

# GREGORIAN CHANT

St. Gregory the Great Episcopal Church | Athens, GA

## Saying Good-bye to Good Friends

It is with mixed feelings that we bid farewell to Joe and Ann Woodyard. During their short 5-year time with us at St. Gregory's, they've become a valued part of our church family.

Ann has been a loyal member of the choir. Rarely missing a Sunday. And, she served on the vestry by sharing her many gifts with the leadership of the parish. As a vestry member, Ann was the liaison to the Search and Nominating Committee. Doing both those jobs took many long hours, many long meetings and lots of commitment. There is no way we can thank her for her tremendous contribution.

Joe has served as a lay reader and acolyte. He has also been the most valued member of our Communications Committee. In that role, he has done the bulk of maintaining our Facebook page, which, by the way, is one of the best in the Diocese.

We will sorely miss these two great spirits. But, we wish them the very best of luck in their new endeavors in Kansas. All we ask is that Joe and Ann keep in touch with all their many many friends at St. Gregory's.

Go in peace and love,

*Joan Curtis, on behalf of the Vestry and the parish*

## Celebration of Community & Ministry

Do you ever wonder what's going on at St. Gregory's...and how you can be a part of it? Then save the date: September 9 is the second annual Celebration of Community and Ministry at St. Gregory's. We'll have tables set up in the Parish Hall between the 8:00 and 10:30 services and then again after the 10:30 service to showcase our various ministries, discussion groups, and other opportunities for service and fellowship. Visit, ask, look, listen, and learn--we have a place for everyone! For more information or to reserve a table for your group, contact Terri Tillman ([ttillman@gmail.com](mailto:ttillman@gmail.com)).



## Our Beautiful Bulletin Board!

Don't you love the creative bulletin board in the Christian Ed building that changes on a seasonal basis? Thank you to creative parishioner Missy Hamlin!

## Drawing the Circle Wide

Thank you, Vicky Tavernier, for teaching and accompanying the children and youth for their offering of the song "Draw the Circle Wide" for our Circle of Love celebration on Sunday, August 26. Thank you to Lydia Peck and Porter Welch for being lead singers, to all the children and youth singers, and to the teachers and parents who supported and encouraged them. When Vicky asked the children early on what it meant to Draw the Circle Wide, Porter answered, it means, "Don't say 'You can't play with us.' "





## Movie Night!

The parish movie for September will be *The Verdict* (rated R, 1982), starring Paul Newman, Charlotte Rampling, James Mason, Jack Warden, and Lindsay Crouse. This is the story of Frank Galvin, an alcoholic, seemingly washed-up ambulance-chasing attorney who, when given the opportunity to pursue justice in a medical malpractice case, does so. He encounters legal obstacles, including a hostile judge, however. The screening will occur in the chapel on Friday, September 28, at 6:30PM. Popcorn and drinks will be free. If you need childcare, please call the church office no later than Wednesday, September 26!

## Parish Library

September's featured author represented in our fine parish library is St. Teresa of Avila (1515-1582), a Spanish nun, a mystic, and one of four women the Roman Catholic Church has recognized as a Doctor of the Church. Gems of wisdom from St. Teresa include "God, deliver me from sullen saints," and "Know that even when you are in the kitchen, our Lord moves amidst the pots and pans." Copies of some of her books are in the Mysticism section in the library.

## Until our new Rector arrives...

We are happy to welcome several priests to St. Gregory the Great while we await the coming of our new rector, The Rev. Nikki Mathis, on September 30. Please extend a warm welcome to the following:

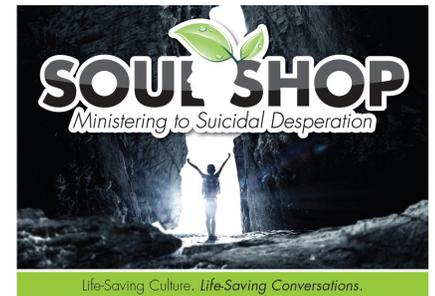
Sunday, September 2 The Rev. Claiborne Jones  
 Sunday, September 9 The Rev. Claiborne Jones  
 Sunday, September 16 The Rev. Claiborne Jones  
 Sunday, September 23 The Rev. Claiborne Jones

\*\*Please note: The Rev. Dann Brown will conduct our Wednesday night Healing Services through September until Nikki arrives.

## Soul Shop

You may know that suicide rates in our country have risen in recent years, and you and others in your congregation may have even been personally touched by suicides in Athens.

Soul Shop is a workshop on suicide desperation that travels the country. There are two distinct workshops: a two hour session for the general public, and an all day session for congregation leaders (clergy and lay leaders). IHNA (Interfaith Hospitality Network of Athens) will host both workshops in Athens at Milledge Ave. Baptist Church. The general public session is Sunday, September 16, 3-5pm and the faith leaders session is Monday, September 17, 9am-5pm. Both workshops are taught from a Christian perspective, but the topic is of course, universal. All are welcome to attend. Please register online [here](#).

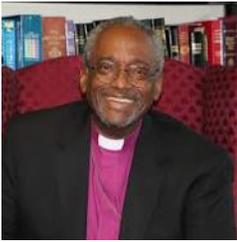


<p><b>SOUL SHOP FOR THE PUBLIC</b></p> <p><b>SUNDAY, SEPTEMBER 16</b> 3:00 - 5:00 P.M.</p> <p>Milledge Avenue Baptist Church, Athens</p> <p>Small text: Suicide awareness training for the entire community to address:          • how we think and talk about suicide          • suicide as a community health problem          • steps that can be taken to reduce the risk of suicide</p> <p>Register at <a href="http://milledge.org/soulshop">milledge.org/soulshop</a> or by calling 706-354-0090 by September 13</p> <p>No charge</p>	<p><b>SOUL SHOP FOR FAITH LEADERS</b></p> <p><b>MONDAY, SEPTEMBER 17</b> 9:00 a.m. - 5:00 p.m.</p> <p>Milledge Avenue Baptist Church, Athens</p> <p>Small text: Suicide awareness training for lay and professional leaders in faith communities to:          • respond to persons impacted by suicidal desperation, including family &amp; friends          • develop soul-safe communities to decrease the risk of suicide          • change congregational culture around suicide</p> <p>Register at <a href="http://milledge.org/soulshop">milledge.org/soulshop</a> or by calling 706-354-0090 by September 13</p> <p>\$10 includes boxed lunch</p>
--	--

## TerraCycle

Some of you may have noticed that we removed the TerraCycle bins from St. Gregory's. Perhaps you wonder why. There are many reasons. First, many of the items placed in the receptacles were not qualified for TerraCycle, i.e., people were leaving anything and everything (mostly non-Gregorians). Secondly, the last time items were sent to TerraCycle was actually three years ago. TerraCycle has made it increasingly difficult to send them materials, i.e. charging to ship (it used to be free), having to use special boxes to ship, and paying back less and less for materials we send them to recycle. Lastly, it was unsightly, not a welcoming image for people coming to church. We started it in good faith, but time has been our enemy. Maybe at some point in the future we can spearhead a similar endeavor but with more success.

*The Vestry*



## Save the Date

The Most Rev. Michael B. Curry, presiding bishop and primate of the Episcopal Church, will speak at a benefit dinner for the Day1 media ministry on Thursday, Sept. 6, at 6:30PM (Cocktail hour begins at 6PM). The theme of Curry's message is "We Need Some Witnesses to the Way of Jesus."

The event supports the Day1 ecumenical radio and internet ministry (formerly known as The Protestant Hour), which has broadcast sermons by outstanding preachers from the mainline denominations each week for 73 years.

The event will take place at Piedmont Driving Club in Atlanta. Seating for the dinner event is limited. For more information or to order tickets, please contact Patricia Reagan at (404) 418-6772 or preagan@day1.org.

## Poet Counter-Poet

The Poet Counter-Poet group will present another of its fabulous poetry evenings on Saturday, September 8 @ 6:30PM. Gregorians Rebecca Baggett, Betty Littleton, Sarah Gordon, and Lee Ann Pingel will be reading alongside Clela Reed and Lisa Reeves. Refreshments! Mark your calendars!

## Meditation Group

### Wednesdays 4:00-5:30pm

Join us Wednesdays at 4pm to share in the benefits of meditation as we reduce chronic stress and anxiety, insomnia, hypertension, and other stress-related disorders. Evidence-Based Wellness; Over 380 published, peer-reviewed research studies on this technique have documented its effectiveness for stress-related conditions, brain function, and more.

Meditation with us is a simple, natural technique... This form of meditation allows your body to settle into a state of profound rest and relaxation and your mind to achieve a state of inner peace, without needing to use concentration or effort.

What value does meditation have in daily life?

- greater inner calm throughout the day
- reduced cortisol (the "stress hormone")
- normalized blood pressure
- reduced insomnia
- lower risk of heart attack and stroke
- reduced anxiety and depression
- improved brain function and memory

## Let's Welcome Nikki with a Pounding Party!



On Sunday, September 30, St. Gregory the Great welcomes Nikki Mathis as our new rector. What a time to celebrate!! And, we're going to celebrate Nikki and her family's arrival in an old-fashioned, Southern traditional – with a pounding party.

For many, many decades, clergy have been welcomed to their new churches with gifts of food. Traditionally, a pounding provides the new family with a pound of staples, such as a pound of flour, a pound of sugar, or a pound of other basic items. To make it more modern, we can gift Nikki and her family with a pound can of "something," a 16-ounce bottle of dishwashing liquid, a pound of Mac and Cheese, a pound of snack items, etc. Or, many of us may choose to buy a \$16 gift card (16 ounces in a pound) to a home improvement or grocery store. Think creatively: The items a family need in a new home are endless. It is your choice to include your name on your gift – or not. Obviously, this gift-giving is voluntary. Any gifts that Nikki and her family cannot use will be donated to charity.

Our "pounding" gifts to Nikki will then be presented during a reception in Parish Hall following the 10:30 service on September 30. Look for more details on Nikki's special celebration in the coming weeks.

The day's events are being organized by Parish Life.



# CHRISTIANFORMATION

## Adults

### Adult Discussion Group (Parish Hall)

Title: Prayer Practices Workshop; Led by: LeeAnne Krause

Ages: Youth-Adult

Dates: September 2, 16, 23

Please come to the parish hall during the Sunday School hour for a prayer practices workshop moderated by LeeAnne Krause. This is not a traditional class format, and no formal training on the subject is necessary to attend. There will be some small group discussion, some large group activities, and break out groups to allow participants to try out different forms of prayer practices. Examples of these prayer practices include: Prayer notebooks, prayer beads, praying the hours with breviaries, using sensory aids, hymnals, and icons. Contact LeeAnne at [leeanne.krause@verizon.net](mailto:leeanne.krause@verizon.net) with any questions you may have.

### Lectionary (Library)

Part of the awe and wonder of the Bible is that, regardless of how long one has been a serious student of it, one can always learn something about that sacred anthology. The more who attend, the better.

### Parenting Fellowship (Office #1 in Parish Hall):

Our Parenting Fellowship is excited to embrace the structure school time brings us! There can be stressful and challenging mornings and even evenings around this transitional time. Join us while we take a lighter look at these happenings, sharing some helpful tools and tactics along with some laughs!

## Youth Sunday School

6th grade and up: we are using the J2A/Rite 13 curriculum. We meet upstairs in Parish Hall building at 9:15AM. We have two classes, one for middle school and one for high school. For questions, ask Maggie Reinberger (706) 353-8401 or Gina DeFalco (706) 461-1238.

## Children's Sunday School

Children's Sunday School starts in the Chapel at 9:15 with a snack, then moves upstairs for creative workshops from 9:30- 10:15. Come!

## Rhythms of Grace

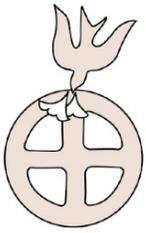


Families looking for a different worship experience are invited to Rhythms of Grace, on **Sunday, September 9 at 3PM** at St. Gregory's Episcopal Church. Rhythms of Grace is an adaptive church service for those for whom conventional worship may be difficult or uncomfortable, including those sensitive to loud music or crowds, those on the Autism Spectrum, people with Alzheimer's, ADHD, Fetal Alcohol Syndrome, and wiggly

children who just want to move! This service features scripture and storytelling that includes spoken and visual cues, therapeutic play for the response, and a simplified prayer for Holy Communion. Gathering and dismissal rituals help with transitioning. The Reverend Gordon Bienvenue, a retired Methodist minister, officiates at this inter-denominational service for the whole family that meets on 2nd Sundays at 3PM.

## Happy Birthday!

September 3	Sandy Hudson Scarlet Buckley
September 4	Annette Hicks
September 5	Cecilia Reynolds Elizabeth Dubberly
September 7	Ann Darby
September 8	Shelby Ferguson
September 10	Britt Freeman
September 11	Danielle Wilson
September 12	Mattee Barkdoll Emma Laing Allison Lewis Rebecca Welch Leigh Hodges
September 13	Tom Sturgis
September 14	Elmer Clark
September 16	Andrew Majsztrik
September 18	David Lockman Laura Ferguson Grayson Krause
September 19	Anna Hiers
September 21	Chrissy Moffett
September 23	Joel Hunt Alex Patterson Louise McCormack
September 24	Nessa Avinger
September 27	Don Musholt
September 28	Kris Braman
September 29	Julianna Temple- Roberts Crystal Hitchcock
September 30	Cecil Hudson Wynn Walter Zachary Jarrett



St. Gregory the Great Episcopal Church  
3195 Barnett Shoals Road  
Athens, GA 30605

>>Return Service Requested<<  
706-546-7553