



The Circuit Rider

Life in the Big Bend Episcopal Mission – November 2008

Positive Feedback on Threshold Retreat Weekend



On the weekend of October 31-November 2, 2008 The Threshold held a weekend retreat at Casa de la Rosa. Suzanne Stabile and her husband, The Rev. Joseph Stabile of Life in the Trinity Ministries lead the retreat. The teaching was on "Sabbath keeping." Sabbath keeping is prescribed by scripture.



Think of it as "Quieting the internal noise so we hear the still small voice of our Lord; removing the distractions of pride so we discern the presence of Christ; separating ourselves from the people who are clinging to us, from the routines to which we are clinging for our identity, and offering them up to God in praise." The Stabiles invited us to progressively set aside a full 24 hour period for Sabbath keeping, but warned us that we will not succeed if we attempt to "add" the practice to our busy lives. Successful Sabbath keeping starts by eliminating clutter and activity from our lives first to create space for Sabbath keeping.

Conversations at the retreat gravitated towards the Enneagram. "The Enneagram is an ancient, newly discovered tool that is beneficial for people in the personal, interpersonal and social spheres of human existence. It is extraordinarily useful because it works. Each of us has life experience that has given us a degree of self-knowledge; however there is always a deepening clarity we discover through our Enneagram type. The awareness that comes is like a "light shining in one's closet." Suzanne has taught the spiritual perspective of the Enneagram for many years. For more information see www.lifeinthetrinityministry.com. Plans are being made to invite Suzanne and Joe back for an Enneagram workshop in 2009.



Diocesan Convocation

Several people from the Big Bend Mission attended Diocesan Convocation this year. Shere Whitley and Charlotte Harris at-



tended as delegates, Virginia Knab as Bishop's Warden, and Ken Whitley



manned a table for The Threshold. Ken reflected that the experience was "joyous and exhausting." He talked to lots of wonderful people and many remembered Elaine Ponton with great affection when they saw his Big Bend Mission name tag. The delegates report that the mood of the gathering was upbeat.

The Rev. Rhoda Montgomery Grief Workshop this Tuesday at the Threshold

On Tuesday evening, November 11th at 6pm, The Rev. Rhoda Montgomery will be coming to The Threshold at Casa de la Rosa to help us with grieving through the losses of life. The Rev. Ms. Montgomery serves as Canon for Christian Formation on the staff of Christ Church Cathedral in the Diocese of Texas. Prior to her life as an ordained priest she served as the manager of the Austin Ronald McDonald House for 12 years. In her work there she became a certified bereavement facilitator and founded the House's aftercare program for families whose children died. Everyone is invited to attend this important workshop. There is no fee to attend. Please bring a salad or something light to share for dinner.

Vicar Attends Third Clergy Leadership Project

In October, the Vicar attended the third in a series of four sessions of the Clergy Leadership Project at the Connecticut retreat center of Trinity Episcopal Church, Wall Street. The faculty included The



Rev. Eric Law of the Kaleidoscope Institute in Los Angeles, California and Dr. Donna Hicks of the Weatherhead Center for International Affairs in Cambridge Massachusetts. Eric Law presented anti-racism training to the group. Donna Hicks talked on reconciliation and the role of "dignity" in the human condition. The vicar will attend the final session in this series in May 2009.

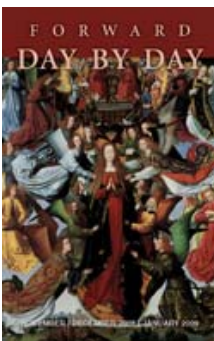
Stress and Guilt

The weird thing about stress and guilt is that, even though they tend to arrive hand in hand, they come from completely opposite sources. We feel stressed because we're doing too much, and guilty because we think we're somehow not doing enough. You'd think they would cancel each other out., wouldn't you?

from the Joyful Noiseletter

Do you go "Forward day by Day"

The *Forward Day by Day* publication provides a scripture reading and short reflection for each day of the month. Copies are available free of charge. Look on the table at the back of the church. If you don't find the current issue there, ask the Vicar. *Forward Day by Day* is provided free of charge by the Big Bend Mission.



Quilt Show Successful



The third annual Boquillas Quilt and Craft Show was held at St. Paul's Friday, October 10th and Saturday, October 11th. The show was part of a program to assist the women of Boquillas, Coahuila, Mexico with quilt making. Janice Schindeler, an "ace quilter" from Houston, has been teaching quilting to the ladies of Boquillas. About \$10,000 worth of quilts were sold.

Last Month's Question: What is a "Locum Tenens"?

Answer: A person, especially a physician or clergy person, who substitutes temporarily for another.

This Month's Question: What is a "Spiritual Director"?

Dear Hankie - Advice to the lovelorn and spiritually downtrodden

Dear Hankie,

Why is it that so many of us in this world just don't seem to get along. I live in a house with nine others. It's always a challenge to figure out who is annoyed with me, who wants to play, and who doesn't care. Honestly, I try to be nice to everybody, but some don't seem to care about me. Today I got attacked by a grouchy old grandmother, slobbered on by a big pushy linebacker, and stepped on by my best friend. What on earth can I do?



signed "Anxious"



Dear Anxious,

Get a grip, life is hard. You're still just a little tyke. As you get older, you will begin to figure out that we are all different, we all have good days and bad days, and we all make mistakes. It might help you to study the Enneagram. I did and I'm an "eight". I might seem angry sometimes, but don't take it personally. That's just me. I get my energy from being against things. - Hankie



"You'll know it's almost over when they sing 'Hal and Lulu, Hal and Lulu' real loud."

from JoyfulNoiseletter.com
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