

# Koinonia

Episcopal Diocese of West Virginia

January/February 2009



Dear Brothers and Sisters,

When I was a young priest I chanted the Great Litany each Sunday during the austere and somber season of Lent.

For me the chanting was actually uplifting. The actions versus the words were inconsistent.

Upon reflection, I think I was more concerned with hitting the right notes in the chant, than in the meaning of the words being chanted.

I don't believe that my experience is too far out of line with that of many other clergy and individuals. We often get too caught up in the technique and don't pay enough attention to the substance.

During this Holy Season of Lent we are called to reflect on the words and depth of repentance, self-examination, and amendment of life. This is the time to really have a new beginning and a refreshing start in our relationship with God.

In Christ,

A handwritten signature in black ink, which appears to read "W. Michie Klusmeyer". The signature is written in a cursive style.

The Rt. Rev. W. Michie Klusmeyer  
VII Bishop of West Virginia

# News Around the Diocese

## *Newsmakers and Events*

As part of their annual Christmas celebration, members of **St. Stephen's, Romney**, distributed food baskets and Christmas presents to families with children in Hampshire County. This holiday tradition dates back more than 10 years and is a highlight of their Christmas Season.

Our **Altar Guild** Directress, Hollie Mitchell, invites those interested to attend a meeting at St. Mark's, St. Albans, on Saturday, March 14. Father Rodgers Wood is the Advisor for the gathering that will begin with Coffee Time at 9:30 a.m. The actual meeting will be held from 10:00—12 noon. It will be immediately followed by a Eucharist at noon and a light lunch at 12:30 p.m. Participants are requested to bring a can of dog or cat food for the local shelter.

Active and retired clergy are invited to attend the **Clergy Lenten Retreat** at Sandscrest, March 23-25. The Very Rev. Donald Krickbaum, retired Dean of the Cathedral in Southeast Florida, will lead participants in "For All That Has Been, Thanks; For All That Will Be, Yes!" Call the Diocesan Office at 304-344-3597 for more information.

**Scholarship Aid Available:** The Armstrong Scholarship is awarded each year to an Episcopal resident in the Diocese of WV who will be enrolled in an associate, undergraduate or graduate degree program in an accredited college or university in any state or country. Students applying may maintain full or part-time status. Applicants may also be pursuing course work that is of a non-degree or continuing education nature. Seminarians are ineligible. Deadline for application is March 30, 2009. Contact St. Christopher, Charleston, at 304-342-3272, or email Ron King at rkinglee@aol.com, for more information.

**Disciples Net** is serving up 'Alphabet Soup,' an educational workshop that will be held at Christ Church, Clarksburg, on Saturday, April 18. See the enclosed flyer for details.

The 2009 **Bishop's Ball** is scheduled for Friday evening, April 24, at the Stonewall Resort in Roanoke, WV. On Saturday morning join Bishop Klusmeyer for a round of golf. Tickets will be available in early March.

The annual **Diocesan Silent Retreat** has moved to a new season! This year's retreat is scheduled for October 29-November 1, at Bishop Hodges Center in Huttonsville. Details are forthcoming.

### 'Heart Health'

from the Health Ministries Commission

February is HEART month and a great time to start being more cognizant of a heart healthy diet. The following is a list of foods that taste good and are good for your heart:

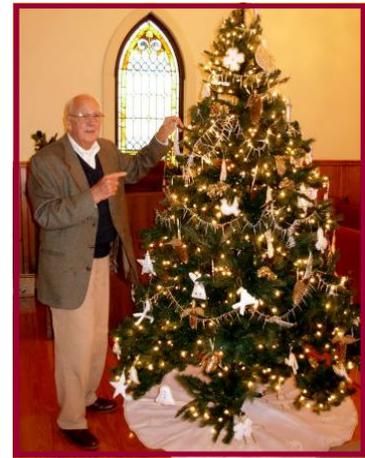
- Canola Oil is the oil lowest in saturated fats; Safflower and Soybean oils close behind.
- Almonds are the healthiest nuts, supplying Vitamin E, potassium, zinc and magnesium.
- Bananas and blueberries are especially healthy fruits, but don't limit yourself to only these two. Eat plenty of different fruits.
- Chicken breasts, mackerel and pork loin are very good sources of protein.
- Salmon and sardines are rich in heart healthy Omega-3 fatty acids and are especially good for us.
- Leafy green vegetables are essential for a healthy diet, with lettuce, broccoli, spinach, and collard greens ranking highest.

### News from St. Stephen's, Beckley

St. Stephen's reports that their *Christian Advocates for Legal Assistance* ministry is doing well and growing due to the hard work and dedication of those involved.

2009 is off to a busy start at St. Stephen's. The parishioners were treated to a visit by Mike White, who is with *Fellowship of Christian Athletes*, a ministry dedicated to sharing God through athletics. Also visiting in January was Travis and Kari Cutshaw, representatives of the Royal Family Kids' Camp, which was developed to assist abused and neglected children.

Scenes from the Christmas Eve pageant put on by the Sunday School of St. Matthew's, Wheeling



Harry Hangs a Chrismon

One of the results of the Team Ministry Pilot project at Pocahontas Episcopal Ministries (Marlinton/Snowshoe) was a four-fold ministry plan: Christian Formation, Worship Enrichment, Outreach, and Fellowship. The Christian Formation project for Nov./Dec. was to research the meanings behind the symbols on the Chrismon tree and to make Chrismon ornaments, replacing those destroyed in a fire at St. John's several years ago. In the photo, Junior Warden Harry Hock finishes decorating a tree with ornaments made by members of the congregation.

As part of their five-point congregational development plan, the Pocahontas Episcopal Ministries (Chapel on the Mount/Snowshoe and St. John's/Marlinton) have scheduled special worship services, including several Taizé services, and a Holy Eucharist with "Old Tyme" Gospel hymns. The Old Tyme Gospel service was held Feb. 1 at Chapel on the Mount. Providing the music was the group *Juanita Fireball and the Continental Drifters* (L to R): John Sparks, Jay and Janney Lockman (both from St. John's), Mike Burns, Mary Sue Burns, and Terry Richardson. Two Taizé services are scheduled at Chapel on the Mount, Snowshoe, Feb. 7 & 14, at 7:30 p.m.



### *In the Kitchen at Sandscrest*

When Sarah Lydick arrived as the new Director of Sandscrest one of the things that became quickly apparent was her excellent culinary skills. Since then, the dining at Sandscrest has become one of its biggest draws. Sarah has agreed to share some of her recipes on a regular basis with *Koinonia* readers. Enjoy!

#### Sandscrest White Bean Soup

Serves 8

##### INGREDIENTS

- 1/2 # Dried Great Northern Beans
- 7 Strips of Bacon, diced
- 2 Onions, chopped course
- 4 Leeks, chopped course
- 3/4 c. Celery, chopped
- 3 Bay Leaves
- 4 qts. Chicken Stock
- 1 Ham Bone
- 2 c. Heavy Cream

##### DIRECTIONS

1. Soak beans in cold water overnight.
2. In a stockpot, sauté the bacon until crisp.
3. Add the onions, leeks, celery and bay leaves and cook until tender.
4. Add the chicken stock, ham bone and drained beans to the pot and simmer until the beans are tender, approx. 90 minutes.
5. Remove the ham bone and puree the soup in batches in the blender and strain (optional).
6. Add the heavy cream, bring to a simmer, season with salt and cayenne.
7. Bon appétit!





## **“The Peace of the Lord Be with You”**

By Canon Donald Vinson

Remember those excruciating days, just following the adoption of the present Book of Common Prayer, so many years ago now, when the Exchange of the Peace was a solitary affair? Episcopalians, not having adapted yet to the idea that they might even speak to just anyone who showed up in their church, were certainly not about to *touch* them—even in a handshake! Sadly, there are some congregations one could point to, even in our own diocese, where that attitude remains largely in force. In many, however, it has been replaced by an opposite practice, which nevertheless indicates that we still don't understand the purpose of the Exchange of the Peace in our liturgy any more than we used to. I am referring to those places where the Peace sets off a melee of hugging and kissing, catching up on news, making plans for later, and general social interchange among those in the congregation who are friends. The greeting offered is, as often as not, “Good morning!” or “How are you?” and one finds, upon inquiry, that the congregation is rather pleased with itself over how friendly and welcoming they have become. But they are no closer to passing “Peace 101” than their frosty neighbors.

The Exchange of the Peace occurs at a key moment in the Eucharistic liturgy, that miraculous couple of seconds when we have just confessed to God our sins and omissions and have received God's amazing and liberating forgiveness. In that moment of grace, we are uniquely able to wish upon others, whoever might be near us, known or unknown, that same divine peace we have received. And it is God's peace we exchange, not ours: it is important to acknowledge that fact by mentioning him in our greeting. The ability to do this is crucial to our participation in the Great Thanksgiving which follows (and, on another, but related subject, the connection between these two elements illustrates why creating a chasm between them by inserting “announcements” is an unfortunate intrusion.) We've been taught that our liturgy consists of two parts, Word and Sacrament. But we need reminding that those two parts make one event, and the flow from one to the other should not be disrupted. Likewise, the Passing of the Peace should not be allowed to become such a hoopla that the true climax of the celebration, the sharing of Christ's Body and Blood, becomes diminished. Presiders are right when, however hesitantly, they intervene to call the congregation back to order for continuation of the liturgy we've all come for.

To those congregations who believe a boisterous Peace shows how friendly they are: no it doesn't. It accentuates to the guests just how out of it all they are, and to the introverts just how socially deficient the others consider them to be.

The mature congregation is one in which the Peace is kindly and freely exchanged with everyone adjacent to each worshiper, with a smile, a handshake, or even a light embrace, as locally appropriate. When few are present (say, under 20), it is fine for all to greet everyone else, with no omissions. It is also important for the nearest ones to move around to greet those who have seated themselves somewhat apart from the pack, and to make sure they include those near them that they don't know (but not for everyone in a larger group to congregate around the one new family like a pack of Chihuahas on a pork chop!)

As for setting off a general hub-bub of social interaction, we have another set of trigger words for that. They come at the end of the liturgy, after the blessing and concluding hymn, and the dismissal: the people say, “Thanks be to God!”

**Koinonia, Diocese of WV, PO Box 5400, Charleston, WV 25361  
Phone: 304-344-3597; Email: mbailey@wvdiocese.org.; Fax: 304-343-3295**

***Deadline for March/April 2009 issue is March 15.***