“Stand up, Stand up for Jesus”

We likely all know and love the hymn, “Stand up, stand up for Jesus.” One reason the hymn is beloved is that it’s so easy to sing.

In reality, standing up for Jesus has never been all that easy. Consider the case of James and John, the sons of Zebedee. These disciples of Jesus had been following him for about three years. They had listened to all his teaching — most of which had to do with guidance regarding the disciples’ relationship to possessions, power and prestige:

Do not worry about your life, what you will eat, or about your body, what you will wear.

Do not store up for yourselves treasures on earth, but store up for yourselves treasures in heaven.

You cannot serve God and money.

They had heard all these things. And what was their response? They came to Jesus and asked a little favor: “Teacher, grant us to sit, one at your right hand and one at your left in your glory.

They weren’t standing up for Jesus. They were standing up for themselves! God bless them. And God bless us.

It has never been easy for anyone to put God (and our neighbor) first. Which is why our Lord’s response to the absurd question of James and John was simply to say: “Whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all.”

The Christian life is a life of servanthood. To sacrifice and to serve is to stand up for Jesus — to serve with Jesus. It is easier to talk the talk of servanthood than it is to walk the walk of servanthood.

For me, the first step toward authentic servanthood is financial stewardship. Letting go of my own priorities and preoccupations — my own possessions — and beginning to stand for something bigger than my own narrow concerns: To stand up for Jesus and his Church.

So, each year, I make at least a tithe to the work of the Church in the world. The tithe — the proportional gift — comes first, before major purchases, plans for vacations, or anything else. And it’s liberating! It is my first step on the path to servanthood with Jesus.

Consecration Sunday is fast approaching. At our Sunday service on November 2nd, we will be offered the sheer privilege to stand up, walk to the altar, and place our financial pledge for 2015 on the Altar.

Please be praying about that sacred moment! It gives us the chance to change the world through our pledge to Jesus’ Church. It gives God the chance to change us into ever more authentic servants with Jesus. It gives us the chance to stand up for Jesus!

Grace & Peace,

The Rev. Thomas P. O’Dell
Vestry Update

The Vestry met on Sunday, September 28, 2014.

Susan Flanders, Senior Warden, read an appreciation card from Phil Pratt and reported the average attendance for August Sunday worship services was 86 and the average attendance for Friday Noontime services in August was 9.

Worship & Music: The Vestry approved the purchase of Wonder, Love and Praise (supplement to 1982 Hymnal). Over 100 people attended Phil Pratt’s Organ Concert. Everyone was thrilled with Phil’s concert and delighted with the dessert reception after the concert. Fr. Tom announced his invitation to Rev. Dr. Kathy Kircher to preach at Christ Church on October 26, 2014. He also announced plans are underway for Advent and that he is looking for someone to build a wooden procession cross for Lent 2015.

Mission & Outreach: Betty Stephen will serve as 2014 Advent Chairperson. We are in the process of updating the church website.

Formation & Growth: Sunday School is going well. Both the Adult Bible study on Saturday at 10:00am and the Adult Study with Fr. Tom on Thursday’s at 10:00 are well attended. The book study of Zealot with the Rev. Dr. Kathy Kircher in Elk Rapids was well attended by Christ Church members. Fr. Tom announced his plans for Advent lunches and Christian book study to be held on December 3, 10, and 17 at noon.

Fellowship & Ministry: Pastoral care is alive and well at Christ Church. The Harvest Dinner will be held October 24, 2014. The ECW paid for refurbishing the altar and purchased 20 hymnals. Helping Hands is assisting Parishioners with meals when needed.

Stewardship letters with pledge cards and Time and Talent forms have been mailed. Consecration Sunday is 11.2.14. The Scholarship Committee has been meeting. The Transition Team met at the Weathervane Restaurant on 10.16.14.


The Vestry meeting for November will be held 11.23.14 @ 11:30 a.m.

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CEC Statement of Financial Performance

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<th>August 31, 2014</th>
<th>YTD Actual</th>
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<tr>
<td>Total Income</td>
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<td>Net Income</td>
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Complete copies of approved minutes of the last meeting and the approved financial report are posted on the Vestry bulletin board in the Parish Hall.

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2014 Vestry

Sr. Warden: Susan Flanders (2015)
Clerk to the Vestry: Deb Stutzman

Worship & Music Commission
Ed Bahr (2014)
Chris Smith (2016)

Formation & Growth Commission
Mark Andresky (2016)
Dorothy Miller (2014)

Mission & Outreach Commission
Dick Southby (2015)
Betty Stephen (2014)

Ministry & Fellowship Commission
Don Collier (2015)
Nancy Porter (2016)

Fr. Tom’s Office Hours for November:
Wednesdays:
9:00 a.m. - noon
(no office hours on Nov. 26)

SERMON LINK

click here to some of Fr. Tom’s recent sermons
Money & the Church

Our church enjoys many blessings. Unlike so many churches around the country and in our own diocese, we are debt free. When you look at our church “Balance Sheet” (a list of our assets and liabilities), you can’t help but notice our Endowment Fund with a $250,000 balance and our Taylor Fund with an account balance exceeding $200,000. You also notice that we have sufficient working capital—money in our church checking account for daily expenses—that allows us to pay our bills on time, keep the church in good repair, and respond to the unexpected needs of our members and the community.

However, our “Balance Sheet” does not tell the full story of our church’s finances. As many of you know, the Endowment Fund is a legally restricted fund that can only be used to fund the ministries of the church and cannot be used for the daily expenses of running our church. Similarly, the Taylor Fund is a designated fund held at the Charlevoix County Community Foundation that can only be used for educational programming open to the community.

During the past three years, the Church Finance Committee has struggled to create a balanced budget each year that sustains the basic operations of the church. Our annual income has declined by approximately 15% during that time due to the passing of several generous members of our church family and the relocation of others.

We should never pledge money to our church because of its financial need. I share the facts of our church’s finances because all the members of our church family should know and understand our financial condition. Our pledge commitment each year of our time, talents, and treasure is a highly personal and spiritual decision that should be made only after much prayer and careful discernment; in the end, our gifts should be based on our spiritual need to give generously. As a member of the Stewardship Committee, I thank you in advance for your prayerful consideration of your gifts to our church in the coming year.
Stewardship by John Gork

“Do you not know that God entrusted you with that money to feed the hungry, to clothe the naked, to help the stranger, the widow, the fatherless; and, indeed, as far as it will go, to relieve the wants of all mankind? How can you, how dare you, defraud the Lord, by applying it to any other purpose?” — John Wesley

We are entering the time of the year when the Stewardship Commission will be contacting the congregation regarding your feelings on giving of your time, talent, and treasure as a gesture of thanks to God for all the blessings of this life. These gestures of thanks collectively serve to empower Christ Episcopal Church to serve the spiritual needs of our congregation which, in turn, help us all to better do the work of God in our community and beyond.

Given the importance of this task, I think that we should all approach our gifts to God prayerfully. To help in this task, I would like to share two Stewardship Prayers from Archbishop Robert J. Carlson:

**LIVE IN MY LIFE**

Lord, I invite you to live in my life today.
Here is my face — Smile through it.
Here is my mouth — Speak to someone with it.
Here are my ears — Listen to someone with them.
Here is my heart — Love someone with it.
Here are my hands — Touch someone with them.
Here are my arms — Hug someone with them.
Here are my feet — Walk with them this day. Amen

**Loving God,**
I come to you in thanksgiving, knowing that all I am and all that I have is a gift from you. In faith and love, help me to do your will. I am listening, Lord God. Speak your words into the depth of my soul, that I may hear you clearly. I offer to you this day all the facets of my life, whether it be at home, at work, or at school — to be patient, to be merciful, to be generous, to be holy. Give me the wisdom and insight to understand your will for me and the fervor to carry out my good intentions. I offer my gifts of time, talent and possessions to you as a true act of faith, to reflect my love for you and my neighbor. Help me to reach out to others as you my God have reached out to me.

*Every man shall give as be is able, according to the blessing of the LORD your God which be has given you.* Deuteronomy 16:17

John Gork is a member of St. John’s Episcopal Church in Grand Haven, MI and serves as a Trustee of the Bishop Whittemore Foundation. John (along with Mark Andresky) presented a Taylor Fund Seminar on Planned Giving for us this past summer. We thank John for sharing this article with us.

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Please keep in your prayers people participating in these two EDWM events:

The EDWM mission trip to New Orleans is November 7-16, 2014. Although it has been several years since Hurricane Katrina devastated the area, there is still work to be done. The group will be staying at the Annunciation Mission sponsored by Annunciation Episcopal Church. They will be doing construction work with Project Homecoming, which has been serving the New Orleans since 2007. We also plan to work with Connie Uddo, Director of the Homecoming Center, participating in the Hike for KaTREEna. New Orleans suffered many losses in Katrina and its aftermath. One of the major casualties was the city’s trees. Over 100,000 were lost, including most of the beautiful magnolias and many live oaks.

The EDWM will hold a special convention Saturday, November 1, 2014 at St. Mark’s Episcopal Church in Grand Rapids to get the diocese in sync with a new yearly budget cycle, one that operates under an approved budget prior to the beginning of the calendar year (which is a departure from previous years). In addition, it is an opportunity to reconnect as a diocesan community, to catch up on what we’ve done, and to review the outcomes of conversations the Diocesan Council is leading on the visionary hopes in the diocese.
Our 11th Advent Tea will be held on Saturday, November 15th. This has always been a wonderful event for our church with so many people from the community looking forward to coming.

The proceeds of this undertaking help support the mission and outreach of our parish. Our Mission & Outreach committee uses these funds to support local and global efforts assisting those in need.

There are many ways you can help with this year’s event:

• If you have teacups or teapots you can lend for use the day of the tea, please indicate so on the sign-up sheet in the Fellowship Hall.

• Sign-up to bring food items for the tea buffet and/or to work the day of the tea.

• Make items for the Country Market. We’re especially hoping you can make a batch of cookies that we will package to sell at the market. We also love the home canned and home baked items you make as well as handcrafted gifts.

• Invite your friends to come. This is truly a beautiful event and a wonderful way for us to share our CEC home.

• Take a poster to a place you frequent or to a meeting you attend. Help get the word out!

On Wednesday, October 29th there will be a final tune-up meeting of the committee to make sure everything has been planned for this year’s event. The meeting is in the Fellowship Hall and will begin at 9:30 a.m.

A Country Market workshop will be held at Betty Stephen’s home on Wednesday, November 5th. There will be two sessions (9:00 a.m. - noon and 1:00 p.m. - 4:00 p.m.). Lunch will be provided but you need to let Betty know you’re coming so she knows how many will be there for lunch.

If you have any questions please contact Betty Stephen at 231-599-2864.

Seeing Double at the Game?

Good thing Adam and Trevor have different numbers on their jerseys!

They were linemen for the Pop Warner Pee Wee Charlevoix Rayders this past season. Their team had a winning record of 6-2. Their Sunday School mentors, Rick Wertz and Chris Smith, were able to attend some of their games and report back that both the Streeter boys had impressive seasons. They’ll be a force to deal with next year.
SATURDAY ADULT BIBLE STUDY: You are invited to join our on-going Bible study on Saturday mornings at 10:00 a.m. We look at the readings and psalm that will be used the following day in worship. We are a lay-led group and learn from each other. No previous experience is needed to participate with us and you can start any time since our lessons are based on Lectionary readings. Go to the links on the CEC website to get the lessons from the Episcopal Church.

SUNDAY MORNING CHILDREN’S SUNDAY SCHOOL: Class begins at 9:15 a.m. on Sunday prior to our worship service. We are looking for someone to join our teaching team. If you are interested, please talk with Fr. Tom or Dorothy Miller.

WIN-SOME WOMEN: Linda Wertz and Susan Flanders attended the 43rd Ministry of Win-Some Women Christian Retreat on Mackinac Island on October 14 & 15. The theme for this retreat was “God’s Temple: Do you know that your body is the temple of the Holy Spirit?” (1 Corinthians 6:19). Pictured are Linda and Susan with Don and Eva Piper. Don Piper is the author of 90 Minutes in Heaven: A True Story of Death and Life. Eva Piper is the author of A Walk Through the Dark. The theme for the 2015 retreat (May 12-15) is: Spiritual Compass. To register, go to: www.win-somewomen.org. If you are interested in attending a Win-Some Women retreat, you might want to talk with Linda or Susan or any of our other members who have attended in the past.

LOOKING AHEAD TO ADVENT: Lunch and Learn: Join the Rector for lunch in the Parish Hall on the first three Wednesdays in Advent. We’ll share warm, healthy food and engage in informal discussions of Images of Advent in Isaiah, Sign-up at the table in the Parish Hall. Suggested reading can be acquired from the Rector or check the CEC website. December 3, 10 & 17 at 12:00 noon.

MINISTRY & FELLOWSHIP

LUNCH BUNCH: The Lunch Bunch will meet on Friday, November 21st at the new Drawbridge Bistro (by the Edgewater Hotel across from the Weathervane). Meet at the restaurant at 11:30. Call Doris Lundteigen or Maggie Mason if you have questions. All are invited.

HARVEST DINNER: A big thank you to all who helped make our Harvest Dinner a special evening this year. We’ll have pictures in the December RED DOOR.

WORSHIP & MUSIC

GUEST PRIESTS: Fr. Tom has invited the Rev. Kathy Kircher to preach on October 26th. While Fr. Tom is on vacation, the Rev. Christine Humphrey will officiate on Nov. 9th and the Rev. Peggy Nattermann, on Nov. 30th.

MISSION & OUTREACH

CHARLEVOIX COMMUNITY FOOD PANTRY: I am looking for someone to be a February and March replacement to make the bread and egg pickup at Family Fare. The pick up consists of a case of eggs, several boxes of bread and frequent miscellaneous items every Monday morning. This involves picking up 8:00-8:30 a.m. and delivering to the Food Pantry. Eggs are fairly heavy-boxed 30 dozen per case. If someone is interested, call 231-675-5259. Consider job sharing! Also, if you are sorting cookbooks, keep us in mind. We distribute those to our shoppers. Food needs right now would be canned beans, any kind (green, refried, black, navy). Stuffing mixes would be a good addition, as well, since we often provide chicken. You have my sincere gratitude for the steadfast support. It makes a difference!

~ from Linda Boss, CCFP manager

CROP WALK 2014: Thanks to all who walked and all who supported our walkers; Phil Pratt, Sue Livingston, and Ron Zimmerman. And thanks to Doris Lundteigen for again coordinating and sharing information this year.
2014 Blessing of the Animals

On the afternoon of the Feast of St. Francis, Saturday, October 4th, a Blessing of the Animals was held at Christ Church. 29 two-legged caretakers and 16 dogs participated in the blessing. Several pets were blessed in absentia with their pictures or leashes.

Dorothy Miller and Brownie Flanders assisted Fr. Tom by doing special readings and Phil Pratt played hymns appropriate for the service. You can tell that Fr. Tom has a special affinity with the four-legged attendees. We were told that Sam Humphrey (pictured in the above right photo) is very comfortable and supportive of the clergy.

Following the service, a reception for all was held in the Fellowship Hall. The four-legged attendees were given special treat boxes (there were boxes for bird, dogs, and cats).

Feast of All Saints - Sunday, November 2nd

We celebrate All Saints on Sunday, November 2nd. As we do so, we will give thanks for the love and power of God that knits us into Communion with all the saints, throughout all time. We celebrate the power of our faith that unites us with those who have gone before, and assures us that we will join them in eternal life. Loved ones we have seemed to have lost will be remembered in our celebration of All Saints. Contact the Rector with names of those you wish to be included in our prayers on All Saints Sunday.
Health Ministry -
Enjoy the holiday feast without the guilt -- or the weight gain.

Kathleen M. Zelman, MPH, RD, LD, Director of Nutrition for WebMD

Thanksgiving only comes around once a year, so why not go ahead and splurge? Because gaining weight during the holiday season is a national pastime. Year after year, most of us pack on at least a pound (some gain more) during the holidays -- and keep the extra weight permanently.

But Thanksgiving does not have to sabotage your weight, experts say. With a little know-how, you can satisfy your desire for traditional favorites and still enjoy a guilt-free Thanksgiving feast. After all, being stuffed is a good idea only if you are a turkey!

Get Active
Create a calorie deficit by exercising to burn off extra calories before you ever indulge in your favorite foods, suggests Connie Diekman, MEd, RD, former president of the American Dietetic Association (ADA).

"Eat less and exercise more' is the winning formula to prevent weight gain during the holidays," Diekman says. "Increase your steps or lengthen your fitness routine the weeks ahead and especially the day of the feast."

Make fitness a family adventure, recommends Susan Finn, PhD, RD, chair of the American Council on Fitness and Nutrition: "Take a walk early in the day and then again after dinner. It is a wonderful way for families to get physical activity and enjoy the holiday together."

Eat Breakfast
While you might think it makes sense to save up calories for the big meal, experts say eating a small meal in the morning can give you more control over your appetite. Start your day with a small but satisfying breakfast -- such as an egg with a slice of whole-wheat toast, or a bowl of whole-grain cereal with low-fat milk -- so you won't be starving when you arrive at the gathering.

"Eating a nutritious meal with protein and fiber before you arrive takes the edge off your appetite and allows you to be more discriminating in your food and beverage choices," says Diekman.

Lighten Up
Whether you are hosting Thanksgiving dinner or bringing a few dishes to share, make your recipes healthier with less fat, sugar, and calories.

"There is more sugar and fat in most recipes than is needed, and no one will notice the difference if you skim calories by using lower calorie ingredients," says Diekman.

Her suggestions:
Use fat-free chicken broth to baste the turkey and make gravy.
• Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods.
• Reduce oil and butter wherever you can.
• Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.

Police Your Portions
• Thanksgiving tables are bountiful and beautiful displays of traditional family favorites. Before you fill your plate, survey the buffet table and decide what you're going to choose. Then select reasonable-sized portions of foods you cannot live without. "Don't waste your calories on foods that you can have all year long," suggests Diekman. "Fill your plate with small portions of holiday favorites that only come around once a year so you can enjoy desirable, traditional foods."

• Skip the Seconds. Try to resist the temptation to go back for second helpings. "Leftovers are much better the next day, and if you limit yourself to one plate, you are less likely to overeat and have more room for a delectable dessert," Diekman says.

• Choose the Best Bets on the Buffet. While each of us has our own favorites, keep in mind that some holiday foods are better choices than others. "White turkey meat, plain vegetables, roasted sweet potatoes, mashed potatoes, defatted gravy, and pumpkin pie tend to be the best bets because they are lower in fat and calories," says Diekman. But she adds that, "If you keep your portions small, you can enjoy whatever you like."

The Parish Nurse is a registered nurse with a current license who serves God by caring for people. The Nurse Program helps the church reclaim its healing roots. Christians are called by Christ to exhibit healing by word and deed. (Luke 6:36, Matthew 14:14, Mark 1:40-41)
### Ministry Schedule for November 2014

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<td>Nancy Porter &amp; Ann Bahr</td>
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<td>Frank Rathjens</td>
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<td>Bob &amp; Judy Colt</td>
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**What Episcopalians Believe: Spiritual Growth**

“Lord, make us instruments of your peace. Where there is hatred, let us sow love”

(Book of Common Prayer, p. 833).

The promises we make in our Baptismal Covenant are reminders that we are not yet perfect, that we are called to move deeper in our faith and make a difference in our world. We do so together as the church, always professing that we will indeed live into our baptismal vows as followers of Christ, but always “with God’s help.”

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**Christ Episcopal Church**

P. O. Box 385  
200 State Street, Charlevoix, MI 49720  
231-547-6322  
E-mail: christepchurch@sbcglobal.net  
Website: christepiscopalchurch.net

Deadline for contributions to the newsletter: The 15th of the month  
Please send to: annhollis@aol.com

If you have an email address, we would love to be able to send you this newsletter electronically. Please give your email address either to Ann Hollis or drop it off at the church office.

---

**Rector:** The Rev. Thomas P. O’Dell  
braagg@gmail.com

**Parish Administrator:** Dorothy Miller  
dotski2006@gmail.com

**Minister of Music:** Phil Pratt  
phpratt@gmail.com

**Office Manager:** John Fiedorek  
jfiedorek@gmail.com

**Parish Nurse:** Nan Binns  
nbinns@torchlake.com
Save These Dates

**Wednesdays in November:**
- **Office Hours:** 9:00 a.m. - noon, CEC
- **Bible Study for Adults:** 10:00 a.m., CEC
- **Advent Tea Committee Meeting:** 9:30 a.m., CEC

**Saturdays in November:**
- **CONSECRATION SUNDAY (Stewardship In-Gathering) & FEAST OF ALL SAINTS (Time changes/fall back!):**
- **11th ANNUAL CEC ADVENT TEA:** 1:00 p.m.-3:00 p.m., CEC
- **Lunch Bunch:** Drawbridge Bistro, 11:30 a.m.
- **CEC Vestry Meeting:** 11:30 a.m., CEC

**Mondays, Nov. 24:**
- **MANNA Empty Bowls:** Perry Hotel, Petoskey (see Oct. Red Door)

**Recommended Reading for ECW On-Line Bible Study**

**Bible Women: All Their Words and Why They Matter**
by The Rev. Lindsay Hardin Freeman

Beginning November 1, join a national Bible Study based on the Rev. Lindsay Hardin Freeman’s new book, *Bible Women: All Their Words and Why They Matter*. For the next 7 months The Rev. Deacon Nancy R. Crawford, national ECW president, will host a blog on the ECW website offering her reflections on this book.

On the first and fifteenth of each month, beginning on All Saints’ Day, November 1st, Crawford will comment on one, two, or several women found in the book, and then you will have the opportunity to add your comments on the blog. This is a chance to share insights on the lives of some very unique Bible Women, the women whose words were recorded in Holy Scriptures.

This book collaboration between the author and the national ECW Board began in 2012, just following the Triennial Meeting in Indianapolis. Lindsay was the keynote speaker and a workshop presenter. The ECW board provided a research grant to Lindsay and a promise to share her book with women through networking.

**About the book:** In this groundbreaking book, the author identifies every woman who speaks in the Bible, providing their words, context, and historical background. We learn which women speak the most (hint: it’s not Mary) and which books of the Bible have the fewest words from women. We hear the only conversation in the Bible between a mother and daughter (and it’s not pretty), the words of a woman who eats her own child, and the triumphant exclamation of a woman telling the world about the risen Christ. Questions at the end of each chapter encourage individual or small-group reflection about what we might learn from each of these women and how God is speaking through them to us.

**Step into God’s sacred circle of mothers, grandmothers, warriors, prophets, prostitutes, and murderers. You won’t come out the same.**

**Publisher:** Forward Movement (September 7, 2014)  
**ISBN:** 978-0880283915

Lindsay Hardin Freeman is an Episcopal priest and an award-winning author who is passionate about sharing the stories of Bible women. Along with *Bible Women: All Their Words and Why They Matter*, she is the author of *The Scarlet Cord: Conversations with God’s Chosen Women* and *The Spy on Noah’s Ark and Other Bible Stories from the Inside Out*. She is also the editor of *Wisdom Found: Stories of Women Transfigured by Faith*. Lindsay lives in Orono, Minnesota with her two sons and her husband, Len, an Episcopal priest, poet, and teacher.

The book is available from:

- [Forward Movement](#)  
  For a limited time save $5 using this special coupon code: **ECWBWEC**.  
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  A Kindle version is available if you prefer that format.  
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