



THE HARBINGER

February 2019

Our mission is to share the love of Christ with EVERYONE.



Love Notes

*Words and Music from great composers
inspired by the Women they Loved*

Lee Jordan-Anders, pianist

Sunday, February 10, 2019, 4 p.m.

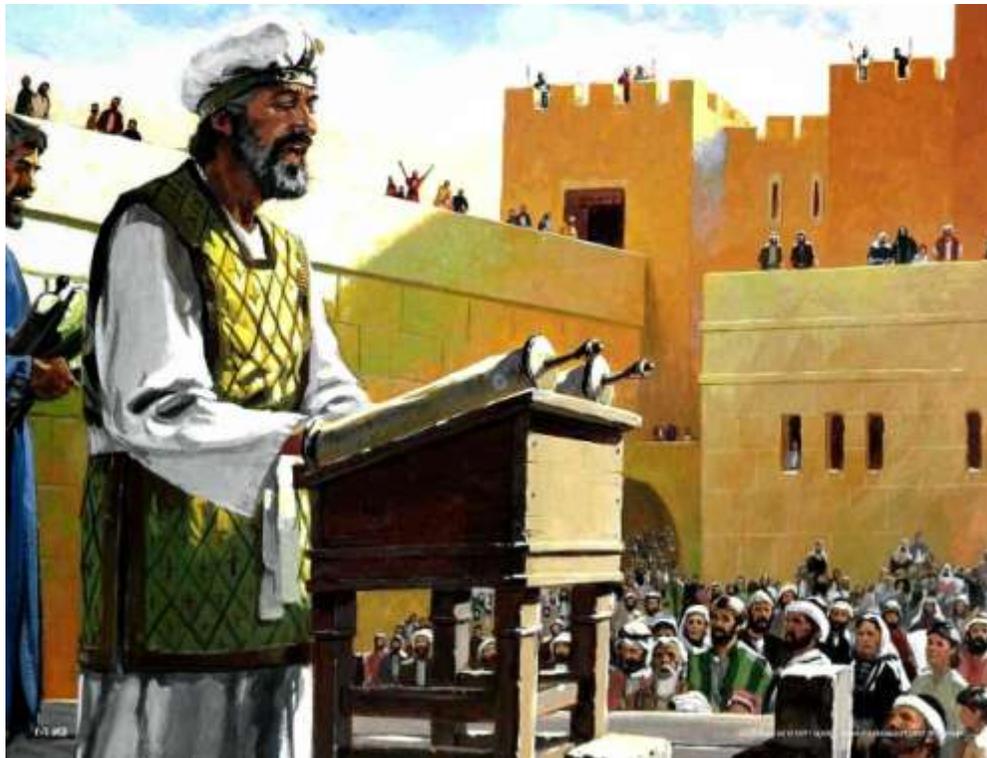
Historic Cokesbury Church - Onancock, Virginia

Free and open to the public

Donations welcome - Proceeds to benefit Governor's School for the Arts

Pianist Lee Jordan-Anders will present a program, "Love Notes: Words and Music from great composers inspired by the Women they Loved," at 4 p.m. on Sunday, February 10, at the Historic Cokesbury Church in Onancock. The program includes music by Beethoven, Schumann, Chopin, Debussy, Erik Satie, and Philip Glass. Texts from correspondence between these men and the women they loved, and who inspired this music, is included in the program. The program is free and open to the public, but donations are most welcome. Proceeds will benefit the Governor's School for the Arts in Norfolk.

Lee Jordan-Anders is Professor of Music and Artist-in-Residence Emeritus at Virginia Wesleyan University where she taught for 29 years. She served as Music Director and Conductor of the Orchestra of the Eastern Shore from 2009 until 2014. She now lives in Cape Charles and is on the faculty at the Governor's School for the Arts.



Returning Home: Ezra & Nehemiah and the Return of the Exiles Adult Bible Study Begins February 6, 2019, 7:00 P.M. in the Assembly Room

Devastation, destruction and deportation met Israel between 721 BCE and 587 BCE. The beginning of the Age of Empires devastated the tiny nations of Israel and Judah. The ugly civil war between the Northern ten tribes of Israel and the two Southern tribes (Judah and Benjamin) which led to the creation of the two tiny nations proved accurately Jesus' saying in Mark 3:24: "If a kingdom is divided against itself, that kingdom cannot stand." The division helped to weaken an already small state as the early Empires of the East (Assyria, Babylon and Persia) moved West.

The Northern Kingdom (Israel) fell first to Babylon in 721 BCE. Its citizens were dispersed throughout the Assyrian Empire. They ceased to exist as a people. The Southern Kingdom (Judea) would fall to the Babylonian Empire in 597 BCE when it became a puppet state. A rebellion against Babylonian rule led to the siege and destruction of Jerusalem in 587 BCE. While the destruction of the city, and in particular the Temple was a devastating blow, the greater threat to the continuity to Israel's existence was the deportation of the brightest, best and most influential citizens of the nation. In its wake, those people left behind were the poor.

The Jewish exiles lived in Babylon for fifty years before a political upheaval gave some of them a chance to return to Jerusalem. The political change was the Persian king Cyrus' defeat of the Babylonian Empire. Cyrus' victory marked the beginning of a new hope for the Jews. Seeking to honor the religions of all people in newly conquered lands, Cyrus gave Jewish exiles the chance to return to Jerusalem.

The Books of Ezra and Nehemiah record the movement of the Jewish exiles from Babylon to Jerusalem. It is a history that spans around 100 years (539 to 440 BCE). It is a story of religion, suspicions, prejudices, and religious zeal. It is a story of vision and hope.

We hope to see you as we begin this study beginning on February 6th. We will meet in the Assembly Room at 7:00 p.m. The classes last about an hour. ~ Pastor Bart

Worship Themes for February

February 3

Communion

First Lesson: Jeremiah 1: 405, 17-19
 Second Lesson: I Corinthians 12: 31-13: 13
 Gospel Lesson: Luke 4: 21-30
 Sermon: "Preaching to Meddling"

February 10

First Lesson: Isaiah 6: 1-8
 Second Lesson: I Corinthians 15: 1-11
 Gospel Lesson: Luke 5: 1-11
 Sermon: "The Freedom of Accountability"

February 17

First Lesson: Jeremiah 17: 5-8
 Second Lesson: I Corinthians 15: 12-20
 Gospel Lesson: Luke 6: 17-26
 Sermon: "The Challenge from Jesus"

February 24

First Lesson: I Samuel 26: 2, 7-9, 12-13, 22-23
 Second Lesson: I Corinthians 15: 45-49
 Gospel Lesson: Luke 6: 27-38
 Sermon: "The Hardest Commandment"

~ Pastor Bart



Who is this kooky cane-carrying do anything for a laugh day brightening good sport ...

SAVE THE DATE - 2/23/19



Eastern Shore of Virginia Habitat for Humanity is excited to announce the 2019 Celebrity Dipper for the Annual February Freeze is Richard Davis, Virginia Farm Manager of Lipman Family Farms. Please join Richard in helping to raise sponsorships to make this year a huge success! You can't bear to leap into the icy waters? Afraid of the cold? That doesn't mean you can't be part of the fun! Show your support by making a pledge to support our celebrity dipper! Send your donation to the Eastern Shore Habitat Office, PO Box 1299, Exmore, VA 23350. Thank you!!!

The Gift of Imagination

Joel 2:28

*“And it shall come to pass afterward,
that I will pour out my spirit on all flesh;
your sons and your daughters shall prophesy,
your old men shall dream dreams,
and your young men shall see visions.”*

It was a cold, dreary and wet Friday evening as Vicki and I were returning from Salisbury from a quick shopping tour. On this day, we hit Michaels, Best Buy, Hobby Lobby, Sam’s Club, Barnes and Noble in two hours. As usual we stopped at the Mall for a late lunch before returning to Onancock.

Since the early 1990s we spend our time in the car listening to classic radio shows from the 40s and 50s if we were on any driving trip that would last longer than hour. We began the practice when we found a set of Richard Diamond tapes in old book store in Tappahannock. We enjoyed listening to the old tapes. They were before our time but we enjoyed none the less. Especially, we enjoyed the old commercials for Rexall and tobacco companies. I enjoyed the old organ music that went with the shows that reminded me of the funeral home music of sixty years ago that I remembered as a kid.

On this day, as we were driving home we were listening to Johnny Dollar and Mystery is My Hobby. As the rain came thundering upon the windshield, I had to turn the volume up on the radio. As I pondered the show I thought of the power of the imagination. I took for granted the images of my mind as I listened. The words of the screenplay were being painted inside my mind. I could see the characters. I could feel the blow that knocked Dollar. I could image the gun fire off in the distance.

In those moments, I was marveled at the power of the imagination. The images and ideas that flood our mind. Reflect upon the power of visions and dreams and the pictures and feelings that they stir up.

The power of the imagination can not be underestimated. Do you use your imagination as you read the biblical text? Are you just reading the words? Do you try to visualize the biblical stories as they are presented?

In devotional reading of the Bible, the key is to use your imagination to draw a story within your mind. As we hear from Joel, the Lord utilizes the imagination in dreams and visions to articulate a message for us as people of God.

For instance, once as I was preparing to teach my first Train the Trainer class for Annual Conference Lay Speaking Training at the Blackstone Retreat Center, I had a dream in the middle of the night. Previous to the dream, I had been struggling to articulate the motivation for teachers to teach. We have all sat through some boring classes in our lives. A boring teacher can kill the motivation of students. Many potential students have walked away from courses because they found the presentation of the subject matter dull.

Cont. Next Page

In the middle of the night a few days before I had dream. It was a simple acronym: **TEACH**. As the dream continued I was told the meaning of the word. It was simple but right to the point.

Total
Enthusiasm
Always
Changes
Hearts.

Quickly, I woke up. I began to recite the words: Total Enthusiasm Always Changes Hearts, **TEACH**. I fell back to sleep only to continue the recitation. In the morning, I felt like I found the key to effective teaching. The **TEACH** paradigm serves as the foundation for my Christian education argument for potential teachers.

Using our imagination is the key to spiritual growth. In praying the Scriptures devotionally, we are putting ourselves into the biblical text. We are allowing the Holy Spirit to communicate to us through the biblical stories. The imagination gives us a deeper insight into God and ourselves.

So do not underestimate your imagination. Read the biblical text and allow God to tell us a story that will transform your life. ~ Pastor Bart



FEBRUARY BIRTHDAYS	
Linda Jones	February 1
Laura Woodall	February 1
Charlotte Olmsted	February 7
Tom Hollandsworth	February 8
Susan Olmsted	February 9
John Dennis	February 10
Laura Thomas	February 10
Landry Bernard	February 11
Kristin LaBella	February 11
John Chandler	February 11
Seth Dize	February 11
Walt Chandler	February 12
Kristina Ormsby	February 12
Jean Scott	February 15
Sara Grace King	February 16
William Bishop	February 17
Tom Cardaci	February 19
Alex Gibb	February 19
Amber Moore	February 20
Nancy Ashby	February 22
Josh Evans	February 24
John Evans	February 24
Jack King	February 24
Cortland Gazda	February 26
Justin Kilmon	February 27
Zachary Brooks	February 28
Marlene Dalley	February 28

Dear Church Members,

On behalf of Accomack County Department of Social Services Family Services Unit, I would like to express our thanks for your assistance with our Adult Angel Tree again this year. Our agency has needed an Angel Tree dedicated to at risk senior citizens and adults in our community, and we are so grateful to your church for filling that need. The gifts that were purchased for the 32 "angels" were very generous and just what was needed for each one. We greatly appreciate your generosity and thoughtfulness during the Christmas season. Thank you again, and we look forward to working with you in the future.

Sincerely, Selina L. Coulbourne, Family Services Specialist III

“A Celebration of Negro Spirituals”

is scheduled from 6:30 to 8 p.m. Friday, Feb. 15, 2019, in the gymnasium of Mary N. Smith Cultural Enrichment Center. In a collaboration of the Eastern Shore of Virginia Historical Society; Mary N. Smith Alumni Association; local church choirs; and others, performers from up and down the Shore will share their musical talents while we explore spirituals as signal and map songs in the historic journey of slaves to freedom.

The choral showcase will feature the United Voices of Jerusalem Baptist Church in Temperanceville; choirs from Gaskins Chapel A.M.E. Church in Onancock; Macedonia A.M.E. Church in Accomac; and Ebenezer Baptist Church in Exmore; as well as several solo singers.

Admission will be \$10 at the door; cash or check only. The center is located at 24577 Mary N. Smith Road in Accomac.

~ Amy Savona



Congratulations to Andrew Cropper, former member of Market Street, for being approved as a Postulant for Holy Orders in the Episcopal Church. Andrew, who recently moved to Salisbury, has been assigned to St. Mary the Virgin Episcopal Church in Pocomoke.



Most people know that at Manna Cafe we serve a free hot lunch every Monday. But, did you know that we also have a **“Take Table”** with food and toiletries for people to take. We do this every Monday all year. However, the need is greater since some people have been furloughed ... out of work or working without pay. This is also a time when our donations

are down. Please prayerfully consider donating **food for the Manna Cafe “Take Table”** so we can continue to help people weekly. Families need canned pasta (like spaghetti), breakfast cereal, oatmeal, peanut butter, jelly, soup, tuna and canned chicken. There is also a need for baby items ... wipes, diapers, baby food. And, pet food. If you can donate any of these items, please drop them off to Pat McArdle at the church office at Market Street UMC and she will get them to Chincoteague!



If you prefer, you can send a check made out to Manna Cafe and write **“Take Table”** on the memo line. It can be mailed to Manna Cafe CI, P. O. Box 1122, Chincoteague, VA 23336. Let's help our neighbors in need ... thanks!

Know the 10 Signs Early Detection Matters



A workshop
presented by the
Alzheimer's Association®

alzheimer's association®

KNOW the
10 SIGNS
EARLY DETECTION MATTERS

Know the 10 signs

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

alz.org/10Signs
800.272.3900

Offered by: Alzheimer's Association Southeastern Virginia Chapter
Time&Date: Thursday, February 14, 2019, 1:30-3:00PM
Location: Onley Community Health Center, 20306 Badger Ln, Onley
This program is free; however, registration is required.
To register contact: 1-800-272-3900

Blood Drive at RSMH on Feb. 20

Onancock, VA – The American Red Cross (ARC) plans a blood drive for February 20 at Riverside Shore Hospital from 11am – 3pm in the hospital's conference room.

Donors of all blood types are welcome, as are Power Red donors.

Volunteer donors are the only source of blood and platelets for patients in need of transfusions. Blood is needed for accident victims, surgical patients, and those receiving treatment for leukemia, cancer or sickle cell disease. There is no artificial substitute for blood.

Blood donation requirements include a minimum weight of 110 pounds and minimum age of 17. A 16-year old may donate blood with written parental consent. There is no upper age limit for donating blood.

Many health conditions and medications do NOT prevent someone from donating blood. People taking insulin, blood pressure, thyroid, and cholesterol medications, aspirin, antidepressants, and hormone replacement CAN give blood.

Donors are encouraged to eat a meal prior to giving blood and drink plenty of water. No appointment is necessary, but having one will speed the process. Make an appointment at www.redcrossblood.org and use sponsor code SMHosp.

A Brief History of Handbells

Bells come in many sizes and shapes and apparently have been around almost from the beginning of mankind. We're told (by people who presume to know these things) that the earliest "bells" were probably gourds or nutshells which were struck on the side by a piece of wood. Bells made from metal have been traced back to the Bronze Age (circa 3000 B.C.). Bells have been used throughout the ages to tell the time, carry messages (remember the "recess" bell of bygone days) and warn of emergencies (fire trucks) or celebrations (church bells).

Towers were constructed in the 1500 - 1600's so that the bells, when rung, could be heard over longer distances. "Carillons" are bell towers with several tuned bells and are usually played by a "ringer" from a keyboard and pedal board made of levers. Five or more bells were usually rung one after the other from the highest to lowest creating "peals". The English, we are told, developed their own method of ringing their tower bells called "change ringing". This was "mathematical" system instead of a "musical" system and used multiple ringers. They would alter the sequence of bells, thus the "change". Change ringing became popular in England in the mid-1600's.

I guess tower ringers got tired of climbing all those stairs to practice because it wasn't too long before they developed a set of handbells so that they could rehearse at home or at the local pubs. Suddenly, they realized that the "handbells" made nice music too, so forget those stairs..... the first bell choir was born.

English handbells came to the United States in the early 1800's. The circus-guy, P.T. Barnum arranged for a touring handbell group in the 1840's. It took another 100 years before handbell ringing really became popular, expanding from churches to schools to community groups.

Now, there are nation-wide organizations devoted to the promotion of handbell ringing, providing regional instruction for directors and ringers and entertainment and joy for those who come to listen. <http://www.cbcct.us/music--cbc/cbc-handbell-choir/a-brief-history-of-handbell.html>

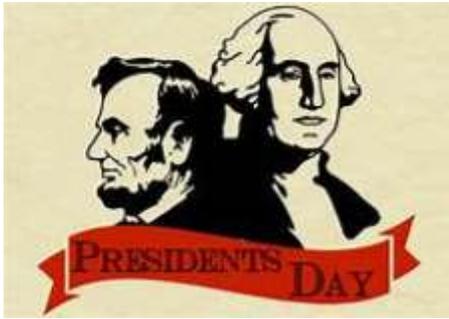
MORE ABOUT THE BELLS!

Handbell choirs ring from two to five octaves. The bells are set up in keyboard order on padded tables. Each person in the choir is usually responsible for two notes and their sharps and flats. Ringers at the upper and lower ends sometimes have additional notes. Ringers wear gloves in order to avoid tarnishing the bells.

Handbells can be rung using a variety of techniques. In order to get a more percussive sound they can be played with mallets or struck on the padded tables using techniques such as plucks and marts. (Mart is short for Martallato, the name given to the technique of gently striking the bell on the table to produce a muted tone.) The American Guild of English Handbell Ringers has developed a notation system for techniques that is unique to handbells.

Bell music is printed in full score fashion (like piano music) and each ringer is responsible for finding and playing his or her notes as they come. A pianist uses all ten fingers to play the keys of a piano. When a bell choir rings, each individual is like one finger, each working together to play the right notes at the right time. Thus, ringing handbells requires coordination and teamwork analogous to an orchestra. When one ringer is absent, that person's notes are missing!

<https://www.fpcl.us/index.php/about-fpcl/our-history/134-history-of-handbells>



President's Day began as a holiday to celebrate America's first president, George Washington, but later evolved to be a day commemorating all of America's presidents - and giving workers a three-day weekend - in 1971. Here are some interesting facts about America's past leaders from Smithsonian.com.

Franklin D. Roosevelt was the first president to name a woman to his cabinet: Roosevelt appointed Frances Perkins as his secretary of labor in 1933. She was previously a social worker who worked in settlement houses in Chicago and Philadelphia. During her tenure at the department, she established the Labor Standards Bureau and was a principal architect of the Social Security Act.

Warren Harding had the largest shoe size: Size 14. His slippers and golf shoes are still on display at the Smithsonian.

Theodore Roosevelt wore a lock of Abraham Lincoln's hair during his inauguration: The lock of hair was contained in a ring that was gifted to Roosevelt by John Hay, who worked for Lincoln during his presidency. Roosevelt wore the ring at his second inauguration in 1905. A great admirer of his predecessor, Roosevelt had watched Lincoln's funeral procession pass by his house in New York.

Gerald Ford was a fashion model in his youth (even appearing on the cover of *Cosmopolitan*): He was talked into the job by Phyllis Brown, a woman Smithsonian.com describes as his "first love." They appeared together in a ski resort spread of *Look* magazine in 1940, as well as on the *Cosmopolitan* cover in 1942. Ultimately, however, she wanted to pursue modeling while he wanted to begin his career as a lawyer, which ended their relationship.

Four presidents have received the Nobel Peace Prize: Theodore Roosevelt, Woodrow Wilson, Jimmy Carter, Barack Obama. Roosevelt was honored for his work on international peace, including on efforts to broker a peace treaty between Russia and Japan in 1905. Wilson was given the prize in 1919 for his work toward founding the League of Nations after World War I. Carter had already retired from the presidency, but won the Nobel prize in 2002 because of his efforts on human rights resolving international conflicts. Mr. Obama was nominated for "his extraordinary efforts to strengthen international diplomacy and cooperation between peoples," the [Norwegian Nobel Committee said](http://Norwegian Nobel Committee) at the time.

In memory of Mary Oliver.

"If I've done my work well, I vanish completely from the scene. I believe it is invasive of the work when you know too much about the writer"

Praying

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch

a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway

into thanks, and a silence in which
another voice may speak.

The World I Live In

I have refused to live

Locked in the orderly house of
reasons and proofs.

The world I live in and believe in

Is wider than that. And anyway,

what's wrong with Maybe?

You wouldn't believe what once or

Twice I have seen. I'll just

tell you this:

Only if there are angels in your head will you

ever, possibly, see one.

Invitation

Oh do you have time
to linger
for just a little while
out of your busy
and very important day
for the goldfinches
that have gathered
in a field of thistles
for a musical battle,
to see who can sing
the highest note,
or the lowest,
or the most expressive of
mirth,
or the most tender?
Their strong, blunt beaks
drink the air
as they strive
melodiously
not for your sake
and not for mine
and not for the sake of
winning
but for sheer delight and
gratitude—
believe us, they say,
it is a serious thing
just to be alive
on this fresh morning
in the broken world.
I beg of you,
do not walk by
without pausing
to attend to this
rather ridiculous
performance.
It could mean something.
It could mean everything.
It could be what Rilke
meant, when he wrote:
You must change your
life.

"Heavy" by Mary Oliver

That time
I thought I could not
go any closer to grief
without dying

I went closer,
and I did not die.
Surely God
had his hand in this,

as well as friends.
Still, I was bent,
and my laughter,
as the poet said,

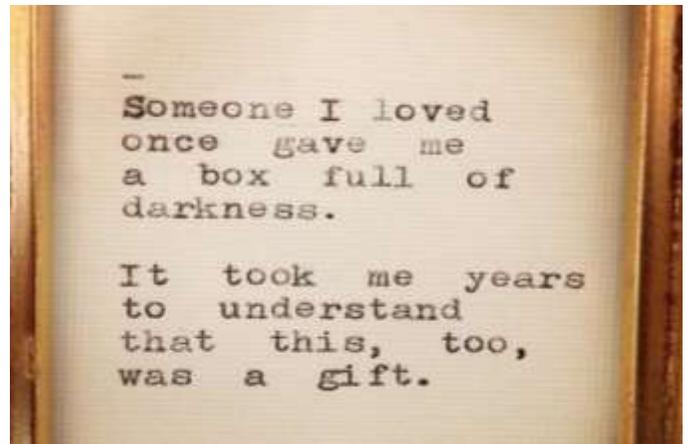
was nowhere to be found.
Then said my friend Daniel,
(brave even among lions),
"It's not the weight you carry but how you carry it -
books, bricks, grief -
it's all in the way
you embrace it, balance it, carry it

when you cannot, and would not,
put it down."
So I went practicing.
Have you noticed?

Have you heard
the laughter
that comes, now and again,
out of my startled mouth?

How I linger
to admire, admire, admire
the things of this world
that are kind, and maybe

also troubled -
roses in the wind,
the sea geese on the steep waves,
a love
to which there is no reply?



When I am alone I
can become
invisible. I can sit
on the top of a
dune as motionless
as an uprise of
weeds, until the
foxes run by
unconcerned. I can
hear the almost
unhearable sound
of the roses
singing.

— Mary Oliver

“Sometimes I need
only to stand
wherever I am
to be blessed.”

— Mary Oliver, [Evidence:](#)

FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 8:30 AM, Worship 9:30 AM, AA Mtg, Cokesbury 9:30 AM, Coffee, Fellowship 10 AM, Church School 11:00 AM, Worship	4 3:30-6 PM, Una Familia, Social Hall 6:30 PM, Cub Scouts, Upstairs Classroom 7 PM, Boy Scouts, Social Hall	5 5:45 PM, Terrific Tuesday Dinner, Social Hall 6:30 PM, Bell Practice	6 7:30 AM, Morning Prayer Grp 10 AM, TOPS, Assembly Room Noon & 7:30 PM, AA Open Discussion 7 PM, Adult Bible Study, Assembly Room	7 7 PM, Choir Practice	1 Church Office Closed Noon, AA Step Discussion 5:30 PM, TGIF AA	2 9 AM - Noon, Una Familia Mid School, Social Hall
10 8:30 AM, Worship 9:30 AM, AA Mtg, Cokesbury 9:30 AM, Coffee, Fellowship 10 AM, Church School 11:00 AM, Worship 4 PM, Love Notes Concert Cokesbury Church	11 3:30-6 PM, Una Familia, Social Hall 6 PM, UMMI Dinner Mtg, Social Hall 6:30 PM, Cub Scouts, Upstairs Classroom 7 PM, UMW Mtg, Assembly Room	12 5:45 PM, Terrific Tuesday Dinner, Social Hall 6:30 PM, Bell Practice	13 7:30 AM, Morning Prayer Group 10 AM, TOPS, Social Hall Noon & 7:30 PM, AA Open Discussion 7 PM, Adult Bible Study, Assembly Room	14 7 PM, Choir Practice 7 PM, Boy Scout Roundtable, Assembly Room	15 Church Office Closed Noon, AA Step Discussion 5:30 PM, TGIF AA	16
17 8:30 AM, Worship 9:30 AM, AA Mtg, Cokesbury 9:30 AM, Coffee, Fellowship 10 AM, Church School 11:00 AM, Worship	18 Presidents Day Church Office is Open 6:30 PM, Cub Scouts, Upstairs Classroom 7 PM, Boy Scouts, Social Hall	19 5:45 PM, Terrific Tuesday Dinner, Social Hall 6:30 PM, Bell Practice	20 7:30 AM, Morning Prayer Group 9 AM-3 PM, Garden Club, Social Hall 10 AM, TOPS, Assembly Room Noon & 7:30 PM, AA Open Discussion 7 PM, Adult Bible Study, Assembly Room	21 7 PM, Choir Practice	22 Church Office Closed Noon, AA Step Discussion 5:30 PM, TGIF AA	23 8 AM - 1 PM, Immigration Clinic Social Hall, Assembly Room, Nursery, Classrooms
24 8:30 AM, Worship 9:30 AM, AA Mtg, Cokesbury 9:30 AM, Coffee, Fellowship 10 AM, Church School 11:00 AM, Worship	25 3:30-6 PM, Una Familia, Social Hall 6:30 PM, Cub Scouts, Upstairs Classroom 7 PM, Boy Scouts, Social Hall	26 5:45 PM, Terrific Tuesday Dinner, Social Hall 6:30 PM, Bell Practice 6:30 PM, Dist. Boy Scout Mtg, Assembly Room	27 7:30 AM, Morning Prayer Group 10 AM, TOPS, Social Hall Noon & 7:30 PM, AA Open Discussion 7 PM, Adult Bible Study, Assembly Room	28 7 PM, Choir Practice 7 PM, OOTB Board Mtg		