

September 2025

MOUNTAIN SPIRIT

Welcome
Reverend
Mary
Catherine
Cole!



The Episcopal Church
of the **Holy Spirit**

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Hurricane Helene September 27, 2024

Downtown Marshall

Psalm 143 A psalm of David (vs 1-8)

Lord, hear my prayer,
listen to my cry for mercy;
in your faithfulness and righteousness
come to my relief.

Do not bring your servant into judgment,
for no one living is righteous before you.

The enemy pursues me,
he crushes me to the ground;
he makes me dwell in the darkness
like those long dead.

So my spirit grows faint within me;
my heart within me is dismayed.

I remember the days of long ago;
I meditate on all your works
and consider what your hands have done.

I spread out my hands to you;
I thirst for you like a parched land.

Answer me quickly, Lord;
my spirit fails.
Do not hide your face from me
or I will be like those who go down to the pit.

Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go,
for to you I entrust my life.
for I am your servant.



MEMBER BIRTHDAYS

09/04	Nicki Toole
09/08	Stephanie McCullough
09/14	Joe Penland
09/16	Deb Carlson
09/19	Tacoma Reda
09/22	Mary Jo Sparrow
09/24	Nicholas Larson
09/25	Bill Sewell
09/26	Esther Moriarty
09/27	Anna Woodruff
09/28	Ann Shiver
09/30	Leah Mangum

September 2025 EVENTS CALENDAR

TUE	2	11 am Tai Chi
WED	3	9:45 am Centering Prayer 5:30 pm Pre-Convention Budget Road Tour 6:30 pm "Writing as a Spiritual Practice"
SUN	7	8 am Men's Breakfast 10:30 am Holy Eucharist Welcome Mary Catherine! <i>Outreach Offering for September: Pisgah Legal Services</i>
MON	8	6:00 pm NAMI
TUE	9	11 am Tai Chi
WED	10	9:45 am Centering Prayer 6:30 pm "Writing as a Spiritual Practice"
SAT	13	10:00 am Sisters in the Spirit (9:30 coffee) 1:00 pm Honeycomb Music Circle
SUN	14	10:30 am Holy Eucharist <i>Outreach Committee meeting after the service</i>
TUE	16	11 am Tai Chi 5:00 pm Vestry Meeting
WED	17	9:45 am Centering Prayer
FRI	19	10 am Craft Day 4 pm Room Prep
SAT	20	Tea prep tbd 2 pm Afternoon Tea
SUN	21	10:30 am Holy Eucharist <i>Communications Team meeting after the service</i>
MON	22	6:00 pm NAMI
TUE	23	11 am Tai Chi
WED	24	9:45 am Centering Prayer
THU	25	4:30 pm La Esperanza workshop
SUN	28	10:30 am Holy Eucharist
MON	29	10 am-1 pm La Esperanza Praying of the Rosary and Lunch
TUE	30	11 am Tai Chi

Sisters in the Spirit (SIS)



The Sisters in the Spirit group recently gathered for good food and conversation at the home of Nancy Larkin and Jim Thorsen. After a summer break, the group will soon resume its monthly Saturday meetings.

A note from our parish musician, Teresa Sumpter, about some recent preludes:

"Early this year I asked Michael Young to compose some short pieces for my upcoming piano recital. This request inspired him to compose Little Music for Piano in February and March of this year. I am giving its world premiere at my recital on September 7 at 3:00 in the Broyhill Chapel on the Mars Hill University campus. Michael composed a piano sonata for me in 2019.

These pieces are primarily tonal with quirky surprises, unexpected turns, and "crunchy" notes throughout. They abound with beauty, fun, dynamism, and some level of ferocity! I am honored to perform the world-premiere of these miniature masterpieces from a very cherished friend. "

**Please note Teresa's recital
September 7 at 3 pm
Broyhill Chapel at Mars Hill University.**



Writing as a Spiritual Practice

Two sessions remain in this series:

- September 3, 6:30-8 pm
(NOT September 6 as listed in the Weekly Spirit)
- September 10, 6:30-8 pm

Classes are led by Pat Mahon, who can be reached at 404-375-4737 or josephhm382@gmail.com.

Welcoming Committee Hosts Freshmen “Bonner Scholars” from Mars Hill University

On Thursday, August 22 the Welcoming Committee of Holy Spirit hosted a boisterous group of more than twenty freshmen and their youth advisors from Mars Hill University. They had just spent the afternoon assisting with the ongoing clean-up in downtown Marshall, and they came to church hungry!

Senior warden Amanda Hilty greeted them warmly and Committee Chairman Loraine Hilty explained how Holy Spirit is delighted to nourish and tend this special event as a priority in our “town-gown” relationship. Deacon Ty offered the prayer. Then everyone enjoyed the carefully-prepared taco bar, and many youths followed up seconds and thirds by attacking various ice creams-and-toppings with gusto!

Mars Hill University’s “Bonner Scholars” have earned academic scholarships on merit based upon their high school performance, and one can sense how they’re on fire to succeed in this first year—and for some their first time away from home.

A big “Thank You!” goes to the Committee’s members who showed some very special young people how much all our futures depend on creating a “First Year experience” which embraces and encourages them.



September Outreach Recipient is:



PISGAH
LEGAL SERVICES

Our Mission

Pisgah Legal Services seeks to pursue justice by providing legal assistance and advocacy to help low-income people in Western North Carolina meet their basic needs and improve their lives.

What We Do

Pisgah Legal Services is an innovative nonprofit founded in 1978 that: provides free civil legal aid to people who live in poverty; helps more than 25,000 of the most vulnerable people in our communities annually to meet urgent needs. We partner with dozens of other agencies to make sustainable change for people in crisis; coordinate the services of more than 250 pro bono attorneys in WNC.

FOR MORE INFORMATION SEE **THE WEEKLY SPIRIT** OR GO TO www.pisgahlegal.org

Are You Leaving Room for the Inexplicable?



By Deacon Ty Jones
jtjones100@gmail.com

Thomas Jefferson (in)famously cut out the sections from the Gospels which described Jesus' miraculous healings. Yes, his personal copy of the New Testament had actual "holes" in it! As an educated Rational Man, Mr. Jefferson had no patience for reading inexplicable "nonsense." (His copy of the Gospel of John must have looked especially dog-eared!)

And I am willing to bet that you folks similarly keep "holes in your religious imaginations" around some of the reported Gospel incidents, regarding them as suspect or perhaps as poorly reported gibberish. Considering what you believe to be the truth of the church's teachings about Jesus' divinity, can anything really be beyond the possibility of a fully rational explanation in your judgment?

This is a tough question to unpack!

When I find joy in the everyday. When I get frisson with intimations of the Almighty. When I presume something of the infinity of Kronos in the awesome mystery that is the Life surrounding me.

I remain uncertain how to declare any of my skepticism. Many people just don't want to go there of course—don't want to think about open spiritual quandaries. Myself, I'd rather hem and haw—"still open to the possibility, considering faith."

I have experienced how embracing "being open to possibilities for mysterious healings" has helped me as a chaplain be more compassionate toward the human

condition. I share that awareness with many of the rational, scientific medical practitioners whom I've been privileged to witness in action.

What have you held onto in your own definition of the word "miracle"?

Out of my Welsh ancestry, I have "set the bar" for this old word in my own Celtic way ...

When I find joy in the everyday. When I get frisson with intimations of the Almighty. When I presume something of the infinity of Kronos in the awesome mystery that is the Life surrounding me.



In a Fog

Have you ever had that bewildered feeling of being present but not aware? It’s like knowing you’re there but aren’t sure why, not really cognizant of what’s going on or why you’re even part of it.

You’re in a fog.

That’s not the only way to be in a fog, though. It can be magical if you choose. I say that sitting here on the porch enjoying my coffee on this beautifully foggy morning. I love it when mother nature throws a veil over the land, giving us myopia, allowing us only a close glimpse of what is there, cloaking the rest of our world in gauzy mystery to be discovered only as the morning dissipates. Soon sunlight will burn through and what we could only imagine before is now clearly visible before us. For now, I will paint my own images on this gray canvas before me, letting my imagination wander in the vast wilderness of the past, awash in the uncertain present.

As a child I walked to the end of the road to await the school bus in an opaque tableau that chilled my ears and made my shoulders damp. We lived near an orchard, and it was apple picking season. That morning fog amplified the picker’s calls to each other, the clatter of crates being stacked, and ladders swishing in the branches, so distinctly that I saw myself with them sharing in their task. This mysterious element touches all our senses.

I have stood thigh deep at dawn casting to trout rising amid the ghostly wisps gliding across the current’s surface. I have heard a loon’s haunting trill at moonset on the bank of a misty Adirondack pond, the hemlocks like shrouded sentinels in the haze. I have watched deer rise from their beds, steam drifting off their rumps, in a meadow with tendrils of mist curling up through the grass. I have stood motionless on my front porch lost in the memories of September mornings shrouded in fog. And I hold each of these special moments in my mind and my heart as jewels of unimagined wealth.

There are magical moments and mystical days ahead of us as summer gradually fades into the crisp, colorful, imminent Autumn. Often these days are heralded by an opaque blanket that cloaks and subdues the brilliance that awaits us. All they ask of us is our indulgence in the present, beholding the power of our own imagination.

Let go. Take a stroll in the fog.



Recognize any of these folks? On September 8, 1985, they participated in first gathering of Holy Spirit, held at the St. Andrew's Catholic Church storefront, across the street from Papa Nick's in Mars Hill. After worship and discussion, the group enjoyed the first of many potlucks to come in the next 40 years.



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Getting Annoyed at Your Noisy Neighbor? Spiders Are, Too! New Research Finds They Build Webs Differently in Loud Conditions



A funnel-web spider patrols its web, waiting to detect vibrations. Rolf Nussbaumer via Getty Images

Living in a city can be a noisy existence. Long-time residents grow used to the cacophony, but the traffic noise, wail of sirens, hum of air conditioners and bustle of people at all hours could be enough to drive a newcomer up the wall. That experience, a new study finds, is also true for some spiders.

Researchers compared spiders from rural and urban environments and found they change how they build their webs when exposed to noisy conditions. “Spiders build their webs differently when they have different experiences with noise—whether they themselves experienced it or their mothers passed it down to them across generations,” states Brandi Pessman, a biologist at the University of Nebraska-Lincoln, lead author of the study.

The team focused on the Pennsylvania grass spider, a quarter-sized arachnid that’s widespread across North America. Also known as funnel-weaving spiders, these creatures build tapered, tube-shaped webs that aren’t sticky. They wait until unsuspecting prey enters the funnel before quickly moving to bite and immobilize their meal. This technique depends on the spider being able to instantaneously detect the vibration when an insect has bumped into its web. Any outside noise could make that harder.

The researchers collected spiders from both urban and rural settings, then brought them back to the lab. There, they placed the spiders in containers outfitted with speakers that played either loud or quiet sounds for four days. At the end of the experiment, they analyzed the webs by applying vibrations and studying the spider silk.

They learned that under loud conditions, the spiders from urban areas had woven webs that dampened the applied vibrations, while rural spiders amplified them instead. Essentially, city spiders responded to noise by soundproofing—their webs somehow muffled the sounds of the environment. Those webs, overall, sent fewer vibrations to the spider. While this adaptation might also block out the sounds of potential mates or some prey, it also could allow the city spiders to pick up on nearby prey without becoming overstimulated.

Meanwhile, rural spiders reacted by making their webs more sensitive to try to detect prey amid the constant noise. For the spiders from out of town, it was like turning the volume up to better hear the radio while running a blender. The researchers aren’t sure how the spiders make these changes in their webs, and they plan future studies using videos and tracking software.

From Smithsonian Magazine, March 25, 2025

SEPTEMBER MINISTRY SCHEDULE

	09/07/05	09/14/25	09/21/25	09/28/25	10/05/25
Vestry	Jennifer Reda	Ron Pell	Bendik Clark	Amanda Hilty	Mike Robinson
Acolyte	Amanda Hilty	Gail Kase	Peggy Wilson	Ann Smith	Crellin Byrd
Offertory Musician	Nancy Larkin	Keith Pierce	Mike Robinson	Jan Mallindine	Tom Panek
First Reader	Jan Mallindine	Tom Panek	Kaye Carson	Ingrid Diederer	Claire Gillespie
Second Reader	Beth Mallindine	Peggy Wilson	Ty Jones	Mark Holland	Amanda Hilty
Prayer Leader	Pam McNally	Mark Holland	Gail Kase	Patty King	Carol Van Voorhis
Greeter	Kaye Carson	Kristen Pierce	Harold Toney	Bendik Clark	Keith Pierce
Ushers	Bendik Clark Dick Jordan	Kaye Carson Teresa Matthews	Susan Sherard Amanda Hilty	Adam Reda Bill Sewell	Dick Jordan Kaye Carson
Eucharistic Minister	Tom Panek	Pam McNally	Crellin Byrd	Loraine Hilty	Gail Kase
Coffee Hour Host	Celebration Committee	Sewells	Ann Toney Carolyn Homra	Ginny Lentz	Panek/ Sherard
Sunday Cleanup	Rebecca Sharp	Crellin Byrd	Harold Toney	Sewells	Loraine Hilty
Altar Guild	Peggy Wilson	Colleen Boll	Loraine Hilty	Jennifer Reda	Ginny Koranek
Bulletin Folder	Nancy Larkin	Colleen Boll	Pam McNally	Carson/ Doran	Loraine Hilty
Healing Prayer	Gail Kase	Crellin Byrd	Pat Mahon	Nancy Larkin	Barbara Schauer
Camera	Carolyn Homra	Barbara Schauer	Teresa Matthews	Carolyn Homra	Barbara Schauer
Supply Stocker	Mary Jo Sparrow	Mary Jo Sparrow	Mary Jo Sparrow	Mary Jo Sparrow	Claire Gillespie
Trash	Danny Wyatt	Danny Wyatt	Danny Wyatt	Danny Wyatt	John Doran
Nursery	Deb Carlson Crellin Byrd	Dick Jordan Ronnie Jordan	Carol VanVoorhis Loraine Hilty	Claire Gillespie Tom Panek	Pam McNally Nancy Whitaker

STAFF

Reverend Mary Catherine Cole, Rector
 Martie Carson, Parish Administrator
 Teresa Sumpter, Parish Musician
 Rebecca Sharp, Exec. Dir, La Esperanza, &
 Parish Custodian
 Ana Gaspar Lara, Co-Dir., La Esperanza
 ...and many, many volunteers!

VESTRY MEMBERS

Amanda Hilty, Senior Warden
 Ron Pell, Junior Warden
 Debra Carlson
 Bendik Clark
 Claire Gillespie
 Gail Kase
 Keith Pierce
 Jennifer Reda
 Mike Robinson

TREASURER
 Marcus King

VESTRY CLERK
 Rachel Brelsford