Welcome to St. David's Family Camp 2017!
Family, Faith & Fellowship, August 25-27, 2017

This weekend away from St. David's will be held at Kanuga Episcopal Conference Center, about a 3 hour drive from the church located in Hendersonville, NC on August 25th-27th. It is a weekend focused on Family, Faith & Fellowship and designed as a special time for St. David's families to come together to “unplug” and build a community of faith. Booking is now available, please follow this link: [https://registration.kanuga.org/3975](https://registration.kanuga.org/3975).

Camp will focus on providing us time to play together, eat together and worship together – as a family. All meals and activities, everything from s'mores and singing by the fire, hiking, outdoor worship in the woods and Sunday Eucharist by the lake, time rocking on the porch with friends while overlooking the lake, swimming in the lake, archery, arts & crafts for kids and a rope climbing wall are all inclusive to the weekend.

Inside this Issue

Pg. 3 Parish Life
Pg. 3 Summer Potpourri
Pg. 3 Handling Grief on Mother's Day
Pg. 4 April 2017 Men's Retreat at Unicoi
Pg. 4 Tweeners Event
Pg. 5 Stewardship Note
Pg. 5 Preschool Free Library
Pg. 6 Spiritual Direction to be offered in Fall
Pg. 6 Disciple I to be offered in Fall
Pg. 7 Mindfulness Program offered by TACC
Pg. 8 Interfaith Council hosted by St. David's

Summer Parish Lunch
June 25

Ice Cream Social
July 23

Varsity Food Truck
August 6
Our church calendar is continuously updated on our website at www.stdavidchurch.org.
The Commission for Dismantling Racism and Emmaus House INVITE YOU To a screening and discussion of the film

Tuesday, May 16
6:30 p.m. at Emmaus House
1017 Hank Aaron Dr., SE

Women’s Bible Study
“Three Voices for the Season of Hope”
Back by popular request, Judi Gullatt will be teaching after Easter in the Women’s Wednesday Bible Class. Please plan to attend the class from 11:00 – 12:00 noon in Grace Hall. Judi will lead us into Easter hope through the works of three master poets. Spring comes to the spiritual world as well as the physical. Move into the season of hope by exploring new beginnings as exemplified in the lives and works of writers Gerard Manley Hopkins, Rainer Maria Rilke, and Mary Oliver.

May 10 Oliver, 20th Century Romantic

Summer Potpourri
Beginning May 11th, the women of the church are invited to participate in Summer Potpourri. Every Thursday from 10:00-11:30 am, we will share our spiritual walk with each other by meeting, praying, studying, laughing and exploring. For the month of May, we will be exploring relationships.

On Thursday May 11th, in Grace Hall, pastoral counselor Philip Hoffman will help us explore friendships via Job’s Friends. And, May 18th, we will host Gloria Dorsey from the Atlanta Humane Society. If you would like to be on the mailing list and are not currently in the Thursday morning Bible Study, please email sharon.saylor10@yahoo.com.

Ballroom Dance Lessons
Next Ballroom Dance series will start on May 8th. The beginner Ballroom 1 series is at 7:00. No experience is needed for BR1. The advanced classes this session are BR3, Waltz and Bolero. The seven week series runs through June 26th. No class on Memorial Day. No partner is needed. Each class lasts one hour and has an additional half hour practice time. Cost for the series is $60 (BR1 and BR3) $65 (Waltz and Bolero) per person. Sign up at http://www.ballroomdancecommunity.org/Roswell.html or come to the first class in Jeffords Hall.

Handling Grief on Mother’s Day
For some Mother’s Day is not a happy holiday. If your mother or child has died, this can bring grief to the surface with feelings that have been quiet during the rest of the year. If this is your first Mother’s Day without Mom, make some time to take care of yourself during this weekend. Here are some suggestions to help you through this time:
1. Change the way you celebrate Mother’s Day but be sure you communicate your feelings to your family and friends so that they are not caught off guard.
2. Spend time in nature with a walk in the park or a time of reflection on your loved one.
3. Prayer is a way to quiet your spirit. The Book of Common Prayer has prayers to use. Here is a familiar prayer that is said by many in our parish: "Father of all, we pray to you for all those whom we love but see no longer. Grant to them eternal rest. Let light perpetual shine upon them. May the souls of all the departed, through the mercy of God, rest in peace. Amen."
4. Create a way to remember your loved one by lighting a candle during a meal, going to the cemetery and placing fresh flowers on the grave, or plant a tree in their memory.
Many times the leading up to the holiday is worse than the day itself. Pay close attention to your feelings. If you would like more information on this topic or the Grief Ministry at St. David’s, contact Toni Cathcart at 404-358-0798.

Classified:
Part-time funeral attendant position open at the Roswell Funeral Home. Will train on the job. Must be able to work night and/or weekend visitations and services. For more information, call 770.993.4811.
The weekend of April 21st through April 23rd, 2017, 45 Men from St. David's participated in our 9th Annual Men's Retreat at Unicoi State Park, Helen, GA.

Fr. Todd Dill presented: "Discipleship 2017". He took us through the "Five Markings of a Modern Disciple" which are: Worship Centered, Intentionally Prayerful, Sacrificially Generous, Biblically Oriented and Servant in and Outside the Church. Each Marking was presented and discussed in relation to how it effects our daily lives. He also led us through his journey as he left St. David's and went to St Margaret's in 2008. It was difficult as St Margaret's was split over some issues at that time and many left the parish leaving many challenges for Fr. Todd. Those challenges have since been overcome and St Margaret's is a healthy parish again.

At Noon on Friday, April 21nd, Gary Dunsmore led 14 Men to play golf at Butternut Creek Golf Course in Blairsville, while Mark Conard took 7 other men hiking in the Mountains. They all joined 10 additional men at Unicoi for an evening cookout and fellowship around the fire. Saturday night Fred Hallowell and Joe Forness served a delicious steak dinner for the group. Sunday morning Fr Barry Kubler wrapped up the program and a worship service with the Eucharist was held in the Beach House. The Eucharist was especially meaningful as each man passed the bread and wine to the next man in the Circle of Faith we had formed in the room.

The weather was good for golf and hiking on Friday. Saturday was sunny and made the retreat that much more special as we could have some of our breakout groups outdoors. Saturday night the rains came and kept us from having our Sunday worship service outdoors on the Beach House patio.

We encourage more of the men of St. David's to join us next year during the last weekend of April for the 2018 Retreat. Come for a great weekend of Spiritual Renewal and Christian Fellowship.

---

**2017 MEN’S RETREAT IN APRIL**

**TWEENERS EVENT**

SAVE THE DATE—Saturday, June 10th!!! If you are between 25 and 59ish…please join us for our next Tweeners’ Event which will be held Saturday, June 10th, 2017, at Jonathan and Melissa Gansereit’s home at 7:00 pm. It will be an adult only potluck so you will need to bring a dish for 10 people and BYOB. More details on the theme will follow. Their address is 3140 Brierfield Road, Alpharetta, GA 30004. Please RSVP to Laurin at 770-993-1094 ext. 132 or sign up in church hallway by Thursday, June 8th. We are looking forward to getting together again. We hope to see you!!

---

Photo submitted by Loren Conrad.
**Stewardship in Action**

Life’s persistent and most urgent question is “What are you doing for others?” - Martin Luther King Jr.

My brothers and sisters, if people say they have faith, but do nothing, their faith is worth nothing. Can faith like that save them? James 2:14 NCV

As the legend goes, Francis of Assisi invited an apprentice to travel with him. The young monk observed his mentor visiting with people in the village, talking, joining with them in their work, listening to their needs and offering prayers to them. At the end of the day, Francis said it was time to return to the abbey but the young monk said ‘You haven’t given a sermon.’

‘Haven’t we?’ Francis questioned, ‘All day people watched us as we visited with people on their own terms, listened to us and responded to us. Every word we pronounced, every deed we shared has been a sermon, all we’ve been doing is preaching.’ This story is best summarized in another quote attributed to him -

“Preach without ceasing. If you must, use words.”

The privilege of church membership is a call to action. St. David’s gives each of us numerous opportunities to serve the Risen Lord. With over 80 active ministries there’s got to be something that you can contribute your time and talent to. For once you’re active in the workings of this parish you’ll then want to give even more of your treasures.

No one has ever become poor by giving. - Helen Keller

Jesus just conquered death through His actions and granted us all salvation. I challenge all of us to make the best of this situation through our devotion to serving at St. David’s to do His will.

Happy Easter,
Thomas Nolfa
Stewardship Cheerleader

**Preschool Little Free Library**

A donation of a Little Free Library and books was made to St. David's Church by parishioner CaroleAnn Padgett and her family. Parishioner Matt Koetzle created the St. David's Bell Tower "steeple" on the roof of the Library. Preschool Director's assistant Christy Halphen painted the steeple to match the church's bell tower. The children in the preschool helped to decorate the post that holds the library with hand painted bookworms. On "Diggin' Dads" Saturday, preschool dads Chad Watson and Joshua Hyche dug the hole and anchored the post with cement on Saturday morning. When the cement cured, the Watsons came back and attached the library to the post.

*The Little Free Library is officially open!*

Photos submitted by Peggy Fallon.
Ken Swanson’s Course in Spiritual Direction will be offered again in September

Beginning in September, Ken Swanson will be offering his course in Spiritual Direction. Although every person of faith prays at times, many if not most people are frustrated in developing a disciplined prayer life because they need to develop an understanding of the nature of prayer and learn how to have a systematic approach to prayer.

In each of the sixteen sessions over thirty-four weeks, Ken will teach a different prayer discipline. Starting from a foundation of centering prayer and journaling, the course will explore prayers of self-understanding such as confession, oblation and virtue; prayers for receiving and offering forgiveness; prayers of praise and thanksgiving, prayers of petition and intercession, and the nature of contemplative prayer which leads to deep intimacy with God. Anyone who takes this course, and practices the disciplines will have a deep and broad knowledge of Christian prayer.

The class will meet every two weeks on Monday evenings (except for two longer breaks), beginning on September 8th. Each session will include teaching, small group discussion and the learning of a new prayer discipline, which every class member will put into practice for the two weeks between meetings. This is not a course for the casual or dilettante. To enroll one must make a commitment to complete the entire course and to set aside a minimum of one hour a day for prayer and study. If you are interested you must contact Ken Swanson when he is back from his sabbatical in August. The fruit of such commitment will be a heightened self-understanding, a thorough knowledge of the nature of Christian prayer, and hopefully an enriching and deeper relationship with God.

DISCIPLE I TO BE OFFERED

DISCIPLE I: Becoming Disciples through Bible Study

Disciple I is a 34-week small group study (17 weeks with the Hebrew Scriptures and 17 weeks with the New Testament) emphasizing disciplined reading of and listening to the Scriptures. Students use both the Bible and the study guide to complete daily reading assignments, generally about 45 minutes of reading per day, and reflection. The Disciple curriculum is organized by themes such as "Sin" and "Trust" rather than a linear book by book study of the Bible. The group will meet weekly on Wednesday evenings from 6:30-7:45 beginning August 16, 2017. The Disciple program was developed by the Methodist Church for small group adult Bible study.

Our first 17 weeks, focusing on the Old Testament, concludes Dec 20th. After the Christmas holidays we will begin the New Testament on January 3rd with the last class on May 2nd (allowing for a Spring break). The registration fee and the study guide is $50. Scholarships are available. Class size will be limited to twenty participants. Disciple I is a prerequisite for Disciple II, Disciple III and Disciple IV.

An information and orientation meeting will be held Wednesday, May 10th, 2017 in Grace Hall, from 6:30—8:00 p.m.

For more information, please contact:
Peter Toy, 770-729-9983, peterftoy@gmail.com
TACC at St. David’s presents:

Learning Mindfulness
with Matt Wagner, LAPC

“It only takes a reminder to breathe, a moment to be still and just like that, something in me settles, softens, makes space for imperfection.” – Danna Faulds

Mindfulness is the practice of raising your awareness to the present moment, without judgment, and with acceptance. When you witness your thoughts, emotions, and experiences with increased awareness, you can develop a deeper sense of gratitude and self-knowledge. Additional benefits to practicing mindfulness can include:

- Reduced anxiety, depression
- Lower stress
- Improved sleep
- Anger management
- Personal growth
- Improved relationships
- Pain management
- Coping with disease(s)

Comments from past Mindfulness Group participants:

“I loved getting to know some group members, none that I ever knew before. Very good for me to open up in a group of strangers. Matt made us all comfortable.”

“The low key approach is very calming, soothing.”

“Everyone participated. It was very relaxing. I was able to de-stress.”

“I learned how to slow down my racing mind when I got overwhelmed.”

“Really liked the movement activities we practiced. It helped me notice what I was feeling in my body.”

Group Sessions: Groups will consist of mindfulness exercises (meditation, body awareness, mindful movements) and discussions. Space is limited.

Dates: Tuesday evenings in the Grace Parish Hall from 6pm to 7:30pm. Beginning May 23rd.

Cost: $210 for 6 weeks ($35/session). Financial assistance available as needed.

Registration: Must be at least 18 yrs old. Contact Matt Wagner via information below.

Matt Wagner, Licensed Associate Professional Counselor (LAPC) is a therapist with Training and Counseling Center (TACC) at St. David’s. Matt uses mindfulness as a core concept in his practice with clients. He has facilitated several Mindfulness Groups previously, and is available for individual and group services at St. David’s. To contact Matt, call (404) 876-6266, ext. 2004, or email him at mwagner@taccatstlukes.com.
On Palm Sunday, for the 3rd year in a row, children, Youth, and their families gathered together to decorate cards, take Palm Sunday palms and a basket of simple treats to those in our parish family who are not able to attend a service because of illness, recovery from surgery, or other circumstance.

Bringing greetings to those is our parish family is a way to share God's love and hope. It is an opportunity for your family to come together to serve those in our parish family.

**ST. DAVID’S PARISHIONERS’ HIKING TRIP!**
Episcopal Community Foundation for Middle and North Georgia selected HomeStretch to receive a $10,000 grant to support operations to house a family for one year as they move from homelessness to stability. The grant will cover costs associated with utilities, repairs, and specific client services such as life skills education, mentoring, and dedicated case management.

Special thanks to our local parish, St. David’s Episcopal Church, who has partnered with HomeStretch for eight years with financial assistance as well as volunteer support through board service, fundraising events, and direct service with clients as mentors and assisting in property upkeep.

“This funding from ECF will be used as a catalyst for significant, sustainable ministries and partnerships across middle and north Georgia and will change the lives of individuals, families, and communities long-term” said Lindsey Hardegree, executive director of ECF.

Thank you ECF for your support!

INTERFAITH COUNCIL HOSTED BY ST. DAVID’S

A Conversation with the Chairman
Hosted by the Fulton County Interfaith Council at St. David’s Episcopal Church

Dr. John Eaves, Chairman of the Fulton County Commission, will hold an open meeting to discuss issues of importance to local faith communities and residents here in North Fulton. Chairman Eaves is a strong proponent of interfaith and multicultural communication and understanding, and would like to hear our ideas on how, working together, our diverse faith communities can improve the lives of residents in North Fulton. Other topics that he hopes to discuss include hate crime prevention, criminal justice issues, education, health care and other subjects your members may want to discuss.

This event is non-political and is a continuation of Chairman Eaves’ longstanding practice of working with faith communities to find solutions to social, economic, educational and other challenges. His creation of the Fulton County Interfaith Council in July of 2016 grew out of his belief that our diverse faith communities can make a real difference in our civic life.

The forum will be held at St. David’s Episcopal Church in Roswell on Sunday, May 21, from 3:00 to 4:30 p.m. in Jeffords Hall. A reception will follow the meeting, designed to enable members of our different faith communities to meet and continue the discussion.
Photos submitted by Judy Hine, Linda Thomas, and Fred Hallowell.