

CROSSWAYS

"Making Christ Visible in His Community."

The Reverend Michael P. Flanagan, Rector of Holy Cross Episcopal Church, Simpsonville, SC 864-967-7470

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NAMING (AND TRANSFORMING) THE FEAR

I am afraid right now. I hate to admit it. I don't like telling people I am afraid. It feels like weakness. However, my fear is one with which I cannot deal alone. I can only deal with my fear in the midst of community—our community. My fear is simple. I am afraid we are not going to have enough funds to cover the cost of running our building and paying our staff. (And that doesn't even address the mortgage payment.)

It seems as if only the vestry has heard the fearful news of the last two years. In 2008, we spent \$26,000 more than we took in. It was a terrible year for everyone. The government was propping up banks and major industries, and we were all waiting in hopes of a turnaround. So we tightened the belt, reduced our expenditures on programs down to the bare bones and held on tight. In 2009, with a drastically slashed budget, we spent \$22,000 more than we took in, and Holy Cross Academy lost money for the first time in many, many years.

Now, the first month of 2010 has passed, and we spent \$1,300 more than we took in. And January is historically a very high income month. This year, it included five Sundays. Our gas bill for January alone was \$2,100.

The only cost saving measure left for us in 2010 is to begin laying off staff. I know that some of you have been out of work for a long time. Our staff has not seen any increases for the last two years. As your servants in this ministry, we have done all we can to reduce costs short of reducing staff. The only way we can keep our people on is to see an increase in giving.

continued

There are two ways to increase giving: each of us increases our pledges or we increase the number of people at Holy Cross who are regularly giving. At this point in our history, both things have to happen if we are to continue to Make Christ Visible in His Community.

On Valentine's Day we gave away \$14,000 to various ministries around the state of South Carolina. Children, families, and abused women will benefit from these funds. We are making a difference in our community by God's grace. What would happen if we were unable to do our ministry? Who would miss us? A lot of people would find their lives greatly diminished—including me.

I hate to sound like the United Way or the local college development officer, but right now, Holy Cross needs your help. Can you give? \$50 a paycheck? \$100 a paycheck? (And yes, I know that if you are not getting a paycheck all you can do is pray, and we desperately need your prayers.) Only you know what you can do, and every dollar matters.

This is not about the money. This is about the ministry. We have a great facility, a fabulous staff and a community of people who care for one another and for the newcomers who are looking for a place to belong. We are one of those churches that has no assigned seats. By continuing to be the welcoming church that we are, we can grow out of our dilemma. There is plenty of space for new members, so invite your friends and neighbors to join us for worship or choir or PrimeTimers or Hubert's Café or ... well, you get the idea. I don't want us to let money get in the way of doing God's ministries in this community. An additional 100 people in worship each Sunday would make the difference we need to continue to thrive and Make Christ Visible.

So there it is. I have named the fear. Only together will we be able to overcome this fear. Only together can we continue Making Christ Visible in His Community. Only together will we be able to serve

the world in the name of Christ Jesus. As we say in our Holy Cross prayer, "as you transform our gifts, O Lord, transform us, that we may become your disciples who know Christ and make him known." May our fear be transformed into faith, by God's grace.

Mike+
rector@holycrossep.org



Comfort those in any trouble with the comfort we ourselves have received from God.

2 Corinthians 1:4

REFLECTIONS ON FAITH AND LIFE

THE REVEREND
LINDA GOSNELL

ASSISTANT RECTOR
FOR PASTORAL CARE

ASSISTANTRECTOR@HOLYCROSSEP.ORG

PRACTICING THE FAITH: COMPASSION

"But You, O Lord, are a God full of compassion, and gracious, Longsuffering and abundant in mercy and truth." ~Psalm 86:15

"But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. Then He said to His disciples, 'The harvest truly is plentiful, but the laborers are few. Therefore, pray the Lord of the harvest to send out laborers into His harvest.'" ~Matthew 9:36-38

Compassion literally means "feeling with." Compassion is feeling with or for others, showing love and mercy, and helping in practical ways as you are able. Our hearts were torn open when we heard the news of the earthquake in Port-au-Prince, Haiti, in January; and we continued to ache for the loss, the pain and the suffering taking place there as we watched the news accounts in the weeks that

followed. We offered our prayers and sent our offerings of funds as we were able.

As time passes, other events move to the forefront of our attention and compassion fatigue sets in — one can only absorb so much of their pain from a distance, and we have a limited ability to participate in the care, comfort, and healing efforts taking place so far away, when there are immediate needs in our own community.

And yet our lives are intertwined with the people of both Port-au-Prince and Cange through prior relationships and on-going ministries. Our diocesan relationship and ministry in Cange is longstanding. Gillaine Warne has shared her ministry and experiences there with our Women to Women ministry, and Lauren Stanley+ who first came to us as a missionary in the Sudan is now coordinating the Episcopal Relief and Development efforts for the Episcopal Church in Haiti. Our interest and our caring continue. I share with you portions of a recent letter from Lauren:

Dear Beloved in Christ:

Grace and peace to you from God our Father and our Lord Jesus Christ. It has been more than a month since I last wrote to everyone, and for that I apologize. It has been a very busy time since the earthquake that struck Haiti on 12 January. Since then, my life has been consumed by relief and recovery efforts.

I have been working diligently with Bishop Duracin of Haiti, with Episcopal Relief and Development, with partners old and new around the world. In the last five weeks, I have met amazing new friends all over the world, and have been cared for and supported by even more amazing old friends. Various parishes have stepped up to help me, to support my efforts to work for the people of Haiti, even to bring meals to the house when necessary. Numerous bishops have called, have prayed with me, have held my hand through the difficult times.

On my travels, I have been treated beautifully and with great care; everyone wants to hear about Haiti, everyone wants to help, all know that this is personal for me.

ERD authorized me to hire some assistants, and the staff I've built (some long-term, some short-term) surprised me daily....[and] while it has been very busy, we have all been blessed by the outpouring of support and love and concern. I am beyond grateful for all this, and will continue to sing the praises of all those who have helped and who continue to help our beloved sisters and brothers in Christ in Haiti.

In addition to working for Bishop Duracin and with all the partners (some of whom I met in airports, others on airplanes, still others in meetings), I have been traveling. On 8 Feb, I was able to travel back to my beloved home in Haiti for a far-too-short visit, accompanying Presiding Bishop Katharine Jefferts Schori. We were only with Bishop Duracin for five hours; we wanted the trip to be short, and did not want to burden Bishop Duracin or the people of Haiti with our presence. Being there for such a short time meant that I was not able to go see my own parish, my home, or any of my friends. I still do not have word on approximately 125 of my friends; another 25 I have either reestablished contact or heard from reliable sources that they are OK.

Returning to Haiti was both very good and very difficult. To see all that I love in Haiti in ruins ... to stand atop the rubble of the Cathedral ... to watch men carefully combing the ruins of the university looking for victims ... to smell the death of so many people ... it is all heart-wrenching and beyond description.

Many of you have kept up with what I'm doing by reading my website, www.gointotheworld.net. I'm posting updates and information there as fast as I can find them; occasionally, I write, too, about what I am doing and how I am feeling. Some of you know that 14 of my parishioners at St. James the Just in Petion Ville died in the quake. I still do not know their names, and doing a requiem for them at Good Shepherd, Burke, was probably the hardest,

most cathartic Eucharist I've done in my 12-plus years of ordained life.

My plans for now: Bishop Duracin has asked me to serve both in the United States and in Haiti for the foreseeable future. My work with partners and with helping to coordinate relief needs to be done in the U.S.; my work for Bishop needs to be done in Haiti. So, I will travel back and forth as I continue to coordinate relief and recovery efforts for the Diocese of Haiti.

I ask your prayers for the people of Haiti, that they may be strengthened by God's love and cared for by God's people. And I thank you for all the prayers you have already sent heavenward.

Blessings and peace, Lauren

Our compassion is not limited by our ability to go or to give financially. We can continue to care, to keep up with the developments, to listen to those who can go and have a need to share their experiences, and always and unceasingly, to pray. And we, too, will be blessed in the process.

“Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.” ~1 Peter 3:7-9

*Blessings,
Linda+*



YOUTH AND CHILDREN'S MINISTRIES

KELLIE WILSON
YOUTH@HOLYCROSSEP.ORG

SHELLEY ALLEN
CHILDREN@HOLYCROSSEP.ORG

YOU CAN HELP WITH YOUTH MINISTRY (AND NEVER TALK TO A YOUTH!)

Most people tell me that they can't deal with teenagers. This reason is probably the number one reason that I get for people not being involved in youth ministry. But there are plenty of ways that you can help (and we desperately need more help!) without ever having to deal with a teenager. Here are a few of the ways you can get involved:

- **Coordinate all our communications.** This person would work with a team of people to help us disseminate any information that our servant leaders need to communicate.
- **Design our weekly communication.** The only qualification is that you must have access to e-mail.
- **Coordinate meals for youth activities.** The good news is that we already have a number of people who are willing to provide meals. You just need to schedule who is providing which meals and make sure the food gets to the right place at the right time.
- **Coordinate ministries for parents of teens and tweens.**
- **Become our technology servant leader.** We need someone to help us post announcements and pictures on Facebook,

My Space, Twitter, etc. and to help us design presentations using the latest technology.

- **Coordinate our youth ministry programs.** You would meet regularly with the adults who implement our daily youth ministry programs. You would help identify and equip youth leaders. You would coordinate the youth ministry calendar and budget. This position is probably the most important at this time. Having someone in this position would allow me to begin to fill in the gaps in our current youth program as well as allow me to focus on parent ministries and young adult ministries. Our program is up and running smoothly. This person would just need to step in and start coordinating it.

I do hope you will prayerfully consider becoming involved in youth ministry at Holy Cross. It is an exciting, growing ministry full of opportunity and possibility.

And if you like being around teenagers, then please talk to me. We are always in need of more youth leaders. We always have opportunities for adults to be involved in planning and implementing Bible studies, worship services, fellowship activities, service activities, trips, etc. We even would like to start a young adult ministry, but we need someone to coordinate it.

You can reach me to talk about any of these ministries at 864-967-7470 or youth@holycrossep.org.

*Peace,
Kellie Wilson*



OUR LORD'S RESOURCES

SENIOR WARDEN – MARK MCGRAIL
SRWARDEN@HOLYCROSSEP.ORG

JUNIOR WARDEN – FRED WHITMIRE
JRWARDEN@HOLYCROSSEP.ORG

STEWARDSHIP – JEFF FROMAN
STEWARDSHIP@HOLYCROSSEP.ORG

BUILDING COMMITTEE – DRAYTON GAILLARD
WHDGAILLARD@CHARTER.NET

“No one has ever become poor by giving.”

~Anne Frank



CHRISTIAN FORMATION

WORSHIP, CHRISTIAN EDUCATION,
CHILDREN AND YOUTH

RECTOR – FATHER MICHAEL FLANAGAN
RECTOR@HOLYCROSSEP.ORG

DIRECTOR OF YOUTH CHRISTIAN FORMATION –
KELLIE WILSON
YOUTH@HOLYCROSSEP.ORG

DIRECTOR OF CHILDREN'S CHRISTIAN FORMATION –
SHELLEY ALLEN
CHILDREN@HOLYCROSSEP.ORG

VESTRY REPRESENTATIVE – HEATHER DEVINE
CHRISTIANEDUCATION@HOLYCROSSEP.ORG

ADULT FORUM:

CALLED TO CHANGE THE WORLD

The Adult Forum planning team at Holy Cross invites you to come join us as we seek to understand what is going on in the wider culture and uncover

what is meant by the “heart of Christianity.” We examine together what it means to live a Christian life in the 21st Century and explore ways of seeing the Bible that can inform and transform our lives today.

The Sunday Morning Adult Forum meets in the Parish Hall at 10:15 am and is an open forum for everyone: new members, new Christians, and all who want to explore the Episcopal Church or grow in wisdom and faith. Every Sunday is a new class with both visitors and long-timers welcome. You can expect a coffee station, interesting conversation, a casual atmosphere and even laughter. The forum topics follow the seasons of the church year with well planned presentations on a variety of subjects. The theme for the Adult Forum in 2009-2010 is:

**Hearing and Heeding God’s Call:
the Heart of Christianity in a Time of Change**

February 21, 28, March 7, 14, 21

Lenten Series: the Call to Let Go

April 11, 18, 25, May 2, 9, 13

Easter Series: the Call to be Transformed

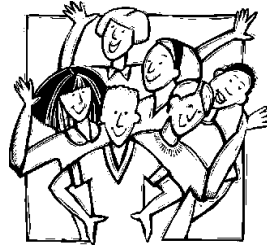
The Adult Forum is just one opportunity to nourish your spiritual life. Please watch the Holy Cross eblast and newsletter for the posting of weekday Bible study groups, Lenten classes, quiet retreats, book studies and pastoral care training sessions.



HOLY CROSS KIDS NEWS

For information about our children’s programs, please contact Shelley Allen, our director of children’s ministries, at 967-7470 or children@holycrossep.org.

**SAVE THE DATE
VACATION BIBLE SCHOOL
JULY 11-15**



**YOUTH
NEWS**

For more information about youth announcements, please contact Kellie Wilson, director of youth ministries, at 967-7470 or youth@holycrossep.org.

YOUTH MEET ON WEDNESDAYS

The E.D.G.E. Youth Group meets on Wednesdays in the Meeting Hall from 6:00 until 8:00 pm for those in grades 6 through 12. Please bring money for dinner. In March, topics will be as follows:

- March 3: Differences Between Denominations
- March 10: Differences Between Religions
- March 17: Differences Between Religions
- March 24: Making Palm Crosses
- March 31: No Youth Group (Have a safe Spring Break!)

YOUTH SUNDAY SCHOOL

Psychotic Sunday School is held for 6th through 12th graders in the Meeting Hall from 10:00 am until 11:00 am. Throughout the month of March, youth will be practicing a Passion Mime for a nursing home presentation in April. We will not meet on Palm Sunday, which is March 24.

WEDNESDAY DINNERS FOR YOUTH

Dinners are needed for our Wednesday night meetings. Please plan to bring enough for 25 people. If you would like to sign up for one of our available dates, please contact Kellie.

- March 3: Dee Roberts
- March 10: Marcia Jones
- March 17: Jennifer Storch
- March 24: Available
- March 31: No Youth Group

YOUTH CAR WASH

There will be a car wash on Saturday, March 6, from 10:00 am until 2:00 pm at the church (weather

permitting). All proceeds go towards the 2010 mission trip and other youth activities. Please tell your friends and neighbors to stop by!

YOUTH LEADER TRAINING

A youth leader training session will be held for all adults leading any of our youth programs. At these important sessions, we will be discussing the structure of youth ministries at Holy Cross as a program-size church. The session will be offered in two parts. The first session will be Friday, March 5 from 6:00 pm to 9:15 pm. The second session will be Sunday, March 7, from 1:00 pm to 6:00 pm. Both sessions will be held in the Parish Hall. Dinner will be provided Friday night. Childcare will be provided both days. Please contact Kellie to confirm your participation.

PARENTS OF TEENS AND TWEENS MEETING

This group will meet on Wednesday, March 10, in the Reception Hall at 6:00 pm to support one another by sharing our trials and successes. There will also be time for asking questions and sharing resources.

REQUIRED MISSION TRIP MEETING

All youth and adults participating in this summer's mission trip to Knoxville must attend the meeting on Sunday, March 21, from 12:30 pm to 2:30 pm in the Reception Hall. Lunch will be provided.

EASTER SERVICE PROJECT

Youth are invited to join us at 10:00 am on Sunday, March 31, in the Meeting Hall as we fill Easter eggs for the Easter Egg Hunt. Then, join us again from 9:00 am to 11:00 am on Sunday, April 4, as we hide eggs and monitor the Easter Egg Hunt.



DISCOVERY
COMMUNICATIONS, EVANGELISM
AND GROUP MINISTRIES

JERRY SCHAFETZ
COMMUNICATIONS@HOLYCROSSEP.ORG

GAIL ENGLERT
SMALLGROUPS@HOLYCROSSEP.ORG

NEED REFRESHMENT? JOIN THE LAKESIDE LADIES

Who are the Lakeside Ladies? We are women who take time out to refresh our spirit on a regular basis. We gather together in silence, taking time to decompress; do Lectio Divina; have time for journaling, walking about, or just sitting quietly; have some simple refreshments and catch up with each other; meet in small groups; and then gather for a closing blessing and prayers.

All of this is done in three hours on a Saturday afternoon at Louise Tajuddin's home (eight acres at Lake Rabon). Besides the lake, there is a field, a trail through the woods, a garden and plenty of space to spread out to find a place that can speak to your spirit.

This year, we will be meeting once a season. If you need some time away—but not too far away—and would like to join us, please let me know as soon as possible because space is limited to nine others besides me.

Below you will find the schedule for this year as well as the last date to sign up. I will keep a short waiting list in case someone has to back out at the last minute. I do all communications through email, so that is the best way to let me know if you are interested in coming. If you do not have email, you may call me at 901-2751, and I will get the information to you. My email address is: louisetaj@prtcnet.com.

Meeting Dates	Last Date to Sign Up
April 24 (note date change)	April 14
July 17	July 7
October 2	September 24

HOLY CROSS QUIET DAY

Mark your calendar now for a Quiet Day—Listening for the Holy—on March 13. Father Mike will be the leader for the day, which will run from 10:00 am to 4:00 pm at Holy Cross. The fee for the day is \$20 and will include lunch. To register or for more information, contact Louise Tajuddin at louisetaj@prtcnet.com or call 901-2751. Checks should be made out to Holy Cross with “March 13th Quiet Day” on the memo line.

HOLY CROSS MOM’S GROUP

We will be meeting on the second and fourth Tuesdays from 9:30 am until 11:30 am in the parish hall. Please come and join us! All moms and expecting moms are invited. Children are welcome, and childcare will be provided (more details to follow). Contact Lianne Thompson at Thompson_smp@charter.net or 421-2560 or Shelley Allen at children@holycrossep.org or 967-7470 with any questions. Hope to see you there!



HOSPITALITY
FELLOWSHIP AND NEW MEMBERS

BARBARA REPHANN
FELLOWSHIP@HOLYCROSSEP.ORG

DEBBIE KEENE
NEWMEMBERS@HOLYCROSSEP.ORG

MINGLES GATHERING: ST. PAT’S DAY + WELCOME SPRING

If you’re between the ages of 30 and 49 (or the significant other of someone who is), please join us

on March 20 at the Froman’s house (517 Walkingstick Way in Simpsonville) for some fellowship and fun on March 20 at 6:30 pm. Please bring your ideas: Where do we go from here? How often do we want to get together? Bring a dessert or appetizer to share. A sign-up sheet is posted in the parish hall. Adults only. BYOB. Call Cheryl with any questions (630-2669).

**Are you between the ages of 30 and 49? If so, Mingles might be just the social group you have been looking for! The definition of “mingle” includes “to mix or bring together in combination, usually without loss of individual characteristics” and “to get involved or mixed-up with.” Its meaning also combines both Married and SINGLE adults. Contact: Michelle Brewer at 963-3338. Facebook page: Holy Cross Mingles*

PRIMETIMERS TO CELEBRATE ST. PATRICK’S DAY

The St. Patrick’s Day party will be at 6:00 pm on Saturday, March 20, in the parish hall. Corned beef, cabbage, carrots and potatoes will be prepared by Noreen and Smitty Smith. We’ll need desserts, and wine or beer are permitted. St. Patrick will be there so don’t forget to wear green. Sign up on our bulletin board.

Are you over 50? If so, PrimeTimers might be just the social group you have been looking for! Join us each month for a unique outing! Contacts: Sharon (963-0467 or sharonshumaker@charter.net) or Renie (963-9631 or renieh@charter.net).

LIVE FROM HOLY CROSS: IT’S HUBERT’S CAFÉ!

Save the date!
Saturday, May 15
6:30 pm to 10:00 pm

Hubert’s Café is a dinner show put on by members of the Holy Cross family. The night includes fabulous food and lots of laughter. The cost is \$20 per person. Tickets go on sale after Easter.

GOT TALENT? GOT PICTURES? HUBERT'S CAFÉ WANTS YOU!

We are looking for anyone who is interested in participating in the show. Please contact Mac Clarkson at 967-7556 or taternspud@netzero.net or Michelle Brewer at 963-3338 or scrapdiva@charter.net.

Hubert's Café is also looking for pictures of you from back in the day. Send us your outrageous pictures from the 1960s, '70s, or '80s. We will use as many of them as we can. You can scan them to scrapdiva@charter.net or give them to Michelle Brewer. Please put your name on the back so we can return them to you.

"THE ENVELOPE PLEASE"

Wow, our chili cook-offs keep getting bigger and bigger! I think we blew off some shingles at our 18th Annual Holy Cross Chili Cookoff. But we had another blast with the highest people turnout ever.

We had a near-record 25 pots of chili: 10 Hot & Spicy, and 15 Tame & Mild, and a pot of chicken soup. We had all kinds of homemade cornbread and a table full of desserts. Jeannie Grady won the Toilet Plunger trophy in the Hot category with "Jus Rite," and Eric Mencken won the Tame division with "Vapor Licious."

We did have a record number of folks attend. We ran out of seats and had to use the old Parish Hall as overflow. We're planning some seating adjustments for next year and hopefully will squeak everyone into the new Parish Hall. Our musical entertainment was a big hit. Thanks again to Lucy Allen and Marshall Goers!

Thanks, too, to our brave judges and vestry nominees: Barbara Rephann, Gail Englert, Sara Swartz, and Mark McGrail. The intent is to make the nominees endure a Rite of Passage by first being a chili judge. They took their jobs seriously, and did remarkably well especially considering the number of chilis. They are home from ICU and may now take their place on the vestry.

We do need a word about how we pick winners. The judges see only the chili names and not who made it. Their scores for each chili are added up, and the highest score wins. It ain't brain surgery, folks. We make a special effort to insure that everything is fair and square every year.

A special thanks goes out to the chili bean helpers: Ollie and Barbara Rephann, Jerry and Kerry Kelley, Sharon Shumaker, Susanne Whiddon, Renie Humphries, Matt Devine, Mac Clarkson, and Dennis & Judy DeFrancesco. And thanks to all the folks who stayed to help clean up. You don't know how much that helps! We appreciate it.

NEWCOMERS INVITED FOR DESSERT



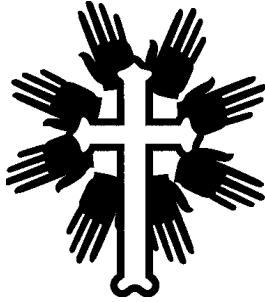
The next Dessert and Conversation for newcomers will be held at Father Mike and Deb's house on Friday, April 30. The next Discovering Holy Cross will be on March 26 and 27. Questions? Email Bonnie at Bonniemacd28@aol.com.

MEMBERSHIP COMMITTEE MEETING

Our next membership meeting will be held on Sunday, March 7, at 12:30 p.m., in the Reception Hall. Lunch will be served. Committee members are asked to attend, and anyone else who is interested in this ministry is also welcome to join us. Questions? Contact Bonnie MacDonald at Bonniemacd28@aol.com.

LOOKING FOR A PLACE TO PLUG IN?

Holy Cross will have a Ministry Fair on Sunday, May 16th. Stop by for a wealth of information on the opportunities to serve here at Holy Cross.



HUMANITY OF CHRIST
OUTREACH AND PASTORAL CARE

SARAH SWARTZ
OUTREACH@HOLYCROSSEP.ORG

MARCIA JONES
PASTORALCARE@HOLYCROSSEP.ORG

**TELEPHONE FRIENDS:
A NEW MINISTRY**

A new ministry is beginning at Holy Cross. A telephone system is being established to stay in touch with people who live alone, have little contact with the outside world and would appreciate a call from one of us to check on them and share a little conversation. If you know of someone who is in need of this ministry (including yourself) or would be willing to be one of the callers, please let Ande Zander know either by phone at 962-8318 or email at ezander@verizon.net.



PARISH NURSE'S CORNER

**SLEEP A CRITICAL COMPONENT
OF OUR OVERALL HEALTH**

Sleep is not merely a "time out" from our busy routines; it is essential for good health, mental and emotional functioning and safety. For instance, researchers have found that people with chronic insomnia are more likely than others to develop several kinds of psychiatric problems, and are also likely to make greater use of healthcare services.

People suffering from a sleep disorder called sleep apnea are at risk for high blood pressure, heart

attacks, stroke and motor vehicle crashes if left untreated.

Even occasional sleeping problems can make daily life feel more stressful or cause you to be less productive. Overall, sleep loss has been found to impair the ability to perform tasks involving memory, learning, and logical reasoning. The direct and indirect impact of daytime sleepiness and sleep disorders on the national economy is estimated to be \$100 billion annually.

Sleep needs vary. In general, most healthy adults need seven to nine hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. And, contrary to common myth, the need for sleep doesn't decline with age (although the ability to get it all at one time may be reduced). So, how do you measure how much sleep you truly need? If you have trouble staying alert during boring or monotonous situations when fatigue is often "unmasked" you probably aren't getting enough good-quality sleep. Other signs are a tendency to be unreasonably irritable with co-workers, family or friends, and difficulty concentrating or remembering facts.

If you are having a sleep problem or feel sleepy during the day, a visit with your doctor is the best first step. Your doctor will first want to ascertain whether there are any underlying problems that are contributing to or causing your sleep problem. In many cases, your doctor will be able to recommend lifestyle changes that can help promote sleep. In general, try to build into your schedule time for eight hours of sleep, and follow this routine as regularly as possible. Here are a few tips many have found to be useful.

- Avoid caffeine, nicotine and alcohol in the late afternoon and evening. Caffeine and nicotine can delay your sleep, and alcohol may interrupt your sleep later in the night.
- Exercise regularly, but do so at least three hours before bedtime. A workout after that time may actually keep you awake because

your body has not had a chance to cool down.

- Don't use your bed for anything other than sleep or sex.
- If you have trouble sleeping when you go to bed, don't nap during the day, since it affects your ability to sleep at night.
- Don't use your bed for anything other than sleep or sex. Your bed should be associated with sleep.
- Consider your sleep environment. Make it as pleasant, comfortable, dark and quiet as you can.
- Establish a regular, relaxing bedtime routine that will allow you to unwind and send a "signal" to your brain that it's time to sleep. Avoiding exposure to bright light before bedtime and taking a hot bath may help.
- If you can't go to sleep after 30 minutes, don't stay in bed tossing and turning. Get up and involve yourself in a relaxing activity, such as listening to soothing music or reading, until you feel sleepy. Remember: Try to clear your mind; don't use this time to solve your daily problems.

If your sleep problems persist for longer than a week and are bothersome, or if sleepiness interferes with the way you feel or function during the day, a doctor's help may be needed.

Please join us on March 21st during the Adult Formation Hour at 10:15 am

Guest Speaker: Director Don McMahon of the Sleep Disorder Center at GHS

WOMEN TO WOMEN: HOW SWEET IT WAS! CHOCOLATE SOIRÉE

The Women to Women Chocolate Soirée was a wonderful success. We raised \$425, with other donations pending, for Disaster Relief in Haiti. Kerry gave a welcome to everyone, followed by a lovely devotion. Pat then gave a short talk on the

situation in Haiti before introducing the night's entertainment. We were very privileged to have the lovely Gaylyn Arnold sing for us. Originally from California, Ms. Arnold became acquainted with some of the ladies from church that very morning and volunteered to come sing. Photos and short video clips of the event are available on the church's Facebook page:

<http://www.facebook.com/group.php?gid=9248325774&ref=mf>

Everyone enjoyed the chocolate fountains, desserts and snacks. First place in the Dessert Contest was awarded to Pamela Garrett for her rum and kahlua chocolate cream puffs. Second prize went to Jerry Kerry for his German love cake.

We would like to thank everyone who braved the snow to make this a wonderful event.

THANK YOU FROM MIKE AND DEB

Thank you to all at Holy Cross who were so generous with their prayers, cards and gift of money for Christmas. We love you all and are so happy to be at Holy Cross as we work together bringing Christ to our community. We pray this next year brings you love and happiness as you generously share with us.

Love, Father Mike and Deb

BIRTHS

- Cody Ross Allen, son of Andrew and Shelley Allen

DEATHS

- Fran Satterfield, cousin of Richard Holford
 - Howard Newton, former Holy Cross member and friend of the Whiddons.
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MARCH BIRTHDAYS & ANNIVERSARIES

2 nd	Chloe Allison Linda Gubitose	14 th	Christopher Brooks Al Kaufmann
3 rd	Kristin Beal Lea Flanigan Debbie Keene		Brian Kennedy Danielle Vetter
4 th	<i>Dennis & Judy DeFrancesco</i> Carolyn Brown Campbell Yates	16 th	John Nelson
		17 th	Carolyn Dicer
5 th	Lori Wicks	18 th	Caryl Osborne Kathy Skinner William Tavernetti
7 th	Bonnie Glover Lois Korn Jeff Schmauch	19 th	<i>Brently & Amy Giles</i> Krysta Barrett Alex Majors
9 th	Julie Branham Dedra Rogers	21 st	Brittany Darrington Melissa Kelley
10 th	Janice Baker Cindy O'Cain		Kathryn Grace Lee
11 th	Peyton Clark Betty Johnson Carolyn Muller Reggie Warren	22 nd	<i>Ken & Kimberly Fields</i>
		24 th	Jack Devine
12 th	Clara Clarkson Shirley Derieux William Devine Ann Stephens	25 th	Steve Wilson Mike McNabb
		26 th	Brian Beal Adriana Harris
		27 th	Judy DeFrancesco Daphne Majors Amanda Palmer
		30 th	Mike Swinden
		31 st	Carissa Rhodes



FOOD FOR THE JOURNEY

Living Buddha, Living Jesus

by Thich Nhat Hahn

"Buddha and Christ, perhaps the two most pivotal figures in the history of humankind, each left behind a legacy of teachings and practices that have shaped the lives of billions of people over two millennia. If they were to meet on the road today, what would each think of the other's spiritual views and practices? In this classic text for spiritual seekers, Thich Nhat Hanh explores the crossroads of compassion and holiness at which the two traditions meet, and he reawakens our understanding of both.

A rare combination of mystic, scholar, and activist, Vietnamese monk Thich Nhat Hanh is one of the most beloved Buddhist teachers in the West. Poet, Zen master, chairman of the Vietnamese Buddhist Peace Delegation during the Vietnam War, he was nominated by Dr. Martin Luther King, Jr., for the Nobel Peace Prize."

Food for the Journey is sponsored by the Daughters of the King. Send an email to sharonwputman@cs.com if you have a book that has been a special part of your spiritual journey. Book information is obtained from Amazon.com.

"The kingdom of God is available to you in the here and the now. But the question is whether you are available to the kingdom. Our practice is to make ourselves ready for the kingdom so that it can manifest in the here and the now. You don't need to die in order to enter the kingdom of heaven. In fact, you have to be truly alive in order to do so." ~Thich Nhat Hanh

"People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day, we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, and the black, curious eyes of a child — our own two eyes. All is a miracle." ~Thich Nhat Hanh



HOLY CROSS CONTACT INFORMATION

Items for newsletter:	sharonwputman@cs.com
Bulletin announcements:	secretary@holycrossep.org
Parish office	(864) 967-7470
Fax	(864) 967-0393
Mailing address	PO Box 187, Simpsonville, 29681
Holy Cross Academy	(864) 963-5986
Pastoral counseling	(888) 293-7585
Church website	www.holycrossep.org
Diocesan website	www.edusc.org
Office	secretary@holycrossep.org
Rector	rector@holycrossep.org
Assistant rector	assistantrector@holycrossep.org
Youth ministry	youth@holycrossep.org
Children's ministry	children@holycrossep.org
Senior warden	srwarden@holycrossep.org