



Give Us This Day Our Daily Bread: Fighting Hunger in Our Own Backyard

**You are invited
to the 127th annual gathering
of the Episcopal Church Women
of the Diocese of North Carolina**

Who: All—women and men, laity and clergy—are welcome (You may register at the door, but advance registration is preferred)

What: Combination Harris-Evans Conference for Social Outreach and Annual Meeting. *Do something new.*

When: November 6-7, 2009

Where: The Church of the Good Shepherd, Raleigh, NC.

Give bread to those who are hungry. Give hunger for justice to those who have bread. Amen. (South American table grace)

Every three years the Episcopal Church Women of the Diocese of North Carolina host the Harris-Evans Conference, which is dedicated to furthering an educated, faith-based approach to social outreach issues. This year, Harris-Evans will merge with

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Meet the Keynote: The Rev. Jill Staton Bullard

Our guide for this event will be the Rev. Jill Staton Bullard. Not only is Jill a deacon at St. Philip's Episcopal Church in downtown Durham, she's the nationally recognized co-founder and Executive Director of the Inter-Faith Food Shuttle, a food rescue organization serving the central area of North Carolina.



She started the Food Shuttle, which is headquartered in Raleigh, with her friend Maxine Solomon in 1989 and was the first active volunteer. The shuttle's early operations were out of Jill's house, with freezers filling the garage and paperwork filling the dining room table. She has overseen its growth from a small grass roots movement to a driving force in the fight against hunger, currently employing a fleet of 11 refrigerated trucks, a staff of 24, and a workforce of 400-plus regular volunteers who offered 34,000 volunteer hours last year. The Food Shuttle offers food service in two locations, providing meals to over 300 people each day. During the summer, over 1,400 people receive meals each day, as the Food Shuttle is the primary provider of Summer Food Service Program meals in the Triangle region to needy children.

She has served on the National Council of America's Second Harvest, the national Board of Directors of Society of St. Andrew, the North Carolina Food Policy Council, the Park Scholarship Advisory Council at North Carolina State University, and the Steering Committee of the North Carolina Hunger Summit. She chaired the America's Second Harvest Service Planning Committee for Food Rescue and is currently a member of the Contract Task Force. Jill is a founding director of NC Hunters for the Hungry, having served as president after serving as treasurer for three years, and has served on the national board of Foodchain.

Her work has been featured in national textbooks, magazine articles and books on the anti-hunger movement. She has been awarded the Exemplar Award from The University of Notre Dame, the University of Notre Dame Award of the Year for Community Service, The William C. Friday

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What Do They Have In Common?



Find out in November

Agenda

127th Annual Meeting + Harris-Evans Conference

Episcopal Church Women—Diocese of North Carolina

November 6 & 7, 2009

Hosted by the women of the Raleigh Convocation

“Give Us This Day Our Daily Bread:

Fighting Hunger in Our Own Backyard”

Location: The Church of the Good Shepherd, 125 Hillsborough St., downtown Raleigh

Schedule of Events:

Friday, November 6

Lunch on your own. There are many 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 address by ECW President
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, the Rt. Rev. Michael B. Curry preaching
6:30-7:00 pm:	Reception
7:00-8:00 pm:	Dinner (RSVP required). Entertainment by the St. Ambrose jazz quartet.

Saturday, November 7

8:00-8:45 am:	Continental breakfast at Good Shepherd. Exhibits open.
8:30 am:	Morning Prayer including Stations of the Cross for hunger
8:50-9:00 am:	ECW Triennial redux—Honored Woman presentation
9:00-9:30 am:	<i>Blessed Are Those Who Hunger</i> by the Rev. Jill Staton Bullard, Deacon, and Co-founder + Executive Director, Inter-Faith Food Shuttle
9:45-10:10 am:	Break & exhibit visits
10:15-11:00 am:	Workshop session I: Backpack Buddies, Community Gardening, How To Set Up a Food Pantry, Nutritious Meals on a Budget (pick one)
11:00 am-11:10 pm:	Break
11:15-Noon:	Workshop session II: repeat of workshops (pick one)
Noon-12:10 pm:	Break
12:15-12:45 pm:	What we’ve learned—Q & A
12:45-1:00 pm:	Blessing and adjournment. Pre-ordered boxed lunches available.
1:30-3:00 pm:	Diocesan ECW Executive Board meeting

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 5th (for those who want a more leisurely arrival) and Friday, November 6th at the Holiday Inn Brownstone in Raleigh. The hotel is located at 1707 Hillsborough Street, Raleigh, NC 27605 (see driving directions below.)

The rate for both single and double rooms is \$79; with taxes the total comes to \$89.86. Make sure to say you’re with the Episcopal Church Women. The **deadline for the special group rate is October 22.** Reservations: (919) 828-0811 or toll free (800) 331-7919 Monday through Friday between 8:00 am and 5:00 pm. Web site for the hotel: www.brownstonehotel.com and for the restaurant: www.ledopizza.com.

Food: Lunch is on your own on November 6th. Remember, registration and exhibits open at 12:30 pm. The meeting begins at 1:15 pm.

A Continental breakfast will also be offered at Good Shepherd on Saturday, November 7th.

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Give Us This Day Our Daily Bread: Fighting Hunger in Our Own Backyard

127th Annual Meeting + Harris-Evans Conference

November 6 & 7, 2009

Episcopal Church Women – Diocese of North Carolina

Hosted by the women of the Raleigh Convocation



Make copies as needed. You may also register on-line at 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.

Delegate	Diocesan Executive Board Nominee
Alternate	Past Diocesan ECW President
Clergy	Exhibitor
Visitor	Diocesan ECW Board

Workshop Preferences – Please select your 1st, 2nd and 3rd choices

We'll do our best to honor your preferences. You will be notified of workshop assignments at Annual Meeting.

Workshop	1 st	2 nd	3 rd
Backpack Buddies			
Community Gardening			
How To Set Up a Food Pantry			
Nutritious Meals on a Budget			

Registration Fee Schedule – all fees are per person		
Registration Fee	\$25.00 per person postmarked by October 31	\$
Late Registration Fee	\$30.00 per person after October 31	\$
One Day Registration	\$10.00 per person (Friday or Saturday session only)*	\$
Meal Reservations: Not available after November 2*		
Dinner on Friday, November 6	\$15.00 per person	\$
Box lunch - Saturday, November 7	\$ 8.00 per person	\$
		Total Enclosed:\$

*Please note: No fees refunded after November 2, 2009

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

Mail this form with check by October 31st to the meeting registrar:

Elizabeth Matthews
3001 Fairview Road
Raleigh, NC 27608-1131

Note: Individuals are responsible for reserving their lodging. A block of rooms at the Holiday Inn Brownstone in Raleigh has been set aside with a special ECW rate for Thursday, November 5 (for those who want a more leisurely arrival) and Friday, November 6. Reservations must be made by October 22nd to get this rate. See "Lodging and Directions" section in newsletter for more information.

Financial assistance is available.

Questions? Contact the Raleigh Convocation ECW co-chairs: Elizabeth Matthews (919-781-0378) or Helen Moses (919-788-9321). Their joint email address is raleigh@ecw-nc.org.

Give Us This Day Our Daily Bread: Fighting Hunger in Our Own Backyard

Workshops

Each workshop will last 45 minutes. All four will be held concurrently. You will attend one workshop during the first session on Saturday and another workshop during the second session.

When registering for Annual Meeting + Harris-Evans Conference, please indicate your first, second and third choice of a workshop. Every effort will be made to place you in your top choices, but understand the workshop organizers may have to assign workshops based on space constraints. Your workshops will be announced at Annual Meeting.

Here are the how-to workshops, whose information is designed for sharing with your fellow parishioners. The size of a congregation doesn't matter; all communities have hunger.

Backpack Buddies: Backpack Buddies is focused on school children who depend on the school breakfast and lunch programs for the majority of their food during the school week. This program involves filling backpacks with healthy foods and taking them to a school, where they are given to the children so they'll have nutritious meals for the weekend. Linda Dohme, member of the ECW branch at St. Michael's Church in Raleigh, will lead this workshop. She has helped organize and run Backpack Buddies at St. Michael's for over a year.

Community Gardening: Participants will explore the various types of community gardens, and the benefits and the challenges associated with each. The presenters will be Wren Blessing and John Hughes from Anathoth Garden in Cedar Grove, NC. This community garden is a faith-based garden devoted to restoring peace to a community and good food to those who need it. It is a church-supported, member-based garden that encourages the development of communities, the production of food and an understanding of the "theology of eating."

How to Set Up a Food Pantry: Staff members of the Inter-Faith Food Shuttle will explain how to establish or expand a food pantry all the while keeping community needs and municipal laws in mind. Staffing with volunteers and stocking a pantry with must-haves will be covered.

Nutritious Meals on a Budget: Inter-Faith Food Shuttle staffers will also lead this group in the particulars of their organization's newest initiative. Called Operation Frontline, it involves helping people lead healthier lives by sponsoring classes about nutritious meals and snacks for families with limited incomes. Topics covered include budgeting, menu planning, shopping and tasty, creative cooking.

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Park Scholar Award for Excellence in Leadership, the Salvation Army's Others Award, the Individual Award for Outstanding Service to the Citizens of Raleigh by the City of Raleigh Human Relations Commission, and received the 2006 Triangle Business Journal's Women in Business Award. She was ordained in the Episcopal Church in June of 2008.



Feeding our souls so we are better equipped to do the work God has given us to do will be the Rt. Rev. Michael B. Curry. Bishop Curry will give the homily at Holy Eucharist on Friday, November 6th. The morning devotion on Saturday will include a specially designed Stations of the Cross for hunger.

Join us, won't you?

What's Happening in the Convocations

Sharon Salazar Massey, chair of the Durham Convocation ECW, announces that the ECW at St. Philip's Church in Durham is sponsoring a workshop, "Prayer In Hard Times". Here's more information.

St. Philip's Episcopal Church Women
is pleased to announce

Prayer In Hard Times

led by

Barbara Cawthorne Crafton

Saturday — September 19, 2009



Barbara Cawthorne Crafton is an Episcopal priest, spiritual director and author of many books as well as the celebrated "Almost Daily eMo" — see her website, [The Geranium Farm](http://www.geraniumfarm.org) at www.geraniumfarm.org. She was rector of St. Clement's Church in Manhattan's Theatre district, a chaplain on the waterfront of New York, and served both historic Trinity Church, Wall Street and St. John's Church in Greenwich Village. She was a chaplain at Ground Zero during the recovery effort after the WTC bombing and is currently serving St. James, the American church in Florence, Italy, through August 2009 as interim rector.

An actress, director and producer, she has worked for many years in combining the lively arts and the life of faith. Her books, articles, and radio scripts have won many awards, including numerous Polly Bond Awards from Episcopal Communicators and the coveted Gabriel Award for religious broadcasting. She is seen frequently on television both as a preacher and as a commentator on Hallmark's "New Morning" and "America at Worship," and has been profiled extensively in electronic and print media throughout the world.

St. Philip's Episcopal Church
403 East Main Street † Durham, NC 27701

9:30am-3:00pm (Registration begins at 9:00am) — lunch will be provided

Early reservation before September 12th is \$25; afterwards and at the door \$30.

Please make your reservations early and plan to attend. You may register:

† via paypal on St. Philip's website - <http://www.stphilipdurham.org/>

† by credit card - call St. Philip's 919.682.5708

† make check to **St. Philip's ECW** and mail to -

Moli Jones Post Office Box 12 Hurdle Mills, NC 27541

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, October 31, 2009 in order to be read aloud at the Annual Meeting on November 6th.

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) and in section IV (white pages) of the 2009 **ECW Handbook**. You may submit multiple names, but please put only one name on a form.

BOOK OF REMEMBRANCE ENROLLMENT

Send by October 31, 2009 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: Church of the Good Shepherd, Raleigh):

Date of death:

(Copy as necessary)

(Continued from page 2)

Meeting venue: The Church of the Good Shepherd is located at 125 Hillsborough St., Raleigh, NC 27603. Phone number: 919-831-2000. The church property will be prominently marked. Conference check-in will be in the Parish Life Center, which is next to the church.

Driving: Downtown Raleigh is filled with one-way streets. Following are driving instructions to keep things easy. A map of the Good Shepherd area with parking marked is on the web site and the back page of this newsletter.

Directions are given for the municipal parking deck at the corner of McDowell and Morgan streets, which is catty-corner to the back corner of the Good Shepherd grounds. This deck is the only assured close-by parking that will be available for both days. The rate is \$1 per half hour with a \$12 maximum. The map on the web site shows alternative parking locations that may be accessible on Saturday. **NOTE:** Raleigh's annual Veteran's Day parade will be held on Saturday. Plan to arrive at Good Shepherd by 8am to avoid congestion. The block of Morgan St. behind the church will be closed from 8 am until 1 pm.

Directions to Good Shepherd from I-40

From points east: Take exit **298B** for **S. Saunders St. N.** Turn **right** at **S. Saunders St.**

From points west: Take exit **298B** to merge onto **S. Saunders St.** toward Raleigh.

There will be a slight right curve just before the road becomes **S. McDowell St.**

Proceed on **S. McDowell** for about a mile, staying to the left. After crossing **W. Hargett St.**, look for the entrance to the parking deck on the left, just before reaching Morgan St.

Directions to the Brownstone from I-40

Follow the directions to Good Shepherd given above to reach **S. McDowell St.**, staying to the left on McDowell.

Continue on **S. McDowell** for a little over a mile. Turn **left** at **Hillsborough St.**

Proceed for just over a mile to the Holiday Inn Brownstone at **1707 Hillsborough St.** on the left.

Directions to Good Shepherd from the Brownstone

Turn right on **Hillsborough St.** when exiting from the hotel. After about a quarter mile the street will curve sharply to the right and then to the left as it becomes **W. Morgan St.**

Continue for about a mile on **W. Morgan**. After crossing **S. Dawson St.**, look for the entrance to the parking deck on the right, just before reaching McDowell St.

Directions to the Brownstone from Good Shepherd

If exiting the parking deck onto Morgan St., you can only go right. Immediately move to the left and turn **left** on **S. McDowell St.** If exiting the parking deck directly onto S. McDowell, you can only go left.

Turn left at **Hillsborough St.**

Proceed for just over a mile to the Holiday Inn Brownstone at **1707 Hillsborough St.** on the left.

Directions to I-40 from Good Shepherd

If exiting the parking deck directly onto S. McDowell, you can only go left. Immediately move to the right and turn **right** on **W. Morgan St.** If exiting the parking deck onto Morgan St., you can only go right.

Proceed for one block on W. Morgan St. and turn **right** on **S. Salisbury St.**

Proceed for one block and turn **right** on **W. Hargett St.**

Proceed for two blocks and turn **left** on **S. Dawson St.**

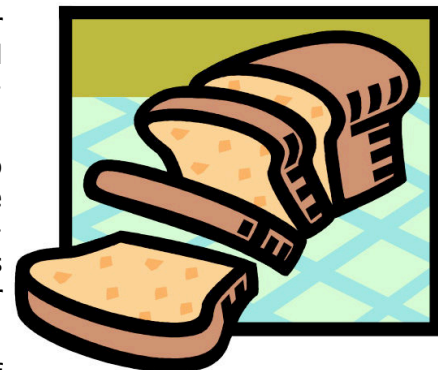
After about a mile, S. Dawson will become **S. Saunders St.**

Continue for a bit less than a mile and look for the signs for **I-40** E. or W. The entrance for I-40 W. will be a right turn before getting to the interchange, and the entrance for I-40 E. will be a left turn after passing under the interchange.

the Annual Meeting for an event focusing on a pandemic: hunger. We believe that physical and spiritual hungers are met through God's grace and abundance. With this gathering we will provide information and inspiration for those seeking to nourish body and soul.

Hunger is certainly not a new problem in our country, our state or our communities. It's well known that hunger is a condition of poverty, and statistics show that states such as North Carolina, with wide gaps between rich and poor, tend to have higher hunger rates.

However, as the economy has deteriorated the number of people who do not at all times have access to enough food for an active, healthy life – the "food insecure" – is growing in size and scope. The problem is intergenerational, it cuts across all racial and ethnic boundaries, and it's reaching into the ranks of those once considered middle-class. Consider the following:



From the September 4th issue of the *Financial Times*: "The number of working Americans turning to free government food stamps has surged as their hours and wages erode, in a stark sign that the recession is inflicting pain on the employed as well as the newly jobless."

From Action for Children North Carolina: "1-in-7 children in North Carolina lives in a household that is forced to reduce food intake, alter normal eating patterns, or go hungry because they lack the money or resources to obtain adequate food."

From the July 31st issue of *The Business Journal of the Greater Triad Area*: "On July 24, the [Second Harvest Food Bank of Northwest North Carolina] sent an e-mail message to its more than 400 partner agencies saying that, for the first time in its 28-year history, its cupboard was nearly bare... Growth in demand for food has far outstripped supply... 'We are faced with people who used to be of an income that they could make donations to Second Harvest and other human-service organizations. Now they find themselves needing assistance,' [Executive Director Clyde] Fitzgerald says."

This conference will offer information about the evolving issue of hunger and give attendees very practical tools to address the problem in ways that respects the dignity of everyone. If an individual or members of a parish aren't actively doing something about hunger in their community, we can help you get started. If you are currently doing something, great. Now's the time to **do something new**.

An empty stomach has no ears to hear with. (Swahili idiom as quoted by the Rt. Rev. Trevor Mwamba, Bishop of Botswana)



See
you
in
Raleigh
November
6-7

