



The Wheel

Valentine Dinner Dance & Auction



Friday, February 12, 6:30 PM

Join us for the 11th annual Valentine's Dinner Dance and Auction! The night begins with a Silent Auction with passed hors d'oeuvres. The open bar is available throughout the evening with beer, wine, and soft drinks. Following the Silent Auction is a seated five-course dinner. During dessert there is a spectacular Live Auction where items such as stays at vacation homes, gourmet dinners, fine art, and overseas trips are offered. The evening concludes with dancing and music from a professional DJ. The entire date is a great chance to spend time with friends, eat great food, bid on great items, and raise money for the youth. This is our youth program's largest fund raiser and this year's proceeds will go toward offsetting the cost of the J2A pilgrimage trip to Costa Rica in June. Tickets are on sale in the foyer before and after services. Prices are \$40 per person or \$75 per couple. The Silent Auction will also be open on the day of the event, from 9 am to 3 pm for anyone from the church or preschool community who would like to bid on items. For more information contact the youth office. Thank you for your support!

Auction items needed!

Please consider donating an item for the Live or Silent Auction this year -- past items have included personal vacation homes, sports tickets, gourmet home-cooked dinners, gift certificates, crafts, collectibles, gift baskets... To donate an auction item contact the youth office. Remember, donations are tax deductible!

Inside this issue:

Clergy Article	2
Prayers of the People	2
Articles & Activities	2-8
Calendar	3-4
Youth	Insert

The people of St. Catherine's seek to share in the love that Jesus Christ has for us and the world by welcoming, accepting, nurturing, and serving all people through the power of the Holy Spirit.

We Welcome You!

Shrove Tuesday Pancake Supper



Feb. 16, 5-7 PM

Celebrate Mardi Gras St. Cat's style at the Shrove Tuesday Pancake Supper! Come to the Parish Hall between 5-7pm for pancakes, King Cake, and fellowship! Once again the youth will be making pancakes, bacon, and spiced apples and serving them from 5-7pm in the Parish Hall. The suggested donation is \$5 for adults and \$3 for children. Come out to have pancakes and fun and help support the Youth Program and St. Catherine's!

"IMAGINE YOUR LIFE WITHOUT FEAR"

Sundays and Wednesdays in Lent

As part of our Lenten journey we will be offering multiple study opportunities based on Max Lucado's newest book, *Fearless*. Max has written many books that speak to the love God has for each of us. In *Fearless*, he writes, "Each sunrise seems to bring fresh reasons for fear. They're talking layoffs at work, slowdowns in the economy, flare-ups in the Middle East, ...upswings in global warming... Oversized and rude, fear herds us into a prison and slams the doors. Wouldn't it be great to walk out?"

We will base our Lenten Studies on this book and look at the ways that our faith gives us the keys to "walk out" on fear. Beginning February 21 we'll offer classes on Sunday mornings and Wednesday evenings, and invite you to follow along with our conversation.

Palms for Ash Wednesday

It's time to bring back your Palm Sunday palms in preparation for Ash Wednesday. Please place them in the container in foyer.

Reflections writers wanted

A special annual tradition at St. Cat's is our booklet of reflections on the season of Lent written by our own parishioners. Please consider contributing this year... you will be assigned a Scripture passage on which to write a brief (1 or 2 paragraphs) meditation. Names are not attributed to individual writings, only you and the editor will know which one is yours! Assignments will be due by Sunday, February 7. Please sign up on the Opportunities For Ministry in your bulletin or contact Karen Manno, karenATstcatherines.org.

Holy Baptism

Next date:
April 3 (Easter Vigil)

Please check with the office for more information and to request the customary booklet about Holy Baptism.

Vestry Meetings — A Joy

It seems when these two words come up in a conversation—Vestry Meeting—there are all sorts of assumptions. They range from the realistic to the absurd. And these assumptions are not limited to just Vestry members but my clergy colleagues also labor under them. I must admit that I have always been something of a nerd about meetings in general and Vestry meetings in particular. When effective and well run, I enjoy them. And I recognize there are those who don't enjoy meetings, period, no matter who runs them or how they are run. As a good friend's grandson reminds all of us, "everybody's different."

I write this because we just had our January Vestry Meeting where the two major business items are always the approval of the next year's budget and a time to raise up and give thanks for those who are leaving the Vestry at the end of their three year terms.

As for the budget, I dare say that not many congregations—at least in these economic times—approve an operating budget with

as much joy and sense of abundance as we did Tuesday night. Certainly one reason is our process where every stake holder has input into the budget and a Finance Team does their work with much skill and commitment. However, the Vestry engages the proposed budget and while looking at the details line by line also saw the good news and hope it projects about our life together.

The time of giving thanks for the service of Vestry Members is always very special for me. I care about our Vestry Members and in many cases they represent those people who are closest to me in the day to day life of the management of this congregation. Their commitment and service means a great deal. So on Tuesday night we took time to say thank you to Ash Gale, Marilyn Hunter, Ginny Lummus, and Lisa Spessard who each gave generously of their time and talent over these past three years. We also had the opportunity to give thanks for the ministry of Rod Pope who is stepping down as Treasurer after four years. Each of these individuals deserves our thanks and

Continued on page 3

Prayers of the People

For the Sick

Sharon Parisi, Lillian Vu, Tom Carter, The Rev. Patty Roberts, Marion Stevensky, Olivia Martin, Eddie Brewer, Anita Gardner, Gin Snead, Michele Moody, Tommy Osborn, Toni Curry, John Clough, Bryan Mellinger, Charlie Templeton, Kathleen Williams, Lee Defore, Ginny Johnston, Agnes Floyd, Ralph Greenhow, Margaret Greenhow, Kathleen Pryce, John Hurd, Brian Stringer, Richard Pearson, Paul Hurd, Linda Smith, Ed Alvarado, Lorraine Nichols, Keith Muckerman, Jacob Moore, Violet Mary Jayne Rashidi-Yazd, Bill Krupp, Jane Smith, Betty Ayers, Phil Sapero, Joyce Atcheson, Alfred Alcock, Ed Pitts, Betty Thomas, Simone Taylor, Brittany Wardlaw & family, Yvonne Busch, Jackie Clark, G.B. Baugh, Janet Wheeler, Deborah Hurd

Deceased

Joe Wheeler, Deborah Hurd's

nephew; Mildred Locke, Nancy Denton's great aunt; Bill Ward, the Donoghue's neighbor

Parish Cycle of Prayer

(1/24/10) Susan & Doug Jenkins, Stephanie & Scott Burkholder; Roy & Susan Johnson; Al & Sue Jones, Cassie Heinz; Bruce & Faye Jones; Chris & Barbara Kallas
(1/31/10) Jim, Kathy & Bart Kareken; Dick Kareken; Kevin, Robin, Nathan & Kelley Keith; Kevin, Tina, Michael & Justin Kerr; Chris, Rebecca, Trevor & Robin Kiefer, Justin Baker

Birthdays

(1/25) Drew Laiz, Sidney Nabinger; (1/26) Elliot Craig, Ross Taylor, Keyton Weissinger; (1/27) Emily Bayless; (1/28) Tami Mace, Greg Caudle, Kate Buckalew, Nicholas Carswell, Foster Walton, Lillian Stanton, Brooklynn Walker, Madison Cox, Katja Michael; (1/29) Benjamin Kareken, Caitlyn Buckalew, Rod

Deutscher, David Bowman, Al Maxwell; (1/30) Ash Gale, John Rouleau, Riley Devault, Christian Hollis; (2/1) John Martin, Anita Gardner, Jana Williams; (2/3) Jacqueline Hurley; (2/4) Kristin Blackstock, Wayne Gammon; (2/5) Frederick Massey, Kelly Snook, Tom Day; (2/7) Rhiannon Bishop

Anniversaries

(1/31) Meg & Mike Reeves; (2/7) Tom & Shirley Day

Special Prayers

Please pray for Pat and Suzanne as they open themselves to find a child to adopt. David Hinshaw & Helena Johnson, out of job, looking for employment, friends of Bill Ivey. Jim Hunkler, looking for employment. Rikki Stewart, David Shannonhouse's daughter, who is now in Qatar, returning the first week in February.

Mardi Gras Mission

Join the St. Catherine's mission trip to New Orleans to help our partner parish, St. George's, raise money during Mardi Gras. We are going again this year to help serve breakfasts, lunches and dinners to the many folks that come to see the parades. Maybe we'll even come back with a few beads! We leave St. Cat's early on February 11 and return in time for the Shrove Tuesday pancake supper on February 16. Sign up on the Opportunities for Ministry in your bulletin, or for information contact Sue Jones, 770-565-1013, 4sue@bellsouth.net.



WNL: The Chronicles of Narnia

The WNL Adult program for the remaining three weeks of Epiphany (1/27, 2/3, and 2/10) will be based on *The Chronicles of Narnia*. Each week we will watch a portion of the movie of C. S. Lewis' beloved fantasy and discuss it. Join us for dinner at 5:30 pm and our adult program at 6:30 pm.

Workshop Series: "Caring for Aging Loved Ones"

Four Saturdays, 8:30 - 11:30 AM in the Parish Hall

We all face aging issues now or in the future that we can prepare for today. These four workshops are intended to provide information that is valuable to everyone, whether or not you are currently caring for someone. The material will range from how to find and choose nursing care and keeping your loved one safe, to the importance of long term care insurance and advanced directives. Breakfast will be provided. The series is free and open to the community, and is a joint presentation of the Adult Christian Education committee and Stephen Ministry. Please mark your calendars and join us on these four dates in the upcoming months:



- January 23 — *Caring for Emotional, Spiritual and Psychological Needs*
Presenters: Gail McGill, MDiv.; David Moore; Sharon Parisi, PhD Behavioral Medicine; The Rev. Susan Johnson
- February 27— *Caring for Physical Needs*
Presenters: Tillie Carter, hospice worker; Dani Dickson, RN; Bill Ivey; Pat Pepper; Bruce Perry, MD; Natalie Whitlow, social worker
- March 20 — *Caring for Long-Term Planning Needs: Legal, Financial and Insurance Matters*
Presenters: Eric Burkard, CLTC; Diane O'Donnell, elder attorney
- April 17 — *Kennestone Advanced Directives and Critical Conditions*
Presenter: Joan Nixon, RN

Exploring Our Creative Spirit



Saturday, Feb. 20,
9 am to 2 pm

The Coracle will be hosting our 4th "Exploring Our Creative Spirit" day on Saturday, February 20 from 9 am to 2 pm in the Youth House. Our time together will be focusing on the exploration of the Divine creativity which lies in each of us. Participants will begin by listening deeply to God's Living word presented to us by professional storyteller, Ginny Acocella and then will be encouraged by St. Catherine's artists; John Brooks, Mel Paris, and Jason Snape to express their new awareness of God's nature through writing, pottery, or drawing. The day will be facilitated by Deacon Kathy and will include a light lunch. There is no fee for this program.

For more information, please contact Deacon Kathy.



Vestry meetings a joy (cont'd)

continued from page 2

praise for the profound work they have contributed to our community of faith. I encourage to tell them so when you see them.

So, nerd-y as I am, I love Vestry Meetings and look forward to them month after month. It's a joy to sit with 16 other people who care deeply about our life together and are willing to express that care both in word and deed.

I invite you to come and spend an hour or two with us at the next Vestry Meeting. You are always welcome to experience this joy and hard work. We meet on the Third Tuesday of the Month beginning with Eucharist at 7:00 pm and business meeting at 7:30 pm.

Jim

Career Ministry

Next Program: Thursday, Feb. 18

If you are on a career journey and could benefit from educational programs as well as emotional and spiritual support, and valuable resources, see what we have to offer through Career Ministry. Meetings are the third Thursday of the month in the Parish Hall, 7 - 9 PM and include a guest speaker. No fee, open to all in the community! For more information contact career.ministry@stcatherines.org.

*** February 18: Guest Speaker Ruthie Powell** on "The Ruthie List Theory & Many Common Mistakes Made by Job Seekers"

Ruthie Powell has been recruiting for over 20 years as well as served in all levels of Human Resources. This wealth of experience has helped her to have a broad range of knowledge about many aspects of corporate America and "what they are looking for" in the candidates they consider. She is currently serving as Senior Recruiter for Travelers Insurance, specializing in recruiting for IT/Technical as well as Human Resources throughout the United States.

Although she recruits for a living, she is most "famous" for her Ruthie List! The Ruthie List is a 12 year old list of OVER 7,000 members, made up of ONLY Recruiters and Human Resources professionals working primarily in Atlanta. The FREE list is used to post open positions and keeps the Human Resources and Recruiting community informed about professional meetings. Her belief is that the true meaning of life is "You can get anything in life you want if you'll just help enough other people get what they want."

Contact: <http://www.linkedin.com/in/ruthiepowell>, or ruthiep@bellsouth.net



Lent 2010

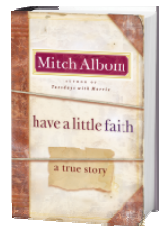
Ash Wednesday, Feb. 17

Holy Eucharist + Imposition of Ashes
at 7:00 am, 12:00 noon, 7:30 pm

On Ash Wednesday, we are signed with the outward sign of our humble beginnings and common end. The priest invites all to the observance of holy Lent by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. This is one of two days the Episcopal church calls for fasting and church attendance (the other is Good Friday). Fasting is generally accepted to mean abstaining from food and beverage until the communion is received. Of course, we do not recommend this if there extenuating health issues. Please make every effort to attend worship this day. Episcopal Churches throughout our community will have services, if you need schedules please call the office and we will be delighted to give you information on the closest Episcopal church to your work or function.

• Tuesdays in Lent

We will gather for Eucharist and Study on Tuesday mornings in Lent beginning February 23, 7:00 to 8:00 am. This Lent we will use Mitch Albom's new book, *Have a Little Faith*, described by some as a



...story of a remarkable eight-year journey between two worlds—two men, two faiths, two communities... Moving between the worlds of a Detroit slum pastor and an 82 year old Rabbi, Christian and Jewish, African-American and white, impoverished and well-to-do, Albom observes how these very different men employ faith similarly in fighting for survival... As America struggles with hard times and people turn more to their beliefs, Albom and the two men of God explore issues that perplex modern man: how to endure when difficult things happen; what heaven is; intermarriage; forgiveness; doubting God; and the importance of faith in trying times... *Have a Little Faith* is a book about a life's purpose; about losing belief and finding it again; about the divine spark inside us all.

This week at St. Catherine's

Monday, 1/25

Susan's Day Off

7:00PM ESL

7:30PM B.S. Troop 713

Tuesday, 1/26

10:00AM Morning Prayer

10:30AM Staff Meeting

4:00PM Catechesis

6:00PM Elizabeth Inn Laundry

6:30PM Jubilate

Wednesday, 1/27

5:30AM MUST Breakfast

9:30AM Bible Study

5:00PM WNL Program

5:45PM WNL Dinner

6:15PM Youth Choir

6:30PM WNL Program

7:30PM Adult Choir

Thursday, 1/28

6:00PM Elizabeth Inn

6:30PM EFM

7:00PM Men's Bible Study

Friday, 1/29

Jim's Day Off

10:00AM Women's Bible Study

8:00PM AA.

Saturday, 1/30

Sunday, 1/31

7:30AM Holy Eucharist

8:00AM Breakfast

8:45AM Family Holy Eucharist

10:00AM Church School

11:15AM Choral Holy Eucharist

1:00PM VDD Meeting

3:30PM Financial Peace

5:30PM Contemplative Prayer

This week at St. Catherine's

Monday, 2/1

Susan's Day Off

7:00PM ESL
 7:30PM B.S. Troop 713
 7:30PM Catechists

Tuesday, 2/2

10:00AM Morning Prayer
 10:30AM Staff Meeting
 4:00PM Catechesis
 6:30PM Conveners
 6:30PM Jubilate

Wednesday, 2/3

9:30AM Bible Study
 12:00PM CN & D
 5:00PM WNL Program
 5:45PM WNL Dinner
 6:15PM Youth Choir
 6:30PM WNL Program
 6:30PM Cookbook committee
 7:30PM Adult Choir

Thursday, 2/4

6:30PM EFM
 7:00PM Men's Bible Study

Friday, 2/5

Jim's Day Off

5th-7th Vestry Retreat @
 Montara Farm
 10:00AM Women's Bible Study
 8:00PM A.A.

Saturday, 2/6

Sunday, 2/7

7:30AM Holy Eucharist
 8:00AM Breakfast
 8:45AM Family Holy Eucharist
 10:00AM Church School
 11:15AM Choral Holy Eucharist
 2:00PM Solemn Communion
 3:30PM Financial Peace
 4:00PM Youth Leaders
 5:00PM Souper Bowl
 5:30PM Contemplative Prayer

Cherry blossom time in Washington, D.C.

Cats on Wheels invites you on a six day trip to Washington DC, April 8-13. The trip is open to parishioners of all ages and their friends.

This tour will be during The National Cherry Blossom Festival. Cherry blossom time in Washington, DC is an ideal time to see the sights of our nation's Capital. We will travel by luxurious motorcoach. Accommodations will be in Holiday Inn class hotels. The sights included in our guided tour will include The National Cathedral, The White House, The Smithsonian Institution, The Washington Monument, WW II Memorial, Korean War Memorial, Vietnam Veterans Memorial, Lincoln Memorial, Jefferson Memorial, Arlington National Cemetery, and an evening guided tour of monuments and memorials.

In addition, the tour will include a stop at the Louis Ginter Botanical Garden in Richmond, VA. This world-renowned 40-acre garden is a place to learn about plants, to marvel at nature, and to relax in a beautiful setting. "Glorious Glass in the Garden: The Art of Hans Godo Frabel" features more than one hundred pieces ranging from intricate portrayals of orchids, lotuses and waterlilies to whimsical figures and large-scale geometric shapes.



The incredible price for this trip of just \$499 includes:

- Transportation by modern, video-equipped motorcoach
- 5 nights double-occupancy lodging, including 3 nights in Washington area
- 8 meals – 5 breakfasts and 3 dinners (all lunches and 2 en-route dinners are Dutch Treat)
- Single occupancy lodging available for \$170 more
- Trip cancellation insurance available for \$35 per person

This once-in-a-lifetime opportunity is available only until the end of January. To reserve your spot and receive more information, send an email to St.Cats.On.Wheels@gmail.com or contact Alan Certain at 404-661-2200, or mail your check to St. Catherine's now! Payment of the full fee is **due by January 28**. Your payment will be promptly refunded if fewer than 30 people register.

Preview session Sunday, January 24 – Come to the preview session at 10:00 in the Conference Room to learn all about it!

Elizabeth Inn



Laundry team

Next date: Tuesday, January 26

Heartfelt gratitude and appreciation goes to the Altar Guild and Flower Guild for their abundant and wonderful support for the January 28th dinner at for the homeless guests at MUST's Elizabeth Inn: Shirley Day, Nancy Denton, Dani Dickson, Molly Frost, Emily Gale, Susan Heuke, Bella Hutto, Susan Jenkins, Emma Markette, Marcia Markette, Carol Mitchell, Pat Pepper, Pam Phillips, Sally Powers, Barb Selby, Linda Smith, Carol Starr, Marlene Stuart, Anne Whittle.

Wouldn't your group like to volunteer to provide the meal and serve dinner at the Inn on the 28th of any month? For details, contact Connie Bergeron at 770-951-1411 or Tracy Buckalew at 770-956-9609.

February Ministry Focus: Youth

This month we celebrate the life and work of our Youth ministries. To find out more about their activities please check the Opportunities for Ministry in your bulletin or contact Youth Director Amelia Arthur.

Cats On Wheels in February

The Cats On Wheels group will be going to see "What I Did Last



Summer" at the Georgia Ensemble Theater in Roswell on Saturday, February 27, 4 pm matinee show. For information and tickets contact st.cats.on.wheels@ATgmail.com.

Blood Drives 2010

Mark your calendar now for the 2010 Red Cross blood drives to be held in St. Catherine's Parish Hall, 3:00 - 8:00 PM. You'll be able to reserve your time slot online.

- February 23
- April 27
- June 22
- August 24
- October 26
- December 28



Thinking of becoming a Stephen Minister?

Stephen Ministry is in the process of forming a new class of ministers. Stephen Ministry is a one-to-one caring ministry designed to care for and support individuals who are undergoing a difficult period in their lives and need the support of a Christian friend who will walk with them through a time of sorrow, loss, uncertainty, and shaken faith.

There is no better testament to the miracles that happen in a Stephen Ministry relationship than the following letter written by former St. Catherine's parishioner, Lucy Hilley, who was not only the recipient of Stephen Ministry care but was herself a Stephen Minister:

Dear Marilyn and Tom [Hunter],

This letter is long overdue, and has had so many rough drafts written, but none were good enough to express my feelings. I am so thankful that you two have given so much of yourselves to the work of St. Catherine's and especially Stephen Ministry.

Without your leadership, I would not have received the help that I needed to conquer my bout of depression. Having a Stephen Minister to be with me, to care, and to bring me back to my former spiritual life was my salvation. Having lost Aubrey, then moving to a new home, and the new church where I knew no one, and no one knew me, was traumatic. I loved St. Catherine's and the clergy, but would scoot out as soon as the service was over because I couldn't handle meeting people alone. Aubrey and I had always gone to church together, and one of the times I missed him most was at the Communion rail. Another thing that I missed was having someone to validate my worth. Aubrey was constantly giving love and saw me through rose colored glasses. All of our friends understood how much we cared for each other and what a wonderful life we had together for 52 years, and now I had lost him, and I felt like half a person and unworthy.

Through my Stephen Minister, I was brought back to my spiritual roots, and opened up my heart to the love that was there for me—I only had to accept it. I thought having a Stephen Minister had to be the best that life had to offer me—and then I had the opportunity to train to serve as one myself. I will be forever grateful to you two, and to Liz and John Rea, for the time, love, and inspiration that you give to us all. Now that I have a care receiver I realize that one of life's greatest joys is to bring the love of Jesus Christ into someone else's life, whatever their need might be.

Thank you dear friends and mentors for the example you have set for so many—how to live by sharing ourselves with others as our Lord would wish by "giving comfort with care and tenderness." You are in my prayers daily—in thankfulness for your influence in my life.

*In His love,
Lucy*

If you are interested in knowing more about Stephen Ministry, please contact the clergy, Tom or Marilyn Hunter, or David Moore who will be happy to discuss the commitment and the details of the training. The new class is planned to start within the next

Spring Women's Retreat — *reserve now!*



Would you like to meet other ladies at St. Catherine's or strengthen current friendships? Would you like to take some time to relax and renew your spirit? Would you like to enjoy meals that other hands prepare? Would you like to participate in a horseback ride or treat yourself to a massage? If you answered yes to any of the above, join us April 23-25 at Montara Farm, a private retreat facility in the foothills of the north Georgia mountains. This retreat center will be exclusively ours for the weekend. In addition to great food, facilities and program, you may go horseback riding or have a private massage for an additional charge. Only 40 slots are available, a \$100 deposit reserves your spot. Final cost is expected to be between \$250-\$275. Check the Opportunities for Ministry in your bulletin or call the office.

Diocesan Ministry Fair



Registration is now open for the 2010 Diocese of Atlanta Ministry Fair on Saturday, March 6, at the Cathedral of St. Philip. The day begins at 9 a.m. with registration and check-in. The Rev. Dr. Ian Markham, dean of The Virginia Theological Seminary, will be the speaker for the Great Gathering at 9:30. Three workshop sessions and lunch will follow, with the day ending at 4 p.m. More than 50 workshops are available to choose from, and there will be something for everyone.

You can find information and registration materials online at the Diocesan website at www.episcopalatlanta.org

Try Marriage Encounter — for a change!



Looking for a new way to let your spouse know you love them in the midst of your jobs, carpooling the kids, and trying to keep up with your house, pool, and yard? Tell him or her they're still #1 in your life... share an Episcopal Marriage Encounter Weekend with each other. The next weekend is April 23-25, 2010. For more information or to register, please contact: Ron & Connie Bergeron, 770-951-1411, atlantaeme@earthlink.net or go to: www.stcatherines.org/atlantaeme.

Sanctuary Flowers and Candles

Thank you to all who have signed up to provide flowers and candles to adorn our sanctuary during 2010. There are still dates available to sign up in thanksgiving for or in memory of a person or occasion. And when you've signed up, please remember to submit a check for flowers (\$60/vase) and candles (\$20) on or before your scheduled date. Your donations are the support for these ministries and we appreciate your contributions.

If you have not yet have signed up but are interested, remember that you can go together with friends or family to sponsor a vase of flowers. The sponsorship for candles or vases of flowers for any date on the calendar is NOT limited to one or two persons or families. Again, thank you for your generosity.

Haiti relief

Thank you to all who have contributed to the generous outpouring of donations for relief of the victims of the Haiti earthquake. If you would like to contribute but have not yet had the opportunity, you may send checks or make donations online to Episcopal Relief and Development at www.er-d.org. Or you may make checks to St. Catherine's and designate on the check for Haiti Relief, and send them to the church office.

Vestry Notes



By Kimberly Blythe, Clerk of the Vestry

From the Vestry meeting on Tuesday, January 19:

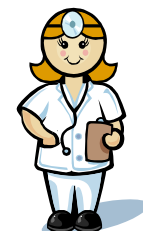
- The Fund for Thanksgiving has been extended by the Vestry for one more year to be given to Parishioners that are in need of financial assistance. If you know of anyone in need of assistance or if your own family is in need of help, please contact one of our Rec-tors.
- Sunday, January 24, is the Parish Meeting after the 10:30 service.
- A 2010 budget has been approved.
- A special thank you to our retiring Vestry Members for all of their hard work; Ash Gale, Marilyn Hunter, Ginny Lum-mus, and Lisa Spessard. We would also like to thank our retiring Treas-urer, Rod Pope.

CONGREGATIONAL NURSES CORNER

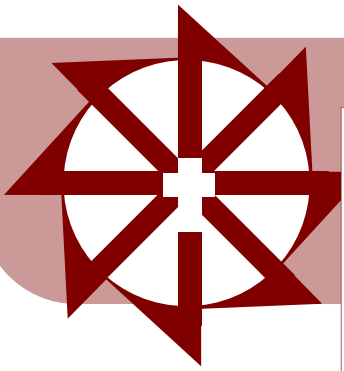
Focus on Diabetes

Diabetes is beginning to strike our children at an alarming rate. Be alert to the signs and symp-toms:

- Frequent urination
- Bedwetting
- Dark skin around neck or armpit
- Weight gain
- Extreme thirst and hunger
- Fatigue



Find out more about diabetes for adults and children at **the American Diabetes Association's Expo Atlanta on Saturday, March 27** at the World Congress Center. This event is for anyone interested in healthy living and features free health screenings, workshops, cooking and exercise demonstrations, one-on-one access to healthcare professionals, and much more. For \$4 parking coupon and free registra-tion visit www.diabetes.org or call 1-888-342-2383 x3166.



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Mark Your Calendars

- 1/26 Elizabeth Inn laundry
- 1/28 Elizabeth Inn dinner
- 2/5-7 Vestry Retreat
- 2/11-16 ... New Orleans mission trip
- 2/11-13 ... Preschool registration (new parishioners)
- 2/12 Valentine Dinner Dance & Auction
- 2/16 Shrove Tuesday Pancake Supper
- 2/17 ... Ash Wednesday

The Wheel

Next Publications:
Feb. 5, 19, Mar. 5
Deadline for articles:
Wednesday before

Editor: Karen Manno
Email:

KAREN@STCATHERINES.ORG
Phone: 770-973-8668

Annual Parish Meeting



Sunday, January 24
Worship at 7:30 & 10:30 ONLY

St. Catherine's Annual Parish Meeting will be held immediately following the 10:30 principal service, approximately 12 PM. A light lunch will be served preceding the meeting. Church School will meet at 9-10 AM. Nursery and supervised children's activities available for infants through age 12.

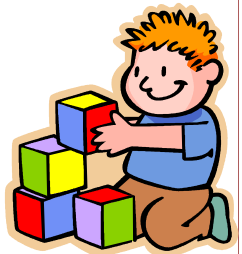
Financial Peace U. class begins Jan. 24

Are you looking for ways to spend less and eliminate the burden of debt? Do you need guidance on how best to save and invest more of your hard-earned income? Our second "semester" will be offered Sundays 3:30-5:30 p.m. in the Parish Hall, from January 24 to May 2 with a two-week Spring Break in April. For questions contact Phil Spessard, pspessard@gmail.com or Peter Morich at peter.morich@gmail.com.

PRESCHOOL REGISTRATION

Preschool registration for the 2010-2011 school year is here!

- Tours are available weekly on Wednesdays and Thursdays, 10 AM to noon
- Current enrolled students will register January 14-22.
- St. Catherine's Church families not currently enrolled may register February 3-5, 10 AM to 12 PM at the preschool office.
- Open registration for the community will be on Thursday, Feb. 11 in the Parish Hall beginning at 10:30 am.



Please visit our website for more information on our wonderful preschool. As always, we appreciate referring your friends and neighbors to our quality preschool program for ages one to pre-K.

"Cherishing Childhood — Valuing Education"