

MAGGIE'S CROSS



A Letter from our Rector

BY FATHER TODD R. DILL+

You are What you Eat!

I recently had one of those visits with my doctor. As one progresses in age, you have more and more visits like this. It was a visit where you have the dreaded conversations about aging and health, and how one must make different choices as your body changes. While the good news is I am in relatively good health, my doctor did encourage me to look at my eating habits and to lose a little weight. "As you get older..." he said, "...it becomes more and more important to be diligent with good choices, and especially good nutrition. You are what you eat!"

I've always hated that line. I know it's true, and I know that it is sound counsel, but I really do hate hearing it. I would much prefer to eat what I want and be allowed to eat as much as I want whenever I want! Shake Shack burgers, pizza, Skyline Chili, French fries, Philly Cheesesteaks, BBQ; why can't these be foods that make us healthy? Why can't the things that taste the best be good for us? In truth, the reality is that there are better choices that yield better benefits for our physical health. Broccoli is healthier than potato chips, and fish is often a better decision than a rack of ribs.

How we treat our bodies is important, and the choices that we make on good food, healthy nutrition and physical exercise go a long way in determining how well are bodies age.

I wonder how many of us give the same consideration to the choices we make that affect our spiritual well-being. Do we consider the implications of what we ingest with our eyes, our ears, or our speech, and recognize the profound affects that these choices can have on our spiritual health? Whether it be the news, political discussions, social media, or the TV shows that we watch, do we adequately consider what we are taking into our body, and the profound affect that these mediums can have on our spiritual health? I recently went to the NC mountains for a week to hike, rest, and spend some relaxing time catching up with friends from college. The only thing I used my iPad for was Morning Prayer and to help me as I prayed the Rosary. No news, no Twitter or Facebook, and very little watching of the television. I didn't read any salacious gossip, hear about the latest political dustup, nor watch any rated R movies laced with violence or disturbing language. I just did my prayers, hiked the mountains of NC with friends, and ate good (and healthy) food!

This rest and separation really did remind me of the importance of our choices. Yes, we are what we eat. But spiritually, we are also what we see, what we hear, what we read, and what we say! The choices that we make in

"Do we consider the implications of what we ingest with our eyes, our ears, or our speech, and recognize the profound affects that these choices can have on our spiritual health?"

leisure and how we occupy ourselves in our entertainment choices are so very important, and I for one am going to be much more discerning in these areas of my life. Our Lord has given us each the gift of life so that we might not only enjoy life, but that we might also reflect the Divine flame that is enkindled in each of us. Do the choices we make reflect this Divine gift? Does what we watch build up the joy within us? Does our speech bless others around us? Do we spend our time reflecting on the beautiful things surrounding us, and give thanks to God for these wonders? To borrow some words from Saint Paul as he wrote to the faithful people in the church in Philippi:

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.
(Phil 4:8-10)

-Fr. Todd+

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Thoughts from Rev. Sarah

BY THE REVEREND SARAH HOLLAR+
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I went searching for an image of peace, of calm, a picture conveying an absence of anxiety. It was hard to find one that satisfied. A night sky was a bit too ominous. An open sea was too boundless. The one I picked may make you sneeze or wheeze. The difficulty finding a picture suggesting the feeling I sought made the very point I mean to address. We are living in restless anxious times and respite is hard to find. I am writing this from a monastery of Benedictine Sisters where I was reminded of spiritual teacher Mary Mrozowski who composed and taught the **Welcoming Prayer** born out of her many years of contemplative prayer practice.

The prayer suggests we unconsciously program ourselves to move frenetically from one stressor to another thinking we can control or out maneuver problems, bad news and unfavorable outcomes. The prayer encourages us to pause. It suggests we reorient and instead of avoiding unpleasantness and irritants, we receive them with a gentle openness. The words offer us an alternative stance. Accept the presenting discomfort and breathe through it. Wonder what it might be teaching us. Be curious about how God is present in the moment, in the unfolding. This pause, this wondering and welcoming is not condoning hurtful behaviors or attitudes. It is not accepting injustices. It heightens our noticing and helps us see God's presence before launching our more limited response. The author and fellow contemplatives suggest when we notice a feeling having particular sway over us, we name it in the prayer. I welcome anger. I welcome fear. I welcome resentment. I welcome guilt. I welcome satisfaction. I welcome relief. I welcome good news. In this naming, we enter the present moment with God in attendance with us.

Since it's publication many have found repeating the prayer daily (or more often on particularly harried days) to be helpful in grounding oneself in calm and confidence. I invite you to plant your feet, breathe deeply and slowly let this prayer rise out of you now and when you feel overwhelmed.

May it be a blessing and balm for your soul.

Rev. Sarah

Welcoming Prayer

Welcome, welcome, welcome.

I welcome everything that comes to me today
because I know it's for my healing
and my growth.

I welcome all thoughts, feelings, emotions,
persons, situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem,
approval, and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation,
condition, person, or myself.

I am open to the love and presence of God
and God's action within. Amen.





Father Jay's journal

BY THE REVEREND FATHER JAY MILLS+
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In the Season of Easter, it is important for Christians to get priorities straight. At the core of our faith is the Risen Christ. Belief in his resurrection is not optional for Christians but at the very core of our faith. Paul, in 1 Corinthians 15:17-19 writes, “If Christ has not been raised, your faith is futile and you are still in your sins. ... If for this life only we have hoped in Christ, we are of all people most to be pitied.” Earlier in the same chapter he pens what I believe to be perhaps the most important passage in the Bible:

Now I would remind you, brothers and sisters, of the good news[b] that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you—unless you have come to believe in vain.

For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them—though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

Here Paul lays out, for all to see, exactly why we believe that God raised Jesus from the dead – people saw him alive after his crucifixion! “If you doubt he was raised, ask these folks” says Paul. Others throughout history have had visions of the Risen Jesus – whose visions I do not doubt, but these appearances that Paul sees as the bedrock of the Apostolic Faith that we in the Episcopal Church embody today.

You will hear, from time to time, of priests and bishops who do not believe in the resurrection of Jesus (there are far fewer of them than some believe, however). They are false teachers and are dead wrong. We believe in the resurrection of Jesus in the Episcopal Church and hope, one day, to individually share in his resurrection on the Earth’s Last Day. That is why Easter is the primary celebration of the Christian Year and so important. “Christ is Risen!

The Lord is risen indeed!”

God’s peace,
Fr. Jay



Father Jay is typically in the church office and makes pastoral visits on Mondays & Tuesdays.

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mills@saintmargarets.net or calling the office at 704-243-3523, ext. 222 or his cell at: 423-276-5045



The Deacon's Bench

Deacon Ludwig
can be reached at:
thewallners@hotmail.com



By Ludwig Wallner

A huge thank you to all the members of St. Margaret's who sent well wishes for my quick recovery. More important I really appreciated all the prayers offered for the medical team during and after surgery and for my recovery.

Special thanks to the Daughters of the King for their combined and constant prayers. Going into the surgical theater to have a knee replacement replaced as a result of a slight bone and hardware separation, I felt a calm peace knowing that the Holy Spirit was present and would be guiding the hands of the medical personnel as a result of your prayers.

As you will recall, we began a three-part series on the vestments worn at our worship services. We have covered the naming and description in part One, the historic background of the vestments in part Two and coming in the June issue of the Deacon's Bench will be the liturgical meaning of the vestments, Part 3. In July, we will take you back to the 5th Sunday of Lent to (according to tradition and folk lore) finish the story of Lazarus from the tomb and Mary anointing Jesus.

Thank you!

Ben Bednar	Tyler Peters
Brian Bednar	Michael Porter
Callie Cox	Jodi Rourke
Regina Dill	David Rourke
Simon Haarhoff	Brian Scott
Peter Macon	Tom Washington
Colin Miles	Alli Willard &
Karen Paar	Rev. Sarah Hollar

I would like to take this opportunity to commend the 18 members of St. Margaret's who agreed to take part in our dramatic presentation of "To the Cross" that we shared on our YouTube channel on Holy Saturday.

If you did not have the opportunity to view this 54-minute very powerful and yet intimate look at the Crucifixion, the opportunity still exists for your viewing.

[CLICK HERE to watch](#)



Youth Spotlight

pfeifer@saintmargarets.net

BY ELIZABETH PFEIFER
ASSISTANT TO THE RECTOR
FOR YOUTH MINISTRY



Our weekly youth activities for the school year are coming to an end... **EYC's final gathering for the school year is May 1st and Graduate Recognition will be on May 22nd at our 11:00am service.**

Over the summer there will be periodic activities for the youth of St. Margaret's: volunteer opportunities, grabbing food together, Carowinds, and more. Keep an eye on the bulletin, weekly parish e-mail announcements, and Instagram (stmyouthg) as information will be communicated through those outlets. You can also sign up for EYC text updates by texting "stmyouth1" to 43506 and reply "yes" to opt in. Unless otherwise stated, rising 6th graders are welcome to join for all summer events.

We want to thank our volunteers who since August have given many, many hours spending time with us on Sunday evenings along with retreats. Youth ministry wouldn't happen without you.

THANK YOU Madison Dill
Sue Jaquish
Erin Nelson
& Molly Scialabba

for their weekly commitment to being a presence at EYC and supporting the youth of St. Margaret's in their walk with Christ.



Join us this summer for...

- **St. Margaret's Vacation Bible School** (rising 6th-graduated): **Mon-Thurs, June 27-30.** Teen volunteers are invited to serve at our VBS from 8:40am-12:15pm. Youth assist in a variety of roles such as crew leader, snack prep, games, music, and more. No cost. **If your student would like to volunteer, email Catherine Chintala at childrensministry@saintmargarets.net.**
- **Episcopal Outreach Camp:** (current 6th-8th graders): **Sun- Wed, July 17- 20.** Episcopal Outreach Camp is a local, overnight outreach camp open to current 6th-8th graders and will be held at Christ Church Episcopal in Charlotte. This camp is planned and hosted by Episcopal Youth Ministers in the Charlotte area. Youth from area Episcopal Churches will gather for a few days of service, fellowship and worship. Youth spend time doing a variety of service projects around Charlotte and the surrounding areas while also having social time in the evenings (uptown scavenger hunt, out for ice cream, etc.). Cost is \$100. **Visit: <https://stm.breezechms.com/form/EOC2022> for more information and to register and pay online. Questions? Contact Elizabeth.**
- **Nothing but the Stitches:** The art of creating provides an opportunity to spend time with God and practice mindfulness. StM has a knitting ministry that gives handmade items to persons experiencing any number of life changes or challenges. These projects are held with a sense of specialness, intention, and deliberate thoughts of others. All students, current 6th-12th grade, are invited to join us in June for a youth knitting class to learn how to knit. Classes will be on **Tuesdays in June from 1:00-3:00pm at the church (June 7, 14, 21, and 28).** Students will be paired with a member of Knots of Love and will learn from the beginning! **More info and sign up: <https://stm.breezechms.com/form/eyckol>.**



Knitting invites a person to notice nothing but the stitches. This isn't a race to finish anything, rather a chance to slow down and enjoy the process of creating.





Journey to Jerusalem



Journey to Jerusalem craft station



Annual Easter Egg Hunt



Club 4-5



Children's Ministry

BY CATHERINE CHINTALA

ASSISTANT TO THE RECTOR

FOR CHILDREN'S MINISTRIES

childrensministry@saintmargarets.net



Thank you to everyone who came to our Journey to Jerusalem event on April 9th where we learned more about Palm Sunday traditions and even what life was like in Jesus' time! We enjoyed crafts, music, food, and lots of fellowship! Special thanks to our awesome volunteers: Renee and Rosemary Betts, Owen Donovan, Paige Feldser, Dawn Fell, Lydia Ferguson, Addie Jenkins, Olivia Jenkins, Lexie Lee, Katie Saunders, Jean Wilson, and Mike Wilkins.

We hosted our **Annual Easter Egg Hunt** this year on Sunday, April 24th! Thank you to all of our parish and preschool families for their generous donations of candy and eggs! We enjoyed beautiful weather, and it was such a special morning of fun and fellowship! Special thanks to Susan and Patience Bria, Andy and Julia Pinkerton, and Erin and Rylee Stephens for helping set up the event.

Elizabeth and I have had a great time with our students at **Club 4-5!** We wrapped up the school year with our gathering on May 1st where we enjoyed a pizza lunch and learned about what it means to follow Jesus. Last month we had a great time creating our very own Paschal candles in honor of the Easter season.

We have another **Mom's Group Fellowship** gathering scheduled for this month! Please join us on Saturday, May 14th at 9:30am at the church playground. These informal gatherings have been a fun way to spend time with church friends and make some new ones too! All moms with babies through elementary-aged kids are invited to attend. We will hang out over coffee while the kids play on the playground.



VBS Registration is open! Join us on June 27-30th from 9am-noon where we learn that Jesus' power pulls us through! Students 4 years of age (as of 6/27/2022) through rising 5th grade are invited to join us for a fun week of fellowship, music, games, crafts, and activities!

Click here to register.

We need adult volunteers to help make this event a success! Not available all four mornings? That's okay – we have volunteer spots even if you can only commit a day or two! Middle and high school volunteers are welcome too!

Please contact Catherine if you are interested in volunteering:
childrensministry@saintmargarets.net

I hope you are having a blessed Easter season, and I hope to see you and your family soon!

*Blessings,
Catherine*





Outreach & Parish Connection

BY TRACI SCOTT

ASSISTANT TO THE RECTOR FOR OUTREACH & PARISH CONNECTION

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Join us!



Join us at StM Café on Sundays thru May 22nd

All parishioners (children, youth, and adults) are invited to the StM Café in the Connector Hallway (the open area just down from the restrooms) from 10:00-10:45am. We will have light refreshments, coffee and juice, and a kids craft table. Please plan to stop by; the clergy and staff of St. Margaret's would love to say hello!



Join us for StM 101 Class on May 15 & 22

Are you new to St. Margaret's or never been able to attend 101? The next session of our newcomers class will take place on May 15 & 22 in the Youth Room (on the right side of the preschool hallway). We will discuss the Episcopal faith, our church's history, our various ministries and how to get engaged in the life of our parish. We'll even take a tour of the building.

If you are able to join us, please email Traci Scott at connection@saintmargarets.net.

ECW Spring Meeting, Saturday, May 7th at 10:30am in the Parish Hall



The Episcopal Church Women (ECW) will gather to visit, do some planning and hear from guest speaker Andrew Friend (Executive Director, Council on Aging in Union County). Refreshments will be served. In support of HELP Crisis Pregnancy, please donate financially [HERE](#) or bring an item to the meeting to donate. Needs are baby wipes, baby body wash, new underwear &

socks for kids sizes 4-6, new or gently-used kids clothing sizes 4-6. Please RSVP to Traci Scott at connection@saintmargarets.net

Spring Fellowship Night on Friday, May 20th

Join Father Todd and the StM Staff at the Waxhaw Tap House on Friday, May 20th anytime from 6:00 - 8:00pm for a spring fellowship night before you head out for summer activities! Families are welcome! Plan to grab a food truck dinner and join your parish family as we toast to a wonderful programming year. Waxhaw Tap House serves non-alcoholic beverages, beer, and wine. They also have a family-friendly area outside where the kids can play.





Our next **Community Kitchen Fellowship** ministry date is Saturday, May 21st. If you've never joined us for one of these events, come see what it's all about! We need more volunteers to help us cook, assemble the meals and deliver.

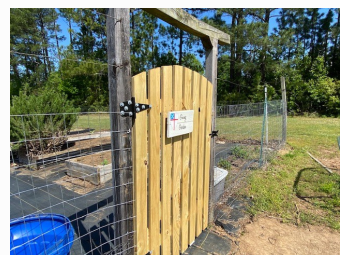
If you can help on May 21st, please [CLICK HERE](#) here to **DELIVER** and [CLICK HERE](#) to **COOK**.

Questions? contact Traci Scott at: connection@saintmargarets.net



Upcoming Shelter meal on Tuesday, May 24. Two teams of volunteers are needed. One group will cook the meal at 1pm in the St. Margaret's kitchen and another group will serve it at the Community Shelter in Monroe at 5:30pm. Please [CLICK HERE](#) if you are able to help with cooking, serving or baking:

WATCH OUR GARDEN GROW



A huge shout out to the amazing volunteers that have brought our garden back to life. Ian Caterina, Tina Sagartz, Ann Haarhoff and Christina Kindel cleaned out and planted all of the beds and are watering the new plants each day until they get established. Jeff

Culver built a new gate and added new wire fencing with the help of Colin & Hugh Laughlin, Ian & Chris Charity and Zachary Lee. Thank you all so much for giving our garden a facelift and putting some new energy behind this ministry. We will start delivering the produce to Common Heart for distribution into our community very soon.



Have you seen the StM Giving Garden on the lower field? Walk down and check it out. Volunteers are always welcome.



May Calendar



- **Saturday Worship: Rite II, 5:00 pm**
- **Sunday Worship: Rite II, 8:45 am** *LIVESTREAMED on our YouTube channel*
- **Sunday Worship: Rite II, 11:00 am**



[CLICK HERE for our YouTube channel](#)



calendar notes:

5/2-20	Marvin Ridge High School testing site
5/7	ECW meeting, 10:30 am
5/13-15	EYC Beach Retreat
5/14	DOK Monthly Meeting, 9:30 am
5/15& 22	StM 101 class. 10:00-45
5/17	Vestry Business Meeting
5/20	Spring Fellowship night at Waxhaw Tap House
5/21	Community Kitchen Fellowship
5/21	Men's Group Monthly Breakfast Meeting, 8:30 am
5/29	Farewell Reception for Mara DeLuca, after the 11 am service
LOOKING AHEAD SAVE THE DATE:	
6/26	Bishop Anne Vistation & Confirmation Day Reception to follow 11:00 service in the Parish Hall

PRAYER FOR A DIRECTOR OF MUSIC

Heavenly and gracious Father, bless this parish as we thank you for Mara DeLuca, and for her many years of dedicated and faithful service in our music ministry. Bless Mara and her family as she moves on to her new call at Saint Thomas Aquinas Catholic Church.

As we celebrate the work that Mara has done, be with us as we search for the person who is called to lead and sustain our ministry of music at Saint Margaret's. Send us a blessed and faith-filled person to enliven our hearts, lift our spirits and make us rejoice in praise and song when we gather in Your name.

Inspire those gifted in our parish to come forward and join the choir and enrich our worship that we may grow even more in our faith and service in the love of your Son, who lives and reigns with you and the Holy Spirit now and forever. Amen.

StM

*Our church office is open M-Th from 9:00-4:00
& 9:00-12:00 noon on Friday.*

Rector

The Reverend Fr. Todd R. Dill+
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Priest Associate

The Reverend Sarah Hollar+
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Priest Associate

The Reverend Fr. Jay Mills+
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Deacon

The Rev. Ludwig Wallner

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2022 Vestry

Jessica Parker
Chad Hinton
Brian Scott
Kathynn Dugan
Hugh Laughlin
Simon Haaroff
Paula Holbein
Colin Miles
Charlie Winsman
David Feldser, *Treasurer*