



**The Episcopal Church Women  
of the Diocese of North Carolina  
Invite You to an Annual Meeting +  
Spiritual Life Retreat Weekend**

## **Decluttering Our Life for God: The Benedictine Path of Simplicity**

*When St. Benedict formed his first small community of monks at Monte Cassino on the hilltop, Italy--and much of Europe--was ravaged by war. The Roman Empire was breaking apart, and politics, cultural life, and even the Church, were all in disarray. In the midst of these tumultuous times, some 1,500 years ago, Benedict offered his followers a "little rule," a guide about the size of a checkbook, that showed his monks the way to peace as they learned to prefer Christ above all things. [Morehouse Publishing]*

We are fortunate indeed to have the Rev. Dr. Jane Tomaine join us at the 128<sup>th</sup> Annual Meeting of the Episcopal Church Women of North Carolina. This gathering on November 12-13, hosted by the ECW of the Greensboro Convocation and held at Holy Trinity Church in Greensboro, will focus on our spiritual journeys. Jane, a former parish priest, will show us how to simplify, simplify, **SIMPLIFY** our lives (without having to lead a cloistered existence), open ourselves to the wisdom of Benedict, and get more right with God.

A nationally known retreat leader with a gentle sense of humor and down-to-earth attitude about most everything, including spiritual development, Jane is from the Episcopal Diocese of Newark in New Jersey. She is the author of **St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living**, which takes a practical approach to living a Christ-centered life. (Helpful hint: **St. Benedict's Toolbox** will

### **Retreat Leader: The Rev. Dr. Jane Tomaine**

The Rev. Dr. Jane Tomaine is a priest and retreat leader in the Diocese of Newark, New Jersey. She received a Bachelor of Music degree from Cornell College in Mt. Vernon, Iowa, and a Master of Music degree from Ohio State University, both in organ performance. Following an eighteen-year career with the Bell System and AT&T she earned Master of Divinity and Doctor of Ministry degrees from the Theological School of Drew University in Madison, New Jersey and was ordained a priest in 1995. Jane served as rector of St. Peter's in Livingston, New Jersey for 12 ½ years, leaving parish ministry in 2008 in order to pursue a ministry of teaching and writing primarily on Benedictine Spirituality.



Jane's interest in the Rule of Benedict began in the late 1990's through several summer courses at The General Theological Seminary in New York City. As a part of her doctoral program she introduced the Rule of Benedict to the parish where she was rector through a parish-wide liturgical, study and renewal program. She wrote a book

*(Continued on page 4)*

be available for sale at the Annual Meeting and there will be time for book signings by Jane.)



Benedict said, "Let them prefer nothing whatever to Christ." Jane asks, "We can say that we prefer Christ but what does this actually look like in daily life? How does it impact who we are and what we do?"

To get the answers, join us in Greensboro. All are welcome.

# Agenda

## 128<sup>th</sup> Annual Meeting + Spiritual Life Retreat

Episcopal Church Women—Diocese of North Carolina

November 12 & 13, 2010

Hosted by the women of the Greensboro Convocation

### **“Decluttering Our Life for God: The Benedictine Path of Simplicity”**

**Location:** Holy Trinity Episcopal Church, 607 N. Greene St., downtown Greensboro

#### **Schedule of Events:**

##### Friday, November 12

Lunch on your own. There are dining options in the area of the hotel and church.

- 12:30-1:15 pm:** Registration; exhibits & bookstore open.  
**1:15-1:30 pm:** Welcome and introductions  
**1:30-2:00 pm:** Opening session: “Called by Name”  
**2:00-2:15 pm:** Break  
**2:20-3:20 pm:** Business session  
**3:30-4:30 pm:** Convocation meetings  
**4:40-4:50 pm:** United Thank Offering presenters meet for instructions  
**5:00-6:30 pm:** Holy Eucharist with the Diocese of NC’s bishops, the Rt. Rev. Michael B. Curry, the Rt. Rev. William O. Gregg and the Rt. Rev. Alfred “Chip” Marble, Jr.  
**6:30-7:00 pm:** Reception  
**7:00-9:00 pm:** Dinner (RSVP required) and entertainment

##### Saturday, November 13

- 8:00-8:45 am:** Continental breakfast at Holy Trinity; exhibits open  
**8:30 am:** Morning Prayer in Holy Trinity Chapel  
**8:50-9:00 am:** Announcements  
**NOTE:** All retreat sessions will be led by the Rev. Dr. Jane Tomaine and will include break times  
**9:00-9:20 am:** Introduction to **Decluttering Our Life for God**  
Welcome  
A Biblical Introduction – The Bent Over Woman and Jesus  
What is decluttering, what can we declutter and how does decluttering have a positive impact on our hearts, minds and bodies?  
**9:20-10:10 am:** Session 1—**Decluttering our Environment**  
The impact of a cluttered environment  
The Bible and clutter  
A process for decluttering the environment  
**10:15-11:00 am:** Session 2—**Decluttering Our Heads**  
What clutters our heads and how this impacts our lives  
Impact of attending to the present moment and time with God  
A biblical tool for decluttering our heads  
**11:05 am-12:00 pm:** Session 3—**Choice—The Root of Simplicity**  
The many choices we have  
A Benedictine approach to choice  
Tools for choice  
**12:00-12:30 pm:** Session 4—**Pulling It All Together: Making Some Plans**  
**12:45 pm:** Blessing and adjournment; pre-ordered boxed lunches available  
**1:30-3:00 pm:** Diocesan ECW Executive Board meeting

# Decluttering Our Life for God: The Benedictine Path of Simplicity

128<sup>th</sup> Annual Meeting + Spiritual Life Retreat

November 12 & 13, 2010

Episcopal Church Women – Diocese of North Carolina

Hosted by the women of the Greensboro Convocation



Make copies as needed. You may also register on-line at [www.ecw-nc.org](http://www.ecw-nc.org)

Please Print

Name	Phone (    )		
Address			
City	State	Zip	
Mission/Parish	City		
E-mail address			
Convocation			

## Status (PLEASE CHECK ONLY ONE)

Each branch may have five delegates. A current pledge to the Diocesan ECW gives a branch voting privileges for the business sessions. Anyone belonging to a church that does not have an ECW Branch and who would like to participate in the Annual Meeting as a voting member can pay a pledge of \$10.00 in the name of the church and be entitled to voting delegate status.

- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Delegate  | <input type="checkbox"/> Diocesan Executive Board Nominee |
| <input type="checkbox"/> Alternate | <input type="checkbox"/> Past Diocesan ECW President      |
| <input type="checkbox"/> Clergy    | <input type="checkbox"/> Exhibitor                        |
| <input type="checkbox"/> Visitor   | <input type="checkbox"/> Diocesan ECW Board               |

Registration Fee Schedule – all fees are per person		
Registration Fee	\$25.00 per person postmarked by November 5	\$
Late Registration Fee	\$30.00 per person after November 5	\$
One Day Registration	\$15.00 per person (Friday or Saturday session only)*	\$
Meal Reservations: Not available after November 5*		
Dinner on Friday, November 12	\$15.00 per person	\$
Box lunch - Saturday, November 13	\$ 8.00 per person	\$
<b>Total Enclosed:</b>		<b>\$</b>

\*Please note: No fees refunded after November 5, 2010

**Dinner menu:** Chicken in champagne cream sauce, wild rice mix, French-style green beans with almonds, wheat roll, mixed green salad with mandarin orange slices and raspberry vinaigrette, lemon tart.

- Please provide me with a **vegetarian** alternative

**Boxed sandwich lunch choices** (please select one):

- Turkey and cheese on croissant       Veggie croissant

Make check payable to **ECW – Greensboro Convocation**

Mail this form with check to arrive by November 5th to the meeting registrar:

Ann Cantrell  
3805 Summit Lakes Drive  
Browns Summit, NC 27214  
(336) 656-1155 or (336) 314-2030

**Note:** Individuals are responsible for reserving their lodging. A block of rooms at the Marriott in downtown Greensboro has been set aside with a special ECW rate for Thursday, November 11 (for those who want a more leisurely arrival) and Friday, November 12. Reservations must be made by October 29th to get this rate. See "Lodging and Directions" section for more information.

Financial assistance is available.

**Questions? Contact the Greensboro Convocation ECW co-chairs:**

Ann Cantrell: (336) 656-1155 or Julia Davis: (336) 282-3790. Their joint email address is [greensboro@ecw-nc.org](mailto:greensboro@ecw-nc.org).

## CONVOCATION GRANTS FURTHER THE WORK OF EPISCOPAL CHURCH WOMEN IN THE DIOCESE

*At every Annual Meeting of the Episcopal Church Women of the Diocese of North Carolina delegates are given an opportunity to meet in convocational groups. Here they share information and take care of business, including voting on grants for programs within their convocations. The money for these grants comes from the Diocesan ECW board. An Episcopal Church Woman or parish-based ECW branch interested in applying for a grant should complete the one-page grant application, found in the ECW Handbook, or get in touch with their convocation chairperson. Contact information for the chairs is on the ECW website, [www.ecw-nc.org](http://www.ecw-nc.org).*

Women and Youth Partner to Change Lives, One Child at a Time  
By Vickie Hammie

At the end of 2009, the Durham Convocation ECW, chaired by Sharon Massey, awarded St. Cyprian's Episcopal Church in Oxford a grant to support a tutorial program. The grant application was prepared by Vickie Hammie of St. Cyprian's and submitted by ECW president, Dr. Helen Othow. Dr. Othow expressed appreciation upon approval of the request and explained to those at the Annual Meeting that the funds from the grant would be used in 2010 to help support the launch of the Youth Education Leadership Program. This program, which provides tutoring to foster children in Granville County, is led by Kelly Barber-Lester, a certified teacher with Granville County's schools.

The program's aims are twofold: Providing mentoring and academic support for struggling elementary students in Granville County, and helping St. Cyprian's high-school aged youth grow into thoughtful, productive citizens by giving them the opportunity to be educational leaders and to make a difference in the lives of others. Each week two Youth Education Leaders (YELs), Kayla Mills and Katelyn Gabriel, members of St. Cyprian's youth group, meet one-on-one with elementary school students to offer reading lessons.

The theory behind the program is rooted in the belief that a combination of a strong personal relationship with a positive role model and academic support will be one key to turning around each young scholar's school experience and performance.

### PLEDGING TO MAKE IT ALL POSSIBLE

The constitution and by-laws of the ECW of North Carolina state, "*To have voting privileges (at the Annual Meeting) a Branch must have paid a pledge to the Diocesan Church Women's Budget for the current year.*" These funds help to help carry out the work of women's ministries throughout the Anglican Communion, our country, our province and our diocese.

While our yearly gathering is open to all, those branches current with their pledge are entitled to send up to five voting delegates to Annual Meeting. Anyone belonging to a church that does not have an ECW branch and who would like to participate in the Annual Meeting as a voting member can pay \$10.00 in the name of the church and be entitled to voting delegate status.

The diocesan ECW treasurer, Mary Hawkins, has recently mailed statements to current pledging branches. If you don't receive your statement or have questions about it, contact Mary at [treasurer@ecw-nc.org](mailto:treasurer@ecw-nc.org) or (919) 682-4647.

*(Continued from page 1)*

for her parish on the Rule of Benedict that was later published by Morehouse in May, 2005. *St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living* provides the reader with an in depth look at the Rule along with practical ways to apply Benedict's teaching to daily life. Jane currently leads retreats and workshops on the Rule and Benedictine spirituality at parishes and retreat centers, and at the Newark School of Theology. She lives in Mountainside, New Jersey with her husband John, mother-in-law Ruth and eight "charming" felines (If you really want their names—Charlotte, Target, Mickey, Ricky, Smoky, Marcy, Rudy and Randy.)

## THE WORK OF CHURCH WOMEN IN THE WORLD

*[For two weeks this past August, Lisa Towle, president of the diocesan ECW and member of the North Carolina-Botswana Companion Diocese Link Committee, visited and worked with the women of the Anglican Diocese of Botswana on a number of ministry issues. This letter followed her home.]*

The Anglican Women's Fellowship (AWF)  
GABORONE  
Botswana  
15 September 2010

The Episcopal Church Women (ECW)  
Diocese of North Carolina

Dear Sisters in Christ,

Greetings!! In the name of our Lord Jesus Christ from the Anglican Women's Fellowship in Botswana.

We would like to express our gratitude to the Episcopal Church Women, North Carolina and to let you know how much we value the relationship we have with Lisa, yourselves and the Diocese as a whole.

It was a real pleasure to have the ECW President, Diocese of North Carolina, Mrs. Lisa H. Towle spending time with us. Thank you for making this possible and for allowing her time away from your busy schedule. The time was well spent. Lisa proved to be a very valuable asset between AWF Botswana and ECW North Carolina. As the AWF, we learnt a lot from her as she meticulously shared with us what the ECW is, your mission, structure, activities and duties of the board. This was a real motivator and made it so clear and sound so easy how women working together can "change the world". We will definitely use her ideas to strengthen our organization.

Lisa also made constructive inputs to the development of our project proposal on empowering/enabling women and youth to fight poverty. We would also like to assure you we are working hard for the success of the project.

God Bless you.

Florence Bogopa  
AWF President



**Lisa's greeting committee of Anglican women, and one young man, at the airport in Gaborone.**

**In the weeks to come look for stories and pictures about her time in Botswana.**

## In Remembrance

Reading from *The Book of Remembrance* is a cherished tradition at the annual meetings of the Episcopal Church Women of the Diocese of North Carolina.

All ECW branches are invited to submit a list of members who have died since the previous Annual Meeting for inclusion in *The Book of Remembrance*.

If you have a name or names you want enrolled in the book, they must be postmarked by Saturday, November 6, 2010 in order to be read aloud at the Annual Meeting on November 12th.

A *Book of Remembrance* enrollment form is offered here. It can also be found in the Annual Meeting section of the ECW's web site ([www.ecw-nc.org](http://www.ecw-nc.org)) and in section IV (white pages) of the 2010 **ECW Handbook**. You may submit multiple names, but please put only one name on a form.

---

### **BOOK OF REMEMBRANCE ENROLLMENT**

Send by November 6, 2010 to:  
Gertrude Murchison  
3025 Airport Road  
Winston-Salem, NC 27105-4058  
(336) 767-4635

PLEASE PRINT

Name as you want it entered in the book:

---

Parish and town/city (example: St. Paul's Episcopal Church, Winston-Salem):

---

Date of death:

---

*(Copy as necessary)*

## Lodging and Directions

**Lodging:** Each person is responsible for securing their lodging. A block of rooms has been reserved for the ECW on Thursday, November 11th (for those who want a more leisurely arrival) and Friday, November 12th at the Marriott in downtown Greensboro. The hotel is located at 305 N. Greene St.

The rate for both single and double rooms is \$92; with taxes the total comes to **\$104.65**. When making a reservation, make sure to say you are with the Episcopal Church Women. The **deadline for the special group rate is October 29th**. Reservations: direct at (336) 379-8000 or toll free (800) 228-9290. The website for the hotel is:



<http://www.marriott.com/hotels/travel/gsoDt-greensboro-marriott-downtown/>

**Food:** Lunch is on your own on Friday, November 12th. Remember, registration and exhibits open at 12:30 pm. The meeting begins at 1:15 pm.

Dinner menu for Friday evening: Chicken in champagne cream sauce, wild rice mix, French-style green beans with almonds, wheat roll, mixed green salad with mandarin orange slices and raspberry vinaigrette, lemon tart. Please check the box on the registration form if you would prefer a vegetarian alternative.

A Continental breakfast will be offered at the church on Saturday, November 13th.

An optional boxed sandwich lunch will be available on Saturday. The offerings include turkey and cheese on croissant or a veggie croissant—please indicate your choice on the registration form.

### Directions to Holy Trinity:

Holy Trinity is located in downtown Greensboro, 607 N. Greene Street. The meeting will be held in the Parish Hall, also located on Greene Street to the left of the sanctuary.

**From the East I-40 or I-85:** Take 29N (towards Reidsville) to Wendover Ave West. At the third traffic light, Cridland St., get in left hand lane and turn left (there is an Exxon and Dunkin Donuts on the corner). Continue straight on Cridland for two blocks ending at Fisher Park Circle. Take a right onto Fisher Park and continue going driving by the park on the left. At the large Presbyterian Church, the street name changes to Greene St. Holy Trinity is on the right in the block after the Presbyterian Church on the left.

Park across the street from the Parish Hall in the Hanes Lineberry Funeral Home parking lot. There is also parking behind the church, entrance off of Fisher Ave.



**From the West:** take I-40 to Greensboro and exit at 214B – Wendover Ave East. Continue for about 5 miles to Cridland on your right. Follow directions above.

**From the North:** take Hwy 29 south and exit at Wendover Ave West. Or From North 220, enter Greensboro on 220/Battleground Ave. Continue to downtown where it turns into Smith Street. Holy Trinity is on the corner of Smith St. and Greene St. The church property is on the left, turn left on Greene St.

— Enjoy more historical vignettes at the ECW Annual Meeting —

## NAMING NAMES – JOIN THE CHALLENGE!

By Lynn Hoke, ECW Archivist/Historian

For almost two hundred years now, women in North Carolina have been key players in getting many Episcopal Churches organized, built and maintained. Too often the historical accounts mention only a "devoted woman," "several earnest church women," or simply "the ladies of the Parish." When a woman was named it was very often as a "Miss" or as a "Mrs.," with her husband's name or initials following. An excerpt from Bishop Cheshire's 1872 Convention Address offers a good example of generous praise for an anonymous "lady" whose faith, need and perseverance laid the groundwork for Guilford County's first Episcopal Church:

*"Our flock there was most truly a little one, and never had been otherwise – they never had a minister settled among them or regular services, and no hope of a church; a lady, however, came to live there, who felt it necessary for her own spiritual welfare, and that of her family, to receive the instruction and the ordinances which the Church administers; they were dependent on the exertions of an invalid husband and father, but nothing daunted by all these obstacles she set herself to procure the erection of a church, and obtained a considerable sum for that purpose, and elicited a good deal of sympathy in its behalf. Circumstances, however, made it necessary that this family should remove from Greensboro, and it then seemed as if the work would be suspended, if not altogether arrested; but in the meantime another family moved to the place possessed by the same spirit, and having at heart the same objects."*

Within two years the new family, identified as that of Dr. Foulkes, and some others had built a new church, duly consecrated as St. Barnabas, which name was changed in 1910 to Holy Trinity Parish.

What was this "lady's" name? Beginning with the 2010 Annual Meeting and continuing through our Diocesan Bicentennial Celebration in 2017, you in every parish will be asked for help in "naming names" – first, middle, maiden and married! This long-term project, named **By Word and Example: Women Who Have Graced the Episcopal Church in North Carolina, 1817-2017**, will rely on people in places large and small throughout the state, including all three Episcopal dioceses. It's not too early to start digging around in local church, family, library and online records to identify and compile short profiles of our women who served "not only with their lips, but in their lives."

If you have any questions about this project please don't hesitate to contact Lynn Hoke at: [archives@ecw-nc.org](mailto:archives@ecw-nc.org).

Our full-color newsletter always received lots of compliments, but, alas, it has gone the way of the dinosaur. For the time being we'll continue to publish a paper version of the Annual Meeting edition of "ECW Works" because we want to meet your needs. However, black and white printing is more cost effective. Additional information - in color - can be found on our website, [www.ecw-nc.org](http://www.ecw-nc.org).

**See  
you  
in  
Greensboro  
November  
12-13**