of mental health.



The COMMUNICATOR

Church of the Holy Communion
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WORSHIP TIMES

Sundays (*In-Person*): 8:00 a.m., 10:30 a.m. and 5:30 p.m.
Sundays (*Online*): 10:30 a.m.



Memorials & Honoraria

Received July 16, 2023 – August 31, 2023

In honor of

**Don & Carol Paterson's
25th wedding anniversary**
Robert & Mary Coughlin
Linda Grills

**In honor Milton Rogers
to the Holy Communion Altar Guild**
Carol & Don Paterson

**In honor Jim Sawicki and
the CHC facilities staff
to the Holy Communion Garden**
Carol & Don Paterson

In memory of Robbie McQuiston
Peggy & Bill Veaser
Julie Fike
to the Holy Communion Garden
Connie & Lou Adams

In memory of Joel Alexander
All Saints' Guild
Annie Mahaffey
Alison England
to the Holy Communion Garden
Karen & Phil Campbell

In memory of Kaye Beavers
Margaret Eldridge

**In honor of Sandy Webb's
10 year anniversary
at Holy Communion**
Emily Woodside & Bill Falvey
to the Rector's Discretionary Fund
Marlene & Al Shaw

In memory of Mr. John Hull Dobbs
Mr. & Mrs. Robert F. Fogelman II

In memory of Mildred DeBois
Lucy D. Yancey

In memory of Emily Ruch
Peggy & Bill Veaser

In memory of Suzanne Smith Henley
Peggy & Bill Veaser

In memory of Grant Macdonald
Ms. Sarah A. Lodge

**In memory of William A. Coolidge, Jr
to the Holy Communion Garden**
Foy Coolidge

In memory of Tommy Keesee
Mr. & Mrs. Doug Edwards
Randy & Linda Kay McCloy
Jackie & George Falls

In memory of Chi Chi Dmytryk
Jackie & George Falls

**In memory of Beverly S. Rush
to the Holy Communion Garden**
Barton Lynch

In honor of Lilly Belle Fike's Baptism
Julie & Clete Fike

In memory of Connie Pittman
Julie Fike

In thanksgiving for MIU MIU
Kate & Andy Pouncey

**In memory of John McCormack
to the Holy Communion Garden**
Tom & Beth Loeb

**In memory of Jim McCormack
to the Holy Communion Garden**
Tom & Beth Loeb

**In memory of Michael May
to the Holy Communion Garden**
Sarah Wilkinson

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ANIMAL BLESSING Sunday, October 1

Stuffed animals at 10:30 a.m.

Live animals at 4:00 p.m.

St. Francis of Assisi is famous for his love of animals. Honor the Feast of St. Francis by bringing your own animals to Holy Communion for a blessing. Furry or fuzzy, slippery or slithery, all of God's children are welcome on the steps of the Nave at 4:00 p.m. We will also bless stuffed animals at the 10:30 a.m. service on Sunday, October 1.

Photo by Cindy McMillion

Church of the Holy Communion is a sacred presence in the center of Memphis, a welcoming church that gives glory to God through worship, service, and learning.