



The Shepherd's Staff

Volume 16 Issue 1

January 2012

SOTH's Upcoming Events

- **Alpha Starts—Jan 11**
- **Annual Meeting—Jan 29**
- **Light Shine—Feb 4 and 26**
- **Trash to Treasure Sale—Feb 10**
- **Ultreya—Feb 11**
- **Bishop Visitation— Feb 19**

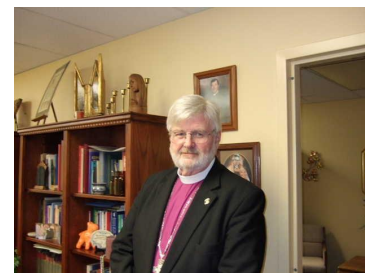
Mission Statement

Our mission is to be a beacon of faith known for engaging all persons in the love and truth of Jesus Christ

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Rector's Ramblings



To say Happy New Year sounds trite, doesn't it? In some sense it has lost its meaning due to resolutions which are never kept, and days that just blend into one another except for the occasional party.

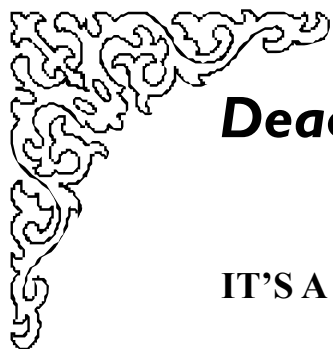
Happy New Year has gone the way of most things that greeting card companies can put out, to sell another card or be a reason for flowers or drink in some cases. For Christians the new year has already begun. That was Advent and we are now into the second season going for the third on the Epiphany. Boy, talk about time flying. But what I would like to wish, or better pray, for everyone is a blessed year of service in our Lord.

Shepherd of the Hills is all about service, I believe, Service to our community, to each other, and to all those whom we come in contact with in our daily lives, or as we travel. And, as a Church, this family seems to travel a lot! And that is all right. It gives us more people to share our stories with. Our own personal story of our encounter with the living Lord of life and our Church's engaging in Christ's work in the world. For it is the calling which we have been given as Christians. The calling of witness. Now, that makes some Episcopalians nervous, but I have not noticed Shepherd of the Hills people being too shy. In fact, we are the most outgoing group I have ever worked with.

So, if we are going to make a resolution or think about changing something in this New Year, then maybe we can think about how better we might serve Jesus and His Kingdom. What are we not doing which needs to be done? We need to look around and see God's calling to us. He is making them visible to us. We just need to recognize them. Let someone know what your idea is. Let someone know what your thoughts are. At our Annual Meeting on January 29, bring your thoughts, ideas, and observations to the meeting. There will be ways to share your input either openly or by responding to questions. One idea has already been suggested and we are now working to begin a new feeding ministry, using our kitchen, to feed the hungry, those alone, housebound or people just in need. More details soon but we will begin with the parish and get the ministry working and established before, prayerfully, reaching out to our community.

Exciting times are ahead for Shepherd of the Hills. Join the excitement as we move forward in growing the Kingdom and serving those who need us. Happy New Year to all.

Blessings, Bishop Jim



Deacons' Corner

IT'S A NEW YEAR

The holidays are over, completed and done
 Finished the official twelve days of Christmas
 Trappings collected, packed carefully and stored
 New calendars, date books, journals and lists.

I wonder what this next year will bring
 Probably a mixed bag of joys and sorrows
 More of the same and many a change
 Some improvements, blessings, perilous risks

But whatever comes, wherever I am
 I trust You, Lord, will also be there
 To guide and to comfort, and then to forgive
 Any missteps I make in this new year.

---Joan Bonnell Clark

Bishop Visitation —

February 19, 2012

Bishop John Howe will be making his final Visitation as Diocesan Bishop to Shepherd of the Hills on February 19, 2012. If you would like to be Confirmed, Received into the Episcopal Church, or want to reaffirm your Baptismal Vows, please contact Mary Kay at the church office and let her know.

Bishop Jim will then be in touch with you to arrange preparation time.

Thanks you,

Bishop Jim

Mission Outreach Minot, North Dakota

Bishop Jim received a note from Canon Bennett of the Diocese of Central Florida, about a possible mission outreach opportunity in Minot, North Dakota. If anyone has any interest please contact the church office.

From Cannon Bennett...

õMary Johnson, a priest from the Diocese of Atlanta and who is also licensed in the Diocese of Central Florida, is on "temporary" assignment in Minot, North Dakota.

What Mary outlines might be the perfect outreach ministry for one or several of our congregations."

Mary Johnson became the coordinator of volunteers to help rebuild homes in Minot, North Dakota after the devastating flooding last summer in which about a quarter of the housing in the city was lost or so badly damaged that it was uninhabitable.

She writes, õAnd here's where folks from the Diocese of Central Florida may wish to help. We are actively recruiting people to come and help rebuild. There's work for people with skills in the building trade, and also for people who may not have the skills but are willing to help. I know it's counter-intuitive to ask people from the warm, easy Orlando climate to make the journey to North Dakota, but God has led me here, and I believe there are folks in Central Florida whom He is also calling to come and help for a few days or a few weeks. We can arrange housing, meals, tools, etc. for individuals or a small group now. In the spring, we will be able to manage larger groups and even people who would like to come up in their RV's.ö

(To learn more, go to the following blog: <http://allsaintsminotrebuildaftertheflood.wordpress.com/>)

õThere are other ways to support our effort,ö Mary

(Continued on page 8)

Ministry Notices

Ministry of the Month

Light Shine

The Light Shine Ministry objective is to bring free music appreciation and humanities enrichment programs to Citrus County. It is an outreach ministry that not only introduces our county community to musical variety and artists and Florida history, but it introduces Shepherd of the Hills to our Nature Coast community. This last objective makes Light Shine an important part of our new Open House Ministry. Light Shine is produced by SOTH volunteers and is co-sponsored by the Citrus County Chronicle (advertising) and through funding from the Florida Humanities Council (FHC) in St. Petersburg.

The Florida Humanities Council is funded through a grant from National Endowment for the Humanities (NEH). SOTH has received annual funding from the Florida Humanities Council since 2005, and is now in the second year of Partnership Grant of \$8000. The FHC funds are used exclusively for funding the expenses of humanities programs, and we provide detailed accountability to the FHC each fiscal year. Our music appreciation program expenses are funded through free-will offering from attendees.

Volunteers are involved in several areas----writing grant applications and reports, selecting musical and humanities programs, handling publicity that includes advertising, newspaper and radio coverage, and program design, and most importantly,

providing hospitality at the time of the Light Shine event that includes greeting attendees and making cookies and coffee. Light Shine is one of our best opportunities we have to introduce potential new members to the life of our church. We need and want more volunteers; please join us. You can receive more information about Light Shine by contacting one of the following:

Peter Cass
Howard Papke
George Krueger

Light Shine

2012 Winter/Spring Series:

Sunday, February 4, 2012, 4pm

Who Started the Fountain of Youth Myth?
presented by Dr. Michael Francis, Department of History, University of Northern Florida, Jacksonville. An audio/visual presentation on the Spanish colonization of Florida

Sunday, February 26, 2012, 4pm

The Ashley Gang,
a nationally recognized folk singing group of musical artists

Sunday, March 4, 2012, 4pm

The River Jordan Gospel Singers,
a recognized central Florida male gospel quartet.

Sunday, April 22, 2012, 4pm

The Florida Dream,
a Emmy award winning documentary film about the growth of Florida following WW II. The film will be introduced and will have commentary from Dr. Gary Mormino of the University of South Florida, Tampa



Father Christmas Ball



14th ANNUAL FATHER CHRISTMAS BALL SPECTACULAR SUCCESS

The anticipation is over, this years Father Christmas Ball was a smashing sell-out 200 tickets sold. Ball attendees started arriving before 6:pm for appetizers and cocktails. They were greeted with an upscale but not overdone decorating theme, thanks to the efforts of Ms. Brenda Huntsberry, a beautifully orchestrated silent auction, thanks to Ms. Leslie Palmer, efficient ticket sales and effective seating, thanks to Ms. Karen Black, a well stocked bar and set-ups thanks to Mr. Paul James, appetizers were abundant, thanks to Ms. Maria Kahn, our advertising coordinator, Mr. Bob Palmer did an outstanding job for us with our co-sponsor the Citrus County Chronicle. Your Chairperson, thanks all of you and my very talented and terrific husband for all your support, talent and teamwork.

John Mason Catering provided a truly fine dinner with wonderful mini-deserts. Mr. Bob Arthur deejay was spinning music from the 40's thru the 70"s and the dancing continued all evening. It was a very social event and everyone enjoyed themselves.

The highlight of the evening, The Father Christmas Honoree was revealed. Mrs. Barbara Johnson reigned over the ball . Barb as she prefers to be called, attends Good Shepherd Lutheran Church. She joined the Outreach Ministry at Good Shepherd and soon began working with SOS. Her efforts to involve other churches have resulted in 5 churches helping to provide God's people with love, food and daily needs through Serving Our Savior. She says her boss is a Jewish Carpenter.

As you know, ALL PROCEEDS after expenses are donated to SERVING OUR SAVIOR. This years Father Christmas Ball raised \$6.800.00 for SOS.

A very heartfelt Thank You to everyone who purchased a ticket, helped decorate, and clean-up, attended the ball, made an appetizer and supported the silent auction, 50/50 and Bar. You are AWESOME.

MARK YOUR CALENDARS THE 15th ANNUAL FATHER CHRISTMAS BALL, DECEMBER 7, 2012. TICKETS GO ON SALE IN OCTOBER. "SEE YOU THERE"

GOD BLESS YOU
CATHY ALLEN

SOS Ministry

In November we gave out 15,790 pounds of food. We served 515 families made up of 324 children, 800 adults and 233 seniors. We had hoped that the numbers would go down, but the trend is still going up. We will finish the year serving about 5,000 families.

We signed up 224 families for Christmas turkeys with dressing and cranberry sauce. We will finish the year on December the 29th.

Our new home at Good Shepherd Lutheran has worked out very well. All five churches are helping in various ways.

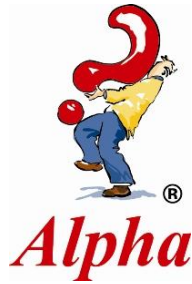
Happy New Year!

Thank you for your wonderful support.

God bless,
From your SOS ministry

Alpha

**The Alpha Team Kicks Off
2012 with a New Course on
January 11th
6:00PM to 8:30 PM
Parish Hall**



On January 11th the new Alpha program will kick-off with a celebration dinner and movie. Alpha is a 10 week course for anyone interested in learning the *basics about the Christian faith and Jesus Christ*.

We hope you'll consider inviting someone who is searching for something in their lives, or wants to rekindle their faith. Pick up some invitations or flyers to hand out. They are available in the parish hall, along with a sign-up sheet for the dinner head count. **Thank you from the Alpha Team.**

Restaurant Night

Our next Restaurant Night will be Wednesday, February 8th at Stumpknockers hosted by Natalie Warrick and Ray Warner.

In March, Bishop Jim and Stacey, will host Restaurant Night on Wednesday, March 14th at The Taverna Manos.

More details to follow in next month's newsletter.



Ultreya - (Spanish for
"Onward")

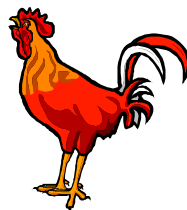
*The date of the Ultreya has
changed to:*

Date: Saturday, February 11, 2012

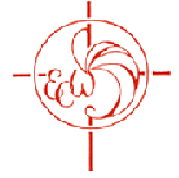
Time: 5:00pm

Where: Shepherd of the Hills Episcopal Church

Roberta Graybiel ó 341-1417



ECW News



On December 10, the ECW ladies were well represented at our Christmas luncheon at the Izaak Walton Restaurant in Yankeetown. It seems that all the members really enjoyed themselves and their tasty lunches. The only downside was the raw, damp and nasty weather.

Our next meeting will be in 2012, on January 14, when we will be having Sgt. Chris Evans from the Citrus County Sheriff's Dept. to speak to us about the scams that are out there and also about how we can protect ourselves. I would like to invite anyone in the Church to join us for this special guest speaker. (NOTE: Chris will be first on the agenda so that you do not have to sit through the meeting to hear from him.) I have heard Chris speak and he has many thoughts to share with us concerning our safety. Following Sgt. Evans, we will be doing some planning for our **Trash to Treasure Sale, which will be held FRIDAY, February 10, 2012, from 9 a.m. to 2 p.m., in the Parish Hall.** This will be in lieu of our February meeting.

So please think about our Sale as you sort through cabinets and pantries. The items you donate put \$\$ in our treasury so that we can do more for the Church. (NO clothes, please.) If you have any questions, please feel free to call me at 794-0070. There will be further details in the February *Shepherd's Staff*.

So until next time, God bless you all and have a Blessed Christmas and a Happy New Year.

Francine, ECW



Health and Wellness Ministry

Life Line screening- The power of prevention

Life line screening will be coming to SOTHEC on Thursday March 1st 2012.

Since 1993, Life Line Screening has worked with hospitals across the country and has screened over 6 million participants. Why? Because the ultrasound screenings that are offered can potentially save your life.

Unfortunately, Medicare and Insurance companies typically will not cover these stroke and vascular screenings without the presence of symptoms. This is unfortunate since 4 out of 5 stroke victims had no apparent warning signs prior to a stroke.

The first time that you could learn that you are a candidate, for a stroke, maybe when you have a stroke. That is why Life Line Screening's, painless screenings, are important.

Your health changes with age

As you get older, your risk for stroke and cardiovascular disease naturally increases-even if you maintain a healthy lifestyle.

The National Stroke Association (NSA) states that your risk of stroke doubles every decade after age 55.

You may not be aware of any symptoms

These changes- which can greatly increase your risk- often occur without any symptoms. That is why regular screenings are important.

A preventative ultrasound screening may identify potential life threatening problems early enough for your physician to take action.

Life Line Screening saves life

Life Line Screening identified over 62,000 people who had potential serious health risks for stroke or cardiovascular disease but showed no apparent symptoms, within the last year alone. For many, it was a lifesaving experience.

All it takes is a little more than an hour

That's less time that you'd take to go to dinner, watch your favorite TV show, or spend at your gym, but it can literally save your life. You'd also have the peace-of-mine knowing that you are monitoring and managing your risks for stroke and heart disease.

Procedures

1. Stroke/Carotid Artery Screening-\$60.00

Ultrasound evaluation of the carotid arteries that screens for buildup of fatty plaque--a leading cause of strokes.

2. Heart Rhythm Screening (Atrial Fibrillation)-\$60.00

A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence or absence of an irregular heartbeat. Atrial Fibrillation increases the risk of stroke 5 times.

3. Abdominal Aortic Aneurysm Screening-\$60.00

Ultrasound is used to screen for the presence of an aneurysm (enlargement) in the abdominal aorta that could lead to a ruptured aorta.

4. Peripheral Arterial Disease Screening-\$60.00

Evaluates for peripheral artery disease (plaque buildup) in the lower extremities. It is 4 to 5 times more likely you will die from heart disease if you have peripheral arterial disease.

5. Osteoporosis Risk Assessment-\$35.00

An ultrasound measurement of the heel bone to determine abnormal bone mass density in men and women. Osteoporosis is painless and silent in its early stages.

To schedule

You will be notified, of the number to call and when to call.

Thank you!

Note: Stroke, Vascular Disease, Heart Rhythm & Osteoporosis Risk Assessment Package; 5 screenings for only \$149 (\$126 savings!).

Source: Life Line Screening-The Power Of Prevention, "How a regular screening program can SAVE YOUR LIFE".

Marlene Harrison, RN/Co-chair Health & Wellness

Faith Walk

A Heart for Freedom by Chai Ling
- Is God at work in China?



Chai Ling can provide some answers through her story. Raised in China, participating as a student leader in the revolution in the Tianenmen (the garden of restful peace) Square, eventually escaping to the United States, and also winning a Noble Peace Prize, Chai Ling relates the horrors and the eventual coincidences that lead her to Christ. A miraculous and spell-binding story which has given me a new sense of wonder in our God and hope in our world.

You'll enjoy it too.

May you be blessed in all you read and do,
Roberta Graybiel

Yoga Meditations

Body as a temple

Some years ago I had the privilege of attending a week-long workshop led by Paulist Father Thomas Ryan. His book, *Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice*, had affected me deeply and I was eager to spend time with the author.

What Father Ryan said echoed my own experience. Studying, teaching and practicing yoga for some years prior the workshop had profoundly enhanced my Christian faith. Some find Jesus on a mountain top; I found Him on a yoga mat.

The truth, of course, is that I had found Jesus (or did He find me?) through baptism, Eucharist, sermons, study several years before. But somehow those experiences were enhanced and deepened as I stretched, breathed, focused and paid attention to my body.

Fr. Ryan spoke at the workshop about St. Paul's statement that the body is the temple of the Holy Spirit. (1 Cor. 6:19) and that we need both to listen and honor the body as God's vessel. Strange words, I thought, as the church seemed keen on emphasizing the body as the seat of sin. Certainly, that's what I heard growing up and those urges, sexual and otherwise, can lead one down the wrong path. Yet as I spent time in the workshop I began to think that it may be that it is precisely because we don't listen to or honor the body that trouble looms.

The yoga that both Fr. Ryan and I were taught is slow moving, even meditative and it encourages us to pay attention to that which is inside. Fast moving (American society?), one can not feel sensation very easily. Slow, deliberate stretches, however, can allow us to feel sensations---hot, cold, tangling, sometimes I swear even blood flowing.

One has to include proper breathing here as well. Yogis call it pranayama which means breath control. Most of us breathe improperly. Shallow, sometimes quickly and sometimes (for a few moments) not at

(Continued on page 8)

Yoga Meditation *(Continued from page 7)*

all. Is it any wonder that we live in stress and do not cherish the body?

Many ailments come from this way of living. Some are internal such as high blood pressure. Others are external such as obesity. Funny how many of us can be deeply devout and yet harm our body in numerous ways without connecting our faith with the way we treat the vessel of the Holy Spirit.

We are the people of the incarnation, Fr Ryan reminded us. God taking on human flesh. That in itself should tell us the body is sacred. And that should lead us to moving in such a way as to enact a prayer to the Father and to hallow His name. On the yoga mat and always! ô Dr. Earle Pratt

Note: Dr. Earle Pratt leads a Yoga and Meditation class at SOTH weekly. Heød be happy to chat with you about joining the class (746-2508). Deacon Joan would happily share the benefits she has received as a participant.

Mission Outreach
Minot, ND

(Continued from page 2)

continues, øwithout leaving home:

- Most important, people can pray for the residents of Minot who were affected by flooding.
- Knitting groups might consider sending prayer shawls or afghans or warm caps or scarves. There's an organization called Project Renew that offers counseling to people whose lives have been turned upside down by the flood. They love having small quilts or prayer shawls to share with their clients. They benefit from the love as much as from the warmth of these hand-made items.
- They can support the rebuilding effort financially either by donations to ERD (Episcopal Relief and Development) or to the Episcopal Diocese of North Dakota.

Much love from snowy Minot!
Mary Johnsonø

Annual Meeting
Sunday, January 29, 2012

One Service Only at 9:30am
(No Saturday Service)

Ministry Leaders, please have all your annual reports in to Mary Kay no later than January 10th. Thank you!

Elections for the Memorial Fund Trustees and Vestry will be held at the Annual Meeting. Below are the nominees.

Memorial Fund Trustees — We have three nominees for the Memorial Fund Trustees: Carla Bickford, Linda Papke, and Larry Muntz.

Vestry — The three vestry nominees for a three year term are:

Jay Joines, Ernie Paskey, and Bette Patz

Diocesan Convention
January 21, 2012

Our lay delegates to the Annual Diocesan Convention in January 2012 are:

Cathy Allen, Rich Allen and Bette Patz

Church Directory
Update

Add: Lyn and Mike Fonfara
4239 N Brynner Pass Terr.
Beverly Hills, FL 34465
352-527-8321

Doris Salley
3652 N Honeylocust Dr.
Beverly Hills, FL 34465
352-270-8701

Change: Maragret Schmid
P.O. Box 861
Hernando, FL 34442



January 2012

Birthdays

- Jan 2:** Karen Murfin
 Robin Grega
Jan 6: Evie Kalix
Jan 9: Paul James
Jan 10: Darleen Highstreet
Jan 14: Betty Entrekin
 Tish Daily
 Jay Joines
Jan 15: Betty Harnig
Jan 18: Ray Warner
Jan 20: Lynn Graybiel
 Zaib Khan
Jan 27: Michael Payne
Jan 30: Mary Reed

Anniversaries

- Jan 8:** Bert and June Hombergen
Jan 9: Gene and Shannon Stillman
Jan 14: Jack and Nancy DeMerchant
Jan 27: Richard and Francine Klug



Day of Epiphany — January 6

NOTE: If you cannot come as scheduled, please call for a replacement and notify the office at 527-0052 to be sure the master list is corrected.

Greeters

Saturday 5pm

- Jan 07: B Harnig & G Noble
 Jan 14: J & N DeMerchant
 Jan 21: J & B Palladino
 Jan 28: **No Service**

Sunday 8am

- Jan 01: P & M Cass
 Jan 08: F Panza & M.A. Johnson
 Jan 15: P & M Cass
 Jan 22: R Warner & N Warrick
 Jan 29: **One Service-9:30am** —

Sunday 10:30am

- B & J Hombergen
 M & K Black
 C Bickford & Leah Foshay
 A & R Harlow
 H & B Huntsberry

Chancel Servers

Saturday 5pm

- Jan 07: D Maasch
 Jan 14: D Maasch
 Jan 21: D Maasch
 Jan 28: **No Service**

Sunday 8am

- Jan 01: P Cass
 Jan 08: K Murfin
 Jan 15: P Cass
 Jan 22: K Murfin
 Jan 29: **One Service-9:30am**

Sunday 10:30am

- J Hombergen/B Patz
 C Allen/M Reed
 M French/S Muntz
 K Eddy/C Allen
 M Reed/K Murfin

Crucifer

- B Palmer
 L Khan
 B French
 L Khan
 P Cass

Lectors

Saturday 5pm

- Jan 07: L Williams
 Jan 14: M Fonfara
 Jan 21: L Graybiel
 Jan 28: **No Service**

Sunday 8am

- Jan 01: M Wright
 Jan 08: R Sewall
 Jan 15: P Cass
 Jan 22: B Bickle
 Jan 22: **One Service-9:30am** —

Sunday 10:30am

- A and R Harlow
 B Patz/P James
 S Asekun/G Medvigy
 S Adams/J Kalix
 J DeMerchant/L Papke

SHEPHERD OF THE HILLS EPISCOPAL CHURCH
(352) 527-0052 FAX (352) 746-6336
EMAIL: SOTHEC@EMBARQMAIL.COM

2540 W Norvell Bryant Hwy
Lecanto, Florida, 34461

Non-Profit Organization
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Lecanto, Florida

We are a Parish Church of the Episcopal Diocese of Central Florida

**It is the mission of Shepherd of the Hills Church to be a beacon of faith
known for engaging all persons in the love and truth of Jesus Christ.**

The Rt. Rev. John W. Howe, Bishop
The Rt. Rev. James M. Adams, Rector
(Phone 527-0052)

The Revs. Joan Clark, Mike Hall and Linda Liebert-Hall, Deacons

We're on the Web!!
www.sothec.org

Vestry Committee

Lynn Graybiel Sr. Warden, Richard Allen, Jr. Warden,
John Bourdeaux, Carla Bickford, Clerk, Allen Harlow, Treasurer
Marlene Harrison, Linda Papke, Bette Patz, Sara Payne