



From the Rector:

I read a priest's poem the other day called "Thirty Seconds on Sunday Morning."
Inspired by the images she used to describe the opening seconds of the service,
I began to reflect on St. Margaret's Sunday morning practices.

By the time the acolyte returns to the sacristy after lighting the candles
the gospel reading and prayer list have been checked.
Vestments are then straightened and last sips of Diet Coke are consumed.
Julie gives her warning about not setting anyone's hair on fire with the candles.
After a quick prayer our ragged procession is off – out the side door past pumpkins
or trees in full color or freshly mowed grass, depending on the season.
In the narthex candles are lit and the processional cross is readied at the door.
Unless it's raining, I am still outside at the bottom step caught in a limbo of sorts
the gap between Dr. Coe's faint prelude inside and outside worldly noises.

The bell is rung and the gap closes as I make my way up the steps and
into the sacred space where you have just said your private prayers
and where we sing and speak time honored words.

There is a felt holiness here each and every Sunday –
on "high, holy days" like St Margaret's Day replete with bag pipes
or last Sunday's All Saints Day celebration
and on Sundays when very few folks are in town.

Maybe I should write a poem like my clergy friend
or paint the scene in bold, energetic colors
for words cannot touch the sense of prayer, presence and peace
born of a shared life in Christ.

Blessings and love,

Upcoming EYC events

All 6th—12th graders are members of EYC! All meetings are held Sunday's from 5—7 pm at the church unless otherwise notes.

November 8— Dinner at church, followed by a walk downtown for coffee and dessert . Bring \$ for Gallery Row and dress warmly! **DINNER HOST NEEDED**

November 15—St. Margaret's Day feast followed by Homework Helper Stocking preparation.

November 22— Advent Meditation

November 29 - NO EYC

JR DYC RETREAT for 6th—8th Graders at Camp Mikell will be December 4—6. Save the date! Details to follow.

Upcoming Young Maggie's Events

St. Margaret's Day Activity - November 15, 5pm-6pm. Coordinated by Jo Fortner

Advent Wreath Making - November 29, between the services. Coordinated By Lisanne Denmon

Christmas Pageant - December 24. Coordinated by Bunchie Engel

Please contact the coordinator if you have questions or if you would like to help with the activities.

Come meet St. Margaret and Malcolm

**When: St. Margaret's Day
November 15**

**Where: St. Margaret's Parrish Hall
From 5 to 6 pm**

This is another Young Maggie's Activity for children ages 0-11. Parents of children younger than Pre-K age are encouraged to attend with their children. Dinner will be served. The older youth will also be joining this activity so come hang out with your old friends and meet some new ones.



Rite 13 Collect

God, Giver of life, open up the hearts of those who have not yet embraced your loving kindness so they may grow with wisdom and grace, and ultimately rest in your eternal kingdom. In the name of the Father, Son, and Holy Spirit we pray; now and forever, Amen. *(Written by the Rite 13 Class).*

Congratulations to Megan Hooper and James Cochran on their recent Rite 13 ceremony.

Meet the Parents, Part II

Parent's of Tweens and Teens are invited for food and fellowship on Saturday, November 14th from 7-9:00pm at the home of Dan and Julie Cain, 105 Hickory Walk, Carrollton GA 30117.

Bring an appetizer to share!

RSVP: (770) 834-6418

ST MARGARET'S DAY ,
Sunday, November 15.

A sign up sheet for those who would like to provide food and or beverages or volunteer to help set up and clean up for the reception will be posted on the bulletin board in the parish hall.

Recipes for Scottish treats will be available at the Coleman Street Entrance and on the bulletin board.



Happy 100th!

Florence Evans will be 100 years old this month.

Her birthday is November 10th, but some of the ladies of St Margaret's are hosting a birthday party for her this Sunday, November 8th, from 2:00 – 3:00 p.m. in the Activity Room at Cottage Landing, 150 Cottage Lane. Cottage Lane is the street behind the shopping center that Kroger is located in on 27 South and it's also across the street from Tabernacle Baptist Church.

Florence served as the treasurer of the ECW, but she is best remembered for her many years as the Altar Guild chair where she ruled with an iron hand. Some old timers who are still here remember her training. In the days of wax candles and hard-to-iron altar linens, Florence always expected, demanded and got perfection in caring for the altar.

Please come to Cottage Landing this Sunday between 2 and 3:00 to bring her a card and share a piece of cake.



ECW will meet on
Tuesday,
November 10 at
12 noon in the Parish
Hall. Please bring
soup to share.



*We welcome to
the household of God
Inman Carter Hebert
Sunday, November 1, 2009*



Thank you to all who helped make our annual Pumpkin Patch a resounding success, despite the wettest October in decades!

Our sales totals for the year were \$11,781.25. Pretty amazing!

We will keep 33.3% as profits, and 100% of the donations made during the sale.



BLOOD PRESSURE CHECK:

St Margaret's Parish Nurse, Julie Williard, will be available to take your blood pressure the second and fourth

Sundays of the month. Julie will be in the Gable House between the services on Sunday, November 8 to take your blood pressure.

VESTRY HIGHLIGHTS

October 13, 2009

Audrey McGhee, auditor and representative of Garrett, Stephens, Thomas and Fazio, PC, reported on the audit for the church's financial statements for year's ending 12/31/07 and 12/31/08.

In their opinion, the financial statements present fairly the assets, liabilities, and net assets of St. Margaret's Episcopal Church.

Auditor Audrey McGhee complimented Hazel Glover and Julie Foreman for their cooperation and assistance during the audit process.



Faithful St. Margaret's members Robert & Kathy Coe, George & Susan Lenaeus, Liz Mathews, and Wilton and Liz Key who have met for dinner most Sunday nights since the early 70's. They shared photos and stories of their deep and lasting friendships, grounded in faith and worship by St. Margaret's. Thank you for being with us from one "Sunday night group" to another!

STEWARDSHIP UPDATE

As of

Thursday, November 5

Pledge cards returned

101

Outstanding

50

Total pledges received

\$ 270,145.00

**If you have not turned in your
pledge cards please do so soon as
possible.**



*Community
Thanksgiving
Service*

*Sunday, November 22 at
6:00 PM*

*First Baptist Church
102 Dixie Street, Carrollton, GA
770-832-6359*

*Preacher: Reverend Gerald Varner
Stripling Chapel United Methodist Church*

*Offering for the McCollum Fund
"For the Son of Man has no where to lay his head . . ."
Remember Jesus was a traveler on the road
and was offered hospitality by strangers.*

*Please bring canned goods for the
Carroll County Soup Kitchen*

Sponsored by the Carrollton Ministerial Alliance.

SMCO proudly pursues its mission of meeting unmet needs year 'round.

During the holiday season, the "regular" business of SMCO expands significantly with the addition of seasonal projects and programs. Why not begin your "Holiday Service" shopping here?



Holiday Service Opportunities

FILL HOMEWORK HELPER CHRISTMAS STOCKING

EYC has tagged stockings for children who participate in our after-school program, Homework Helper.

You are invited to fill a Christmas Stocking (or two) with age-appropriate toys, games, books (no candy, please.)



Pick up empty stocking(s) in narthex of church beginning Sunday, 11/22/09 and return filled stocking(s) to narthex or church office by Sunday, 12/06/09.

For more information, please contact SMCO (770)834-5282 or (770)832-3931 or e-mail outreach@charterinternet.com.

CONTRIBUTE TO BACKPACK SNACK PROGRAM

Patterned after a similar program of Second Harvest, a national non-profit food bank, this program provides backpacks stocked with weekend snacks to local elementary/middle school students who have been identified as at-risk for hunger.



Donations of snack items are needed, especially for the long holiday breaks for Thanksgiving and Christmas.

For more information, please contact Chimen Rogers at chimen.rogers@nscorp.com.

ASSIST WITH PROJECT NOEL



This program matches individuals, families and organizations who wish to "sponsor" a family in need for Christmas with such a family. Sponsorships may range from a gift or two to a Christmas celebration with all the trimmings.

The number of families served is determined by the number of "sponsor" individuals/families/groups.

Shopping, sorting and wrapping assistance also needed.

Monetary donations also accepted.

Please let us know by 12/01/09 if you wish to help.

To volunteer to help or for more information, please call SMCO at (770)834-5282 or (770)832-3931 or e-mail outreach@charterinternet.com.

HELP THE CARROLL COUNTY SOUP KITCHEN

THANKSGIVING SCHEDULE:

Workers are needed from 8:30 to 1:00 each day of November 23th through 27th.



This holiday season, in lieu of a canned food collection, St. Margaret's has committed to a monetary pledge to help the Carroll County Soup Kitchen fill Christmas boxes. Individual donations may be made through St. Margaret's Community Outreach (note for "Holiday Hunger Relief") or mailed to Carroll County Soup Kitchen at P. O. Box 2457, Carrollton, GA 30112.

CHRISTMAS BOX SCHEDULE: (VOLUNTEERS NEEDED FOR ALL SHIFTS)

During the week beginning December 7th, the Soup Kitchen will be open from 10:00 a.m. until 5:00 p.m. Monday, Tuesday and Wednesday to receive donated goods. Volunteers will organize and inventory the food on Thursday and Friday of that week.

On Saturday, December 12th (8:30 a.m. until noon) 400 boxes will be packed for delivery to the homebound on Monday.

On Monday, December 14th (8:30 a.m. until 10:00 approx.) the 400 boxes packed on Saturday, 12/14, will be loaded and delivered.

On Tuesday, December 15th (8:15 a.m. until 2:00 p.m.) boxes will be distributed from the rear parking lot of Tabernacle Baptist Church.

In 2007, 988 families were served by the Christmas Box program. 1143 families were served in 2008. 2009 requests are expected to be even higher.

For more information, contact Eddie Adams (770)317-0423.



Parish Wellness

Julie Williard, RN, NP-C

Do you know your Blood Pressure?



“A happy heart makes the face cheerful, but heartache crushes the spirit. The discerning heart seeks knowledge, but the mouth of a fool feeds on folly. All the days of the oppressed are wretched, but the cheerful heart has a continual feast” Proverbs 15: 13- 15

Blood pressure is the pressure of the blood against the walls of the arteries. The higher (systolic) number represents the pressure while the heart contracts to pump blood to the body. The lower (diastolic) number represents the pressure when the heart relaxes between beats. Normal blood pressure for adults is less than 120/80 mmHg.

High blood pressure usually has no symptoms. In fact, many people have high blood pressure for years without knowing it. That's why it's called the "silent killer." Hypertension is the medical term for high blood pressure. Hypertension affects approximately 50 million individuals in the United States and approximately 1 billion worldwide. Not controlling your blood pressure can predispose you to many other health problems such heart attacks, strokes, kidney damage, & damage to the retina of the eyes.

High blood pressure has many risk factors. Some you can't control.

- **Age.** The risk of high blood pressure increases as you age. Through early middle age, high blood pressure is more common in men. Women are more likely to develop high blood pressure after menopause.
- **Race.** High blood pressure is particularly common among blacks, often developing at an earlier age than it does in whites. Serious complications, such as stroke and heart attack, also are more common in blacks.
- **Family history.** High blood pressure tends to run in families.

Other risk factors for high blood pressure are within your control.

- **Being overweight or obese.** The more you weigh the more blood you need to supply oxygen and nutrients to your tissues. As the volume of blood circulated through your blood vessels increases, so does the pressure on your artery walls.
- **Not being physically active.** People who are inactive tend to have higher heart rates. The higher your heart rate, the harder your heart must work with each

contraction — and the stronger the force on your arteries. Lack of physical activity also increases the risk of being overweight.

- **Using tobacco.** Not only does smoking tobacco immediately raise your blood pressure temporarily, but the chemicals in tobacco can damage the lining of your artery walls. This can cause your arteries to narrow, increasing your blood pressure.
- **Too much salt (sodium) in your diet.** Too much sodium in your diet can cause your body to retain fluid, which increases blood pressure.
- **Too little potassium in your diet.** Potassium helps balance the amount of sodium in your cells. If you don't consume or retain enough potassium, you may accumulate too much sodium in your blood.
- **Drinking too much alcohol.** Over time, heavy drinking can damage your heart. Having more than two or three drinks in a sitting can also temporarily raise your blood pressure, as it may cause your body to release hormones that increase your blood flow and heart rate.
- **Stress.** High levels of stress can lead to a temporary, but dramatic, increase in blood pressure. If you try to relax by eating more, using tobacco or drinking alcohol, you may only increase problems with high blood pressure.
- **Certain chronic conditions.** Certain chronic conditions also may increase your risk of high blood pressure, including high cholesterol, diabetes, kidney disease and sleep apnea.

Sometimes pregnancy contributes to high blood pressure, as well.

Although high blood pressure is most common in adults, children may be at risk, too. For some children, high blood pressure is caused by problems with the kidneys or heart. But for a growing number of kids, poor lifestyle habits — such as an unhealthy diet and lack of exercise — contribute to high blood pressure.

Please have your blood pressure checked regularly, more frequently if you already have high blood pressure or other cardiovascular diseases. The parish wellness ministry will perform blood pressure checks every 2nd & 4th Sunday of the month, between services, in the Gable House.

REFERENCES to learn more:

<http://www.americanheart.org/presenter.jhtml?identifier=2114>

<http://www.americanheart.org/presenter.jhtml?identifier=4473>

<http://www.mayoclinic.com/health/high-blood-pressure/DS00100>

Monster Mash





All Diocese of Atlanta Episcopalians are invited to greet

Presiding Bishop Katharine Jefferts Schori at a Southern Barbecue

Noon on Saturday, November 7, 2009
Outdoors (indoors if it rains) at the Cathedral of St. Philip
2744 Peachtree Road, Atlanta

Food by Five Star Culinary Group*
Vegetarian fare available

Tickets: \$12 per person

Reservations and payment required by Monday, Nov. 2.

Pay online at www.episcopalatlanta.org (click on the Annual Council logo)
or mail check to The Episcopal Diocese of Atlanta (memo: Nov. 7 Barbecue),
Attn: Muriel Diguette, 2744 Peachtree Road, Atlanta, GA 30305

*Five Star Culinary Group, a local catering company, now provides all of the food services for the Cathedral of St. Philip, including daily lunches, Wednesday night dinners, the annual Homeless Requiem Mass and supper, and other church functions. Five Star's Richard Lea says, "We started as a barbecue caterer, but having a certified kitchen allows us to make our planned evolution into a full-service catering company."



NOVEMBER BIRTHDAYS

- 04-Nov Mary Hart, Alexis Graf, Pat Gibbons
- 05-Nov Fran Chalfant, William Mizell, Cher Hendricks
- 06-Nov Carolyn Cary, Swede Sullivan, Martin Shook
- 07-Nov Martha Minor
- 08-Nov Neal Uhlich, Heather Sciolis
- 09-Nov Irving DeGaris
- 10-Nov John Michael Schoerner, Florence Evans
- 12-Nov Anne Norrell, Lesley Davis, Bob Swanson, Jr, Jim Naughton
- 13-Nov Dorothy Roush, Julie Cook, Thom Fitzpatrick
- 14-Nov Sam Leneaus
- 15-Nov Jeanne Condrey
- 17-Nov Dene Schoerner, Marguerite Gist
- 18-Nov Cindy Colditz
- 19-Nov Bill Carter, Julia Bernhardt, Rick Prince
- 20-Nov Marlene Uglum, Margaret Primo
- 21-Nov Billy Lindahl, Olivia Crow,
- 23-Nov John Godard, Meredith Crow, Samuel Jarrell, Elaine Holmes
- 24-Nov Snowe Wilks Greene
- 25-Nov Amanda Reynolds, Virginia Morast
- 26-Nov Nancy Elder
- 27-Nov Elizabeth Williams, Judy Smith
- 28-Nov Margaret Hickson, Tommy Cox
- 29-Nov Liz Mathews, Carolyn Stone, David Hoffman

NOVEMBER ANNIVERSARIES

- 02-Nov Dave & Amanda Reynolds
- 02-Nov Alex & Susan Roush
- 07-Nov Randy & Lianne Denmon
- 11-Nov Blake & Christy Hitchcock
- 15-Nov Chris & Debbie Pyles
- 16-Nov Brian & Dede Chase
- 17-Nov John & Cindy Hull
- 21-Nov Fred & Jeanette Bernhardt
James & Shirley Hewitt
- 23-Nov Van & Kitty Wilks
Steven & Catherine Minor
David & Laura Hoffman
- 24-Nov Frank & Carol Chapman
- 25-Nov Nelson & Susan Gerber

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

- Nov 6-7** Annual Diocesan Council at St. Phillip’s Cathedral, Atlanta
- Nov 8** EYC - 5-7:00 pm
- Nov 10** ECW Meeting - 12:00 noon in Parish Hall
- Nov 11** Intercessory Prayer service 12:00
Mid-Week Eucharist 12:15
- Nov 14** Meet the Parents, Part II, 7-9:00 pm at Dan and Julie Cain’s home
- Nov 15** St Margaret’s Day
Holy Eucharist at 9 and 11 am with bagpipes.
Reception with Scottish treats between the services. No Sunday school.

EYC - 5-7:00 pm
- Nov 18** Intercessory Prayer service 12:00
Mid-Week Eucharist 12:15
- Nov 22** Ecumenical Thanksgiving service - 6:00 pm
First Baptist Church

EYC - 5-7:00 pm
- Nov 25** Intercessory Prayer service 12:00
Mid-Week Eucharist 12:15
- Nov 26** Thanksgiving Day - office closed
- Nov 27** Church office closed
- Nov 29** Advent Wreath making - 10am
(No Sunday school)
- NO EYC**
- Dec 2** Intercessory Prayer service 12:00
Mid-Week Eucharist 12:15
- Dec 9** Intercessory Prayer service 12:00
Mid-Week Eucharist 12:15
- Dec 10** Prayer Shawl Ministry - 10:00 am

November 8, 2009

	9:00 am	11:00
Crucifer	Kelsey Cain	Randy Hooper
Bookbearer	Jackie Cain	Megan Hooper
Taperer	Liam Hulstine	
	Edward Bohannon	

Altar Guild Marcy Alexander, Lisa Crafton, Kathryn Grams

Children's Church Cyle Bohannon

Lay Readers

9:00	Chimen Rogers, T.B.A.
11:00	Julie Lindahl, Chris Lindahl

Ushers

9:00	Dan and Julie Cain
11:00	Nichole Bush, Mary Hart

Thrift Shop

Nov 6	
10:00-2:00	Betsy Prince, Ann Price
Nov 7	
10:00-1:00	Fred and Jeanette Bernhardt

October Paper Pantry Karen Adams, Elaine Holmes

November Hostesses Pamela Saunders, Brooke Daniel, Charlotte Dufour, Bonnie Cooper, Brenda Grubb, Pam Howell, Laura Hoffman

November Vestry Person of the Month

Lisanne Denmon

November 15, 2009

	9:00 am	11:00
Crucifer	Ariel Reynolds	Catherine Lindahl
Bookbearer	Delaney Paul	Elizabeth Adams
Taperer	Cate Paul	
	Harper Minor	

Flags	T.B.A.	T.B.A.
Banner	T.B.A.	T.B.A.

Altar Guild Susan Lenaeus, Jeanne Condrey, Peter Croft

Children's Church Catherine Minor

Lay Readers

9:00	Joe Garrett, Bob Sullivan
11:00	Patrick Malloy, Julie Williard

Ushers

9:00	Randy Coggins, Taylor Gordon
11:00	Tom Foreman, George Lenaeus

Thrift Shop

Nov 13	
10:00-2:00	Elaine Holmes, Mary O'Neill
Nov 14	
10:00-1:00	Chris Brown, Nancy Elder

November Paper Pantry Karen Adams, Elaine Holmes

November Hostesses Pamela Saunders, Brooke Daniel, Charlotte Dufour, Bonnie Cooper, Brenda Grubb, Pam Howell, Laura Hoffman

November Vestry Person of the Month

Denmon

PRAYER LIST

Our parish family: Annalee, Katherine, Sumner, Margaret, Joe, Chris, Nicole, Jack, Luke, Olive, Hugh, Stephanie

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, Pete, Nancy, Sheila, Bill, Hans, Lynda, Frank, Jessi

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

ST. MARGARET'S VESTRY

Bruce Bobick - Sr. Warden

John Muffley - Jr. Warden

Dan Cain

Guyton Cochran

Lisanne Denmon

Cindy Hull

Tony McGaughey

Bill Parrish

Judy Reed

Lin Reed

Richard Smith

Stephanie Turner



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Rector: Hazelglover@charterinternet.com

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