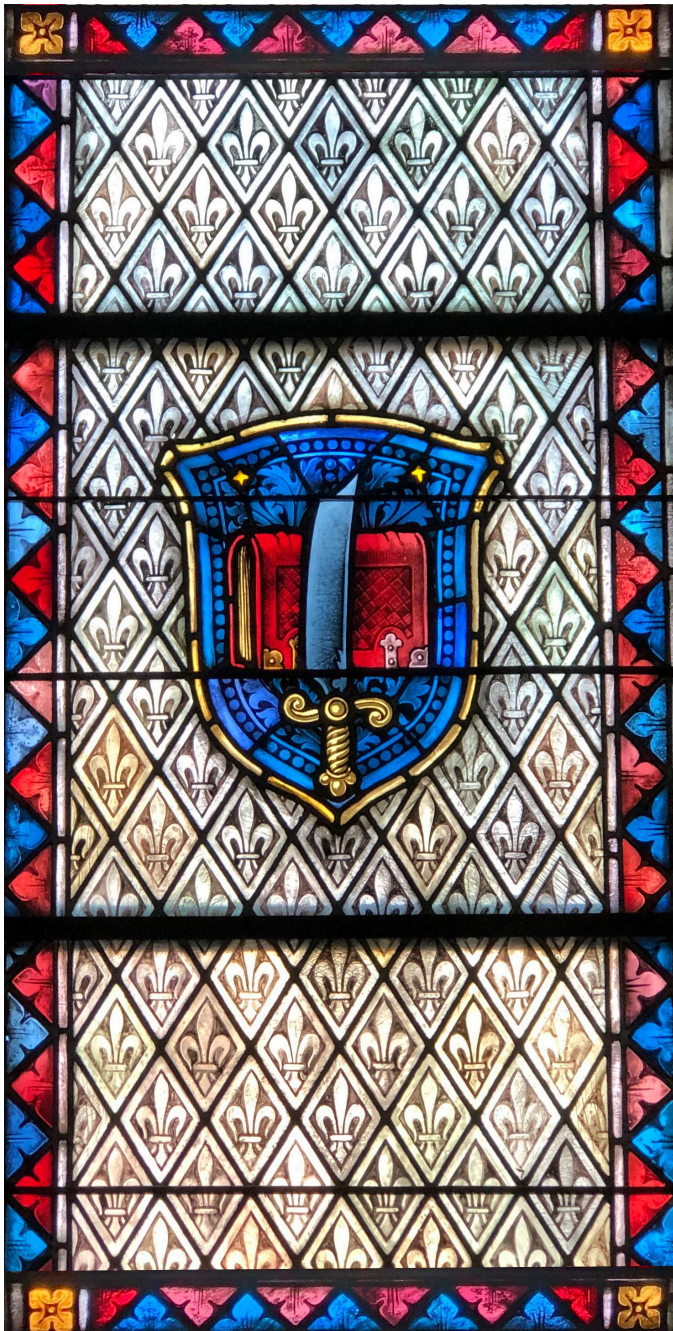

APRIL 2019

the sounder

St. Andrew's Episcopal Church, Morehead City, NC.

www.StAndrewsMHC.org



Holy Lent & Happy Easter

The Reverend Dr. John B. Pollock, Rector

We have only a couple of weeks left in Lent. On April 21 we will again celebrate Easter and the Resurrection of Jesus. At the beginning of Lent, we silenced our Alleluias so that on Easter we can celebrate with a loud and enthusiastic “ALLELUIA Christ is Risen!”

I hope that your Lenten Journey has been holy and good, not perfect, not successful, but holy and good. In fact, Lent is supposed to reveal our sinfulness, our brokenness, and our need for God to be in charge of our lives. A Holy Lent is one which opens us up to a deeper understanding that we need God in our lives. It is one that reveals our sinfulness. It also reveals God's deep and unfailing love for us. That is what will make our Alleluias stronger.

You see, Easter is not just one day, it's not just a season of the church year. It's not about bunnies, chocolate, or otherwise. Easter is every minute of every day. Easter is for your lifetime. It is about God's redeeming love and forgiveness of us. When we know that our true name is "Beloved", then we know our true self. When we can live our lives through the knowledge of who we truly are: Beloved Children of God. Then we will be living Resurrection now. And it is that same love of God that will keep us for ever in eternity.

Holy Lent and Happy Easter.

Lord, You Give the Great Commission

Matthew Hill, Director of Music

So many of our parishioners dedicate significant portions of time and talent at St. Andrew's truly living in Jesus's teaching to take his message to the world. Without these people, we wouldn't be able to provide many of the services we offer to the community.

As we head into the end of Lent and Holy Week and emerge into Eastertide, I want to take this time to recognize the hard work and incredible efforts of our musicians at St. Andrew's.

Our choir members are often the unsung heroes (see what I did there!) of our communal worship. They are the ones who make sure our hymns are sung fully, support the congregation with unfamiliar music, help bring our worship to levels of beauty not easily achieved without the aid of music, and help provide a sense of continuity and comfort to weekly services. While we always see them, we may not realize all that they do.

Our choir members spend more time giving to our church community than many people ever volunteer for other organizations. Each week, singers spend about two hours rehearsing one evening a week and an additional two hours of singing before and during Sunday morning services. They also sing Choral Evensong, and, on top of that, our musicians also take on the task of extra services, like Lessons and Carols, Holy Week services, and sometimes funerals. This year, during the time period of Holy Week and Easter Day, there are five

services, each with different music, on top of the regular and additional rehearsals our musicians participate in. I think most of us never realize just how much time and energy these people devote to our church community.

Now, I'm sure some of you are wondering why anyone would take on this much without being compensated in some fashion. While it is a lot to take on, there are great rewards as well. A plethora of scientific evidence shows that singing together promotes increased brain function, decreases risk of dementia, promotes emotional wellbeing, and has significant heart health benefits. Choral singing also builds a family-like social network. Choir members' relationships with each other and with the church are often closer than relationships found in any organization. These people spend so much time together that they learn how to work harmoniously together even though they may have polar-opposite beliefs. The goal of their work, to live into the great commission, is more important than any differences we may have. This is their way of preaching the word.

If you're interested in joining us, rehearsals are open to anyone who wishes to be a part of the community and likes to sing. Ask any choir member and you quickly learn that the work is greatly outweighed by the reward. I want to leave you with this short excerpt of an interview with world-famous composer John Rutter on why choral singing is important in our church, our community, and our lives.

“Lord, you give the great commission: ‘Heal the sick and preach the word.’ Lest the church neglect its mission, and the gospel go unheard, help us witness to your purpose with renewed integrity. With the Spirit’s gifts empower us for the work of ministry.” —Jeffrey Rowthorn



John Rutter: The Importance of Choir

“Choral music is not one of life’s frills. It’s something that goes to the very heart of our humanity, our sense of community, and our souls. You express, when you sing, your soul in song. And when you get together with a group of other singers, it becomes more than the sum of the parts. All of those people are pouring out their hearts and souls in perfect harmony, which is kind of an emblem for what we need in this world, when so much of the world is at odds with itself...that just to express, in symbolic terms, what it’s like when human beings are in harmony. That’s a lesson for our times and for all time. I profoundly believe that.

“And musical excellence is, of course, at the heart of it. But, even if a choir is not the greatest in the world, the fact that they are meeting together has a social value. It has a communal value. And I always say that a church or a school without a choir is like a body without a soul. We have to have a soul in our lives. And everybody tells me, who has sung in a choir, that they feel better for doing it. That whatever the cares of the day, if they maybe meet after a long day’s school or work, that somehow you leave your troubles at the door. And when you’re sitting there, making music for a couple hours at the end of the day, that’s the only thing that matters at that moment. And you walk away refreshed. You walk away renewed. And that’s a value that goes just beyond the music itself.

“Of course, as a musician, I put the music at the heart of it, but all of these other values just stand out as a beacon. I think our politicians need to take note...my gosh do they ever! [laughs], and our educators, those who decide education budgets, church budgets, just need to remember it’s not a frill. It’s like a great oak that rises up from the center of the human race and spreads its branches everywhere. That’s what music does for us. And choral music must stand as one of the supreme examples of it.”





Thank you note from Donna and John Gaskill

To the St. Andrew's Community,

The February 10th service and reception were such a thoughtful way to send us off to retirement. From the Liturgy of Leave-Taking to the gifts and cakes, we were humbled by your generosity. The Resolutions touched our hearts and will be treasured. Thank you so much for that day and for the many years of support and love. You played a huge role in our lives and are greatly missed.

See you again,

Donna & John Gaskill



"Friends Entrance", Nancy Stoller

Welcome Home

Nancy Stoller, Welcome Committee Member

Phil Gerolstein, chair of the Welcome Committee, asked me to include one of my paintings with the article for this month's Sounder. I picked this rendering of a *"Friends Entrance"* that I made a few years ago. I chose it because it represents to me my dream for our worshiping community at St Andrew's.

My dream is that we at St. Andrew's could be like a *"Friends Entrance"*...warm and welcoming, not just for our friends and folks we know but to folks we don't know – strangers, to be precise. Like a *"Friends Entrance"*, I dream that we would go out of our way to invite new people into our family. I think there's a story about Father Abraham of the Old Testament who ran all the way out of his tent to embrace and welcome a stranger into his home. My dream is that we might choose to be like Abraham.

I'll be honest. I am not very good about inviting folks to church. In fact, I've never done it! All is not lost for someone like me. Strangers really do show up at our door and come in! I need to think about some practical ways I can get to know them and welcome them in to our family. What are some simple things I can do? For starters, I can smile at someone I don't know. That's it. Easy! Another idea is when it's "pass the peace" time I can

choose to look around and pass it first to a person or family I don't know, even if that means crossing the aisle. When I arrive at church, I can choose to sit towards the front of the church then choose the middle of the pew. Newcomers will generally sit toward the back and not want to climb over someone to find a seat. I want to make sure I've made space for them at the table. It's like moving over to squeeze in another place setting at Thanksgiving. Then there's coffee hour. I could see if our new guests want to attend. If they do, then I could take them. Our parish hall is hard to find for first timers. An added benefit to taking them is that I might be able to introduce them to a few other folks while at coffee hour. Of course, it would be great if I could get their name, pass it on to the appropriate person, then remember it next time! All told, I bet there are a million ways I could welcome a new person or family into our midst and help them to feel comfortable, I just must get out of my comfort zone a bit and think about it from their point of view. If I were walking through that door for the first time, what would help me feel at home?

At St. Andrew's, we are a place of friendship where people are free to be themselves and be engulfed with acceptance, all thanks be to our Lord and Savior. God has given us an amazing gift to share. My prayer is that we become like Abraham and run out that door!

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A MOMENT OF
CALM IN A HECTIC WORLD

Evensong

SECOND SUNDAY OF EACH MONTH

NEXT EVENSONG

Sunday, April 14th at 4 PM

Service Lasts Approximately 45 Minutes.

Stewardship of the Earth

Frank McGee, Stewardship of the Earth Committee Member

During the holy season of Lent, we discipline ourselves to fast and abstain to clear the head and give one a better vision of the risen Christ at Easter. Furthermore, such fasting and abstinence are forms of prayer in and of themselves.

In the same vein, as we approach both Easter and Earth Day, one should consider calling on that same Lenten discipline to live a more environmentally responsible life. However, the problem with this desire is affluence and “modern” values. The good life has been a corrupting influence in living in virtue. (Remember the Seven Deadly Sins? Whatever happened to them? Are they no longer sins... so we don't need to talk about them anymore?) No, I think we do.

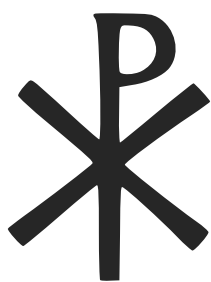
How about one of the seven sins: “Sloth” (This is a lovely word). In Latin, it is “Acedia” meaning “Without Care”. In today's world, it can mean “irresponsibility”, and/or “laziness” with “expediency” as a derivative... and, then, we can get carried away and link up with another of the Deadly Sins: “Pride”... which nowadays can translate into “entitlement” and “narcissism.”

Are we all too busy? Is our time worth so very much? Is it not, somehow, beneath us to take simple, structured steps to show love for God and God's creation? (This is not solely about being a political activist in addressing big picture environmental issues... but rather it's about forming personal habits).

Such personal habits are not difficult to come up with, but seem to be hard to maintain. Here is just a sampling: change HVAC filters as prescribed, recycle disposables, employ reusable plastics, take GI showers (although indulge yourself once in awhile), buy local food products (really easy for us on the Crystal Coast), and compost your vegetative waste. You, dear reader, can certainly continue this list... because the information is out there. And, you get the point. You can't wait for some future time when you have more time... because, that time will never come.

One can form these habits anytime. And, one can maintain them. One should believe that these habits are not inconsequential... are influential in that they will make one more sensitive to broader environmental issues... and it will have a positive effect on people looking on. And, again, good environmental habits are a form of prayer in that one is showing love for God and God's creation.

Just as praying to God as a church community is very powerful... likewise being a Steward of the Earth in communion with others is very powerful. So, please attend the St. Andrew's Stewardship of the Earth Committee meeting on **Tuesday, April 16th** at **5:00p.m.** in the church parlor.



Service Participation Schedule

	SUNDAY 7th	SUNDAY 14th Palm Sunday	THURSDAY 18th Maundy Thursda (6:00pm)	FRIDAY 19th Good Friday (12:15pm)
Vestry	<i>Tad Whitaker</i>	<i>Sally Worrell</i>	<i>N/A</i>	<i>N/A</i>
Lector (8:00am)	<i>Fred Odell</i>	<i>Iris Odell</i>	<i>N/A</i>	<i>N/A</i>
Lay Reader (8:00am)	<i>Kit Williamson</i>	<i>Iris Odell</i>	<i>N/A</i>	<i>N/A</i>
Lay Reader	<i>Alex Russell</i>	<i>Charles Pringle</i>	<i>Melodie Darden</i>	<i>N/A</i>
Chalicist	<i>Jackie Davis</i>	<i>Jo Anne Kidlay</i>	<i>Jon Covers</i>	<i>Melodie Darden</i>
Lectors	<i>Jackie Davis</i> <i>Katie Brown</i>	<i>Bob Kenward</i> <i>Hannah Grace Ruiz</i>	<i>Rob Darden</i> <i>?</i>	<i>Dorothy Raney</i> <i>?</i>
LEV	<i>Judy Rochelle</i> <i>Phil Gerolstein</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>
Acolytes	<i>Ariana Dominguez</i> <i>Jorge Dominguez</i>	<i>Jack Woodard</i> <i>Frances Boone</i>	<i>Christian Heden</i>	-
Ushers	<i>Team I</i>	<i>Team II</i>	<i>Ashe Exum</i>	<i>Bill Dickens</i>
Altar Guild	<i>Mial Woodard</i> <i>Sarah Mullikin</i> <i>Kathy Davis</i>	<i>Joyce Livengood</i> <i>Willa Dickens</i> <i>Patty Owen</i>	<i>Willa Dickens</i>	<i>N/A</i>
Altar Flowers	<i>Greenery</i>	<i>Palms</i>	<i>Palms</i>	<i>Palms</i>
Flower Ministry	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>
Coffee Hour Host	<i>The Heden Family</i>	<i>Stephanie Evers</i>	<i>N/A</i>	<i>N/A</i>
Children's Chapel	<i>N/A</i>	<i>Debbie Butcher</i>	<i>N/A</i>	<i>N/A</i>

SUNDAY 21st Easter Day
(at the beach 6:00am)

N/A

N/A

N/A

Kit Williamson

Juli Saylor

Vandy Cannon

Tricia Bowers-Young

N/A

-

David Saylor

Tim Bowers-Young

Kit Williamson

Juli Saylor

Vandy Cannong

Easter Lilies

N/A

N/A

N/A

SUNDAY 21st Easter Day
(9:00am)

Don Westbrook

N/A

N/A

Alex Russell

Sherry Barnes

Judy Rochelle

Hannah Grace Ruiz

N/A

Ariana Dominguez

Jorge Dominguez

Christian Heden

Team III

Don Westbrook

Karen Westbrook

Luellen Hardee

Karen Westbrook

Ester Lilies

Luellen Hardee

Easter Egg Hunt & Refreshments (10:15am)

N/A

SUNDAY 21st Easter Day
(11:00am)

Rob Darden

N/A

N/A

Melodie Darden

Jon Covert

Rob Darden

Katie Brown

Phil Gerolstein

Caroline Beaver

Payton Covert

Team III

David Gammon

Dave Harrison

Luellen Hardee

Karen Westbrook

Easter Lilies

Luellen Hardee

N/A

SUNDAY 28th

Dorothy Raney

Kathy Moorehead

Kit Williamson

Melodie Darden

Rob Darden

Charles Pringle

Ariana Dominguez

N/A

Bennett Sanborn

Noah Sanborn

Team IV

Melodie Darden

Joan Sabiston

Easter Lilies

Melodie Darden

Sajeev & Susan Vettichira

Debbie Butcher

April Schedule

SUNDAY 31st

4th Sunday in Lent

Holy Eucharist – *8:00am & 10:00am*

Adult Sunday School – *9:00am*

Children's Chapel – *10:00am*

Senior EYC "Yarn Yearners" – *11:00am*

Junior EYC – *5:00pm*

MONDAY 1st

EfM – *6:00pm*

Adult Bible Study – *6:30pm*

TUESDAY 2nd

Lenten Book Study – *6:00pm*

NAMI – *7:00pm*

WEDNESDAY 3rd

Bible Study – *11:00am*

Holy Eucharist – *12:15pm*

Chorister Rehearsal – *4:00pm*

Stations of the Cross – *5:00pm*

Holy Eucharist – *5:30pm*

Choir Rehearsal – *6:30pm*

THURSDAY 4th

AA – *6:00pm*

FRIDAY 5th

New Beginnings 54 Middle School

Retreat at Trinity Center

NA – *8:00pm*

SATURDAY 6th

New Beginnings 54 Middle School

Retreat at Trinity Center

NA – *8:00pm*

SUNDAY 7th

5th Sunday in Lent

New Beginnings 54 Middle School

Retreat at Trinity Center

Holy Eucharist – *8:00am & 10:00am*

Adult Sunday School – *9:00am*

Children's Sermon – *10:00am*

MONDAY 8th

EfM – *6:00pm*

Adult Bible Study – *6:30pm*

TUESDAY 9th

Parish Life Committee – *5:00pm*

Lenten Book Study – *6:00pm*

Sierra Club – *6:30pm*

First Responders' Group – *7:00pm*

WEDNESDAY 10th

Bible Study – *11:00am*

Holy Eucharist – *12:15pm*

Staff Meeting – *2:30pm*

Chorister Rehearsal – *4:00pm*

Stations of the Cross – *5:00pm*

Holy Eucharist – *5:30pm*

Choir Rehearsal – *6:30pm*

THURSDAY 11th

Centering Prayer – *5:15pm*

AA – *6:00pm*

FRIDAY 12th

NA – *8:00pm*

SATURDAY 13th

NA – *8:00pm*

SUNDAY 14th

Palm Sunday

Holy Eucharist – *8:00am & 10:00am*

Adult Sunday School – *9:00am*

Children's Chapel – *10:00am*

Evensong – *4:00am*

MONDAY 15th

EfM – *6:00pm*

Adult Bible Study – *6:30pm*

TUESDAY 16th

Stewardship of the Earth Committee – *5:00pm*

Lenten Book Study – *6:00pm*

NAMI – *7:00pm*

WEDNESDAY 17th

Bible Study – *11:00am*

Holy Eucharist – *12:15pm*

Chorister Rehearsal – *4:00pm*

Stations of the Cross – *5:00pm*

Holy Eucharist – *5:30pm*

Choir Rehearsal – *6:30pm*

THURSDAY 18th

Maundy Thursday

Maundy Thursday Service

& Agape Meal – *6:00pm*

AA – *6:00pm*

FRIDAY 19th

Good Friday

Good Friday Service – *12:15pm*

Stations of the Cross – *3:00pm*

NA – *8:00pm*

SATURDAY 20th

Music Therapy Group – *10:00pm*

NA – *8:00pm*

SUNDAY 21st

Easter Day

Easter Sunrise Service – *6:00am*

at Trinity Center

Easter Services – *9:00am & 11:00am*

Easter Egg Hunt – *10:00am*

MONDAY 22nd

Easter Monday

Church Office Closed

EfM – *6:00pm*

TUESDAY 23rd

WEDNESDAY 24th

Bible Study – *11:00am*

Holy Eucharist – *12:15pm*

Holy Eucharist – *5:30pm*

THURSDAY 25th

Centering Prayer – *5:15pm*

Vestry Meeting – *6:00pm*

AA – *6:00pm*

FRIDAY 26th

NA – *8:00pm*

SATURDAY 27th

NA – *8:00pm*

SUNDAY 28th

2nd Sunday of Easter

Holy Eucharist – *8:00am & 10:00am*

Adult Sunday School – *9:00am*

Children's Chapel – *10:00am*

Junior EYC – *5:00pm*

MONDAY 29th

EfM – *6:00pm*

Adult Bible Study – *6:30pm*

TUESDAY 30th

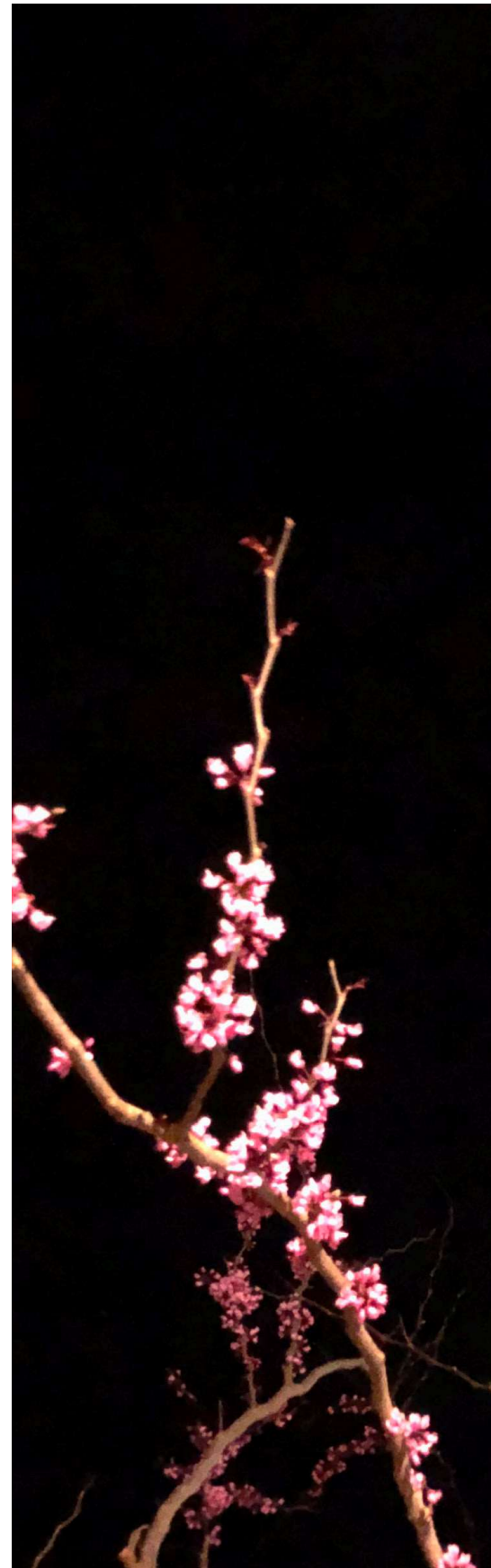
NAMI – *7:00pm*

SUPPORT GROUPS:

NA meets each Fri. & Sat. – 8pm (Upstairs)

AA meets each Thurs. – 6pm (Parish Hall)

NAMI meets 1st, 3rd & 5th Tues. – 7pm (Parlor)



Monthly Announcements

Faith In-Deed

Tricia Bowers-Young

Our April Faith In-Deed project will be held on **Saturday, April 6th**. We will be white-washing (aka painting) the picket fence at the Hope Mission home. We may also be repairing hurricane damage, so we can use as many volunteers of ALL ages and skill levels to come out and join the fun and support this amazing resource right here in our backyard. As usual, we will wrap up with a meal together, so please let us know if you want to participate. We will meet in the church parking lot at 9:30 and head over together.

For more information, feel free to call Tricia Bowers-Young at 252-342-3420 or email her at tbytigger@embarqmail.com

Martha's Mission Cupboard

The Outreach Committee

Donation item(s) of the month:

- DISPOSABLE ADULT DIAPERS

- PACKAGED MEAL KITS (such as hamburger helper)

Thank you for your generous donations!

Submission Deadline

If you would like to submit an article or place an announcement in The Sounder, the deadline for submission is **Tuesday, April 23rd**. Articles and announcements may be sent to Cheri Collins, the parish secretary, **via email**. standrewsadmin@bizec.rr.com

Music at St. Andrew's

Matthew Hill, Director of Music

Youth Choirs:

Each week, the new Youth Choir will have dinner at the end of their rehearsal. If you are interested in preparing and serving a meal, please contact Matt Hill at: charlesmatthewhill@gmail.com or by calling the church office.

Choir Recruitment:

Our choir is always looking for new members! While we always need members in each section, we are in great need of altos. We know many of you are worried that you aren't qualified, but you do not need to be an expert musician to join!

Paper Hugs

Sally & Gale

Paper Hugs may appear not only in cards but also in the form of music. When a keyboard pianist in Port Royal, SC accompanies a soprano in Greenville, NC with a beautiful rendition of Amazing Grace, then a joyful noise is made across the geographical area.. How about this - can you whistle, play an instrument, hum a tune, or listen well? - Then make a joyful noise and spread hugs. Music is indeed the universal language which should be shared.

Children & Youth News

Debbie Butcher, Coord. for Children and Youth Ministry

We Need Eggs!

Our Annual Easter Egg Hunt will take place on **Easter Sunday, April 21st** between the 9:00 and 11:00 services. We need at least 300 eggs! Please help us out by donating eggs (PREFERABLY ALREADY FILLED WITH CANDY). You may drop them off at the church anytime. We would like to have them by April 15th. Also, please let Debbie Butcher know if you can help her distribute the eggs during the 9:00 service. Thank you!

New Beginnings 54:

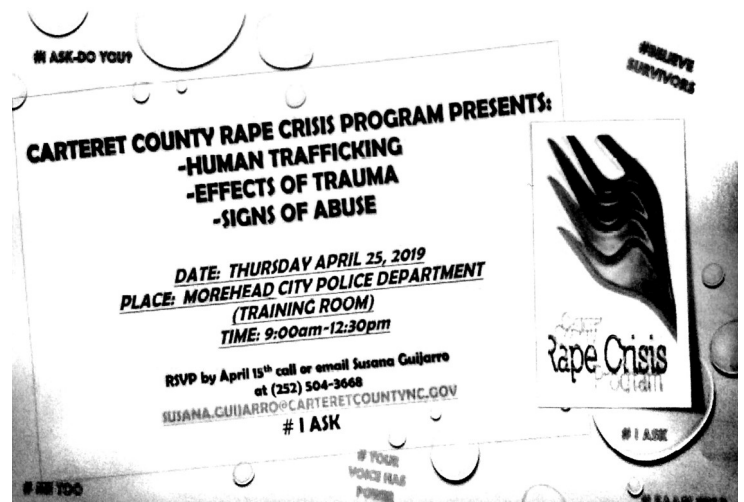
New Beginnings 54 will take place on **April 5th–7th** at the Trinity Center. This is a weekend retreat designed especially for the unique challenges and concerns of middle school youth... The focus will be helping the youth grow in their love for themselves, others, and for Jesus Christ. Seven of our youth will be attending... Frances Boone, Lilly McNeill, Kai Taylor, and Lukas Taylor. Ella Bowers Young, Hannah Grace Ruiz, and Pauline Lind will serve as Youth Leaders throughout the weekend. Neil McNeill, Debbie Butcher, and Tricia Bowers Young will serve as chaperones. Please keep all these folks in your prayers as they make this spiritual journey together.

Junior & Senior EYC:

Junior & Senior EYC will not meet **April 7th, 14th, and 21st** (due to New Beginnings 54, Spring Break, and Easter). Both groups will resume on **April 28th** at their regular times.

Mary of Magdala

Robin Voiers presents a one-person show entitled *Mary of Magdala* at **St. Paul's Episcopal Church Friday, April 12 at 7:00 pm**. Mary of Magdala was a witness to the life of Christ as teacher and healer. Robin Voiers is well-known throughout the southeast for her numerous presentations portraying historical women. The senior warden at St. Paul's on behalf of the parish invites members of St. Andrew's to attend what will add to one's Lenten observance. Anyone wishing to attend but do not want to drive at night or just want to go with a group let the church office receptionist know so some carpooling can be formed. A reception will follow the presentation.



St. Andrew's Thrift Shop

1107 Arendell Street, Morehead City, NC 2855

Telephone: 252-726-4747

Office Hours: Tuesday, Thursday, & Saturday 10AM — 4PM

Like St. Andrew's Thrift Shop on Facebook!



Join Us for Worship

Sunday Schedule

08:00 AM	Rite I Eucharist Service
09:00 AM	Adult Sunday School
10:00 AM	Rite II Eucharist Service/Children's Chapel (Nursery Available)
10:00 AM	Children's Sermon the 1 st Sunday of Each Month
04:00 PM	Evensong the 2 nd Sunday of Each Month

Wednesday Schedule

11:00 AM	Bible Study
12:15 PM	Rite I Eucharist Service
05:30 PM	Healing Eucharist

+ All Are Welcome +

A Parish of the Diocese of East Carolina

The Rt. Rev. Robert Skirving, Bishop

2005 Arendell Street, Morehead City, NC 28557

Telephone: 252-727-9093; **Fax:** 252-726-2807

Email: standrewsadmin@bizcc.rr.com

Office Hours: Monday – Thursday 9AM — 3PM, Friday – Office Closed

Like St. Andrew's Episcopal Church, Morehead City, NC on Facebook.

Follow Father John on Twitter @JohnBPollock

Happy Birthday!

3	George Garey Ashton Guthrie
6	Frances Phillips
8	Susan Whitledge Karen Westbrook Tad Whitaker
9	Michael Barnes Celia Bane
10	Oliver Narron
13	Nancy Biggers Jane Difiore
14	Ann Crockett
15	Michael Lhotak Frank McGee Debbie Butcher
17	Katherine Darden
19	Kenley Russell
22	Jerry Rita Brunton
23	Sharon Garner-Thompson Sarah Guthrie
25	Molly Narron
27	Makali Guthrie

Staff & Clergy

Rector – Rev. Dr. John B. Pollock

Deacon – Rev. Deacon John J. Gaskill, Jr.

Music Director – Matt Hill

Children & Youth Ministry – Debbie Butcher

Treasurer – Donna Gaskill

Sexton – Vacant

Parish Secretary – Cheri Collins

The Vestry 2019

Sr. Warden/Communications – Don Westbrook

Jr. Warden/Buildings & Grounds – Ron Hardee

Christian Formation – Tad Whitaker

Evangelism – Rob Darden

Worship – Willa Dickens

Finance & Administration – Tommy Sutton

Stewardship – Ashe Exum

Pastoral Care & Parish Life – Sally Worrell

Outreach – Dorothy Raney

Clerk – Christy Willis