



the Belltower

Oct
2013

"To grow as disciples in Christ, prayerfully opening our hearts and minds to joy and service."

All Saints' Day and Liminal Space

He said, "The right time has come. The kingdom of God is near. Change your hearts and lives and believe the Good News!" Mark 1:15 (NCV)

Now it happened that, while they were there, the time came for her to have her child... Luke 2:6 (NJB)

My dear Christ Church family,

What some call "liminal space" or threshold space (*limen* in Latin means a threshold, a starting line in a race, or a beginning place) is a very good phrase for those special times, events, and places that open us up to the sacred. It seems we need special ("sacred") days to open us up to all days being special and sacred; we need special and sacred times to universalize to all time. (It is only some forms of late-blooming Protestantism that never recognized this need.) Even ancient Initiation Rites were both intensely sacred time and space to send the initiate into a newly discovered sacred universe.

What became All Saints' Day and All Souls Day (November 1-2) were already called "thin times" by the ancient Celts, as also were February 1-2 (St. Bridget's Day and Candlemas Day when the candles were blessed and lit). The veil between this world and the next world was considered most "thin" and most easily traversed during these times. On these days, we were invited to be aware of deep time—that is, past, present, and future time gathered into one especially holy moment. On these pivotal days we are reminded that our ancestors are still in us and work with us and through us; we called it the "communion of saints." The New Testament phrase for this was "when time came to a fullness," as when Jesus first announces the Reign of God ([Mark 1:15](#)) or when Mary comes to the moment of birth ([Luke 2:6](#)). We are in liminal space whenever past, present, and future time come together in a "full" moment of readiness. We are in liminal space whenever the division between "right here" and "over there" is obliterated in our consciousness. *Richard Rohr*



In Christ's love and service,
Mark

Our Senior Warden says....



Our fall schedule started September 1 with church services going back to the regular schedule, Men4Him and Sunday School resuming their schedules, and the Women's Bible Study beginning a new study of the book of St. Mathew. Welcome!

Sunday School...what a pleasure to watch the children process into the church on the first day of Sunday School! Jennifer Contreras and Dustin Darcy are teaching with Jessica Alire and Michelle Cook tending to the nursery. A huge thank you to all! The Sunday School is renewed and off to a wonderful start as all the children planted seeds in cups.

Watch for Youth Group Activities.

Father Mark started the Faith-Seeking Journey. If you missed the first meeting, talk with Father Mark. The Journey affords us a wonderful opportunity to study our Christian and Episcopalian beliefs. Our ministry fair has been postponed until this spring as it will be included as a part of the Journey. It is a wonderful time to renew our commitments to ministries at Christ Church.

We welcome back the Darcie family. Dustin is teaching Sunday School and the children add a wonderful energy to our church family.

Levi Patrick Banker was born to Amy and Jon Banker. Our Sunday School children had an opportunity to make and send cards to him. We all join our children in sending love and greetings to Levi and his parents for his precious birth.

Christ Church hosted another music concert which is organized by Joan Sindler. The music is inspiring as well as affording us the opportunity for outreach to others in the community. Watch for more concerts to be presented.

Kudos to ECW for their donations to Loaves and Fishes, Mercy Today, Good News Prison Ministries and Casa as well as others. Our

church women earn money by working at the Thrift House and appropriate the funds to worthy causes. You are welcome to participate! The total giving for this quarter was \$2175.30.

Two of our very special members died this past month, Dee Dumond and Irma Fry. We all have wonderful memories from knowing them. Our prayers are with their family members at this time for our sincere gratitude for sharing their lives with us. We join their families in mourning their loss.

The SWEEPS committee (Service, worship, Education, Evangelism, Pastoral Care and Service), continues to meet on the second Sunday and discuss church business. The committee is an excellent opportunity to informally discuss our lives at Christ Church. You are very welcome to attend and bring suggestions that would benefit our church family. And, welcome to Vestry meetings on the fourth Sunday!

What a wonderful fall season with renewed energy to worship and study the word of God with our special church family! *Barb Smith, Sr. Warden*

Youth Group

We held our first Youth Group meeting with youth from Shepherd of the Hills on Sunday, Sept. 15. We played some "Get to know you" games, ate pizza, played some PowerPoint trivia games, and then saw a film clip about how changing our way of looking at things can make all the difference. (We related this to the Gospel parable which both of our churches read that morning.) We ended by making Play-Doh pizzas (it all ties together; ask the youth.). Our next meeting will be Sunday, Oct. 20th from 5:00pm-7:00pm at Shepherd of the Hills Lutheran Church. Any youth from grades 6-12 are welcome, as are friends.

"Genesis" is now "Beyond"

For over 10 years now, the Diocese of Colorado has held two Youth Weekends a year at Frontier Ranch in Buena Vista, for youth in grades 6-12. Many of our youth have participated, and found it both fun and rewarding. This year there will be a slightly different format, and so the Fall Youth Weekend is changing names from "Genesis" to "Beyond". It will still take place at Frontier Ranch, during the same time frame (Friday October 25, 2013 at 6:00 PM -to- Sunday October 27, 2013 at 12:00 PM). **Registration deadline is October 7th, and all registrations must be** *(continued on next page)*

Prayer Practice IV

Hesychastic Prayer

“We must know that God regards our purity of heart and tears of compunction, not our many words. Prayer should therefore be short and pure.” - *Rule of St. Benedict*

Last time we looked at how our thought stream creates “noise” that distracts us from communion with the Holy Spirit. Often our thinking is compulsive, defensive, or fearful. Our thought stream is composed of perhaps 80-90 percent of useless repetitive impressions and is the primary “process addiction” of the modern mind. (Eckhart Tolle, *Power of Now*).

We looked at centering prayer as one means of quieting our minds to engage in spiritual contemplation of the Holy One. There are other ways that Christians down through the centuries have practiced deep prayer. One of those ways is called “hesychastic prayer.”

Hesychia is the Greek word for “rest.” Hesychasm has come to be associated with “desert spirituality,” and a hesychast was one who sought solitude and silence as a means of coming to rest in God. Hesychastic prayer, then, is the movement of prayer from our minds to our hearts. “Heart” in this particular sense does not necessarily mean the emotional or sentimental center. Rather, “heart” as used in its full Biblical sense connotes the “source of all physical, emotional, intellectual, volitional and moral energies” of the individual. (Henri Nouwen, *The Way of the Heart*).

But how do we move prayer from the intellect to the center of our being? We look to the early desert Fathers and Mothers of the Church, the hesychasts, to learn the discipline. Henri Nouwen describes it this way: “The quiet repetition of a single word or phrase can help us to descend with the mind into the heart. A word or sentence repeated frequently can help us to concentrate, to move to the center, to create an inner stillness and thus to listen to the voice of God. Such a simple, easily repeated prayer can slowly empty out our crowded interior life and create the quiet space where we can dwell with God.” (Ibid).

Some common short repeated prayers might be: “O God, come to my assistance;” “Lord, you are my shepherd;” or “Lord, I thank thee.” The Eastern Orthodox often use the Jesus prayer (“Lord Jesus Christ, Son of God, have mercy on me, a sinner”) in this way. A single, holy word such as “Lord,” “Jesus,” “Spirit,” or “Abba” may fit the circumstance. Our choice of words, as Nouwen says, “depends on our needs and circumstances of the moment, but it is best to use words from Scripture.” (Ibid).

With practice the prayer will sink into our hearts and reverberate within the deepest core of our being as we go about our daily living. “Repetitive words foster a subtle shift in consciousness which enable us to relax more deeply into a state of prayerful receptivity.” Carl McColman, *The Big Book of Christian Mysticism*.

The hesychasts would live into the day and night with a simple prayer ever-present on their lips inviting Christ to dwell in their hearts. (2 Cor. 13:5). Through this ancient practice we, too, can allow God to mysteriously transform our hearts into His own heart large enough to embrace a world full of pain and suffering, conflict and loneliness.

Bryan Fredrickson

Youth Group *(continued from previous page)*

made online. If you intend to go, please register online at <http://www.dioco.org/youth-weekends.html> and let Fr. Mark know, as soon as possible, that you have done so (you may email me at markdmeyer@q.com, and you can also ask me any questions you might have). While you are on this web site, please also download the Release of Liability Form, print it, fill it out, and send it or give it to Becky in the parish office at 816 Harrison Ave.

Spaghetti Dinner

Plans for a Spaghetti Dinner fundraiser are in the works, Watch the announcements in the Sunday bulletin.

Rector
The Rev. Mark D. Meyer
Deacon
The Rev. Merle Harrison
Senior Warden
Barbara Smith
Junior Warden
Bill Price
Treasurer
Walter Roche
Vestry
Robert Barnhill
Kay Bevens
Bryan Fredrickson
Bud Gentry
Connie Liptrap
Jim Maxon
Bill Price
Christopher Rock
Stephanie Ropp
Terry Squier
Acolyte Director:
Marnie Chapman
Bulletin: Christopher Rock
Centering Prayer: pb Walsh,
Nancy Kovalcik
Child Care Attendants
Michelle Cook
Coffee Hour: Bob & Earline
Barnhill
Episcopal Church Women:
Ann Roche
ECW Thrift House:
Lois Kitchell
Eucharistic Visitors:
Christopher Rock
Hospitality: Shirley Squier
Lectors: Mary Olson
Library: pb Walsh
New Child Montessori
School: Michelle Cook
Operation Christmas Child:
Ann Roche
Organist: Barbara Kohl
Parish Administrator:
Becky Jamison
Pastoral Care: Ann Roche
Prayer Chain: Donna Cooper
Risk Management:
John Merriam
Sexton: Larry Jamison
St. Gabriel's Guild:
Jocie Rohde
Stewardship: Vestry
SWEEPS Council:
Mary Olson
United Thank Offering:
Audrey DeBekker
Ushers: John Merriam
Worship: Fr. Mark Meyer

Vestry

- * Terry Squier was welcomed as he will be fulfilling Rachael Alexander's seat on the Vestry.
- * The Faith-Seeking Journey will begin Sept. 22. Sunday School will be at 9:00 allowing parents to attend the Journey and nursery services will be provided. The Ministry Fair has been postponed until spring when it will become a part of the Initiation Stage of the Faith-Seeking Journey.
- * Evening Prayer continues Mondays through Thursdays 5:30 – 6:00
- * Regional Diocesan Delegates are Christopher Rock, Bryan Fredrickson and pb Walsh
- * Befrienders training classes, given by Mary Derbort, at Christ Church will begin in October. Call if you are interested in attending.
- * During the month of July, Christ Church collected \$1000 for Loaves and Fishes. That amount enables them to buy 5000 pounds of food.
- * The Junior Warden reported on progress on the roof, ADA requirements, the chestnut tree, the roof on the rental garage, cleaning the carpet in the parish hall, a fire safety inspection, the boiler inspection, the bell in the bell tower, and possible repair of the concrete on the ramp. Thank you Bill for all your Junior Warden work! Please refer to the complete minutes for details.
- * The Financial Reports were reported and accepted.

**Healing the Sick &
Health Care Reform**

Nancy Kovalcik invites you to
a free public forum
'Healing the Sick & Health Care Reform,'
being held at
Shepherd of the Hills Lutheran Church
Wed. Oct. 2, 2013, 6:30 — 8:00 pm



Visit us on
Facebook

Are you
a good
listener?



Coming in October: A 20-hour course to help us learn or re-learn an effective way of listening that is useful in all relationships, at home or at work (paid or volunteer). The cost for the workbook is \$15 (no cost if you already have one). The class will be held on Tuesday afternoon, 2:00-4:00 pm starting October 15, extending for 10 weeks. Registration deadline is October 1, 2013. To register, call Mary Derbort at 942-5083.

*Remember
our Food
Pantry*



Please remember to add a few canned or boxed food items to your grocery basket each time you shop and bring your food offering to church each Sunday.



Christ Church is on Facebook at <http://facebook.com/ChristChurchCanonCity>

Who Prays?

The false self is your psychological creation of yourself in space and time. It comes from your early conditioning, family, roles, education, mind, culture, and religion. The false self is who you think you are! But thinking doesn't make it so. The false self dies and passes away. Yet it is the raw material through which you discover your True Self in God, so you must not hate it or kill it. Just learn from it. Of itself, it does not know how to pray, because it does not understand simple presence, communion, or relationship. The false self is all about utility and "What can I get out of this?" Not bad, but very incomplete.

The True Self is not created by anything you have done right or wrong. Nor can you lose it by doing anything good or bad. The True Self is not formed by adhering to any requirements; it's about relationship itself—the quality and capacity for connection. Only the True Self can pray. The false self will say prayers but the True Self is a prayer and looks out at reality from a different pair of eyes larger than its own. This is why in Ephesians it can say "pray always" (6:18). We pray always whenever we act in conscious and loving union with things—which eventually can be all the time. Then whatever you do is a prayer, not a recited prayer but a full-bodied, bigger-than-mind, contemplative prayer. When you are in your True Self, your prayer and your breath are the same thing.

Adapted from CAC Foundation Set: Gospel Call to Compassionate Action (Bias from the Bottom) and Contemplative Prayer (CD, DVD, MP3)

Guest musician October 20

On Sunday, October 20, Barbara Kohl is going to be with family in Denver. Leading our music that day will be Charles Rann, whom many of you know is a professional pianist and singer. Charles will accompany our congregational singing on the piano, and will also sing a solo during worship!



Thank you to members of our women's Bible study and others who helped clean the cupboards in the kitchen this summer. We REALLY appreciate your time and effort.

Flood Relief

Several of the Episcopal congregations in flood-damaged parts of our diocese are working to help parishioners and others who have suffered loss from the floods. If you would like to help, please send contributions to Episcopal Diocese of Colorado, 1300 Washington Street, Denver, CO 80203, payable to "The Diocese of Colorado" marked "Flood Relief". These funds will be used for immediate needs—food, clothing, temporary shelter and medical care, and will be used along with emergency funding from Episcopal Relief & Development for these short term needs and longer term recovery needs as those are identified in the days ahead.



Chalice Bearers needed

Being a chalice bearer on Sunday mornings is a blessing and a privilege. Administering the body and blood of Christ is a holy act! We are looking for a few more folk who would be willing to assume this ministry. If you feel moved to do so, please speak with Fr. Mark.



In Memoriam

Demetria "Dee" DuMond
June 29, 1935
September 16, 2013

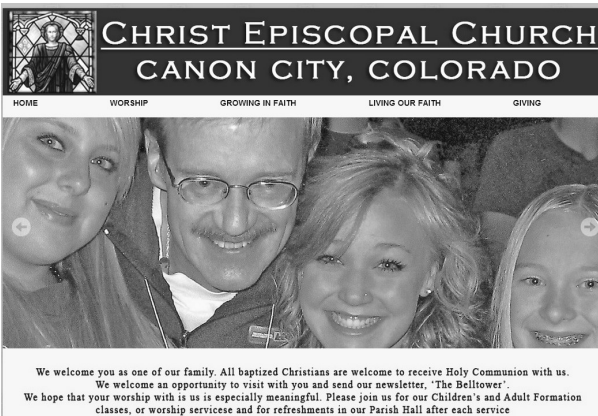
Christ Episcopal Church

"To grow as disciples in Christ, prayerfully opening our hearts and minds to joy and service."

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Cañon City, CO 81212

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Our new web site
christchurchcanoncity.org

Our web site has a new look and a new web host. After working on our new design, we are anxiously awaiting the transfer of our domain so the web site will be visible at our home address that you see above. We will notify our parish members when it's up and running. That should be any day now!

Gideon Sunday

On Sunday, October 6, we will have a member of the Gideons with us at both services (hopefully, also, on Saturday night). Most all of us have been blessed at one time or other by having a Gideon Bible placed in a hospital room, a motel room, a doctor's office, etc. On this Sunday, listen to one of the individuals who makes the presence of these Bibles possible. Making a gift to the Gideons through their Memorial Bible program is also a good way to honor a loved one.



Diocesan Convention

Diocesan Convention will be held in Denver October 3-5! Please pray for all God's Spirit to be present in all our deliberations, and for your representatives: Brian Fredrickson, pb Walsh, Christopher Rock, Merle Harrison and Mark Meyer.