

April 2024

# Comfortable Words

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A NEWSLETTER PUBLICATION OF THE EPISCOPAL CHURCH OF THE HOLY COMFORTER



[www.hc-b.org](http://www.hc-b.org)

# THE EPISCOPAL CHURCH WELCOMES YOU

## WELCOME TO ALL NEWCOMERS AND VISITORS

Please complete the information card and place it in the offering plate or hand it to one of the ushers.

## WE, THE PEOPLE OF HOLY COMFORTER

Though very diverse politically and socially, care for each other and care deeply for how our faith is manifested in the community. We believe all people are equal in God's hand. Our nurturing congregation has an appreciation for diverse perspectives and opinions. We grow through a continually evolving and questioning discussion regarding our faith, God, and society. We welcome all, without reservation, into our Christian body to be part of a loving and sharing family.

## WE CARE

Please call the church office at 336-227-4251 if you or someone you know needs visitation, prayers or other assistance because of illness or inability to attend worship service.

## MISSION STATEMENT

To worship God, revealed to us as Creator, as Jesus the Christ, & as the Holy Spirit, and experience God's presence within the church family, nurturing each other through a comprehensive parish program while affirming each other's individual ministries and responding to Jesus' continuing call to minister to others.



(336) 227-4251



info@hc-b.org



[www.hc-b.org](http://www.hc-b.org)



zoom.us



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THE EPISCOPAL CHURCH  
OF THE  
**HOLY COMFORTER**

**STREET ADDRESS**  
320 East Davis Street  
Burlington, NC 27215

**MAILING ADDRESS**  
PO Box 1336  
Burlington, NC 27216



# Financial Report



Pledged giving is slightly above budget through February, and non pledged giving for the same period is \$5500 above budget, due largely to the previously announced anonymous gift challenging the Vestry to match it. Final numbers from March are not available, but we are aware of additional non pledged gifts that will be reflected on the next report. Expenditures continue to be well below budget since we are not paying a rector. Through the end of February, we show a year to date surplus of \$7,066.

The Junior Warden and his team have been busy addressing a number of maintenance related projects, and we expect expenses in the range of perhaps \$15,000 in the next few months as we deal with HVAC, elevator, and roof issues. Some funding will be available from the Cecil and Edwin Gant maintenance fund to help pay for these repairs.

We expect to be able to maintain a modest surplus between now and the time we welcome our new rector. We are optimistic that there will be an adequate financial cushion to allow us to offer a competitive compensation package, and to provide funding for moving and other transitional expenses.

Please feel free to contact me with any questions or concerns.

Sid Little, Assistant Treasurer

**[Dslittle48@gmail.com](mailto:Dslittle48@gmail.com)**

(336) 214-9344



# ACAC

Allied churches of Alamance County, Inc.

***Housing the Homeless, Feeding the Hungry***

**“APRIL SHOWERS BRING  
MAY FLOWERS”**

like Your Gifts bring Life to  
Alamance County's Needy.

**PLEASE DONATE ON  
SUNDAY, APRIL 7 OR ANYTIME.**

*“Allied Churches provides hope, shelter,  
nourishment, caring and empowerment  
through our programs.”*

JAI BAKER, EXECUTIVE DIRECTOR

**SPECIAL REQUESTS THIS MONTH:**

- Shower cleaner spray
- 55-60 gallon trash bags
- Single plastic forks
- Various spices and seasonings for cooking
- 3 compartment trays with lids

**Every item of any kind you give  
will be used thankfully!**

In March, your HUGE load of food, cleaning supplies and more took 3 of us to load them for transport to ACAC! You are miracle workers and making a difference in our community and to each individual not as fortunate as we are. **Thanks with more Thanks and extra Thanks to each of YOU.** Remember gifts can be brought anytime by ringing the backdoor bell then taking them to our Belltower basket. They all go to ACAC after the first Sunday monthly.



**CONTACT: Martha Adams ([awam3a@outlook.com](mailto:awam3a@outlook.com))**

HONOR AND  
REMEMBER WITH  
**ALTAR  
FLOWERS**



**APRIL 7, 14, 21, 28**

If you would like to provide the flowers for that day, please contact Cat in the office at 336-227-4251 or [csykes@hc-b.org](mailto:csykes@hc-b.org).

Altar Flower OPEN dates for someone to donate the flowers on the altar.



## THURSDAY, APRIL 4 | SPEAKER: JAMIE MERCHEL

Our guest speaker for the Men's Breakfast on April 4, 2024 will be Jamie Merchel. Jamie is the fairly new Director of Alamance Parks and Recreation. She started her job in April of 2023. She was previously the Guest Services Director for the North Carolina Zoo.

Her presentation will be about what is happening county wide with the our Parks and Recreation.

She has an Associate Degree from SUNY Ulster in Business Administration and Management. She has a BA from Johnson and Wales in Sports Entertainment and Event Management. She has a Master's Degree from The George Washington University in Tourism Administration-Sports Management.

### TWIN LAKES

**8AM for breakfast | 8:45 for the program**

***Coble Rehabilitation Center***

If you have questions about the location or programs, contact Bob Kirchen ([kirchenrv@gmail.com](mailto:kirchenrv@gmail.com)), Richard McBride ([mcbride@elon.edu](mailto:mcbride@elon.edu)) or Phil Savage ([savageboatman@bellsouth.net](mailto:savageboatman@bellsouth.net)).



**MEN'S**  
**BREAKFAST**



**CONE HEALTH**<sup>®</sup>  
Cancer Center

**FREE**

# Prostate Cancer SCREENING

*Early Detection is Key*

Open to all men ages 45 - 69 that  
have not had a prostate cancer  
screening within the past year.

**MONDAY, APRIL 29, 2024**  
**9AM-1PM**

**Cone Health Medcenter for Women**

2nd Floor Breast and Cervical Cancer Control (BCCCP Clinic Office)  
930 Third Street, Greensboro, NC 27405

**FREE | REGISTRATION IS REQUIRED**

Call (336) 832-0849 or visit [conehealth.com/classes](https://www.conehealth.com/classes).



In 1949, Bishop Henry Knox Sherrill founded the Episcopal Church Foundation (ECF) with a clear vision: to advance the mission of the Church through accessible resource creation and management, and to foster effective lay-clergy partnerships. For 75 years, ECF has lived into this vision by continuing to respond to changing needs and circumstances.

This year, we are celebrating our 75th anniversary and moving into the future with renewed hope and dedication. To kick off this event, we have designated April 16th as ECF Day and invite you to join our celebration. On April 14 or April 21 (the Sundays before and after ECF Day), please consider:

- Praying for ECF during your Sunday service
- Sharing information about ECF in your bulletin and announcements
- Including ECF news in your monthly newsletter or social media
- Encouraging your congregation to explore our website and receive our monthly newsletters and resources
- Contributing to support ECF and our mission

All the materials you need are included in this package. We look forward to celebrating with you in the months to come. Thank you for your continued support and partnership.

Faithfully, **Donald V. Romanik**  
President, Episcopal Church Foundation

# ALP LUNCH & LEARN PROGRAM 3-14-24

For many years, ALP tutors have met monthly for a Lunch & Learn session to explore relevant topics of interest to the group. Since its revival, Lucky Listeners also have been invited to attend. The March 14th session was presented by Kathleen McFadden, an ALP tutor and a retired licensed counselor specializing in developmental trauma. Her conversation focused on “A trauma-informed approach to tutoring ‘at-risk’ children.”

Kathleen informed us about the harmful effects of “Adverse Childhood Experiences” or “ACEs.” These are chronic traumatic events in a young child’s life, perpetrated by a parent or caregiver, such as alcoholism, verbal abuse, physical abuse, sexual abuse, depression, or mental illness. If a child experiences these ACEs of abuse and neglect and household dysfunction, then likely the child’s development is impacted. The higher the number of ACEs the child experiences, the stronger the negative impact on development.

These kinds of experiences have long-term consequences, especially as a person’s number of ACEs increases. Notably, diseases, disabilities and social problems seem to arise as a result of multiple adverse experiences in childhood.

Kathleen noted that there is a connection between ACEs and poverty. Poverty is known to increase the likelihood of ACEs,



and since ACEs increase the likelihood of developmental trauma, then many Newlin students may be adversely impacted. Around 95% of Newlin students are eligible for free and reduced lunches as defined by income at or below the poverty level.

Kathleen built a strong case for the importance of trauma informed care in tutoring. In summarizing ways we can be more aware of how we can work with our students, she suggests the following:

- Focus on physical and psychological safety
- Make transparent decisions and build/maintain trust
- Provide academic and emotional support
- Give the student a voice and a chance to participate in decision-making
- Recognize and validate student strengths, including the belief that they can learn to read

While the topic of trauma is hard to contemplate, the tutors were grateful for Kathleen's thought-provoking presentation.

**KATHLEEN MCFADDEN**  
*March ALP Lunch & Learn speaker*



*March ALP Lunch & Learn presenter Kathleen McFadden with Susan Klopman & Meike Cryan.*



## Stephen Ministers Do Care

As we train our new Stephen Ministers we want to share a special resource that we feel is appropriate for the Easter Season:

The maze I walked was darkness.

The path I took was fear.

That path was rough and hazard-strewn.

There was no light or cheer.

Each turn brought failure and despair,

Strange illness of soul.

The love of self, my signpost, Failed to point toward my goal.

I strained both eye and reason Without a word of prayer,  
And in the depths my soul cried out,

“Is there no one left to care?”

I turned to face the Master, And lo, he knew my need.  
He pointed yet another way, Which was just as grim indeed.

But he led, oh, so gently;

His love, his faith, were mine, And I walked within his shadow  
Just one step at a time.

And now I walk in sunlight

Without a grief or care

Because he sought me in that maze,

And I turned to find him there.

Dorothy Midland, Texas

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For more information about being a Care Receiver, or referring a parishioner for care contact Rene Burgess, Stephen Leader.

(336) 269-5959 ([\*\*burgessrene@gmail.com\*\*](mailto:burgessrene@gmail.com))

# EPISCOPAL CHURCH WOMEN



NEXT ECW MEETING IS 10:00AM  
**MONDAY, APRIL 8**  
IN CHOIR ROOM & LIBRARY

PROGRAM WILL BE PRESENTED BY  
**PHIL DEADMON & JIM MCADAMS**

ECW MADE PLANS FOR MOVING  
FORWARD AT THE MARCH MEETING.

Our program was a presentation on the tradition, meaning and history of Chrismon trees at Holy Comforter and throughout the world. *We will have a meeting date for those interested in restarting our Chrismon making group. And anyone can join a group in Dec. going to Danville, VA to see the tree in Ascension Lutheran Church where it all started.* There will be more about both later.

ECW gives the proceeds from fund raisers and donations to various charities in the area. Our expenses are minimal so this spring we have about \$1500 to distribute among following groups.

1. \$500 immediately to the Sunday Breakfast Ministry of Davis St. Methodist Church and Holy Comforter. It takes about \$400 a week to prepare and give away approximately 120 meals each week.
2. Find out from the Newlin Partnership what their greatest need is and base our donation on that information.
3. Invite a speaker from the Women's Resource Center to come tell us about their program and how to best support them.

4. Distribute collection bags from Samaritan's Purse Christmas boxes for children program to anyone who wants to buy supplies for them. ECW will consider paying the shipping for the boxes we collect.

***Our Mother's Day Chicken Pie sale fundraiser will be held on Sunday May 5.*** Because of our aging pie makers, the number of pies available will be limited and cutoff date for ordering more strictly enforced. ***Anyone who would like to join the pie makers on May 1,2, or 3 is welcome. More details to come.***

**ECW meeting Monday April 8 will be a real treat for parishioners and choristers.**

**PHIL DEADMON** and **JIM MCADAMS** will share a program about their careers in music and particularly the impact it continues to have on their spiritual journeys.

The second part of the program will be a short performance of several musical numbers both with piano solos and piano and singing. There will be a lot of "oldies but goldies" that perhaps many do not hear often anymore.

**To accommodate this special program, we will gather in the library at 10:00 for refreshments and welcome.** Because the piano in the choir room is the best in the building at **10:30 we will move there for the performance.** A very short business meeting will follow.

Because the choir room has limited space, please let Shara Partin know by Sat. the 6th if you will attend.  
(919) 801-1234 | [sharapartin1919@gmail.com](mailto:sharapartin1919@gmail.com)

**EVERYONE IS WELCOME!**

# 112 YEARS AND GROWING



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## CONNECT WITH HOLY COMFORTER

