



St Margaret's Notebook

February 5, 2010

From the Rector,

I've been thinking a lot this week about the folks God has given us
to know and to love as companions on our earthly pilgrimage.
These sojourners are the people who walk with us for a while through life,
sometimes for a little while... sometimes for decades.
They are friends, advocates, mentors, family members, classmates,
colleagues, coworkers.... even pets.
Their life and presence makes an indelible mark on our hearts and souls.

Some are deep friends who really know us and still love us.
They tell us the truth and hold us accountable.
They celebrate all of life with us - profound joys and deepest sorrows.

I'm reminded of the lyrics to Carole King's song, "You've Got a Friend."
When you're down and troubled,
And you need some loving care,
And, nothing, nothing is going right.
Close your eyes and think of me.
And soon I will be there
To brighten up even your darkest night.

I've been thinking about companions on our earthly pilgrimage in particular
as I spent 3 days this week with dear clergy colleagues on retreat.
We listened to meditations, said our prayers and ate together.
Mostly we just hung out by the fireplace and talked.

On Tuesday, around lunch time, we got word that a beloved colleague had died
after a long battle with brain cancer.
Martha spent many of her years quietly
caring for the parishioners of St Luke's, Atlanta.
and the last few years she served as a prison chaplain.
There were stories of how she prayed for prayers of healing for others
laying hands on them and asking for prayers for herself
all the while wearing a turban.

With a thankful heart for Martha Mercure and for you,



Laissez Les Bon

Temps Roulez

(Let the good times roll)

Annual Shrove Tuesday

Low Country Boil

FEBRUARY 16th! at 6:00 p.m.

Live Music,

Silent Auction,

Great Food!

Tickets: \$15
(\$20.00 at the door)



Parish Wellness

Julie Williard, RN, NP-C

“My son, pay attention to what I say: listen closely to my words. Do not let them out of your sight; keep them within your heart; for they are life to those who find them and health to a man’s whole body. Above all else, guard your heart, for it is the wellspring of life.” Proverbs 4: 20-23

American Heart Month: February Means Heart Disease Awareness!

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Coronary heart disease is the most common type of heart disease. In 2005, 445,687 people died from coronary heart disease.

What exactly is coronary heart disease?

Coronary heart disease is when one or more of the arteries that carry blood to the heart are inflamed or narrowed due to plaque formation. Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. Plaque narrows the arteries and reduces blood flow to your heart muscle which makes it more likely that blood clots will form in your arteries. Blood clots can partially or completely block blood flow. When your coronary arteries are narrowed or blocked, oxygen-rich blood can't reach your heart muscle. This can cause angina or a heart attack. Angina is chest pain or discomfort that occurs when not enough oxygen-rich blood is flowing to an area of your heart muscle. Angina may feel like pressure or squeezing in your chest. The pain also may occur in your shoulders, arms, neck, jaw, or back. A heart attack occurs when blood flow to an area of your heart muscle is completely blocked. This prevents oxygen-rich blood from reaching that area of heart muscle and causes it to die. Without quick treatment, a heart attack can lead to serious problems and even death.

Fortunately, there are many things you can do reduce your chances of getting heart disease.

- Know your blood pressure and keep it under control
- Exercise regularly
- Don't smoke
- Get tested for diabetes and if you have it, keep it under control
- Know your cholesterol and triglyceride levels and keep them under control
- Eat a lot of fruits and vegetables
- Maintain a healthy weight

Friday, February 5, 2010, is National Wear Red Day®—a day when Americans nationwide will take women’s health to heart by wearing red to show their support for women’s heart disease awareness. The Red Dress®, the national symbol for women and heart disease awareness, was created by *The Heart Truth®* in 2002 to deliver an urgent wakeup call to American women. Join *The Heart Truth* on National Wear Red Day to help spread the critical message that "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women.®"



A Step At A Time 2010
 8th Annual 5K / 10K Road Race
 1 mile Fun Run & Tot Trot



To benefit the **Carroll County Emergency Shelter**
 . . . seeking to conquer domestic violence . . . **“a step at a time.”**

Peachtree Road Race qualifier! 5K USATF cert. # GA09007WC, 10K USATF cert. # GA 09006WC

Sunday, February 28, 2010
 2:00 – Tot Trot, 1 mile Fun Run
 2:15 – 5K / 10K Road Race

Entry Fees
 5K / 10K / Fun Run – \$15
 (must be received by 2/19/10)
 Race Day Registration – \$20

T-Shirts
 All pre-registered 5K / 10K and 1 mile participants will receive a T-shirt. A limited number of shirts will be available for race day registrants. Race day registration begins at 1:00.

East Carrollton Recreation Center
 410 North Lake Dr.
 Carrollton, GA

Awards
 Ribbons to all Fun Run and Tot Trot finishers.
 5K / 10K winners:
 Top male and female overall
 Top male and female masters
 Top 3 male and female in these age groups:
 11-14, 15-19, 20-24, 25-29, 30-34, 35-40, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over
Food and liquids provided at finish.

**Join us in our display of hope in the fight against domestic violence.
 Wear anything yellow and get a prize!**

Questions: Contact Catherine Gordon – 770.836.9056 or Carol Hogan – cbhogan@charter.net
 From Atlanta take I-20 West to Exit 24. Exit and turn left (South) onto Highway 61 to Carrollton (12 miles).
 Turn right onto Highway 166 Bypass (just past Ryan’s steakhouse).
 Turn at the second left, North Lake Drive. Recreation Center is immediately on left.

“A STEP AT A TIME” ENTRY FORM

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ ZIP: _____ Sex: M F

Age: (as of 2/28) _____ Sponsor Name (if applicable): _____

Please register at active.com or mail completed registration form along with check (**\$15 before 2/19, \$20 after 2/19**) payable to:
 Carroll County Emergency Shelter
 P.O. Box 2192
 Carrollton, GA 30112

WAIVER: In consideration of acceptance of this entry, I, the undersigned, intend to be legally bound, hereby, for myself, my heirs, executors, and administrators, waiver and release any and all rights and claims for damages I may have against Carroll County Emergency Shelter, Inc. or its sponsors, officials, workers, representatives, successors, assigns, for any and all injuries suffered by me in this event.

Event: (circle one)

- 5K Run \$15
- 10K Run \$15
- 1 mile Fun Run \$15
- Tot Trot FREE

Shirt Size: (circle one)

- Adult: S M L XL
- Youth: S M L XL

 Signature of Participant

 Signature of parent or legal guardian if entrant is under 18



FEBRUARY BIRTHDAYS

- 01-Feb Sloan Wilson
- 02-Feb Lisa Crafton, Matt Price, Cate Paul
Marcy Alexander
- 03-Feb Drew Greene
- 04-Feb Guyton Cochran
- 05-Feb Randy Coggins, Meg Griffin,
Christopher Keene
- 06-Feb T.C. Ulbricht
- 07-Feb Nancy Farese
- 09-Feb Holly Greene, Elaine Miller,
Alice Jakubiak
- 12-Feb Beth Price
- 13-Feb Liam McDonald
- 15-Feb Dustin Brewer
- 17-Feb Kevin Campbell
- 18-Feb Jackie Sopira
- 19-Feb Pauline Rodwell, Laurie Fleck
- 20-Feb Susan Gerber, Ellis Godard, Chris Lindahl
- 21-Feb Alice Naughton
- 22-Feb Cyndy Crow, Elaine McKinnon
- 25-Feb Maria Naughton
- 26-Feb Joe Cumming, Charlie Fortner, Susan Fleck
- 27-Feb Valerie Erwin, Tony Hall
- 28-Feb William Keene, Lillian Powers

FEBRUARY ANNIVERSARIES

- 07-Feb Tim & Sally Jones
- 13-Feb Reese & Mimsie Lanier
- 14-Feb Lee & Tammy Griffin
- 18-Feb Randy & Elisabeth Coggins
- 24-Feb Jim & Laura Naughton
- 26-Feb Jim & Angela Cunningham

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

- Feb 10 Intercessory Prayer service 12:00
Mid-Week Eucharist 12:15
- Feb 11 ECW Valentine Luncheon
11:30 am and 1:00 pm
- Feb 12-15 EYC Ski Trip
- Feb 14 Blood pressure checks - 10:00 am
- Feb 16 Shrove Tuesday -
Low Country Boil with Jazz band
- Feb 17 Ash Wednesday - 12 noon and 7:00 pm
- Feb 18 Prayer shawl ministry - 10:00
- Feb 24 Intercessory Prayer service 12:00
Mid-Week Eucharist 12:15
- Feb 28 Blood pressure checks - 10:00 am
- Mar 1 Thrift Shop Clean up
- Mar 3 Intercessory Prayer service 12:00
- Mar 5-7 Vestry Retreat

Upcoming EYC Events



**February 7 – Ski Trip Prep / Flick Football Super Bowl.
Dinner Host Needed**

February 12 – 15 SKI TRIP

February 16 – Shrove Tuesday Low country Boil

**February 21 – LENTEN PROGRAM
Dinner Host Needed**

February 7, 2010

	9:00	11:00
Crucifer	Elizabeth Crafton	William Keene
Bookbearer	Elizabeth Adams	Ellen Brady-McGaughey
Taperer	Edward Bohannon	Lucy Hughes Parrish

Altar Guild Julie Lindahl, Alice Jakubiak, Andra Morris, Olive Godwin

Children's Church Laurie Fleck

Lay Readers

9:00	Jo Fortner, Jim Cunningham
11:00	Julie Williard, Richard Smith

Ushers

9:00	Lisa Crafton, Micheal Crafton
11:00	Robert Graf, Craig Williard

Thrift Shop

February 5
10:00-2:00 Bunchie Engel, Gail Manley

February 6
10:00-1:00 Mary Aderhold, Pat Brunson

FEBRUARY HOSTESSES Lisa Crafton, Nancy Elder, Monica Adams, Margaret Hickson, Julie Cain, Carolyn Cain

FEBRUARY PAPER PANTRY

Gail Manley, Martha Goodson

February 14, 2010

	9:00	11:00
Crucifer	Ariel Reynolds	Tom Fitzpatrick
Bookbearer	Emmery Cary	Joshua Howell
Taperer	Elizabeth Cochran	Will Cochran

Altar Guild Susan Lenaeus, Jeanne Condrey, Peter Croft

Children's Church Mary Alice Cochran

Lay Readers

9:00	Bill Shook, Pam Castleberry
11:00	Julie Lindahl, Bob Claxton

Ushers

9:00	Guyton Cochran, David Reynolds
11:00	Mary Hart, Chris Lindahl

Thrift Shop

February 12
10:00-2:00 Brenda Grubb, Liz Key

February 13
10:00-1:00 Margaret Hickson, Elaine MacKinnon

FEBRUARY HOSTESSES Lisa Crafton, Nancy Elder, Monica Adams, Margaret Hickson, Julie Cain, Carolyn Cain

FEBRUARY PAPER PANTRY

Gail Manley, Martha Goodson

PRAYER LIST

Our parish family: Annalee, Katherine, Sumner, Margaret, Joe, Chris, Nicole, Jack, Luke, Olive, Dave, Jan, Gay, Georgia

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, Tate, Davis, Billy

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

Deaths: Joan and Norman Woodhouse, The Rev. Martha Mecure

ST. MARGARET'S VESTRY

Dan Cain

Guyton Cochran

Elisabeth Coggins

Peter Croft

Lisanne Denmon

Tony McGaughey

John Muffley

Brent Mundy

Bill Parrish

Richard Smith

Karen Swanson

Stephanie Turner