



St Margaret's Notebook

March 4, 2010

From the Rector

As news of university furloughs, public educational cuts, 4H funding issues shake us to the core, I find myself pondering long ago studies of supply and demand, Adam Smith and the Federal Reserve. I remember imagining my grandmother as a Roaring 20s flapper as my mama talked about the 1920s, the Stock Market Crash of 1929 and Wall Street jumpers. Mama said she was thankful that her family was never flat broke or homeless.

I now wonder how folks coped after the crash. Did they help each other out? Did they rely on the kindness of strangers? I would love to read a dairy or journal or poem or sermon from that time. I wonder how folks imaged and encountered God. I wonder where they found hope.

Peter Gnomes' quote about hope comes to mind:

Hope is not merely the optimistic view that somehow everything will turn out all right in the end if everyone just does as we do. Hope is the more rugged, the more muscular, view that even if things don't turn out all right and aren't all right, we endure through and beyond the times that disappoint or threaten to destroy us.

(The Scandalous Gospel of Jesus)

What about us? Where is our sense of God in uncertain times?

What are our images, our laments, our hopes?

What I do know is that God is real. God does not forget us. God does not leave us.

Faith is not a magic charm.

Faith is about trusting the one who created us, hopes for us and loves us.

Good and bad things happen in our world. God is faithful. God is here.

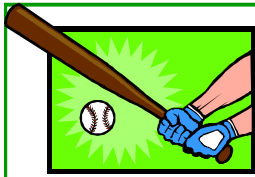
In trust and hope,

Hayes +

Attention Young Maggie's



Join us at Air Jump USA at 1st Tuesday Mall on Sunday, March 14 from 4-6:00 pm. Jump, pizza, and drinks will be provided. If you have any questions, please contact Meghan Sullivan at (770) 834-2853.



CHURCH LEAGUE CO-ED SOFTBALL

St. Margaret's would like to field a Co-Ed softball team this spring. If you would like to play or for more information please contact David Reynolds, (770) 832-1447

Hunger Walk

By Debbie Shew

Does your parish have its walking shoes on? Hunger Walk 2010 - Sunday, March 14 - is just around the corner. Join Hunger Walk participants from around the diocese for a fun-filled, family-friendly day and help hungry neighbors throughout middle and north Georgia.



Walking on behalf of Episcopal Charities Foundation doubles your impact: You'll feed hungry families everywhere the Food Bank does - which is way beyond metro Atlanta. And you'll feed hungry families everywhere ECF reaches, which is all over the diocese! This is ECF's biggest fund-raiser of the year, so get some exercise and put your faith into action all on one great afternoon. (And if you prefer not to walk, we'll have an even bigger ECF tent this year, so you can hang out and greet friends from around the diocese.) A team from St. Margaret's will leave from the Gable House parking lot to caravan to Turner Field at 12:15 pm on March 14th. Please sign up on the kitchen bulletin board if you plan to attend. If you are unable to attend, but would like to support the St. Margaret's team, please send donations to the church marked "Hunger Walk". Thank you!

LENT 2010 A prayer for Haiti from the Intermediate Class (3rd & 4th Grade)

We praise you God for creating us and making life.
Forgive us for saying and doing things that we should not.
Thank you for protecting our world from danger and sorrow and giving us the ability to help others.
We pray that you would help us give water, food and shelter to the people of Haiti. And give comfort to those who lost family members. Amen

LENTEN SERIES 2010 The Lenten series, "Spirituality of Simplicity", will continue this Wednesday, March 3rd, with a discussion concerning the negative impact of stress in our lives & how to balance the demands of life with what God calls us to do.

The remainder of the series will be as follows:

3/10/10 "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price." I Corinthians 6:19. What changes can you make in your life to be physically healthier, no matter what your age or your level of physical activity?

3/17/10 Anything that separates us from God is a roadblock on the path to receiving divine healing. What are your roadblocks on your journey to wholeness & health- in your heart, your mind, your body, or your soul?

3/24/10 Looking to the cross & Christ's impending crucifixion, how do we want to spend out final days on this earth before we cross enter into eternal life with Christ? What is palliative care & how do I want my body to be treated?

Recommended Lenten Sites

<http://penelopepiscopal.blogspot.com> a blog by Penny Nash, once a seminarian at St Margaret's (you'll recognize many of the photos taken while she was here)

+ **LENTEN CONCERT.** The choirs of the **Cathedral of St. Philip** will present their annual Emile T. Fisher Lenten Concert at 7:30 p.m. Friday, March 12, in the Cathedral nave. Accompanied by orchestra and organ, the choirs will perform Mozart's *Vesperae solennes de confessore*, K. 339; Mozart's *Missa Brevis in F*, K. 192; and both parts of Thomas Tallis's *Lamentations of Jeremiah*. Tickets are \$15 and will be available at the door

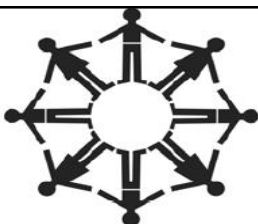
explorefaith.org newsletter@explorefaith.org

Presiding Bishop, Lenten Reflection, 2010 on You Tube
http://www.youtube.com/watch?v=4u8Ut8qDMs4&feature=youtube_gdata

DIOCESAN SUMMER CAMP REGISTRATION IS OPEN: Are you thinking about sending your child away to summer camp? Have you checked out our Diocesan summer camp? Camp Mikell has been in continuous operation since 1941. It has nurtured the faith of thousands of young people in our Diocese and beyond and continues to do so to this day. This year St. Margaret's has three college age members serving on Summer Staff at Camp Mikell. Veterans Andrew Gordon and Haley Hart, returning for a second year of service, will be joined by first year staff member Sam Goodson. Several other St. Margaret's high school students volunteer as counselors for individual sessions.

Best of all, Camp Mikell is affordable -one week sessions for rising 3rd – 12th graders are all around \$400 and scholarships are available for those who need financial assistance. To introduce parents and children to the camp experience, Mikell offers “Mini Camp” for 1st and 2nd graders and a parent over Memorial Day weekend.

See the schedule below for more information about Camp Mikell. Laura Lenaeus will be serving as the Dean of Kid Camp 2, a camp for rising 3rd, 4th & 5th Graders held July 11th – 17th. Eric and Laura Lenaeus will also be on the Dean staff of Work Camp for 10th, 11th, & 12th graders, held July 24th – 29th. **See you at Camp!**



CAMP MIKELL

SUMMER CAMP SCHEDULE 2010

Mini Camp: May 21st-23rd, Rising 1st and 2nd Graders; \$325.00 (Includes cost for camper and parent/guardian)

Kid Camp 1: May 26th-June 1st, Rising 3rd-5th Graders; \$395.00

Youth Camp: June 4th-June 10th, Rising 10th-12th Graders; \$395.00

Performing Arts Camp: June 13th-June 19th, Rising 4th-9th Graders; \$420.00

Intermediate Camp: June 22nd -June 28th, Rising 8th and 9th Graders; \$395.00

Junior Camp: July 2nd-July 8th, Rising 6th and 7th Graders; \$395.00

Kid Camp 2: July 11th-July 17th, Rising 3rd-5th Graders; \$395.00

Work Camp: July 24th-July 29th, Rising 10th Graders-Just Graduated; \$285.00

Emmaus House: August 1st-August 5th, Emmaus House Summer Program

Guest Camp: September 3th-September 6th, Children, Adults, and Families of all Ages

OUTDOOR CAMPS

Outdoor Intermediate: May 26th-June 1st, Rising 8th and 9th Graders; \$395.00

Outdoor Youth: June 13th-June 19th, Rising 10th Graders-Just Graduated; \$395.00

Outdoor Junior: July 11th-July 17th, Rising 6th and 7th Graders; \$395.00

UPCOMING EYC EVENTS:

March 7th – Dinner & Fellowship followed by Stations of the Cross led by Randy Hooper, 5 – 7 pm at the church – **Dinner Host needed, please contact Laura Lenaeus if you can help.**

March 14th – Hunger Walk in Atlanta GA. Meet in the Gable House lot to caravan to Atlanta at 12:15. See the parish wide announcement in this newsletter for further details. **PARENTS ARE NEEDED TO HELP WITH TRANSPORTATION**, please contact Laura Lenaeus if you are able to drive. This is a parish wide event, so parents and siblings are encouraged to participate.

March 21st – Dinner & Fellowship at the church, 5 – 7 pm (dinner host needed)

March 26th – EPISCOPALOOZA: "A Night in Vegas" lock-in March 26 at Holy Innocents' Episcopal Church. The event is for youth grades 8-12 and their adult chaperones. Cost is \$25, which covers dinner, a t-shirt, snacks, drinks and breakfast. Activities begin at 7 p.m. Friday and end at 8 a.m. Saturday. Register by March 22. Forms can be found on the youth website, www.episcopalatlantayouth.org.

Meet at St. Margaret's at 6 pm Friday to caravan to HI.

March 28th – Dinner & Easter Egg Stuffing at the church, 5 – 7 pm (dinner host needed)

April 4th – NO EYC, Easter Sunday

PROVICIAL EVNENT - PYE 2010. The Province IV Youth Event will be June 27-July 1 near Great Smoky Mountains National Park. The group will be focusing on "The Stewardship of God's Creation" and doing mission work within the national park. This event is for rising 10th graders to rising college freshmen. More information and forms can be found on the youth website www.episcopalatlantayouth.org.




Step at a Time



March is National Nutrition Month



“Jesus said to them, “I tell you the truth, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread of from heaven. For the bread of God is he who comes down from heaven and gives to the world.” John 6:32, 33

Your health and your weight are connected. According to the Centers for Disease Control and Prevention, if your body mass index falls into the range of overweight or obese, you are at a higher risk for coronary heart disease, stroke, Type 2 diabetes, Cancers (endometrial, breast and colon), high blood pressure, high blood cholesterol, liver and gallbladder disease, sleep apnea and respiratory problems, degenerative joint disease, abnormal menstrual periods and infertility in women. Being "at risk" means you are more likely to have a specific disease or condition than someone who has a body mass index (BMI) in the normal weight range. It does not mean you will get the disease. You can calculate your BMI with this formula: [weight (in pounds) / height (in inches) x height (in inches)] x 703 or go to <http://howmuchshouldiweighformyheight.com/wp-content/uploads/2009/07/BMI-Chart.png> for adults. If you wish to calculate a BMI for your child, please go to <http://apps.nccd.cdc.gov/dnpabmi/>.

During National Nutrition Month®, the American Dietetic Association reminds everyone that an easy way to focus on eating better is to start with the basics: build your nutritional health from the ground up. Some suggestions to help you get started: **Focus on fruits and veggies:** Add a serving each day to one meal and increase it every few weeks.

Look locally: From farmer’s markets to community-supported agriculture, you have many options to find new, fresh foods in your area. This can be a great way to eat well and support your community at the same time. **Make calories count:** Focus on foods that have more of the vitamins and nutrients that you need. Sometimes, foods with fewer calories aren’t always the healthiest options.” To figure out how many calories you need to achieve a healthy weight, visit www.mypyramid.gov. **Test your taste buds:** A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts. Test yourself by trying some-

thing new. **Trick yourself with treats:** A healthful diet doesn’t mean deprivation. If you have a sweet tooth, have fruit and yogurt for dessert. If you want a snack in the afternoon, have some trail mix or nuts. There is no reason to go hungry just because you’re making healthful changes. For more tips on building your healthful diet from the ground up, during National Nutrition Month and all year long, visit www.eatright.org and click on “For the Public.”

To maintain a new healthy behavior you may need to change your environment, apply some self-regulation techniques, and gain some self confidence.

Your environment can trigger you to make unhealthy decisions without you knowing it. To make new healthy behaviors stick, start with changing your environment to facilitate this new action. For example, if eating more fruits and vegetables is what you want to do, then you need to have them on hand. For adding more exercise into your day, keep a pair of tennis shoes handy at your desk or in your car. Then you can walk comfortably anywhere. Your environment may also mean changing who you hang out with for lunch or dinner. Dining with a group can lead to over-eating and poor food choices.

Learn new ways to self regulate. Start by setting a goal to add or increase one healthy behavior. Keep track on a calendar to get feedback on how well you are meeting your goals and be sure to reward yourself with a pat on the back or a pedicure. Talk yourself through the steps you need to take to ensure this healthy behavior becomes a habit. Enlist the support of a friend or family member help keep you on task.

Mastering a new behavior or skill takes some practice. But the more you do it, the better you get at it and the more confidence you gain. Confidence in making health behaviors is best when you are in a relaxed, well-rested, state of mind. If you are to stressed out, making a behavior change will be more difficult. If that's the case, maybe your first goal needs to be reducing stress.

Try these muffins from Cooking Light for a great way to start your day healthy, nutritious, and delicious! They are also a great midmorning or afternoon snack!

(SEE LAST PAGE FOR MUFFIN RECIPE)



glimpses of hope



... a peek inside St. Margaret's Community Outreach ...

Giving help. Sharing hope.

Winter 2010

To try to "explain" St. Margaret's Community Outreach is next to impossible. Even the richest vocabulary and most descriptive words fall short of the fullness, beauty and wonder of our SMCO. Clearly, however, supporters of St. Margaret's Community Outreach, both members and non-members of our St. Margaret's Episcopal Church, "get it." You understand, as shown by your generosity of time, spirit and resources, the sacred responsibility that is ours to continue in the pursuit of our mission "to serve the unmet needs of poor and disadvantaged families and individuals in Carroll County and beyond, without discrimination." SMCO maintains a consistent presence in a world of need and despair, matching help to need and hope to despair. May we continue to live into our legacy that is our sacred responsibility . . . caring for others. SMCO need not be "explained." only embraced.

—catherine





thank you thank you thank you



FOR YOUR MONETARY DONATIONS FOR THE PROGRAMS

AND SERVICES OF SMCO... CARROLL EMC ROUND-UP FOUNDATION (GRANT AWARDED FALL 2009 FOR RENTAL ASSISTANCE); **CARROLLTON PRESBYTERIAN CHURCH;** **COMMUNITY FOUNDATION OF WEST GEORGIA** (GRANT AWARDED FALL 2009 FOR 2010 GENERAL ASSISTANCE NEEDS); **COMMUNITY FOUNDATION OF WEST GEORGIA** (SMCO DISTRIBUTION AGENT FOR COMMUNITY FLOOD ASSISTANCE); **COMMUNITY FOUNDATION OF WEST GEORGIA POWER OF THE PURSE** (GRANT AWARDED FOR PAPER PANTRY); **COMMUNITY MEMBERS;** **GRACE LUTHERAN CHURCH;** **JONATHAN EDWARDS ART EXHIBIT;** **MCBRAYER COMPANY;** **ST. MARGARET'S ECW;** **ST. MARGARET'S VESTRY;** **ST. MARGARET'S MEMBERS;** **TYUS CITY CLUB**



AND FOR YOUR IN-KIND GOODNESS AND VOLUNTEER

ENERGY... BACKPACK SNACK PROGRAM DONORS & VOLUNTEERS; **CARROLLTON HIGH SCHOOL BAND BOOSTERS;** **CARROLLTON PRESBYTERIAN CHURCH;** **CARROLLTON ROTARY CLUB;** **COMMUNITY DONORS(INDIVIDUAL & BUSINESS);** **COMMUNITY FAMILY MENTORING PROGRAM DONORS & VOLUNTEERS;** **FIRST BAPTIST CHURCH;** **FLOOD RELIEF DONORS;** **GIRL SCOUT TROOP 481;** **GRACE LUTHERAN CHURCH;** **HOMEWORK HELPER DONORS & VOLUNTEERS;** **OAK MOUNTAIN ACADEMY LOWER SCHOOL;** **OFFICE FACELIFT VOLUNTEERS;** **OFFICE VOLUNTEERS;** **PAPER PANTRY DONORS & VOLUNTEERS;** **PROJECT NOEL DONORS & VOLUNTEERS;** **ST. MARGARET'S ECW;** **ST. MARGARET'S EYC;** **ST. MARGARET'S MEMBERS;** **ST. MARGARET'S YOUNG MAGGIES;** **ST. MARGARET'S CHILDREN/YOUTH SUNDAY SCHOOL STUDENTS;** **ST. MARGARET'S SHAWL MINISTRY;** **ST. MARGARET'S THRIFT SHOP;** **TABERNACLE BAPTIST CHURCH;** **TANNER HEALTH SYSTEM;** **UWG WESLEY FOUNDATION;** **UNIVERSITY OF WEST GEORGIA;** **WEST GEORGIA AMBULANCE;** **WRAP-UP HUNGER CAMPAIGN DONORS**



Thank you
volunteers, donors and friends,
named and un-named,
pictured and not pictured,
seen and unseen.
Your help is the hope we share.



Valentine Luncheon 2010



Valentine Luncheon 2010 Role of Honor

St. Margaret's ECW and
ECM, including all who
planned, prepared, served,
set-up, cleaned-up, sold
tickets, made donations,
etc., etc., etc.

A Piece of the Pie

Carrollton High School
Show Choir

Carroll County Ag Center

Chick Fil A



The last of the luncheon guests had departed. The tables had been folded, the dishes were being washed, the workers had eaten. Talk in the kitchen was about the success of the luncheon. . . the singers were wonderful; the food was delicious; the parish hall was beautiful; the service was just right. I saw the gentleman, dressed in layers against the cold, coming up the walkway; I opened the door to ask what he needed. He looked squarely at me and asked if we might have anything for him to eat. I told him to sit tight and went inside and filled a Styrofoam tray for him with that delicious food. I found a plastic fork. "May I just sit right here and eat this?" he asked as I handed him the still-hot food. "Yes." I went back in to get him a drink. When I came back, bottled water in hand, I watched one of you hand him a drink as you left. No frill. No fanfare. St. Margaret would be so proud. Thank you, all of you, for keeping her legacy alive in so many ways.

Giving help. Sharing hope.
St. Margaret's Community Outreach



EPISCOPAL CHURCH WOMEN
Diocese of Atlanta

ANNUAL SPRING RETREAT at CAMP MIKELL
April 30th through May 2nd, 2010

“WILL THE REAL PAUL PLEASE STAND UP”
The Rev. Donald Harrison

Come join the Diocese of Atlanta at Camp Mikell near Toccoa for a spiritual fun filled weekend.

We will journey into the vibrant and complex life of Paul the Apostle. Suggested reading for the retreat:
The First Paul: Reclaiming the Radical Visionary Behind the Churches Conservative Icon by John Dominic Crossan
Rabbi Paul: An Intellectual Biography by Bruce Chilton

You will have an opportunity to experience praying in color through Mandala coloring which offers a balance of harmony and spiritual well-being.
You will also have the opportunity to make rosary beads and crosses experiencing creativity as a way of understanding the connection with God that comes from doing.

Friday is Tee Shirt Day for our afternoon “Sip and Share” - Proudly sport your ECW Tee Shirt.

- ◆ Day Rate includes sessions and lunch on Saturday ONLY.
- ◆ Full weekend Rates includes all meals - Friday dinner through Sunday lunch and two nights lodging. Bed linens, towels and toiletries are **NOT** furnished in dormitory accommodations. You must bring your own.
- ◆ Groups wishing to room together are encouraged to mail registrations together.
- ◆ **Questions? Contact Jeanne Condrey at 770-830-1340 or j.condrey@yahoo.com.**
- ◆ Limited scholarship assistance is available. Contact Jeanne for further information.
- ◆ Directions: www.campmikell.com - ECW website ecwepiscopalatlanta.org/index.html.

REGISTRATION DEADLINE IS APRIL 15, 2010

A Late Fee of \$25.00 will apply to all registrations postmarked after April 15, 2010

2010 ECW SPRING RETREAT REGISTRATION
Only one person per form, please. Reproduce as needed.

Name: _____ - Parish: _____

Address: _____ City: _____ Zip Code: _____

Telephone: _____ E-Mail Address: _____

I will attend: _____ Full Weekend Rates: Dormitory (\$105.00) Cabin: (\$160.00) Retreat Village (\$170.00).

Lodging Preference: 1st Choice _____ 2nd Choice _____

Private room: (\$53.00) extra: _____

Saturday ONLY (sessions and lunch - \$35.00) _____

Special Housing, dietary or medical needs: _____

Roommate or group preferences: _____

Optional donation: \$ _____ to Alice Sylvia Child Memorial Scholarship Fund.

TOTAL ENCLOSED & _____ *Please make checks payable to ECW, Diocese of Atlanta.*

Yes, I am willing to bring an hors d'oeuvre for the Sip and Share on Friday Afternoon.

(Alsie Churchman will contact you by phone or e-mail.)

Please mail Registration to: Jeanne Condrey, 117 Jamey Court, Carrollton, GA 30117.

MARCH BIRTHDAYS

02-Mar Garrison Markwalter
 04-Mar Robert Graf
 05-Mar Alison Shook
 06-Mar Laura Hoffman
 09-Mar Mandy Maierhofer, Allie Poindexter,
 Clay Robinson, John Bohannon,
 Norah Bohannon
 10-Mar Stephanie Yates, Shane Markwalter
 11-Mar Ian Cunningham, Tony Garmon
 13-Mar Susan Souigny
 14-Mar Sierra Coggins, Jo Hunsicker
 15-Mar Karen Adams, Bob Sullivan, Robert Swanson,
 Joshua Howell
 16-Mar Jeanette Bernhardt
 18-Mar Courtney Austin, Jackie Cain
 19-Mar Edward Keene, Hart Campbell,
 Patrick Castleberry
 20-Mar Linda Ramsey, Gilbert Huey
 22-Mar Dave Reynolds, Rose Dufour, Laura Lenaeus
 23-Mar Jim Rash
 27-Mar Eric Baret
 28-Mar John Reed, Liz Bischoft, Zooey Bush
 29-Mar Ben DeGaris, Patrick Erwin, Reese Lanier,
 Tom Saunders
 30-Mar Fran Robinson
 31-Mar Robert Swanson

MARCH ANNIVERSARIES

18-Mar Tony & Angie Hall
 19-Mar Richard & Beverly Colditz
 Lacey & Fran Robinson
 22-Mar Peter & Many Maierhofer
 24-Mar Sam & Ann Price

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

Mar 5-7 Vestry Retreat
 Mar 6 Ministry Fair, Cathedral of St Philip
 9:00 am - 4:00 pm
 Mar 10 Mid-Week Eucharist 12:15
 Lenten Series - 6:00 pm
 Mar 14 Blood pressure checks - 10:00 am
 Hunger Walk
 Air Jump USA - Young Maggies event
 4:00 - 6:00 pm
 Mar 17 Mid-Week Eucharist 12:15
 Lenten Series - 6:00 pm
 Mar 21 Blood pressure checks - 10:00 am
 Mar 24 Mid-Week Eucharist 12:15
 Lenten Series - 6:00 pm
 Mar 28 Palm Sunday
 Mar 29 No Marriage Course
 Mar 31 Mid-Week Eucharist 12:15



Golden Kiwanis / Southwire “All You can Eat” Pancake Breakfasts - Every Saturday in February 2010 from 7:30am - Noon at the **The Little Hawaiian**. Tickets are \$6.00 each and are available in the church office. Remember

every ticket we sell Outreach keeps half the cost of the ticket. **Please note** - Due to cancellation because of the weather the Kiwanis Club of Carrollton, Golden K and Southwire will have their last pancake breakfast on the 1st Saturday, March 6th. 7:30 – 11:30.

March 7, 2010

	9:00	11:00
Crucifer	Zachary Gordon	William Keene
Bookbearer	Mary Katheryn Denmon	Alice Sawyer
Taperer	Maggie Denmon Martin Shook	

Altar Guild Georgia Keene, Nancy Disinger, Diana Rash, Julie Williard

Children's Church Jo Fortner

Lay Readers

9:00	Randy Denmon, Pam Castleberry
11:00	Bob Sullivan, Taylor Gordon

Ushers

9:00	Bruce Bobick, T.B.A.
11:00	Lance Gunnin, Taylor Powers

Thrift Shop

Mar 5
10:00 - 2:00 Kathie Schoerner, Carol Mitchell

Mar 6
10:00 - 1:00 Rose Dufour, Elaine McKinnon

MARCH HOSTESSES Barb Paul, Meredith Austin, Chris Brown, Elisabeth Coggins, Jenny McDonald, Catherine Minor, Fran Robinson

MARCH PAPER PANTRY Jan Uhlich, Amanda Reynolds

March 14, 2010

	9:00	11:00
Crucifer	Allison Gordon	Tom Fitzpatrick
Bookbearer	Wrenn Parrish	Joshua Howell
Taperer	Harper Minor Lucy Hughes Parrish	

Altar Guild Lisa Crafton, Kathryn Grams, Susan Lenaeus

Children's Church Julie Parrish

Lay Readers

9:00	Mike Coker, Rose Coker
11:00	Lacey Robinson, Pauline Rodwell

Ushers

9:00	Elisabeth and Randy Coggins
11:00	Tom Parmer, Peter Weimer

Thrift Shop

Mar 12
10:00 - 2:00 Diana Rash, Pamela Saunders

Mar 13
10:00 - 1:00 Roseanne Godsey, Margaret Hickson

MARCH HOSTESSES Barb Paul, Meredith Austin, Chris Brown, Elisabeth Coggins, Jenny McDonald, Catherine Minor, Fran Robinson

MARCH PAPER PANTRY Jan Uhlich, Amanda Reynolds

PRAYER LIST

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

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

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

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

Morning Glory Muffins

2 1/2 cups of all purpose flour

1 cup packed brown sugar

2 teaspoons baking soda

2 teaspoons ground cinnamon

1/2 teaspoon salt

2 cups shredded carrots

1 cup shredded Rome or other cooking apple

3/4 cup raisins

1/3 cup chopped pecans

1/4 cup flaked sweetened coconut

1- 8 oz can crushed pineapple, in juice, drained

1/3 cup vegetable oil

1/3 cup apple butter (I use unsweetened)

2 teaspoons vanilla extract

2 large eggs

2 large egg whites (I use 3 large whole eggs to not waste the yolks)

Cooking spray

1. Preheat oven to 350°

2. Combine flour & next 4 ingredients in a large bowl. Stir in the carrot & next 5 ingredients; make a well in the center of mixture. Combine oil & next 4 ingredients; stir with a whisk. Add oil mixture to the flour mixture, stirring just until moist.

3. Spoon batter into 24 muffin cups coated with cooking spray. Bake at 350° for 25 minutes until the muffins spring back when touched lightly in center. Remove the muffins from the pans immediately; cool on a wire rack.

Yield: 2 dozen.

Calories: 165 (28% from fat); FAT 5.2g(sat 1.1g, mono 1.8g, poly 1.9g); PROTEIN 2.6g; CARB 27.9g; FIBER 1.2g; CHOL 18mg; IRON 1.1mg; SODIUM 174mg; CALCIUM 21mg.