



April 2025

MOUNTAIN SPIRIT

A Note from the Rector	2	Member Spotlight	8
Holy Week	3	FAQ	10
Member Birthdays	4	Outreach Offering	10
April Calendar	4	Warning: The following	
Innocence Revisited	5	article may induce nausea	11
Guys "The JUST FIX-IT"		Ministry Schedule	13
Game	7		

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Preparing for God's Future – Reaching the Crest!



Beloved of Holy Spirit,

I have been incredibly blessed to be Interim Rector of Church of the Holy Spirit for eighteen months! We have grown together in our worship and work together in God's vineyard. (I should say God's mountains!) I like to think of our journey together as having hiked up one of our mountains with the goal of reaching the crest; and there, to be able to look out across the horizon for all that God has prepared for your life together and for my life as I move on.

You have been preparing to call a priest to serve as your new Rector. And, you want in every way for Holy Spirit to be the best version of yourselves as you roll out the welcome carpet. Part of posturing yourselves for your future is more than just having "enough" in your financial budget. How much better to be renewed in your awareness of your stewardship of God's abundant gifts in every aspect of your life together!

To this end, your Vestry and other interested members of the congregation will gather on **Wednesday, April 23 rd at 6:00 pm** to meet with the Rev. Richard Rowe, a consultant in Stewardship and Evangelism. A simple supper will be provided and Richard will educate us on the theology and practice of Stewardship. With this information we will fine-tune a plan for a mid-year appeal to the congregation to increase pledges for 2025.

May 4, Sunday, following 10:30 worship service - Dinner on the Grounds and Parish Meeting

After dinner on the grounds, everyone will move into the worship space and hear a message from Richard, and representatives of the Vestry will present the plan for our mid-year pledge appeal. This will be a marvelous time of fellowship for me personally, to enjoy a potluck dinner with everyone and then see you take new steps into your future.

My last Sunday with you will be May 11. On that day we will be fed by God's Word and Sacraments and we will sing with gratitude for all the blessings God has showered upon us.

In Christ's love,

Dena

HOLY WEEK SCHEDULE

THE SUNDAY OF THE PASSION: PALM SUNDAY

April 13, 10:30 am

The service will begin in the parking lot with the Blessing of the Palms. From there we will process into the sanctuary. For those who want to wait inside, please gather in the hallway prior to the service and join the procession into the worship space.

MAUNDY THURSDAY

April 17, 6:00 pm

To commemorate Jesus' mandate, "Do this in remembrance of me," we will take part in The Lord's Supper. We will then share an agape meal as the earliest Christians did. A foot washing (or hand washing) will be offered as we remember Jesus' call to be servants of one another. Finally, the altar will be stripped until it is set again at the Easter Vigil in preparation for our celebration of the Resurrection.

Please sign up in the hallway cubby. **Plan on arriving by 5:15** that evening so that your food can be plated and divided up among the various tables.

GOOD FRIDAY SERVICE

April 18, 6:00 pm

We ponder Jesus' suffering and death upon the cross and we pray for the world for which he gave his life.

EASTER SUNDAY

April 20

Easter Vigil 7:30 am The Vigil will begin in the Memorial Garden with the lighting of the Pascal Candle. After we process into the church we will hear readings from scripture and sing canticles. At sunrise the congregation will participate in setting the altar for Holy Eucharist.

Potluck Breakfast 9:00 am

Fellowship and a potluck breakfast between the two worship services. Please sign up in the cubby.

Holy Eucharist 10:30 am – We celebrate the Day of Resurrection.

Easter Egg Hunt– After the 10:30 service.



Noli me Tangere

by Antonio da Correggio, c. 1525

The phrase Noli Me Tangere (Latin for "Do not touch me" or "Do not hold on to me") comes from John 20:17. It refers to the moment after Jesus' resurrection when He appears to Mary Magdalene outside His empty tomb. When she recognizes Him and reaches out, Jesus tells her:

"Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'" (John 20:17, NIV)

Mary, clad in flowing red and golden robes, reaches toward Christ in awe, while He gestures gently, signaling both recognition and restraint.



MEMBER BIRTHDAYS

Mary Fliss	04/01
Barbara Schauer	04/06
Ty Jones	04/10
Liz Sparrow	04/14
Tamma Moriarty	04/15
Indigo Hollister	04/22
Maria White	04/23
Rob Mangum	04/24
Amy Carlson	04/25
Taylor Barnhill	04/26
Saya Jane King	04/29
Tom Panek	04/30

April 2025 EVENTS CALENDAR

TUE	1	11 am Tai Chi
WED	2	9:45 am Centering Prayer 6 pm Lenten Soup Supper/Program
FRI	4	5 pm Bilingual Stations of the Cross
SUN	6	8 am Men's Breakfast 10:30 am Holy Eucharist Sermon dialogue with Dena
TUE	8	11 am Tai Chi
WED	9	9:45 am Centering Prayer 6 pm Lenten Soup Supper/Program
FRI	11	5 pm Bilingual Stations of Cross
SAT	12	9:30 am Sisters of the Spirit 1 pm Honeycomb Music Circle
SUN	13	The Sunday of the Passion: Palm Sunday 10:30 am Holy Eucharist Outreach Committee meeting after service
MON	14	6 pm NAMI
TUE	15	11 am Tai Chi
WED	16	9:45 am Centering Prayer
THU	17	6 pm Maundy Thursday Supper/Liturgy
FRI	18	6 pm Good Friday Liturgy
SUN	20	Resurrection Sunday 7:30 am Easter Vigil 9 am Potluck Breakfast 10:30 am Holy Eucharist (Easter Egg Hunt after the service)
TUE	22	11 am Tai Chi 5:30 pm Vestry meeting
WED	23	9:45 am Centering Prayer
THU	24	3:30 Communication Team Meeting
SUN	27	10:30 am Holy Eucharist New member supper
MON	28	10-1 Craft workday 6 pm NAMI
TUE	29	11 am Tai Chi
WED	30	9:45 am Centering Prayer



Out of My Mind

Essays by Tom Panek

Innocence Revisited

Before I wax philosophical, a topical haiku in the classic form:

Blossoms on dogwoods
Snowflakes suspended in spring
Winter's sweet parting

I am, as many of you know, an incurable, fanatical fisherman. Yesterday I was thinking about what it would be like to be a kid again and go fishing. With all the knowledge and experience I've gained, the game has changed. I'm more analytical now. I read all the signs much better, but I've accumulated a vast library of signs, so it's tougher to select the ones that will work. I parse all the information and implement my plan, relying on its success to establish a pattern for the day. If it doesn't work, I adjust and continue to adjust until I succeed or run out of time. While it's enjoyable, it's a serious undertaking, but not without levity or reward.

But as a kid? None of that mattered that much. I just grabbed my rod and my tackle, jumped on my bike and rode to the creek up the road, or hiked across the orchard through the woods and fields to my "secret" pond. Maybe I'd dig some worms, net some grasshoppers, or flip a few boards for crickets and grubs to use as bait. I fished these under a bobber or drifted them with a small weight in the deeper pools and overhanging branches.

Often, I just sat on the bank watching the bobber float around. Darning needles and dragonflies would dart across the water like little jets, briefly alighting on that red and white orb. There were tadpoles in the shallows in the spring, water nymphs threading through the rushes, and frogs poking their eyes out of the pickerelweed along the bank. Occasionally, deer, weasels and other critters would refresh themselves with the cool water. Hawks and buzzards would drift lazily overhead.

Then! That magic moment when I realized my bobber wasn't where it was a moment ago. Had it just floated off? Was it lost in the glare coming off the water? No? Pulled underwater? Heart racing, I'd pick up the rod and...fish! Reel it in! A bluegill! Or maybe a sunny, bullhead, creek chub, or the most sought-after prize – a largemouth bass! It didn't matter what I caught all that much, just that I caught

something. Then I'd rebait the hook and cast it out again. It was all so random, so simple, so innocent.

When I got a little older, I started fishing with lures. That was kind of the end of the innocence. Gone was the simple waiting game; I now actively pursued my quarry. I made choices – which lure to use, what species to target, where to find the fish. If the fish weren't biting that day, I'd trade my fishing tackle for my bat and glove and join the perpetual backyard game down the street. Maybe the fish would be biting tomorrow.

Just like that the innocence was gone. There was no turning back.

So, this year I'm going to brush off the old tackle box and dig me some worms. I'm going to head to a local pond with my lawn chair and maybe a good book. I'm going to thread a worm on the hook, set a bobber a few feet above it, throw it out in the water, and sit back.

And wait. And every time some thought floats to the surface about what might work better, I'm going to push it back down again. Where I've pushed all my other day-to-day concerns. If I'm lucky, that bobber will start to dance and spin and make those darned needles take flight. I'll pick up the rod and tighten the line.

What kind of fish will it be? I don't know and I don't care. And that's about as innocent as it'll get.



When Jesus Wept

by William Billings

When Jesus wept, the falling tear
In mercy flowed beyond all bound;
When Jesus groaned, a trembling fear
Seized all the guilty world around.

Our humanity is our burden,
our life; we need not battle for
it; we need only to do what is
infinitely more difficult — that
is, accept it.

James Baldwin

Poem and quote submitted by
Kathleen Phillips

Guys “THE JUST FIX-IT” Game

By Deacon Ty Jones (jtjones100@gmail.com)

If you ever need cheering up, you should listen in when we mostly good old guys get together for breakfast and chime in with our two cents worth about “FUTURE CHURCH.” One can’t begin to capture the offering of opinions and suggestions, but if truth be told—and it recently was—there are gems hidden in our free-for-all comments, including:

- We ought to mine the ways that have deepened connections among people (that welcome camaraderie shared by congregants as well as the strengthening of the communities we serve).
- Maybe build upon leveraging last year’s Welcoming Committee’s (well done!) initiatives among the new Mars Hill University students, to find out from them more about what could build upon a fun, working relationship? After all, “We’re at our best when we pass the Peace.”
- No matter what we’re attempting to do, always find a way to take stock of the “relevance dimension” (that is, consider: “How are we making a real difference in people’s lives?”) Adapting to evolve to changes “organically” (that is, build upon the past for the future) is really vital to us now.
- Maybe don’t be so shy about engaging more physical, ecstatic experiences in worship (for example, maybe even sway a bit to the music, or try clapping to the beat).
- Joy and awe seem to cross boundaries—the space between us—like nothing else. Don’t fear change (i.e., in worship, outreach, volunteerism), just please continue to try out things “to put them on for size.” We’ve experienced a whole lot of “new” over the years, and still “people are finding us in order to be ‘re-charged’.”
- We should listen to the enthusiasm of our newbies. Strive always to create more of that “zest and zeal” that so wonderfully showed up when this church began to meet some thirty years ago!
- We should consider being more of an “Event Church”, drawing folk with special interests from a wider area for a single program or a series. (And happily, there are plenty of good precedents.)



“The secret to change is to put all your energy into embracing the new.” *Attributed to Socrates*

MEMBER SPOTLIGHT:

Dr. Teresa Sumpter

Musician, Teacher, and Lifelong Learner

Teresa is not only a long-time, active member of the Church of the Holy Spirit, she's also the church's highly accomplished pianist and music coordinator. She tends to be quiet and introverted and was hesitant about being highlighted in the Mountain Spirit. The designated family extrovert, husband Mike Robinson (the wonderful bass soloist who sits in the back by the piano), talked her into it.



Early Years

Teresa was born in Germany while her father served in the Air Force. By the time she was ten, she had moved ten times. Her family finally settled in LaMonte, Missouri, a small farming community of about 800 people. LaMonte is about ten miles from Sedalia, the birthplace of Scott Joplin (the famous ragtime composer) and an hour and a half from the nearest big city.

Growing up on her grandparents' 168-acre farm, Teresa and her older sister (born less than a year apart) had an isolated but imaginative childhood. With few other children around, they made up their own games and played marathon five-hour sessions of Monopoly. Teresa became a voracious reader, making weekly trips to the Sedalia library. The family worked together picking strawberries, shelling peas, snapping beans, canning, and even grinding their own wheat in the kitchen—an activity Teresa remembers making a “hellacious racket.”

She enjoyed golfing with her father at the Royal Oaks Country Club on Whiteman Air Force Base, but her true love was the piano. She first played on her grandmother's 100-year-old Smith & Barnes upright at age 5, and it was “love at first sight.” At just ten years old, Teresa announced that she wanted to be a college piano professor.

Teresa graduated high school in a class of 19 students. She married at age 19, after her freshman year of college, and continued her education at Ball State University in Muncie, Indiana.

A Detour from Piano

During her senior year of college, Teresa's beloved piano professor and mentor passed away. His replacement, in her words, was “unpleasant and unkind,” leading her to step away from the piano entirely. She and her husband moved to West Virginia, where he worked as a band director while she pursued an MBA through a weekend program at West Virginia University.

With her MBA in hand, Teresa found her way into arts administration. She worked as a Research Analyst for the American Symphony Orchestra League (now the League of American Orchestras) in Washington, D.C. The job required a grueling two-hour commute each way from West Virginia—driving to a commuter

train, taking a subway, and walking the final stretch to the office.

She then served as Executive Director of both the Sioux City (IA) and Yakima (WA) Symphony Orchestras, leading successful fundraising and audience development initiatives.

Returning to Her Dream

Despite her success in arts administration, Teresa couldn't shake the feeling that she needed to fulfill her childhood dream of becoming a college piano professor. By then, she was divorced and raising three children on her own. She hesitated at the thought of going back to school, but her ten-year-old daughter gave her a push, saying, "Mom, just be quiet. This is your dream. You have to do it."

And so, she did. Looking back, she is amazed that they not only made it through but thrived—strengthening their bond along the way.

When she completed her studies and started applying for jobs, she had four interviews and two offers. She chose Mars Hill University, where she has been teaching for the past seventeen years. And in a twist of fate, she met her husband, Mike, because he was on her search committee!

At Mars Hill University, Teresa has made a lasting impact as a teacher, faculty leader, program developer, and resource generator (as a seriously introverted/private person, she would not allow us to print a full list of her accomplishments). She is also an active performer, having given solo piano recitals at Mars Hill University, Davidson College, Winthrop University, and the Asheville Art Museum. She has performed in chamber ensembles, collaborated with university ensembles on world premieres of new works, and recorded the album *Musical Moments*, which features a world premiere of Sonata for Piano IV by Michael Young, alongside works by Schubert and Mendelssohn.



Finding a Home at Holy Spirit

When asked how she came to the Church of the Holy Spirit, Teresa said, "I became an Episcopalian in West Virginia—it was sort of a family compromise since neither my husband nor I came from Episcopalian families. I came to Holy spirit because of the job. I walked through the doors and felt loved. I've been here ever since."

Outside of music, Teresa remains a voracious reader and a prolific knitter. Above all, she is most proud of her children. Though they are scattered across the country, they remain a close-knit family, visiting each other often.

But, of course, her first and longest love is the piano. "Fifty-six years later, it's still an incredible journey," she says.

FAQ

By Susan Sherard

This is the introductory offering of a new column: FAQ (Frequently Asked Question). Each column will focus on a different question brought to the attention of the Welcoming Committee.

FAQ: What is the *First Sunday Offering*?

The First Sunday Offering is an outreach contribution which can be made any day of the month. Confusing?

Here's some history: In its earliest years, Holy Spirit received a 5-year operating grant from the Diocese, which diminished by a fifth each year. As we approached the end of the five years, the Vestry was concerned that our financial outreach in the community would be lessened by our total responsibility for our own costs. The then Bishop Bob Johnson told us about a parish which gave away their open offering (non-pledge gifts) on the first Sunday of every month, and the Vestry decided to try it. A non-profit recipient was selected for each month and information given in advance to encourage people to put "extra" money in the plate on the first Sunday. Of course, people would forget to bring money on the designated Sunday, so after a while, it was decided you could give throughout the month, but you had to designate it to make sure the contribution went into the First Sunday fund. After another while, the Vestry decided to apply Ingles' gift card "rebates" to match every month's offering up to \$350.

Currently, the Outreach Committee researches and recommends each month's recipient, and the Vestry allocates the \$350 match in the annual budget. On average, in recent years, the First Sunday Offering results in our giving \$14,000 annually to 10 local nonprofits, one international one, and the Rector's Discretionary Fund.

Given the changes over time, the Outreach Committee recommended a name change to the Vestry, which approved the suggestion.

As of this month, we'll say good-bye to the *First Sunday Offering* and hello to the *Outreach Offering*.

Outreach Offering for April:



Community Housing Coalition (CHC) of Madison County is a community-based nonprofit agency that facilitates urgent home repairs to low-income Madison County residents in need of assistance. The past year, CHC:

- Served 87 households and 225 individuals with major repairs
- Coordinated the efforts of more than 500 volunteers through our Neighbors Helping Neighbors and Helene response efforts totaling more than 9,000 hours of labor
- Kept more than 150 tons of furniture and other materials out of the landfill
- Provide 89 appliances and furniture items free or at a discount to neighbors in need of assistance

WARNING: The following article may induce nausea.

(Edited/adapted from Scientific American, “Today in Science,” March 19, 2025.)

Submitted by Gail Kase

Imagine stepping outside to stargaze on a clear summer night, only to see no stars but rather the garish glow of advertisements streaming across the sky. Private companies are inching closer to launching swarms of tiny maneuverable satellites to create billboardlike displays big and bright enough to be seen from the ground. Last April the Russian start-up Avant Space announced it had successfully deployed what it billed to be the “first space media satellite” into Earth orbit. The prototype was a technology demonstration for a planned fleet of small, low-cost, laser-equipped satellites designed to emblazon Earth’s sky with corporate logos, QR codes and other consumer-culture ephemera.

Artificial Stars in the Sky

In 2020 Russia granted Avant Space a patent for a laser-based technology to project messages, logos and other images for advertisers onto the sky. StartRocket, a Russia-based firm partnering with Avant Space aims to deploy between 200 and 400 laser-fitted small satellites into an orbit roughly 370 miles above Earth’s surface before the end of this decade. Such a swarm could beam ads down toward our planet for hours each and every day. Their vision, StartRocket’s Vlad Sitnikov says, is “to prove that space is not just for scientists, not just for the military—it is entertainment, too. And people like entertainment.” He adds, “Where there is humanity, there will be advertisements—we want to be the first.”

Light from most any conceivable space ad would need to be sufficiently bright to be visible to the unaided eye—and would thus photobomb any unlucky ground-based telescopes that happened to be in the way. In 2000 such concerns helped to spur the U.S. Congress to pass a federal law that banned the issuance of launch licenses to companies for the purpose of obtrusive space advertising. The recent push for a global ban urges other nations to enact—and enforce—similar laws before it’s too late.

Okay, take a breath. This may settle your stomach:

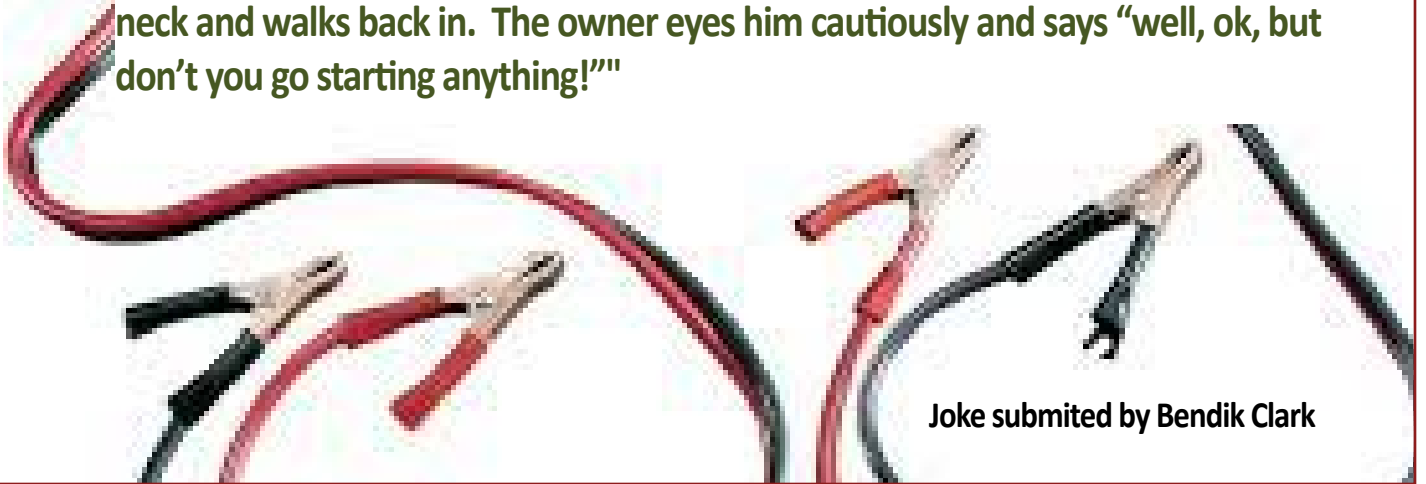
Meet the ‘Woolly Devil,’ the Strangest Sunflower You’ve Ever Seen

A tiny, woolly flower found hiding in Texas’s Big Bend National Park shows the intriguing strangeness of sunflowers.

From “Today in Science,” March 19, 2025. Photo by NPS/D.



A man walks into a restaurant, the owner tells him that it's a classy joint and he has to wear a tie. The man goes out to his car and rummages around, but the best he can come up with is a set of jumper cables, so he ties them around his neck and walks back in. The owner eyes him cautiously and says "well, ok, but don't you go starting anything!"



Joke submitted by Bendik Clark



APRIL MINISTRY SCHEDULE

	04/06/25	04/13/25	04/20/25	04/27/25	05/04/25
Vestry	Mike Robinson	Gail Kase	Deb Carlson	Jennifer Reda	Keith Pierce
Acolyte	Peggy Wilson	Ann Smith	Gail Kase	Amanda Hilty	Peggy Wilson
Offertory Musician	Ann Smith Mary Jo Sparrow	Rebecca Sharp	Keith Pierce	Nancy Larkin	Mike Robinson
First Reader	Michael Smith	Jan Mallinidine	Mark Holland	Kaye Carson	Ruth Van Sickle
Second Reader	Gail Wiley	Beth Mallinidine	Ingrid Diederer	Claire Gillespie	Bendik Clark
Prayer Leader	Gail Kase	Carol Van Voorhis	Barbara Schauer	Pam McNally	Ingrid Diederer
Greeter	Bud Wiley	Kaye Carson	Ruth VanSickle	Keith Pierce	Bendik Clark
Ushers	Bendik Clark Kaye Carson	Mary Jo Sparrow Teresa Matthews	Adam Reda Amanda Hilty	Dick Jordan Bill Sewell	Susan Sherard Rod Vestal
Eucharistic Minister	Gail Kase	Tom Panek	Lorraine Hilty	Pam McNally	Gail Kase
Coffee Hour Host	Claire & Robertjohn Gillespie	Ginny Koranek/ Danny Wyatt	Nancy Whitaker	Pam Hayhurst	Lunch w/ Rev Richard Rowe
Sunday Cleanup	Rebecca Sharp	Sewells	Toneys	Rod Vestal	Peggy Wilson
Altar Guild	Lorraine Hilty	Ginny Koranek	Jennifer Reda	Nancy Whitaker	Smiths
Bulletin Folder	John Doran/ Martie Carson	Pam McNally	Lorraine Hilty	Mary Maupin	Nancy Larkin
Healing Prayer	Ann Smith	Gail Kase	Nancy Larkin	Barbara Schauer	Pat Mahon
Camera	Peggy Barnes	Teresa Matthews	Barbara Schauer	Carolyn Homra	Peggy Barnes
Supply Stocker	Pam McNally	Pam McNally	Pam McNally	Pam McNally	Ann Shiver
Trash	Larry Burda	Larry Burda	Larry Burda	Larry Burda	Teresa Matthews

STAFF

Rev. Dr. Dena Whalen,
Interim Rector
Martie Carson, Parish
Administrator
Teresa Sumpter, Parish Musician
Rebecca Sharp, Executive Director,
La Esperanza, and Parish
Custodian
Ana Gaspar Lara, Co-Director,
La Esperanza

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
Deidre Soileau