

## Tea in the Tropics



Welcome to Paradise  
~Afternoon Tea in the Tropics~

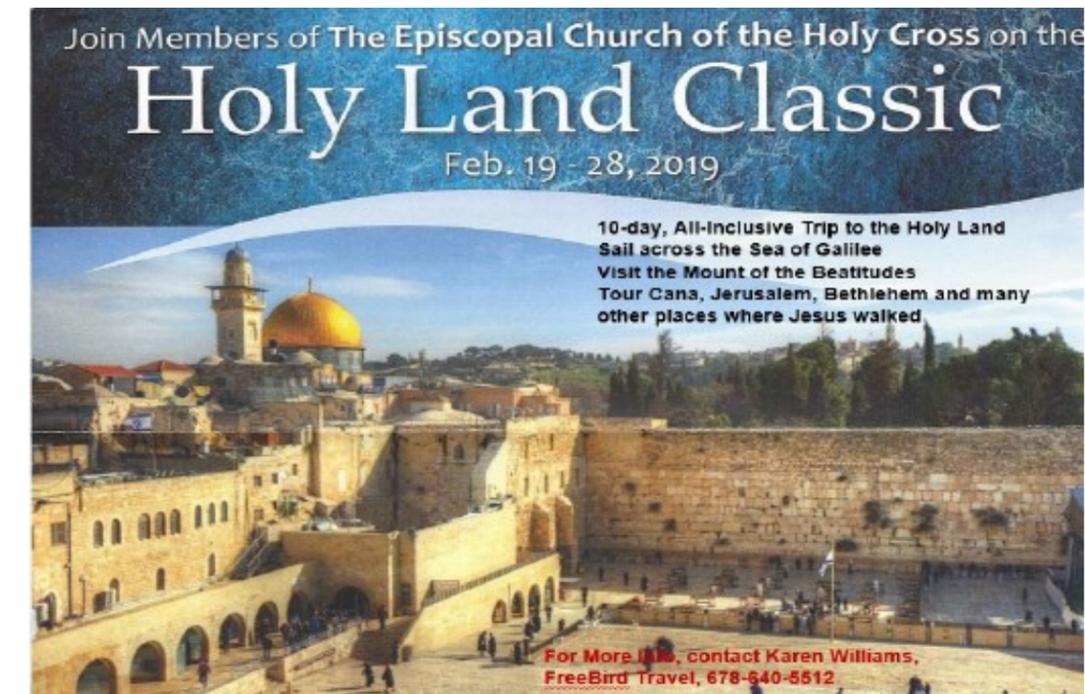
Episcopal Church of the Holy Cross  
ECW Annual Tea Party  
Saturday June 2, 2018  
3 pm – 6 pm

To reserve your tables, please contact:  
Linette Francis ~ 770.778.0604  
Dorothy Day ~ 404.771.8222  
Cheryl Charles ~ 404.840.8794

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### The Episcopal Church of the Holy Cross

2005 South Columbia Place  
Decatur, GA 30032



Join Members of The Episcopal Church of the Holy Cross on the  
**Holy Land Classic**  
Feb. 19 - 28, 2019

10-day, All-Inclusive Trip to the Holy Land  
Sail across the Sea of Galilee  
Visit the Mount of the Beatitudes  
Tour Cana, Jerusalem, Bethlehem and many  
other places where Jesus walked.

For More Info, contact Karen Williams,  
FreeBird Travel, 678-640-5512

## Contact Us

**Holy Cross**  
2005 S. Columbia Pl.  
Decatur, GA 30032

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Website: [holy-cross.org](http://holy-cross.org)

Facebook: [facebook.com/HolyCrossDecatur](https://www.facebook.com/HolyCrossDecatur)

### Office Hours

Monday: Closed  
Tuesday to Friday:  
10 a.m. - 2 p.m.

### Regular Worship Schedule

8 a.m. Spoken Eucharist  
with music

11 a.m. Sung Eucharist with  
full choir

# CROSS CURRENT

The Newsletter of the Episcopal Church of the Holy Cross

April 2018

## Message from the Rector

### He is Risen!

I love when the sun shines and the weather is warm. It reminds me of summer days growing up. When I was teenager, one of my favorite pastimes was neighborhood tag. I know it sounds exhausting, but it was a small neighborhood made up of only two long streets and an alley.

Like the hide and seek that we are familiar with, the object of the game was to count to 100 and allow the other team enough time to hide around the neighborhood. One particular day, my team chose to hide in a big oak tree at the corner of the neighborhood. It was big and filled with leaves. So, two of us climbed up the tree and patiently waited for the other team to try to find us.

We could see the other team searching the neighborhood looking for us. They were looking behind houses, in the play parks, under cars and anywhere else they thought we might be. They had a very difficult time finding us. At one point, they even caucused right at the base of the tree that we were hiding in and began to recruit younger children in the neighborhood to assist them. My friend and I, looking down from the branches above, just laughed with our mouths covered, amazed that they never thought about looking up.

What a great metaphor for a community that kneels down in prayer and calls on help from above.

Although I laughed at my friends then, as I look at my Spiritual life now, I am reminded that we are just like them. As we search and try to live into our purpose and find answers for the events in our lives, we look everywhere. We talk to friends and family, we watch talk shows, we read self-healing books, and we join social groups with hopes of somehow finding answers; searching and trying to find the person that God wants us to be. Sometimes we find it and sometimes we don't. What I have learned and what I must keep practicing is that my first consultant should always be Jesus. I must first look up! I know, that sounds so simple, and it may, in fact, be, but when I reflect on his life as an example and look to his death and resurrection as what is possible, I tend to find the peace and clarity that I need.

So, look up Holy Cross! Look to God! In your best times, give thanks! Give thanks for God's grace and God's mercy. Also, when you're in the midst of your storms, look up! Look to God and give thanks, because even in the midst of your storm, he will be your shelter.

Alleluia! Christ is Risen, the Lord Has Risen Indeed!

**So why not look up!**

God's Peace,

Dennis

*“My first consultant should always be Jesus”*

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## 4E Mentoring Program

We often hear different folks refer to children as "sponges." This is so true. The 4E (Engage, Enhance, Empower, Expand) Mentoring program at Holy Cross started on November 1, 2017 and continues to provide much needed mentoring to elementary school age children in the surrounding community. Our current enrollment is 7 children in grades 2 through 5. These children arrive every Wednesday eager to participate in learning, periodically asking us, "Are we going to meet next week again?" That is like music to the volunteers' ears. We meet once weekly on Wednesday afternoon from 3:30 - 5:30 p.m. We serve the children a snack, assist with homework, engage them in reading and math, through various methods. We use several resources that have been donated by educators in our parish.

If you can assist, please contact Linette Francis, 770.778.0604, for additional information.

Evelia Hinds

## Inspiration from Allison

He Suffered for You, He Suffered for Me



It takes a special friend to choose  
To suffer in my place  
It takes a heart unafraid to lose  
His comfortable, peaceful space

A heart that knows no bound to love  
Everyone who lives  
And is not afraid to prove  
It's not so difficult to forgive

When Jesus Christ my Savior came  
From Heaven to this earth,  
Human beings were not the same  
As the ones God blessed at birth

Sin had come and made them do  
What God did not allow  
It was not done just by a few  
It's happening even now!

Remember the blood shed at Calvary  
Was from a Precious One  
He was not just the son of Mary  
He was God's only Son!

The stain of sin was so intent  
That no one else could dare  
To go the way that Jesus went.  
No other can compare

There's nothing we can do to pay  
The price of our sin  
'tis grace that helped us all the way  
The grace that is within

Our very sinful, mortal soul  
How wondrous is our God!  
When we accept Jesus as our goal  
He becomes our staff and rod

*I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead.*

Philippians 3:10-11

## Reconciliation Initiative (cont'd)

(Continued from page 3)

primary purpose of this mediation is to work out a resolution that both parties can live with. The process requires confidentiality, mutual respect, and specificity of concerns. Once each person has explained the offending situation from their perspective, problem solving can begin. The goal is to facilitate dialogue between the disputants, help them move from personal antagonism to focus on the issues, and to assist in problem solving. This is spiritual work. We know that the Evil One will do his best to tear it down. We must pray.

Listening sessions have been conducted, affording those who feel some hurt the opportunity to voice their concerns. We thank you for coming forward. Reconciliation can move forward only if parishioners have expressed their concerns to the Reconciliation team.

On April 15, 2018, we will conduct a reconciliation session on some of the issues raised in our listening sessions. We will be using mediation skills to address these issues, with the goal of reconciliation. Our mediator for that Sunday will be Canon John Thompson-Quartey. Later, we will schedule a healing service here at Holy Cross.

Mediation is an on-going process. Now that we have trained people in our congregation, we wish to establish a procedure to mediate issues going forward.

*"Across many cultures, there are proverbs that draw upon the importance of looking back to move forward. A past that is forgotten is a loss. We must look to our history to make positive progress. The Sankofa bird symbolizes this. It reaches back to the egg to bring it forward. In the Diocese of Atlanta, we are challenging ourselves to look back on our collective past, in hopes of bringing us forward together today."* From Pathways, Episcopal Diocese of Atlanta, 2017-18.

The core team thanks Father Dennis and Canon Thompson-Quartey for their guidance in this process. Thank you, Holy Cross for your willingness to look at our past to create a better future!

Karen Williams

## School Stress (cont'd)

(Continued from page 9)

symptoms of stress in middle school and was diagnosed with panic disorder and generalized anxiety disorder in high school.

Also, studies have shown that today more than ever college students are striving to be perfectionists, but trying to please not only themselves but the people around them is taking a toll on their brain. Young people want to have good careers, and have now put themselves in a sort of "perfectionist" mentality as the only way to achieve them. They know they are competing not only with the students in the country but around the world, which is another added stress factor. There have also been experiments proving that students have suffered a great deal just from not achieving a 4.0 GPA.

All in all, as a student I know that life will come with stress factors, and that I shouldn't complain about schoolwork when I don't have to pay bills or provide food or shelter; on the other hand, times have changed. Parents, next time you hear your child complaining about schoolwork being too much, just bear with them. They are essentially trying their best to make you happy and not feel like you have wasted your time. Students, next time you feel like you are stressed with schoolwork, just grab an ice cream, go to a party, or take a nap because school doesn't last forever. Even though it may seem like it!

Allyka Allen

## Events (cont'd)



(Continued from page 4)

### REPLACING THE STOVE

Several members of the congregation were motivated to begin soliciting donations to replace the stove in the kitchen, and so far they have raised \$4,275 towards an estimated cost of \$6,000 for the stove and hood. The vestry supports this initiative and donations of any amount are appreciated. Thanks to all involved, and the vestry appreciates the enthusiasm.

### OUR COMMITMENT

The vestry is committed to the Holy Cross vision and mission as well as full transparency to the congregation (i.e., out members, the Diocese of Atlanta and the community at large). We will continue to provide periodic updates for better communication and enhanced engagement.

### NURSERY

Care by trained staff is available for children (infants to 5 years old) beginning 10:45 a.m. to the end of the 11 a.m. service every Sunday in the pre-k classroom, adjacent to the narthex.

# Holy Cross Men's Club

## Service to the People by the People

The Holy Cross Men's Club (HCMC), established in 2006, was the brain child of the late Keith Brown. Keith, a Jamaican and a transferee from St. Timothy's Episcopal Church, immediately recognized a need for service to Holy Cross by the dedicated men of thirteen different nationalities. The club also presented an opportunity for camaraderie, worship, and social gatherings, thereby promoting a greater understanding and appreciation for each other, the different traditions, and an acceptance of different ideas while serving God.

Over the years, the HCMC has contributed the following services and monetary gifts to Holy Cross.

2007 - January, 2008	2008	2009	2010
<ul style="list-style-type: none"> <li>Provided parking lot security at a cost of \$90.00 per Sunday</li> </ul>	<ul style="list-style-type: none"> <li>Contributed \$200.00 to Breast Cancer 3 – Day Walk</li> </ul>	<ul style="list-style-type: none"> <li>Reimbursed James Ward \$500.00 for Royall Hall repairs</li> <li>Donated \$150.00 for Ministry Fair pictures</li> <li>Donated \$153.76 for Holy Cross Day over 2009 and 2010</li> </ul>	<ul style="list-style-type: none"> <li>Purchased replacement door for Royall Hall pantry at a cost of \$286.20</li> <li>Purchased tables and chairs for Sunday school Class rooms</li> <li>Purchased Keyboard for sanctuary choirs at a cost of \$2,200.00</li> </ul>
2011	2013	2014	2015
<ul style="list-style-type: none"> <li>Paid for installation of Royall Hall pantry door</li> <li>Donated \$402.45 for a Sunday school Project</li> <li>Donated \$100.00 to Hosea Feed the Hungry</li> <li>Paid \$195.17 for room lock repairs</li> <li>Donated \$250.00 to Church of the Common Ground</li> </ul>	<ul style="list-style-type: none"> <li>Donated \$750.00 to Royall Hall renovation project</li> <li>Purchased freezer for Food Pantry at a cost of \$175.00</li> </ul>	<ul style="list-style-type: none"> <li>Contributed \$300.00 to Eucharistic vessels repair</li> </ul>	<ul style="list-style-type: none"> <li>Paid a \$495.00 parish gas bill</li> </ul>

In addition to their many contributions over the past years, HCMC continues to make the following recurring contributions:

- Pre-Lenten breakfast
- Men's Day honoree and speaker
- Candy for Easter egg hunt
- Mothers' Day brunch and roses for our mothers
- Annual scholarship for a deserving male graduate
- Sponsor of the annual parish fish fry fundraiser
- Purchase Christmas tree

Bill Day, President

# The Holy Cross Reconciliation Initiative

## What's it All About and Why?



*"And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation." 2 Corinthians 5:18-19 NLT*

Holy Cross is on the move, and the Reconciliation team is proud to be part of that movement! If you wonder what this initiative is and how it is moving forward, then read on.

At the January 2017 church-wide retreat, approximately 30 members of Holy Cross spent time in the north Georgia mountains fellowshiping and expressing their desires for the future of Holy Cross. Those conversations gave rise to several initiatives to propel Holy Cross forward. Some who were there expressed significant pains and hurts they experienced at the church over the years. Those discussions indicated that a reconciliation initiative would be important at Holy Cross.

In late spring, 2017, the church conducted informational round-table discussions, which were attended by approximately 80 members of Holy Cross. In these sessions, groups of 5 – 8 people identified their perspective on each initiative. Feelings expressed reinforced the need for addressing past hurts.

In late 2017, Karen Shropshire and Karen Williams volunteered as co-chairs to lead the volunteer core team committed to this serious work, which consists of Janie Francis-Asante, Leslie Glover, Sharon Grant, Gary Hauk, Michelle Ware, and Ira Williams. Canon John Thompson-Quartey, appointed by the Diocese to guide us through the reconciliation process, has met with us on several occasions in the last few months, trained us in the process of reconciliation, and has been a wonderful spiritual leader in this work.

Canon Thompson-Quartey is skilled in the Mennonite Reconciliation process. The

*(Continued on page 11)*

# Calendar

## Upcoming Events

April 16 -21 – Hagar's House Dinner  
 April 22 – Young At Heart Corporate Communion

April 27-28 – DOK Retreat

May 13 – Mother's Day

May 20 – Pentecost (Joint Service) / Praise on the Lawn

June 2 – ECW Tea Party



The Saint Mary and Martha chapter of the Order of the Daughters of the King had the privilege of honoring our sister and chaplain, Allison Foderingham in March. Allison has been a member of our chapter for over twelve years. She has been our chaplain for over ten of those years. The chapter participated in a corporate communion at the service and hosted coffee hour in her honor.

Each month Allison leads the chapter in prayers and thoughts and heads the discussion for our chapter Bible readings. We greatly appreciate all her contributions and look forward to more of her wonderful insights. Thank you, Allison.

Stephanie Seate

# Gardening Hints

## From Martha's Garden to Yours



Follow the 10 tips outlined below for a welcoming garden that's filled with color and fragrance—and song.

### 1. Survey the Yard

Make note of tree limbs that should be removed or cabled, especially those that overhang structures. Hire an arborist to maintain large trees. Cut down last year's perennial foliage, and toss it into the compost pile. Rake mulch from beds planted with bulbs before foliage appears, and refresh mulch in

other planting areas after soil warms. Check fences, steps, and pathways for disrepair caused by freezing and thawing.

### 2. Order Tools and Plants

Tune up tools so everything is ready when things start growing. Make note of what is missing, and order tools for the new growing season. Choose new plants for the garden. Order perennials, trees, and shrubs for spring planting.

### 3. Get Ready to Mow

Send the mower and leaf blower for servicing, or if you have the right tools, sharpen the mower blades yourself. Refill your mower with oil, install fresh spark plugs, and lubricate moving parts if necessary. Clear the lawn of winter debris, and look for areas that need reseeding before mowing.

### 4. Prune Trees and Shrubs

Remove dead, damaged, and diseased branches from woody plants. Thin and trim summer-blooming shrubs such as butterfly bush, hydrangea, and most roses, except for old-fashioned once bloomers. Prune cold-damaged wood after plants resume spring growth. Prune spring-blooming shrubs and trees after flowering.

### 5. Take a Soil Test

Check soil pH with a home soil-test kit, taking several samples from different planting areas for an accurate reading. Enrich soil as necessary: Add dolomitic lime to raise the pH or elemental sulfur to lower the pH.

### 6. Prepare New Beds

Clear the planting area as soon as soil can be worked, removing sod or weeds

*(Continued on page 6)*

# Current Events

## WEBSITE UPDATE REMINDER FOR MINISTRY LEADERS

All ministry leaders, please review the description of your organization on the Holy Cross website, and update it as appropriate. Please send your updated write-up to Andrea Pinder-Jack.

### UPDATE YOUR INFORMATION

There is a link on the Holy Cross website for all of us to update our contact information. This is another way to ensure that you are on the Phone Tree List and in the church's list of members. Visit [holycross.org/update-info](http://holycross.org/update-info), see the link beneath the worship schedule to the left, and fill out the provided form.

### BIRTHDAY COFFEE HOURS

On Sunday, April 15th we will celebrate April birthdays. Please stay after church and socialize with your fellow parishioners. Bring a dish to share.

### HAGAR'S HOUSE VOLUNTEERS

Teams of 4–6 persons are needed to provide dinner from **April 16 to 21**. Sign up on the sheet in the Narthex. You may form your own team or join another team. Contact Paula Krueger for details.

### VESTRY NOTICES

### YEAR END STATEMENTS

Please note that 2017 year-end statements and offertory envelopes are now available in the narthex.

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# Endless Possibilities

## I Can Do All Things Through Christ ...

Possibility thinkers profess the ability to “make it happen.” For them, *impossible* is not a fore thought. They always claim positive outcomes. A university's advertisement uses “[I'm] possible” to promote the school's mission.

How are possibilities realized in one's life? Perhaps there are steps that “make it possible,” a sort of mind-over-matter approach, and a connection is, hopefully, made. The *Daily Word* booklet states: “The limitless power of God creates endless possibilities for us.” Philippians 4:11. Verse 13 gives us: “I can do all things through Christ which strengthens me.”

There is the familiar story of the little red engine that needed to get up over a hill. It appeared to be a daunting effort, but the little engine puffed its way up and over the hill. Its affirmation: “I think I can; I think I can” provided the energy and conviction to overcome a perceived obstacle. Determination generates courage and strength, with a focused attentiveness.

Mary Rowland in “Dare to Believe” writes: “Fear keeps us from doing things, and Fear helps us to accomplish the so-called impossible.” A mother, whose son had a near-death experience when he fell through an icy lake, invoked: “Come Holy Spirit, come” as she sat at his bedside. We have that choice when faced with an impossible task or conceived notion of the worst. The unlimited peace and power of God bless us all with spiritual fortitude. We can fulfill our potential through faith and inner wisdom. Our possibilities are endless and limitless.

“...This is only the beginning of what they will do; nothing that they propose to do will now be impossible for them.” Genesis 11:6

“Nothing is impossible.” Mark 6:27

Cecily A. Morgan



# School Stress

## More Harmful Than Parents Think

Whether you are a student in elementary school, middle school, high school, or college at some point in time you will be stressed about school. I am a junior in high school myself, I can understand how it feels to be stressed solely about schoolwork and grades (this doesn't include other added factors such as friends, relationships, and social life). According to an NPR poll conducted with the Robert Wood Johnson Foundation and the Harvard School of Public Health, over 40% of high school students are stressed from schoolwork not including bullying, or social life. In today's society, most young people look at materialistic things like fancy cars, big houses, six-figure salaries; however the way to achieve that is by putting yourself through the proper schooling (unless you have a natural talent, which most of us do not). With more schooling comes more stress, period.

Whether they want to admit it or not, parents have a lot to do with the added pressures of school. They want their children to be the best of the best without realizing that it is hurting them mentally as well. “Parents are the worst about all of this,” writes Colin Hughes of Illinois. “All I hear is, ‘Work harder, you're a smart kid, I know you have it in you, and if you want to go to college you need to work harder.’ It's a pain.” It seems like a basic problem that can have long-lasting consequences. There's a mentality of, “You're doing well, so why are you complaining?” One parent says her daughter started experiencing

*(Continued on page 11)*



Photos courtesy Stan Fisher

## Lay-Led

### Stations of the Cross

Holy Cross parishioners engaged in the Lay-Led Stations of the Cross service every Friday in Lent. This is a spiritual pilgrimage of the crucifixion of Jesus Christ.

The service starts with a brief opening prayer and song at the altar rail. The group then proceeds to the first in a series of 14 images on the walls of the parish noted as the *stations*. The selected prayer and reflection of the crucifixion of Jesus Christ is reverently read by different individuals at each station as they are so moved. The service ends with prayer and a song at the altar rail.

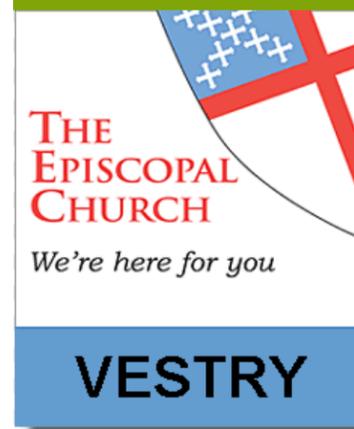
Participants in the 4E Mentoring Program

## Vestry News

### The Vestry is at Work

The vestry continues collaboration with the bishop's staff to advance discussions on strategic planning for the parish and leadership development. A few vestry members participated in, "Called to Lead" on March 17<sup>th</sup> and Canon John Thompson-Quartey conducted, **Vital Teams**, training with the vestry on March 20<sup>th</sup>. We are excited about the future of Holy Cross.

Please continue to remain an engaged congregation as we advance the gospel of Christ—working to restore all people to unity with God and each other in Christ.



## Feed Your Soul

### Apple Pear Cucumber Salad



#### FOR THE DRESSING

- 2 tablespoons whole grain mustard
- 2 tablespoons fresh dill, chopped (or 2 tsp dried)
- 2 tablespoons apple cider vinegar
- ½ teaspoon brown sugar
- 4 tablespoons extra virgin olive oil

#### FOR THE SALAD

- 2 tart, crunchy apples (Gala, Pink Lady, Braeburn)
- 1 pear (Anjou, Bartlett, etc.)
- 1 seedless cucumber (or seeded)
- 1 small sweet onion

#### DIRECTIONS

1. For the Dressing:
2. Mix together the mustard, dill, vinegar, sugar and olive oil. Set aside.
3. For the Salad:
4. Core and slice apples and pears into thin slices, leaving skin on for color and flavor.
5. Slice cucumber into rounds (if using cucumber with seeds, cut in half lengthwise, scrape out seeds, and cut into half-moon slices).
6. If cucumber is waxed, peel it; otherwise leave skin on.
7. Slice onion any way you like.
8. Add all to bowl with dressing and toss to coat.

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## Gardening Tips (cont'd)

(Continued from page 4)



and debris. Spread a 4-inch layer of compost or well-rotted manure and any amendments over soil, and cultivate it to a depth of 10 to 12 inches with a spading fork.

### 7. Plant

Plant bare-root trees, shrubs, and perennials such as hostas and daylilies by early spring. Choose a cool, cloudy day if possible. Transplant container-grown plants anytime during the growing season except midsummer; be sure to water them thoroughly. Sow seeds of cool-season flowers like sweet peas, poppies, and calendula, and vegetables such as lettuce, parsley, and spinach.

### 8. Fertilize

Apply balanced fertilizer (6-6-6 or 8-8-8), fish emulsion, or other soil amendments recommended by soil-test results around trees and shrubs when new growth appears. Spread high-acid fertilizer and pine-needle mulch around acid-loving shrubs like azaleas and camellias. Begin fertilizing perennials when active growth resumes.

### 9. Start a Compost Pile

Start a compost pile, or use a compost bin, if you don't have one already. Begin by collecting plant debris and leaves raked up from the garden. Chop these up first to speed decomposition. Add equal amounts "brown" (carbon-rich) materials like dried leaves and straw and "green" (nitrogen-rich) materials like grass clippings and weeds in even layers with water and a compost bioactivator. Turn regularly. Continue adding to the pile throughout the season for rich, homemade compost next spring.

### 10. Clean Bird Feeders and Baths

Disinfect the feeders by scrubbing with weak bleach solution (1/4 cup bleach: 2 gallons warm water). Rinse and dry the feeders thoroughly before refilling them. Scrub birdbaths with bleach solution, then rinse them thoroughly and refill, changing water weekly. Clean birdbaths and feeders regularly throughout the season.

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Children flowering the cross



Tavares and Dad



Dads with newly baptized



Hunger Walk 2018 (l to r):  
Fr. Patterson, Maxine Headley,  
Melanie Wilson,  
Richard Thorpe

Photos courtesy Stan Fisher