



Parish *Life*

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Food and Funds Drive to Fight Hunger, Feed Hope

by Clyde Fitzgerald
Chief Executive Officer
Second Harvest Food Bank of
Northwest North Carolina

Let us be thankful for the food we enjoyed over the holidays, knowing that so many around us struggle each day to put food on the table. Just how many? Allow me to share some facts with you about hunger in our city, county and region.

Second Harvest Food Bank currently serves more than 300,000 people. One-third of them are children. One in six Forsyth County residents needs food assistance every week. More than one of every four children here goes to bed hungry every night.

The 18-county region served by Second Harvest, including Forsyth County, has the highest increased need for food assistance in the entire state. Since 2009, our partner agencies have reported an average increased need for food assistance by their clients of well over 100%. The rest of the state has increased about 50%. Most of the adults we serve have a job, and some have two or three, but 60% of those jobs are part-time, meaning fewer hours worked, lower rates of pay and generally no health insurance coverage.



**TOGETHER
WE CAN SOLVE
HUNGER**
BE PART OF THE SOLUTION.
Donate. Volunteer. Advocate.



Of those served by our network, 78% live in households at or below poverty level, with most of these households' total monthly income \$1,000 or less.

Among the households we serve, between 70 and 75% have to regularly choose between buying food and paying for utilities, or medicine, or housing or transportation.

According to 2017 census data, the poverty rate for the City of Winston-Salem increased to 28.5% of the total population, up from 24% in 2014 and 20% in 2012. This is significantly higher than the 21.8% rate statewide. Of our city's population, 11.7% live in "deep poverty," having income below 50% of the federal poverty level. This is also significantly higher than the 7.1% for the state. The poverty rate for children younger than 18 remains at

37%, also significantly higher than the statewide percentage of 23.2%. The poverty rate for children age five and younger is an astounding 45%. Winston-Salem is the worst of the state's five major cities in these categories.

More than 61% of the children in the Winston-Salem/Forsyth County School System participate in the Free and Reduced Meal Program at school, based on family income, and more than 90% of eligible children qualify for free meals because their family's income is so low.

Each January since 2009, St. Paul's has conducted a month-long food and funds drive to benefit Second Harvest Food Bank and those we serve. I invite you to participate compassionately and generously in this year's drive to help us provide food and hope to the many who, unfortunately, have

Shopping List

- 3 cans of low- or no-sodium vegetables
- 3 cans of fruit packed in water or its own juice
- 2 cans of tomatoes
- 2 boxes of mac and cheese
- 1 pound of brown rice
- 1 can of tuna fish
- 1 can of chicken
- 1 can of beef stew
- 1 can of chili
- 1 pound of dried beans
- 1 box of powdered milk
- 1 jar of peanut butter
- 1 can or plastic bottle of pasta sauce
- 1 pound of whole wheat pasta
- 1 box of oatmeal
- 1 box of whole-grain cereal
- 1 box of raisins
- Healthy snacks
- Toiletries

far too little of both. While donations of all kinds of non-perishable foods are welcome,

the most-needed items are listed on page one. Copies of this list are available at church and online at <https://stpaulswinstonsalem.org/PDFs/2018shoppinglist.pdf>.

Place food donations in the marked containers in the Goodheart Entrance. Cash donations are also encouraged and offer a great return on the donor's philanthropic investment, as Second Harvest can obtain and distribute seven meals for every dollar donated.

To provide financial support, visit the Food Bank's web site at hungernwnc.org to make a secure online donation or mail your check to Second Harvest at 3655 Reed Street, Winston-Salem, NC 27107. I will accept your donations personally at St. Paul's services on Sunday, January 28, the day the food drive concludes and the Second Harvest Food Bank truck will be at St. Paul's to pick up all food donations.

Every pound of food and every dollar donated are difference-makers in the lives of those we serve. Please help us fill the truck on Sunday, January 28.

According to the St. Paul's member database, 30 percent of the church's parishioners are 65 years old or older. The Senior Adults Committee, led by Kay Donahue, works with Senior Adults Minister Anne Rahn to serve them as well as any parishioner of any age who needs the services provided by the Senior Adults Ministry.

"Although we tailor our ministry to serve the needs and interests of older adults, we have no age requirement," said Anne. "Everybody is welcome to attend our programs, join us on our trips, get a ride to a doctor's appointment or let us help in any other way we can."

"I don't think any of us look upon ourselves as seniors," said Kay, who has been a committee member for the past seven years. "I remember when I first joined the committee, I would say, 'They might enjoy this,' or 'They might enjoy that.' About the time I turned 60, Anne Rahn looked at me and said, 'Kay, you *are* they.'"

Unsung Heroes: Senior Adults Committee



In October, Senior Adults Committee members served home-cooked dinners at the local Salvation Army shelter to families staying at the shelter and to federal prisoner release program participants living in another part of the facility. Serving, left to right, are Steve and Cindy Lou Franke, Anne Curlett, the Rev. Darby O. Everhard and Dan and Kay Donahue.

The committee of 19 members meets monthly (except in July and December) and serves and cleans up after the Senior Luncheon. The group provides input for luncheon programs and trip destinations and approves expenditures from the Seniors' Designated Fund.

Individual members lead the way year after year with activities and service projects of personal interest. Sally

Engram plans overnight trips. Pat Marquardt organized and helps manage the ROSES visitation ministry, which pairs volunteer visitors with home-bound parishioners. Jim Witherington drives the church bus. Roger Davidson serves as luncheon cashier. Kay's love of cooking inspires her and other committee members to prepare Brunswick stew, other soups and chili for sale to support charity.

Senior Adults to Offer Super Chili

Super Chili Order Form

Name: _____

Phone and/or email: _____

_____ quarts @\$13 each. Check enclosed for \$ _____

Please make your check payable to St. Paul's, with "Senior Super Chili" noted in the memo line. Mail your check with this form to Senior Adults Minister Anne Rahn, St. Paul's Episcopal Church, 520 Summit Street, Winston-Salem, NC 27101. **Orders must be received by Tuesday, January 30.**

Just in time for the Super Bowl®, St. Paul's Senior Adults Committee will cook a batch of Super Chili, ready for pick-up outside the kitchen after the 8:00 a.m. service and the Annual Meeting on Sunday, February 4, or by special arrangement with Senior Adults Minister Anne Rahn. Contact Anne at (336) 723-4797 or arahn@stpauls-ws.org.

The chili, which must be ordered and paid for in advance, is \$13 per quart.

Additional printed order forms are available at the back of the nave, outside the chapel, at the Goodheart Entrance and at the reception desk.

Orders must be received by Tuesday, January 30.

Vestry Meeting Highlights

The following are highlights of the December 13, 2017, Vestry meeting minutes.

Finance and Stewardship

Parish Administrator Tom McDowell reported for the Treasurer that the church had a strong November and that the church should anticipate an overall good finish to the year within budget in both revenues and expenditures.

He also reported that final year-end results will help set the proposed budget for 2018.

Rector's Report

The Rev. D. Dixon Kinser, Rector, reported that an *ad hoc* committee comprised of several parishioners, Parish Administrator Tom McDowell, Facilities Manager Rick Duggins and Sexton Bill Rahn reviewed and discussed key security protocols and procedures for the St. Paul's campus as well as consulted with local law enforcement for additional observations. Based upon the work of the committee and after lengthy discussion, the Vestry approved numerous updates and new procedures and safety protocols to ensure that the campus remains inviting and safe to all who visit. Further refinements will continue and communication to the parish about these updates will be in *ParishLife*.

Transitions

Births

Jonathan Hewitt Engram, Jr.
December 26, 2017
Son of Hewitt and Caroline Engram, grandson of Jonathan and Sally Engram and great-grandson of Sarah Hill Colhoun

James Whittle Kluttz, III
December 30, 2017
Son of Jim and Cameron Kluttz, grandson of Jim and Courtney Kluttz

Grant Davis Bishop
January 2, 2018
Son of Laura and Neil Bishop, brother of Bradley Bishop

Baptisms

January 7, 2017

Ryann Elise Brendle-Gold
Daughter of Stacey Marla Brendle-Gold and Denise Gold

James Robert Clarkson
Son of Piers and Caroline Clarkson

Andrew Spence Holmes, Jr.
Son of Andrew and Blair Holmes

George Carson Miller
Son of Paul and Lindsey Miller

Anders Hilding Rostlund
Son of Ollie and Emily Rostlund

Eleanor Gail Tamer
Daughter of Matthew and Victoria Tamer

Marriage

Holly Elizabeth Ralston and Edward Manning Farnell
November 18, 2017

Deaths

Vicki Rowe-Currence
November 12, 2017
Sister of Sharon Spangler, sister-in-law of Rick Spangler, aunt of Charlotte Spangler Riemenschneider, Anne Spangler McCraw, Richard Spangler and Elizabeth Spangler, great aunt of Owen Richard Riemenschneider

William Alexander Larson
December 9, 2017
Son of Julie Larson

Harriet Houston Hough
December 5, 2017
Mother of Michael Hough, mother-in-law of Amy Hough, grandmother of Houston, Georgianna and Henry Hough

Donleen MacDonald "Donnie" Strayhorn
December 15, 2017

Marjorie Rankin Fisher
December 16, 2017
Mother of Romey Fisher, mother-in-law of Lynn Fisher

Mary Robbins Hyman
December 17, 2017
Sister of Doris Arzonico, sister-in-law of Jack Arzonico

Carolyn Collier Enslin
December 24, 2017
Grandmother of Ashley Wimmer

Nancy Marshall Badgett
December 31, 2017
Mother of Pam Saunders, mother-in-law of Rob Saunders

Suzanne Elizabeth Storch
December 31, 2017
Sister-in-law of Bain and Christine Storch, aunt of Nelson and Rand Storch

John Scott "Scotty" Cramer
January 1, 2018
Husband of Selma Scott

Alexander Cochran Ewing
December 27, 2017

Edwin Moring Robins
January 4, 2018
Father of Ed Robins, father-in-law of Vicki Robins, grandfather of Mary Stewart and Elizabeth Robins

Dixon also reported on interviews with candidates for the Stewardship Director position and a possible hire early in the new year. He also proposed that the church hire an interim Director of Outreach Ministries for

one year to begin in 2018. The Vestry approved the motion.

Wardens' Reports

Allan Burrows, Junior Warden, reporting for the Building & Grounds Committee, reported

that the committee is receiving bids for major updates and upfits to several campus facilities, including the nave, the Dalton Memorial Gardens, and continued work on the 875 building.

Morning Prayer and Annual Meeting

On Sunday, February 4 at 10:00 a.m. in the nave, St. Paul's will have Morning Prayer and our Annual Meeting, followed by brunch in the Colhoun Room.

Also on February 4, Holy Eucharist will be at 8:00 a.m. in the nave and at 5:00 p.m. in the chapel.



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Senior Luncheon



On Wednesday, January 17, St. Paul's Senior Adults will welcome St. Paul's parishioner Dr. Tom DuBose, Emeritus Professor of Medicine, Wake Forest University School of Medicine, as luncheon speaker. Tom's program is titled, "Healthcare and Healthcare Policy: A Moving Target." Fellowship begins at 11:15 a.m. with lunch at 11:30 in the Colhoun Room. The program begins at noon. The cost is \$6. All are welcome.

875 Building Update

by Jonathan Smith
875 Building Committee Chair

The 875 West Fifth Street project is moving forward. Interior space planning is almost complete and we are now focused on design and pricing of the improvements. As part of the design process, we commissioned a structural engineering study and report to evaluate the potential for floor penetrations, additional exterior windows and roof use. The findings of this report are guiding us as we complete our design. We should have pricing estimates early in the new year and hope to be able to begin construction activities in the spring.

Faith & Justice Program



will be presented by Sylvia Oberle, a Senior Fellow at Wake Forest University.

Oberle, who is helping to launch a new effort called the Boston-Thurmond Innovation Network, will talk about the network's approach to ensuring that children and families can thrive in this historic neighborhood. The initial steps of this long-term effort, while decidedly difficult and painful, can present opportunities to build trust across communities in Winston-Salem and confront questions of how we deal with poverty and social justice.

The Faith & Justice Committee Lunch and Speaker Series, *In My Backyard: Faith and Current Events*, will continue Thursday, January 25 at 12:00 noon in Colhoun A.

The program, titled "Boston-Thurmond: Strengthening Community, Building Trust,"

Bring your own lunch. Beverages will be provided. All are welcome.