



THE CROWN

August 2025

| Issue 48 |

Christ Episcopal Church, New Bern

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2025 CAMP HOPE AT CAMP TRINITY

Our Camp Hope campers, including several of our GIG students, have been enjoying their weeks at Camp Trinity this summer. We are thankful to have such a special camp so close to New Bern. Enjoy these photos!



ABOUT CHRIST CHURCH



CHRIST CHURCH
AN EPISCOPAL CHURCH
IN THE DIOCESE OF EAST CAROLINA
FOUNDED 1715, NEW BERN, NORTH CAROLINA
Our Vision: To be a church that loves the way God Loves

MISSION

The mission of Christ Episcopal Church is to welcome and inspire all people to faith, hope and spiritual growth through worship, Christian fellowship, and service to one another and to the community beyond.

CHRIST CHURCH CLERGY

Rector: The Rev. H. Paul Canady, III
Associate Rector: The Rev. Suzanne Hood
Deacon: The Rev. Deacon Lisa Kirby

CHRIST CHURCH STAFF

Director of Church Life: Jimi Paderick
Director of Music: Jacqueline Nappi
Director of Christian Formation: Hannah Hutchens
Director of Growing in Grace: Debbie Fodrie
Finance Coordinator: Cindy Tripp
Communications Coordinator: Betsy Downard
Volunteer Coordinator: Sarah Risty-Davis
Facilities Coordinator: John Peterson
Nursery Staff: Heidi Powell, Allison Robinett
Custodial Services: Terry Pitner

SUMMER OFFICE HOURS

Monday - Thursdays: 9am - 3pm
Fridays: 9 am - 12pm
Click [here](#) to download the "Who to Call" directory. Click [here](#) to schedule a meeting with Paul and [here](#) to schedule a meeting time with Suzanne. *Please indicate if you're requesting to meet face-to-face, via phone or via video conference.*

GIVING OPTIONS

- Make an online payment [here](#).
- Mail checks to PO Box 1246 New Bern NC 28563
- Contact [Cindy Tripp](#) for more information.

CHRIST CHURCH VESTRY

Term through 2025:
Randy Bogle (*Junior Warden*), Stephanie Bratton, Kim Huddle (*Senior Warden*), Holly Lippitt
Term through 2026:
Heather McCloud-Huff, Laura Overman, Elmer Praul, Graham Underhill
Term through 2027:
Vins Bowers, Liz Coble, Patty Conard, Susan Husson (*Clerk*)

FIND US ONLINE

If you're viewing this newsletter online, click the links below to see our social media sites. You can also find the links on our website: www.christchurchnewbern.com.
[Main Facebook Page for Christ Church](#)
[Christ Church Children and Youth Facebook Page](#)
[Instagram](#)
[Youtube](#)

CONTACT US

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Mailing Address:
PO Box 1246
New Bern, NC 28563
Phone Number:
252.633.2109

The Crown is regularly distributed on the first Sunday of the month. In order to ensure our deadlines, our office needs all articles and photos by the 15th of the previous month. All copy and photos needing to run in the September 2025 edition of *The Crown* should be sent to communications@christchurchnewbern.com by August 15. Please make sure to plan ahead for your events so we don't miss the printing deadline! If you have any questions, please contact our communications coordinator, Betsy Downard, at betsydownard@christchurchnewbern.com.

- Deadlines to get articles, prayer requests/calendar submissions into *The Messenger (weekly)*: Wednesday by noon
- Deadline for submitting weekly information and pictures running in the Midweek Messenger Email: Wednesday by noon

PRAYER REQUESTS

In peace we pray to you, Lord God

For parishioners who have requested prayers: Mike Pridgen, Mary Hasell, Betty Jane Bonapartian, Janet Anderson, Bob Kohn, Susan Rivenbark, Warren Meadows, Hal Cameron, Joe Mansfield, Barbara Odderstol*, Jim Keeter, Evelyn Hunter, Kathy Blanchard, Pat McCotter, Ralph Cowan, Vicky Allen, Lindy Emory, Carol Kross, Rena Knott, Mike McCulley, Robert Lane, Vickie Evans*, Joan Kunkel, Margaret Scott*, Jim Gruenebaum, Myra Lewis, Sandy Valentine*, Geoff Wood, Charlie Henke, Ken McCotter, Bob Nelson, Liz Praul, Cathy Monid, Betsy Phillips, Nicholas Pridgen, Pat Robinson, Pat Holmes, Cathy O'Brien, Charles Peterson, Helen Shine, Palmer Noonan, Steve Phillips, Linda Bullock, Ann Bustard, Nancy Mansfield, Pat Polk, DJ Besack, and Rebecca Liberty.

For our friends and families: Liesel, Niels, Trinity, Danny, Phyllis, Mary, Otto, Henry, Jim, Howard, Jahna, Debbie, Will, Lucy, Kelsey, Kenny, Yuri, Julia, Valeria, Valentina, Carly, Richard, Bob, Peggy, Gene, Dolores, Beth, Nolan, Denise, David, Sam, Larry, Bobby, Joan, Corey, Denni, Elizabeth, Jenna, Peter, Bob, and Janis.

For our deployed military: Charles Lewis, Jr.

For refugee families and those seeking asylum.

Diocesan Cycle of Prayer: St. Thomas, Oriental; and Trinity, Lumberton

**These parishioners live out of the area but have requested to remain on the Christ Church prayer list.*

In an effort to keep our prayer lists current and accurate, names of friends and family members will normally remain on the list for six months. If you would like to add or remove someone from the list, please contact [Betsy Downard](#).

WEEKLY CALENDAR HIGHLIGHTS

PLEASE NOTE:

We have updated the way the calendar appears in our publications. If there are no changes to your regularly scheduled event, it might not appear below. The entire calendar can be viewed online at christchurchnewbern.com/calendar and in the Sunday morning *Messenger* email.

Signs with the complete calendar are posted on the kiosk in the Reception Area and the bulletin board across from the Library. Daily calendar signs are posted on the church's exterior doors.

SUNDAY AUGUST 3	MONDAY AUGUST 4	TUESDAY AUGUST 5	WEDNESDAY AUGUST 6	THURSDAY AUGUST 7	FRIDAY AUGUST 8	SATURDAY AUGUST 9	SUNDAY AUGUST 10
BIRTHDAY AND ANNIVERSARY SUNDAY 8am: Eucharist Rite II (Nave) 9:15am: Psalms in the Summer Class (Library) 10am: Eucharist Rite II (Nave / online) 11am: Lemonade on the Lawn	8:30am: Morning Prayer (Chapel) 1pm: Staff Meeting (2nd Floor Conference Room)	7am: Al Anon Meeting - (2nd Floor Living Room) 8:30am: Eucharist (Chapel) 10am: Women's Book Study (2nd Floor Living Room) 11:30am: Chair Yoga (Parish House) 6:30pm: Small Wonders NA Meeting (Pelletier Room)	6:15pm: AA Meeting (Harrison Center)				8am: Eucharist Rite II (Nave) 9:15am: Psalms in the Summer Class (Library) 10am: Eucharist Rite II (Nave / online) 11am: Lemonade on the Lawn 11am: Cursillo Reunion (Chapel)

AROUND CHRIST CHURCH

Christ Church Newcomer -- Patrick O'Neill

Patrick recently moved to New Bern from New Hampshire. He was originally from Euclid, Ohio. Patrick has three grown children and was employed for 40 years in manufacturing. He spent 25 of those years as an operations director producing jet engine parts. Fellow parishioner and his good friend, Dawn Manning, introduced him to Christ Church, and he will be joining activities here as time passes. Patrick enjoys reading, travel, hiking and exercising.

Christ Church at Camp Trinity

It was a big week for Christ Church Camp Trinity. Hannah Hutchens served as Session Leader for the week, and we were well represented by some campers and an additional staff member.





ICE CREAM SOCIAL

- Sunday, August 31 after 10 am service
- In the Harrison Center
- Stop by and check out our recent renovations
- NOTE: Only one service 8-31-2025 at 10 am

Volunteer Spotlight *Harry Gormley: On Call When it Counts*

Most people don't realize that when the church alarm goes off in the middle of the night, someone actually gets a phone call...and that someone is Harry Gormley!

Harry serves in a behind-the-scenes but incredibly important role as Christ Church's After-Hours Alarm Responder. If there's a potential issue at the church after hours -- whether it's smoke, fire, motion, or a possible break-in -- Harry is the first to be contacted by the alarm company. And while these calls can come at any hour, they usually seem to favor the middle of the night.

Because Harry lives downtown, just minutes from the church, he's able to respond quickly if he believes the alert is credible. He'll head over to the building and be on-site to meet emergency responders like the fire department or police, providing access and support as needed.

Thankfully, since the installation of our new alarm system, Harry hasn't had to make any late-night visits—but his willingness to be on call, just in case, brings great peace of mind to church staff and leadership.

When asked why he volunteers in this unique role, Harry simply says, "It's a way to give back." For him, being available in these unexpected moments is a meaningful way to serve the church community he cares about deeply.

We're incredibly grateful for Harry's quiet dedication and the care he shows for Christ Church. Thank you, Harry, for being there when it counts...especially when the rest of us are sound asleep!



AROUND CHRIST CHURCH

Backpacks, Backpacks, Backpacks

How can Christ Church Help?

Back-to-school can be a happy and exciting time for children and families, but it can also be a time of financial stress. For some families, the expense of purchasing school supplies and backpacks is simply not in the budget. This year, we at Christ Episcopal Church have the opportunity to help Interfaith Refuge Ministry with their back-to-school drive.

For 25 years we have been helping IRM with this ministry. We currently have 20 students signed up to receive much-needed school supplies and book bags.

To help please choose a school tag, which lists the needed items. These tags are located by the ingathering sign in the reception area. Please sign the form by the number on the tag to let us know which child you have selected and add your phone number. We ask that you return items on or before August 18th. Many thanks for helping these children in beginning a new school experience.

Taizé Service - August 31

Christ Church will hold a Taizé service at 5 pm, Sunday, August 31, in the Chapel. Taizé is an ecumenical, Christian, monastic community located in Taizé, Saône-et-Loire, Burgundy, France. Founded in 1940 Brother Roger Schütz the community is composed of about 100 brothers, from Catholic and protestant traditions, who originate from about 30 countries around the world.

A Taizé worship service involves sung and chanted prayers, meditation, a period of silence, and liturgical readings. The prayers consist of "short chants, repeated again and again," according to an introduction in a Taizé songbook.



Contemplative Prayer

"What Makes You Come Alive:

A Spiritual Walk with Howard Thurman"

When: 11:30 AM – 12:45 PM on Mondays, 9/08/25 – 11/24/25 (no meeting 9/29)

Sign Up: Email pastor.bornemann@gmail.com

Meets In Person & On Zoom: In person: Pelletier Room, upstairs at Christ Church

Leader: Rev. Barbara Bornemann

Study Book: *What Makes You Come Alive: A Spiritual Walk with Howard Thurman*

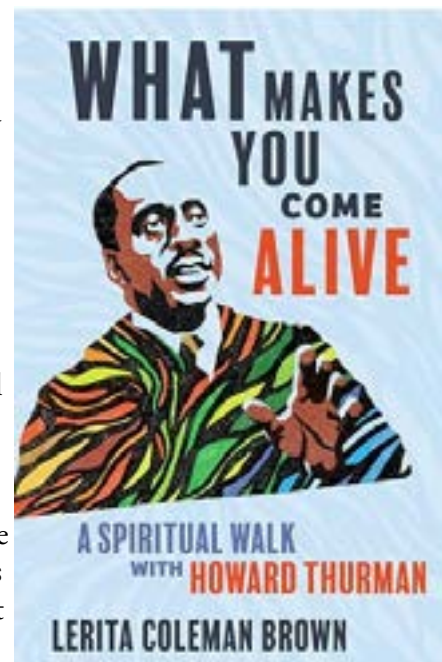
Author: Lerita Coleman Brown

Purchase Book: Books Available Online

Starting September 8, the Contemplative Prayer Group will be exploring the spirituality of Howard Thurman, a Christian mystic, pastor, philosopher, author, educator, and civil rights leader. During the 1960's, Thurman served as a mentor and spiritual advisor to Dr. Martin Luther King Jr. who was greatly influenced by Thurman's contemplative spiritual writings and his teachings on non-violent change. Author Lerita Coleman Brown states,

"One of Thurman's lifelong quests was to inspire hope. . . His quest for a profound experience of the presence of God, of connection to all living things, serves as a model for any spiritual seeker."

Once when Thurman was asked by another theologian what needed to be done in the world, Thurman replied, "Don't ask what the world needs. Ask what makes you come alive and go do that, because what the world needs is more people who have come alive." As the Contemplative Prayer Group meets this fall, we will take a spiritual walk with Howard Thurman. As we go on this walk together, we'll help one another discover, "What makes us come alive."



AROUND CHRIST CHURCH

Women's Book Study

This Tuesday, August 5th, the Women's Book Study will begin reading *Acedia & Me* by Kathleen Norris. Copies of the book are available for purchase at the reception desk (\$10.00).

Norris is a poet and essayist whose work focuses on the intersection of religious practices and the spiritual journey. In *Acedia & Me*, Norris explores all aspects of acedia, with the particular purpose of drawing a distinction between it and depression.

Acedia, coined the “noonday demon” by the early monastics, is a type of spiritual apathy, and is often described as a weariness of soul. Though it is not readily a part of the modern scientific lexicon, acedia, in today's culture, is generally lumped in with depression and the sin of sloth, one of the supposed seven deadly sins. We treat it with medication, just like everything else. But, as Norris continually illuminates, acedia possesses spiritual roots, and, thus, can ultimately only be treated with spiritual attention and resolve.

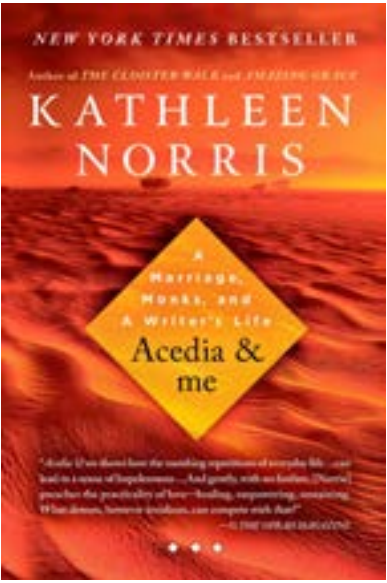
Join us Tuesdays from 10:00-11:00 in the 2nd Floor Living Room. Women of all ages are invited to attend. We open our time together with prayer, followed by reading the book aloud, and discussing. No preparation is necessary. You can join the group at any time.



STEPHEN MINISTRY

Be completely humble and gentle; be patient, bearing with one another in love.

Ephesians 4:2



Stephen Ministry

The Pastoral Care Commission for Christ Church has professionally trained Stephen Ministers, who offer their services to fellow parishioners. These ministers are trained to be good listeners and periodically meet with care receivers on an individual basis.

This is a confidential ministry in which the care receiver can be sure his or her identity and what is discussed remains private. Those who receive the ministry are parish members dealing with life issues who need to talk with someone who is compassionate and can listen unconditionally. Listen---that is the key.

There are many of us who carry burdens and issues that need to be talked about, who could benefit from this wonderful service. We all, men and women alike, might need confidential, compassionate help at some time in our lives and these wonderful, giving ministers are ready to assist you.

Please remember that Christ Church has Stephen Ministers that are trained and willing to listen to you at any time for any issue in your life. All referrals go through our clergy to maintain clergy awareness and support. If you feel you could use the service of a Stephen Minister, please contact Suzanne Hood (252-633-2109 or suzannehood@christchurchnewbern.com) or Mary Parrish (252-514-8199). Either of them would be happy to answer any of your questions.

Christ Church is important to our family in that it helps to remind us every Sunday through the Eucharist of Christ's ultimate sacrifice for us. We enjoy being able to do this with others who share the same sentiment. -

Geoff and Katie Marett

Christ Church, New Bern
www.christchurchnewbern.com



AROUND CHRIST CHURCH

My Own Version of “3 reasons why you should join a choir”

There are so many articles on the internet these days that say something like “6 reasons to eat a more plant-based diet” or “7 reasons why sleep is important”. Well, I recently came across one titled “5 reasons why you should join a choir”. My interest was immediately piqued. I clicked.

Number 1: Musicality. This seemed pretty obvious to me. *Singing in a choir helps in how we listen to music and strengthens our appreciation of harmony as well as overall musical abilities.* Ok, duh, anyone could have guessed that.

Number 2: Mental Health. This one didn't surprise me either. *There are many studies that show the mental health benefits of singing in a choir such as reducing stress and depression, enhancing brain function, and improving feelings of togetherness.* I agreed that a feeling of togetherness, in particular, is an important mental health benefit. Ok, I'm on board.

Number 3: Confidence. *It's surprising how many people are told they can't sing.* True. I'm always shocked by this. *The truth is, anyone can learn to sing. Singing in a choir gives you permission to make noise as part of a group.* Singing in a choir absolutely builds confidence; I always enjoy witnessing new choir members' growth. Check.

Number 4: Belonging. *The modern world is one where people are increasingly isolated.* This got my attention. *Social media networks offer a semblance of community but the lack of contact with people in real time and space can intensify feelings of alienation.* Wow. I couldn't agree more. *Being part of a group working towards a shared endeavour can fulfill this human need for belonging and union.*

As a member of the so-called “Millennial” generation, we were immediately and directly impacted by the social ‘change’ (I prefer the word ‘decline’) that happened with the advent of social media, dating apps, and the ensuing internet age. People stopped socializing in real-life. And then covid happened.

Singing in a choir offers a way to actually meet people in person and belong together to a group with a shared purpose. Ok. This was spot on.

Number 5: Aerobic. *A proper singing session is a wonderful workout for the lungs. The actions of warming up, breathing deeply and opening the diaphragm all oxygenate the blood, creating more white blood cells, which strengthens the whole body.* I'm not a doctor, but I am a triathlete and I can say that singing definitely does help strengthen your breath control and stomach muscles.

The breathing rate slows and deepens, releasing endorphins and increasing a profound sense of well-being. I have certainly experienced this while singing and it absolutely contributes to one of the reasons why I love choir.

These were all fantastic reasons; and after finishing the article, I considered what reasons I would give for singing in a choir. Making music is certainly a priority in my life; mental health and building confidence are both important, as is taking care of your body via aerobic exercise and breathing techniques (such as yoga, etc.).

Finally, I came up with 3 of my own reasons for joining a choir (one of which I stole from the article). Here they are: **1. Belonging; 2. Relationship building; and 3. Community.** All three reasons stem directly from the values that I believe are important in choir and which I hope will encourage you and others to consider joining one of our two choirs at Christ Church.

These values are:

- Every individual helps create the environment
- Each voice brings qualities to recognize, nurture, and value
- The ensemble is more than the sum of its parts

If you are considering joining one of our choirs, know that we need you and that you are valued and wanted. All are welcome, regardless of musical background or abilities. The benefits are numerous, the company is welcoming, and the spiritual nourishment is there.

I ask you to prayerfully consider singing with one of our two choral groups - Joyful Voices and the Parish Choir - at our beautiful, historic church. Rehearsals begin the last week of August.

Please don't hesitate to reach out to me if you have any interest or questions about singing at Christ Church.

-- Jacqueline Nappi, Director of Music

THE GOODS

Faith Connection - August Meeting

Faith Connection will hold its August meeting on TUESDAY (usually held Thursdays), August 26th at First Presbyterian Church, from 4:00-5:30.

The speaker is Roberta Smith from Church World Services. CWS is responsible for Crop Walks around the country. Funds raised from the New Bern Crop walk, scheduled for September 28, are portioned between RCS and Church World Services. With food uncertainty becoming more prominent, supporters of this year's Crop Walk are needed more than ever.

Learn more about Church World Services and Crop Walk at <https://events.crophungerwalk.org/crophungerwalks>.

Cursillo Weekend

Pilgrim applications are currently being accepted on a first come - first served basis for the East Carolina #106 Weekend, which will take place November 6-9, at Trinity Center in Pine Knoll Shores. Cursillo Ministry is a spiritual formational retreat for piety, study, and the practice of leadership and service. These tools are continued forward by building a lifestyle of transformational skills and assisted with laity through ministry friendships.

Weekend fee is \$300 and includes room and meals. Scholarships are available. The weekend consists of five meditations, 15 talks, a healing service, a Spiritual Advisor on site, and Eucharist, every day. Cursillo Ministry is advised under the bishop. The weekend is served by Laity and also led by Clergy and a Lay Weekend Rector.

If you're interested or would like more information, please contact a member of the Christ Church Vestry or Mary Lynn Guidage or visit <https://www.cursillodec.org>.

Young Adults and Young Families Brunch

The Young Adults / Young Families group will host a brunch between the 8 am and 10 am services on August 24. Weather permitting, this will take place outside on the church yard with picnic tables set up on the playground side of church. Stay tuned for more information and an online RSVP sign up.

Where Can You Plug In?

- **Worship:** To volunteer in August services, click [here](#). Click [here](#) for September services. For more information contact Sarah Risty-Davis at sarahristydavis@christchurchnewbern.com.
- **Volunteer Receptionists:** Come join us at the Reception Desk. Reserve your August shifts [here](#). September shifts can be found [here](#).
- **Receive emails and texts from Christ Church:** Click [here](#) to receive text messages and/or emails from Christ Church. *Standard text messaging rates apply.*
- **Lemonade on the Lawn:** We appreciate our Lemonade on the Lawn hosts. To sign up to host a on a future Sunday, click [here](#). Thank you to this week's hosts, Delle and Sam Curry.

Christ Church

BLESSING OF THE BACKPACKS

Sunday,
August 24 at
the 10 am
service.



PLEASE JOIN US FOR THIS OPPORTUNITY TO BLESS OUR STUDENTS IN HOPES OF A HEALTHY, HAPPY, AND SUCCESSFUL SCHOOL YEAR.

Chair Yoga Continues

Back by popular demand, join Karen Gabriel and Mary Ann Koffenberger for Chair Yoga every Tuesday in August from 11:30 am - 12:15 pm in the Parish House. There continues to be no fee for the classes, but a donation of nonperishable items for the Christ Church Lil' Pantry is most appreciated.