



From the Rector

Can you feel it?

The temperature is dropping ever so slightly.

Some of the leaves are beginning to turn in the mountains.

The days are getting shorter. Fall is in the air!

It is time to get "back to business"

time for Godly Play, Rite 13, Journey to Adulthood, EYC,

Adult Sunday School, EFM, Wednesday night forums and
Homework Helper to restart.

It is time to celebrate the continuing and faithful ministries of our parish

and to give thanks for God's presence and guidance in new ventures.

St. Margaret's Community Outreach has implemented

an empowering family mentoring program in collaboration with
First Baptist, Carrollton Presbyterian and Tabernacle Baptist.

On Saturday, some fifty of us will put on new blue tee-shirts

bearing Ramsay Sullivan's image to support research
for the cure of Cystic Fibrosis.

A new parish wellness program is in full swing under Julie Williard's guidance.

St. Margaret's tradition is to celebrate the beginning of the season

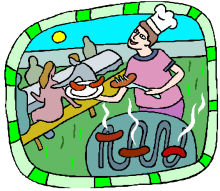
with a huge parish picnic at Smokerise (this Sunday afternoon).

There will be great food and conversation even some

touch football and inflatable thrills.

Come, relax and enjoy your parish family.

Peace and love,



ANNUAL BACK TO BUSINESS PICNIC

WHEN: Sunday, September 13, 2009

PLAY TIME: 4:00 - 6:00 (socializing, badminton, tennis, kickball, football, moonwalk)

DINNER: 6:00 - 7:00

WHERE: Smokerise

WHAT TO BRING: Please bring one side item per family i.e. salad, coleslaw, baked beans, potato salad or a dessert to share.

Hamburgers, hotdogs, and beverages will be provided.

DIRECTIONS TO PICNIC

Start: St Margaret's Episcopal Church

Turn left from church parking lot onto **NEWNAN ST.**

Turn **RIGHT** onto **NEWNAN RD.**

Cross over the by pass and past the County Jail.

Turn **LEFT at Light** onto **OAK MOUNTAIN RD.**

Turn **RIGHT** onto **SMOKERISE DR.**

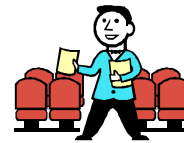
Turn **LEFT** onto **FOGGY BOTTOM DR.**

Turn **RIGHT** onto **MINK HOLLOW DR.**

At bottom of hill on right is entrance to picnic grounds.

ATTENTION ACCOLYTES, LAY READERS, USHERS, and THRIFT SHOP WORKERS

The schedules for October - December 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.



USHER TRAINING

for new ushers and those wanting a refresher course will be offered on Sunday, September 13 between the services.



GREAT STRIDES TEAM RAMSEY - It's not to late to join us on Saturday, September 12, 2009. Cystic fibrosis (CF) is a devastating genetic disease that affects tens of thousands of children and young adults in the United States. Research and care supported by the Cystic Fibrosis Foundation is making a huge difference in extending the quality of life for those with CF. However, we continue to lose precious lives to CF every day. That's why your help is needed now more than ever to ensure that a cure is found sooner - rather than later. To learn more about CF and the CF Foundation, visit www.cff.org.



Join Team Ramsey

St. Margaret's is walking in support of Team Ramsey. To join us register on line (or make a donation) at

http://www.cff.org/Great_Strides/dsp_DonationPage.cfm?walkid=6191&idUser=220732

Or Sign up on the day of the walk, September 12 at The University of West Georgia. Check in at 9:30 am. The walk begins at 10:30 at Z-6 (Food Services Building) at the University of West Georgia. Everything will be set up in the upper parking lot of Z-6 and there will be plenty of parking in the lots below. The route is two loops around the University. After we will all gather and have pizza, drinks, activities for the kids and a live band so plan to stay around and enjoy. We look forward to seeing everyone Saturday and thank you so much for your support.

From the Senior Warden

Dear Members of St. Margaret's

I am extremely proud of the Vesty and our priest, Hazel Glover.

At our last monthly meeting ,after discussing our plans for the upcoming Stewardship Drive, we reviewed Catherine Gordon's monthly report of St. Margaret's Outreach. As of August 2009, Outreach has less actual dollars to give than last year, but had more requests for aid than last year.

After some discussion an idea was presented and made into a motion. The vestry agreed to give Outreach the sum of \$75,00, which represented the interest earned on our endowments this year. In addition, the vestry would challenge Catherine to raise more money by December 31 which the vestry would match dollar for dollar up to an additional \$7,500. The motion passed unanimously.

The Vestry has kept a tight watch over the church budget this year, and will continue to do so, but I think this act to help the many who are in need, says much about who we are and what we believe in.

Thank you Catherine, Andra, Richard, all the many volunteers and all of you who support Outreach. Thank you Jim Callahan and Barry Staples for starting this program which helps the less fortunate among us.

Bruce Bobick





The PUMPKINS are coming – Saturday, October 10th at 9 am. Save the date! Tell your friends! The patch will be open daily from 11 am – 7 pm through Halloween and volunteers are needed to work all shifts. The sign up calendar is on the kitchen bulletin board. See you in the patch!

FALL is here and that means EYC is back!

This week – Youth/Adult two hand touch football at the Back to Business Picnic.
Sunday

Fall 2009 EYC Calendar

All 6th – 12th graders at St. Margaret's are members of EYC. We meet every Sunday night Labor Day – Memorial Day for food, fellowship, worship and service. Come join us!

- | | | |
|----------|--|---|
| Sept. 13 | Back 2 B'ness Picnic: Youth/Adult 2 Hand Touch Football – 4:30 pm. Don't miss this fun tradition at the B2B picnic. | |
| Sept. 20 | Fall Kick-off Cookout and Games, 5 – 7 pm | |
| Sept. 27 | Diocesan 4-Square tournament at St. Paul's, Newnan - Meet at St. Margaret's to caravan to St. P's at 2:15 pm, we will return at 6:30 pm – advance sign up required. Cost: \$5 - Parents are needed to help drive the group to Newnan –see Laura if you can help. |  |
| Oct. 4 | Team Alternate Shot Frisbee Golf with Big Sisters & Brother at UWG, 5 – 7 pm *meet at the track parking lot on Plant Op Drive, past the Z6. |  |
| Oct. 11 | Paint a Pumpkin in the Patch, 5 – 7 pm | |
| Oct 18 | Pumpkin Bowling, 5 – 7 pm | |
| Oct 25 | Scary Movie and Dinner, 4 – 7 pm |  |
| Nov. 2 | All Saints Day Remembrance, 5 – 7 pm | |
| Nov. 8 | Downtown Coffee & Dessert Outing, 5-7 pm Bring \$ for your treat. |  |
| Nov. 15 | St. Margaret's Day Service Project | |
| Nov. 23 | Thanksgiving Break – no meeting | |

Parish Wellness

Julie Williard, RN, NP-C

SWINE FLU- HOW CAN I PROTECT MYSELF & MY FAMILY?

Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. James 5: 14, 15

Novel influenza A (H1N1) is a new flu virus of swine origin that first caused illness in Mexico in March, 2009. The first case in the United States was confirmed by the CDC on April 15, 2009. The United States continues to report the largest number of novel H1N1 cases of any country worldwide, however, most people who have become ill have recovered without requiring medical treatment.

It's thought that novel H1N1 flu spreads in the same way that regular seasonal influenza viruses spread, mainly through the coughs and sneezes of people who are sick with the virus, but it may also be spread by touching infected objects and then touching your nose or mouth. Novel H1N1 infection has been reported to cause a wide range of flu-like symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. In addition, many people also have reported nausea, vomiting and/or diarrhea.

How can I protect myself, my family, & my community?

- If you are sick, you may be ill for a week or longer. Unless necessary for medical care, you should stay home and minimize contact with others, including avoiding travel and not going to work or school, for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.
- If you leave the house to seek medical care, wear a facemask, if available and tolerable, and cover your coughs and sneezes with a tissue.
- With seasonal flu, people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. *Children, especially younger children, might potentially be contagious for longer periods.*
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.

Treatment

There are two influenza antiviral medications that are recommended for use against novel H1N1 flu. The drugs that are used for treating novel H1N1 flu are called oseltamivir (trade name Tamiflu®) and zanamivir (Relenza®). The drugs work best if given within 2 days of becoming ill, but may be given later if illness is severe or for those at a high risk for complications.

Aspirin or aspirin-containing products (e.g., bismuth subsalicylate – Pepto Bismol) ***should not be administered to a child with a viral illness under the age of 18 years due to the risk of Reye's syndrome.*** For relief of fever, sore throat, body aches, or headache, medications such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®) may be given.

Emergency Warning Signs

- In children, emergency warning signs that need urgent medical attention include:
- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

The vaccine for novel H1N1 is expected to be available by October. Two doses of the vaccine, given two weeks apart, are necessary to confer immunity. The CDC recommends the following groups receive the vaccine before others:

- pregnant women,
- people who live with or care for children younger than 6 months of age,
- health care and emergency services personnel with direct patient contact,
- children 6 months through 4 years of age, and
- children 5 through 18 years of age who have chronic medical conditions.

Once the demand for vaccine for these prioritized groups has been met at the local level, programs and providers will begin vaccinating everyone from ages 25 through 64 years. ***Current studies indicate the risk for infection among persons age 65 or older is less than the risk for younger age groups.*** H1N1 vaccine is not intended to replace the seasonal flu vaccine. It is intended to be used alongside seasonal flu vaccine to protect people. Seasonal flu and novel H1N1 vaccines may be administered on the same day.

References

CDC Online Newsroom, July 29, 2009 <http://www.cdc.gov/media/pressrel/2009/r090729b.htm>

CDC: <http://www.cdc.gov/h1n1flu/sick.htm>

CDC website: <http://www.cdc.gov/h1n1flu>

Pandemic Flu Planning Checklist for Individuals & Families <http://www.pandemicflu.gov/plan/pdf/individuals.pdf>

Medicine Net: http://www.medicinenet.com/swine_flu/article.htm

SEPTEMBER BIRTHDAYS

01-Sep Bunny Godard, Pete Sciolis, Grace Hulstine
02-Sep Emily Cumming
06-Sep Jay Sullivan
08-Sep Maddie Grace Maierhofer
06-Sep David Greene
09-Sep Patricia Carter, Jane Baker
10-Sep Evelyn Daniell, Delaney Paul
12-Sep Gail Manley, Hugh Sawyer
14-Sep Austin Eades, Sue Medeiros
15-Sep Patsy Barr, Pam Griffin, Chloe Saunders,
Micheal Crafton, James Williams,
Daniel Williams
16-Sep Jack Crews
17-Sep Jan Roush, Tony McGauhey
18-Sep Gay Maxwell
19-Sep Emmery Cary, Bob Covel, George Lenaeus,
Chris Pyles, Gracie Lu Hitchcock
20-Sep Clint Robinson, Tim Paul, Madison Bush
21-Sep Jim Burton, Bill Brewer, Craig Williard
Jonathan Edwards-Opperman
23-Sep Ben Souigny, Simone Baret
24-Sep Cornelia Richards, Vaughn Gaddis
25-Sep Sam Parmer
26-Sep Anita Burbage
27-Sept Daniel Reed, Hutton Markwalter
29-Sep Margaret Bass, Bailey Maierhofer
30-Sep Mike Coker

SEPTEMBER ANNIVERSARIES

06-Sep Micheal & Lisa Crafton
11-Sep Gordon & Linda Ramsey
15-Sep Sumner & Alice Long
Tom & Elaine Miller
20-Sep Steve & Monica Adams
23-Sep Swede & Meghan Sullivan
24-Sep Patrick & Carole Malloy

**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

Sept 12 Great Strides Cystic Fibrosis Walk -
West Georgia - 10:30 a.m.

Sept 13 Back to Business picnic

Sept 14 Thrift Shop Clean up - 9:a.m.

Sept 16 Holy Eucharist - 12:15

Sept 23 Holy Eucharist - 12:15

Sept 30 Holy Eucharist - 12:15

Oct 4 Blessing of the animals

Oct 7 Holy Eucharist - 12:15
Adult Ed presentation - 7:30 pm
Ms. Pauline Rodwell, St. Margaret's Episcopal
Church
Topic: *Saints Alive: The Patron Saints of the
Atlanta Diocese*

Oct 10 Pumpkins Arrive!! 9:00 a.m.

Oct 25 All Hallow's Eve

Nov 4 Holy Eucharist - 12:15
Adult Ed presentation - 7:30 pm
Dr. Lisa Gezon, Chair, Department of
Anthropology, UWG
Topic: *Religion and Political Resistance in
Madagascar*

Nov 6-7 Annual Diocesan Council

Nov 15 St Margaret's Day

Nov 26 Thanksgiving Day

Nov 29 Advent 1 - Advent wreath making

Dec 2 The Rev. Deacon Kathy Holman,
St. Catherine's Episcopal Church,
Marietta, GA
Topic: *Spirituality: The Foundation of
Christian Service*

Dec 6 Lessons and Carols

Dec 24 Christ Mass - 6:00 pm
Carol singing - 10:30 pm
Christ Mass - 11:00 pm

September 13, 2009

	9:00 am	11:00
Crucifer	Ariel Reynolds	William Keene
Bookbearer	Mary Kathryn Denmon	Ellen Brady-McGaughey
Taperer	Maggie Denmon Liam Hulstine	

Altar Guild Judy Reed, Debbie Pyles, Missy Sullivan, Karen Adams

Children's Church Bonnie Cooper

Lay Readers

9:00	Randy Denmon, Chimen Rogers
11:00	Judith King, Tony McGaughey

Ushers

9:00	Taylor Gordon, David Reynolds
11:00	Robert Graf, George Lenaeus

Thrift Shop

Sept 11	
10:00-12:00	Kathie Schoerner, Peter Croft
12:00-2:00	Liz Key, Mary O'Neill

Sept 12	
10:00-1:00	Fran and Don Chalfont

September Paper Pantry Julie Parrish, Elaine Holmes

September Hostesses Liz Mathews, Kathie Schoerner, Mary Alice Cochran, Jill Jarrell, Stephanie Turner, Rose Coker, Kathy Edwards-Opperman

Vestry Person of the Month Bruce Bobick

September 20, 2009

	9:00 am	11:00
Crucifer	Aaron Reynolds	Julia Reed
Bookbearer	Olivia Castleberry	Daniel Reed
Taperer	Will Cochran Elizabeth Cochran	

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

Children's Church Mary Alice Cochran

Lay Readers

9:00	Amanda Reynolds, Jo Fortner
11:00	Julie Lindahl, Chris Lindahl

Ushers

9:00	Guyton Cochran, Tom Parmer
11:00	Fred Bernhardt, Lance Gunnin

Thrift Shop

Sept 18	
10:00-12:00	Bob and Karen Swanson
12:00-2:00	Emily Cumming, Irene Berard

Sept 19	
10:00-1:00	Fred and Jeanette Bernhardt

September Paper Pantry Julie Parrish, Elaine Holmes

September Hostesses Liz Mathews, Kathie Schoerner, Mary Alice Cochran, Jill Jarrell, Stephanie Turner, Rose Coker, Kathy Edwards-Opperman

Vestry Person of the Month Bruce Bobick

PRAYER LIST

Our parish family: Annalee, Katherine, Sumner, Margaret, Joe, Chris, Nicole, Sam

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

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

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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