



From the rector

Sometimes when I walk around the grounds at Shiloh United Methodist Church
I take the path through the woods to the cemetery.
Invariably, when I come to the crest of the hill
to the place where I can make out the cemetery through the trees
I mistake the gravestones for people.
(I'm continually on the lookout for people as I want to steer Beaubois,
my big and friendly dog, away from other walkers.)
You'd think after countless walks up that ridge I would know
those tall figures are grave markers and not people,
yet, my mind is tricked every time.

In these days since Easter Sunday as I have made the trek up that ridge and
seen the markers, Matthew's gospel has come to mind:
"He is not here. He has risen."
Ah! Sweet Resurrection!
The tomb is empty. Jesus is not there.

When I think of the people I have known and loved in this life,
the people who have died,
I find peace in the Easter promise for them and for us.
The sting of death, as hard and shattering as it is,
is not the end.

Love always wins.
Love is always bigger than hate. Life is always greater than death
Joy always comes in the morning.

Alleluia! He is risen. The Lord is risen indeed. Alleluia!

Hayes +

Holy Week

Maundy Thursday



Stations of the Cross



Palm Sunday



EASTER



Discovering Sacred Space

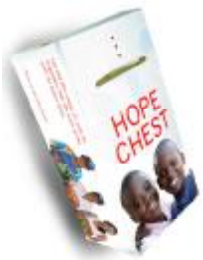
Saturday, April 24, 9 a.m. to 4 p.m.

The Rev. John Ander Runkle, conservator of Washington National Cathedral's building and fine arts collections, will keynote this conference on "Discovering Sacred Space" Saturday, April 24, at St. Catherine's Episcopal Church, 571 Holt Road, Marietta. There is a need in all of us for holiness and its connection to beauty. This drives the need for sacred space. This conference has been carefully planned to open our awareness of the sacred as we find it and create it in our lives and in our environments.

The day also features workshops presented by five individuals with experience creating sacred spaces – whether internally, on the move, in the garden or in the home. A special program addresses the sacred space of young people. The Episcopal Diocese of Atlanta's Institute for Ministry and Theological Education is sponsoring the event along with the Commission on Education.

St. Catherine's provides sacred spaces to fit their theology -- in worship, for children in Catechesis of the Good Shepherd classrooms, outdoor sacred garden and labyrinth spaces, along with an outside Stations of the Cross walking path and a youth house. Cost for the day (including lunch): \$35/Adult and \$15/Teen.

Website is http://imte.episcopatlanta.org/Content/Discovering_Sacred_Space.asp



REMINDER:

Don't forget to return your HOPE CHEST for HAITI in Sunday school this week if you haven't already done so!



GRADUATING SENIORS:

Do you know of a graduating high school or college senior? Please let Julie in the church office know of any graduating seniors, high school

or college, so that we may publicize them in a future newsletter.



*We celebrate the
marriage of
Katie Elaine Moxley
and
Derrick Eugene Manley
on April 10, 2010*

SPRING EYC CALENDAR

April 18th - Special Guests Rev. Liz Schellengerhout and Rev. Hazel Glover give a presentation on sabbatical, 5- 7 pm
DINNER HOST:



April 25th - Day trip to Serenbe Farms Labyrinth
Details TBA

May 2nd - SENIOR NIGHT for: Jonathan Edwards-Opperman, Michelle Foreman, Allison Gordon, Randy Hooper, Catherine Lindahl, Julia Reed, Ariel Reynolds, Roger Schoerner, Brianna Sullivan, Alex Teal and Peter Weimer, 5 – 7 pm



May 9th - NO EYC, MOTHERS DAY

May 16th - END OF SCHOOL PARTY, 5 – 7 pm




*We welcome to
the household of God
James William Louttit
Sunday, April 11, 2010.
William is the son of
Jay and Margaret Louttit.
Taking part in William's
baptism was his uncle,
The Rt. Rev. Henry Louttit,
retired Bishop of the
Diocese of Georgia*

Parish Wellness

Julie S. Williard, RN, NP-C

April Showers bring May Flowers!



“Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith!” Luke 12:28

It may be more fitting to say that April showers bring lots & lots of pollen to Georgia!

An estimated 50 million Americans suffer from all types of allergies (1 in 5 Americans) including indoor/outdoor, food & drug, latex, insect, skin and eye allergies. Allergy prevalence overall has been increasing since the early 1980s across all age, sex and racial groups. For adults, allergies (hay fever) is the 5th leading chronic disease and a major cause of work absenteeism, resulting in nearly 4 million missed or lost workdays each year, resulting in a total cost of more than \$700 million in total lost productivity. In children under 18 years old, allergies are the 3rd most common chronic disease, and lead to decreased energy levels, poor sleeping habits, and poor school performance. According to the Asthma and Allergy Association of America, Georgia ranks as one of the worst states to live in if you suffer from allergies or asthma!

Common symptoms of allergies are itchy, watery, or red & dry eyes. Nasal symptoms include runny or stuffy nose, itching, sneezing, or post nasal drip. Nasal congestion often leads to mouth breathing and nighttime snoring. Other symptoms may include a dry cough, ear pressure or fullness, and a rash.

The two major classes of over-the-counter (OTC) medications for treating allergies are antihistamines and decongestants.

Antihistamines help relieve sneezing, itching and runny nose. They work best if you take them routinely during the allergy season rather than waiting until you feel miserable. Most antihistamines cause few side effects. About one in five people do become drowsy, though, which affects mental alertness. If you become drowsy when you take OTC antihistamines, you may find that taking a single large dose at bedtime will provide enough relief of symptoms. The drowsy side effect will occur while you sleep. Other side effects

include dry mouth, constipation, blurred vision and difficulty urinating. These effects usually occur with higher doses. Children may have nightmares and be nervous, restless and irritable. When antihistamines work well, they typically reduce symptoms by 50 percent to 80 percent, but they rarely relieve all symptoms. Do not take antihistamines if you have angle-closure glaucoma because they can raise your eye pressure. Do not use them if you have trouble urinating because of prostate problems. Avoid them if you have emphysema or chronic bronchitis.

The oral decongestants relieve stuffy nose and drainage, but do nothing for itching and sneezing. They sometimes cause headache, nervousness, tremors, sleeplessness, fast heartbeat and rapid pulse. They should not be used by people who have high blood pressure, heart problems, thyroid disease, diabetes or prostate. Because the drugs can interact with some other medications, consult your health care provider before taking them with other medications. Decongestants come as topical eye and nose drops and sprays and as oral tablets and liquid. They narrow blood vessels and reduce blood flow in the affected area, which helps clear congestion and improve breathing. The nose drops and sprays should be used for no more than three days to avoid rebound swelling in the nose. Eye drops are safer, but those that can be bought over the counter do not contain antihistamines. They are much less effective than prescription combination antihistamine/decongestant eye drops.

Antihistamine/decongestant combinations are best for nasal and eye allergies. The combination products may also reduce the sedating effects of antihistamine taken alone. Beware of combinations that also contain a pain reliever, such as acetaminophen or aspirin. Chronic use can lead to an inflamed liver and bleeding from the stomach or intestine.

For those with severe allergy symptoms, limiting exposure to the aggravating allergen is recommended. During the spring, this may mean limiting exposure to the outdoors, keeping windows and doors closed, and using air filters or air conditioning.

Untreated allergies can predispose an individual to infections of the upper airway such as sinusitis, ear infections, and sore throats. If any of the above symptoms are accompanied by discolored nasal drainage, ear pain, facial pain, fever, or difficulty breathing, treatment by a health care provider is recommended.

APRIL BIRTHDAYS

02-Apr Susan McMillin, Mikell Wells
 03-Apr Lynda Gerber Bingham, Gareth Hoffman,
 04-Apr Aaron Reynolds
 05-Apr Debbie Pyles
 06-Apr Lauren Nassetta
 09-Apr Kip Carter, Leslie Hunsicker,
 Bill Jacobus, Catherine Lindahl
 10-Apr Steven Minor, Audrey Perdue
 B.W. Chase
 11-Apr P.J. Hovey
 12-Apr Jason Robinson, Paul Campbell
 13-Apr John Hull
 15-Apr Betty Gaddis, Ben Kennedy, Beth Smith,
 Lisa Gezon
 16-Apr Glenn Folds, Shell Bush, Ali Garrett
 17-Apr Jo Fortner
 18-Apr Jill Jarrell, Tom Miller
 20-Apr Lee Griffin, Will Cochran, Ryan Weber
 23-Apr Ron Adams, Julia Richards, Peg Callahan
 24-Apr Reba DeGaris, Alice Sawyer
 25-Apr Michelle Shook
 26-Apr Irving DeGaris, Megan Hooper
 27-Apr Nelson Gerber, Peter Maierhofer,
 Suzi Blosser
 28-Apr Joe Shook
 29-Apr Carol Chapman
 30-Apr Karen Swanson, Debbie Bernhardt,
 Ella Daniel

APRIL ANNIVERSARIES

05-Apr Tom & Sherry Foreman
 06-Apr Dan & Julie Cain
 11-Apr Tom & Brenda Fitzgerald
 19-Apr Vaughn & Betty Gaddis
 29-April Frank & Heather Sciolis

DID WE LEAVE YOUR BIRTHDAY OR
 ANNIVERSARY OFF OUR LIST? CALL JULIE IN
 THE CHURCH OFFICE, 770-832-3931 OR EMAIL:
STMARGARETS@CHARTERINTERNET.COM
 WITH THE DATES.

CALENDAR

May 2 Senior Night
 May 9 Rite 13 Ceremony - 9:00 am
 May 11 ECW Mtg - 12:00 noon
 Vestry Mtg - 7:00 p.m.
 May 16 2010 Annual Slideshow
 May 26- Julie away
 June 6
 May 30 Summer Schedule begins -
 one service at 10:00 a.m.
 May 31 Memorial Day Weekend
 June 13 J2A Pilgrimage send off
 June 15-23 J2A to Scotland and Iona
 June 23 - Hazel on sabbatical
 Sept 23

April 18, 2010

	9:00	11:00
Crucifer	Aaron Reynolds	Tom Fitzpatrick
Bookbearer	Elizabeth Adams	T.B.A.
Taperer	Harper Minor Alice Naughton	

Altar Guild Lisa Crafton, Kathryn Grams, Susan Lenaeus

Children's Church Catherine Minor

Lay Readers

9:00	Marcy Alexander, Jim Naughton
11:00	Stephanie Turner, Rosanne Godsey

Ushers

9:00	Mary Hart, Steve Minor
11:00	T.B.A., Robert Graf

Thrift Shop

Apr 16

10:00 - 2:00 Liz Key, Carol Mitchell

Apr 17

10:00 - 1:00 Rose Dufour, Margaret Hickson

Paper Pantry Karen Adams, Pamela Saunders

April Hostesses Julie Williard, Sandy Stephens, Chimen Rogers, Diana Rash, Rose Dufour, Julie Lindahl, Irene Berard

April Vestry Person of the Month Dan Cain

April 25, 2010

	9:00	11:00
Crucifer	Elizabeth Crafton	Ariel Reynolds
Bookbearer	James Cochran	Joshua Howell
Taperer	Elizabeth Cochran Will Cochran	

Altar Guild Susan Lenaeus, Jeanne Condrey, Pete Croft

Children's Church Mary Alice Cochran

Lay Readers

9:00	Micheal Crafton, Jim Cunningham
11:00	Van Wilks, Janet Cook

Ushers

9:00	Bruce Bobick, Guyton Cochran
11:00	Chris Lindahl, Taylor Powers

Thrift Shop

Apr 23

10:00 - 2:00 Pamela Saunders, T.B.A.

Apr 24

10:00 - 1:00 Chris Brown, Nancy Elder

Paper Pantry Karen Adams, Pamela Saunders

April Hostesses Julie Williard, Sandy Stephens, Chimen Rogers, Diana Rash, Rose Dufour, Julie Lindahl, Irene Berard

April Vestry Person of the Month Dan Cain

ATTENTION ACOLYTES, LAY READERS,
CHILDREN CHURCH SHEPHERDS,
USHERS, and THRIFT SHOP WORKERS

The summer schedules for June-July will be prepared soon. Please let Julie in the church office, 770-832-3931 or Stmargarets@charterinternet.com, know of any dates that you will not be able to serve.

The new schedules will be emailed out
May 17, 2010.

PRAYER LIST

Our parish family: Annalee, Katherine, Margaret, Joe, Chris, Nicole, Jack, Luke, Dave, Jan, Nancy, John Boucher, Samuel, Olive

Family and friends: Jackie, Lainey, Nicky, Brenda, Tina, Murphy, Lisa, Jeanette, Sarah, Maya Ruby, Laura, Elizabeth, Sylvia, Dorothy, Hazel, Jackson, Gene, Larry, David, Steve, Suzanne, Jennifer, Mary, Mac, Martha, Ralph, Frank, Kristi, Renee, Johnny, Georgia, Katherine, Donna, Jim, Tammy, Mary, Charlotte, Paula, Lucille, Clem, Hope, Sharon, Bob, Eddie, Cindy, Peggy, Erna, Thomas, Nancy, Sheila, Billy, Jessi, Nathan, Merlean, Kaitlin, Jon, Mary, Jeanne, Gordon, Harriett, Alexis, Kay, Betty, Lou, Gregory, Lesley, Marcus, Francine, Klaus, Pamela, Betty, Roger, Judi, Jeremy, Josh, Ernie

Military: Steven, Lyle, Doug, Matthew, Sarah, Robert, Elizabeth, Jordan, Stacey, William, Ty, Alex

ST. MARGARET'S VESTRY

Tony McGaughey - Sr. Warden

Bill Parrish - Jr. Warden

Dan Cain

Guyton Cochran

Elisabeth Coggins

Peter Croft

Lisanne Denmon

John Muffley

Brent Mundy

Richard Smith

Karen Swanson

Stephanie Turner