

THE ARK

News of the Women of the ARKansas EPISCOPAL Diocese

*Father, thank You for the blessing of Your favor upon
Winter Interlude I*

Arkansas
Episcopal
Church
Women



Arkansas Episcopal Church Women were so blessed to have had the opportunity to gather "on the mountain" for Winter Interlude I. Thank you to Helen Austin, Christ Church, Little Rock for writing this beautiful and thought-provoking article on the weekend.

Volume II Issue 1

February 5, 2015

'Pon the Mountain
My Lord spoke
Out if his mouth came
Fire and smoke

Whenever I hear someone refer to Camp Mitchell as "up on the mountain" (Petit Jean Mountain, that is), I think of this little rhyme. In case you don't recognize the words, they're from the gospel hymn, Every Time I Feel the Spirit.

Those of us fortunate enough to have been up on the mountain at ECW's first Winter Interlude, Jan., 9—10, heard words not of "fire and smoke" but of inspiration and encouragement. And they came not from the mouth of the Lord (at least, not directly), but from our beloved Bishop Larry Maze.

He talked about dreams, the embarrassing kind everybody has. If you're clergy, he said you show up for a service without your vestments. If you're a performer, someone else suggested, you're standing in the middle of the stage and you've forgotten your lines (or you costume). If your kid is in grade school, you arrive for the Christmas program when you remember you were supposed to be in charge of refreshments.

Dreams are divine revelation, the bishop said. God is using them to tell us about the work God is depending on us to do. Write your dreams down as soon as you wake, before you have a chance to forget **them**. When (if) you have a chance, discuss them -- as he and the Reverend Merry Helen Hedges, from St. Peter's in Conway, do twice a year or so -- with someone trained in dream theory.

There seemed to be a particular openness of expression among the women at that weekend winter interlude. So often we feel we have to be Norman Rockwell's Rosie the Riveter — if not physically, at least emotionally. It's not always easy for some of us to share, even with the men closest to us, the deep-seated insecurities revealed in our dreams. What an affirming, empowering experience to have that opportunity up on the mountain together — just us "girls."

Bishop Maze celebrated at our closing Eucharist on Saturday, assisted by the Rev. Marti Dalby, St. Francis, Heber Springs. And that's when he really spread the icing on the cake.

The next day, Jan. 11, would be the Feast of the Baptism of our Lord. When Christ was baptized by John a voice was heard to say, "This is my beloved son, in whom I am well pleased." But the voice came from within Jesus himself. And when all Christians are baptized, he told us, the same voice comes from the same place. From within each of us.

Thanks be to God and to Bishop Maze, who has given us a sort of new Trisagion:

God is in us
Christ is in us
God is in us.

Helen M. Austin

Arkansas ECW Newly Elected Officers

Peggy Cromwell, UTO Chair

Sylvia Ross, CPC Chair

Linda Olson, Central
Convocation Chair

Marjie Hart, SE Convocation
Chair

A complete list of officers
can be found at

www.arkansasecw.org

WHO ARE WE?

We are Episcopal
Church Women of
all ages, ethnic
origins and
socioeconomic
backgrounds who
hold a variety of
views. However,
the common
denominator of
our members is
love of God and
the wish to do
His work.

DREAMS FROM ATOP CAMP MITCHELL

Dode Lamb-Roberts, All Saints', Russellville

The Winter Interlude One event took me quite by surprise. The invitation was whimsical, Episcopal and caught my eyes. The email from Lady Wanda Dunwoody is always a treasure. She's witty and smart and her gifts are of infinite measure. The gist of this "call" was not formal, enlightening or deep. Just come as you are and enjoy a carefree overnight retreat.

The topic was *DREAMS* and the speaker was one of the best. Bishop Larry Maze, a messenger of God's love, without rest. Larry, he queried, "How many of you women "do" your dream? Upon clarification, my left brain kicked in and I gleaned. He was referring to the activity that occurs often at night. I realized at once that this weekend was destined by a higher Light.

The first session on dreams filled my soul with God's acceptance and love. Dreams are God's energy and evolve from His creation above. When first we are born and erupt from our mother's caress. The psyche of self is complete, absolute and knows no distress. The dawn of new birth begins with a miracle and a cry. It's the beginning of learning the reason we exist and why.

We learn to dictate to the caretakers we know or call mom. The instinct kicks in that our every wish is fulfilled with aplomb. As time marches on, the ego is filled brimful with thoughts. There's would haves, could haves, should have and ought. There's masculine, feminine, authority, caretaker, and whoa. There are fifteen archetypes buried in the "shadows" below.

Dreams are not merely an escape which we accept or decline. They're the fruit of God's Plan when he sent us Jesus, divine. These bursts of energy are elusive and depart upon day. The images are symbols from God to show you the way. There's houses, the ocean, the departed and yes, the alive. You can capture your dreams and some meaning of life be derived.

So, come nightfall, when lay yourself down for night's rest. Just ask Jesus, God's Son, to have dreams that will less. Even dreams that are evil and we all wish that we could forget. Have the importance of fixing the "STUFF" we haven't fixed yet!!!! This weekend was just the beginning of my "dream" discovery. I still have to explore Collective Unconscious Dream Recovery.

VALENTINES
STOP & SHOP
SATURDAY
February 7th

Shopping Done Right

11 TO 2 AM-PM

ST. NICHOLAS' EPISCOPAL CHURCH
SERVICE TIMES: SUNDAYS AT 9AM AND 5PM
CURRENTLY MEETING AT FIRST CHRISTIAN CHURCH BEHIND KROGER
400 I CILLIS MANOR DR
MAUMELLE, AR 72113
WWW.STNICHOLASMAUMELLE.COM

Make Jewelry Nutrition Art Boutique Baskets Glamour Fun Invited Clothing Shoes Cause Local Saturday Essential Retail Boutique SK in Therapy Green Natural Eucharist Accepting Inclusive Reason welcoming home loving Liturgy Tradition Grace Peace Open



*Pictures from 2014 Fall Gathering
and Winter Interlude I*



A Message from the President

Wanda Dunwoody ladywandadunwoody@hotmail.com 501.412.3998

Hello Episcopal Church Women,

Welcome to 2015! The new year began with Winter Interlude I and offered Arkansas Episcopal Church Women an opportunity to gather at Camp Mitchell to worship, laugh, and to begin the process of understanding their dreams. Bishop Maze was an integral part of the weekend's success and his message touched the hearts of everyone present. We were so fortunate to have him with us and to have his support of our organization. Thank you, Bishop Maze.

If you have not yet read Helen Austin's article on this event, please do so. On page two you will find a beautiful poem

written by Dode Lamb-Roberts. Helen is a published freelance writer and Dodie has recently discovered she has been given the gift of expressing herself through poetry. After reading these two contributions to our newsletter, I know you will not want to miss next year's event. The dates are January 8—9, 2016.

I want to once again thank the ladies of Trinity and Father Van Windsor for agreeing to host our 2014 Fall Gathering. They made each person present feel very special. Officer elections were held for four positions.

Your newly elected officers are:

Peggy Cromwell, UTO Chair, St. Nicholas, Maumelle

Sylvia Ross, CPC Chair, St. Luke's, Hot Springs

Linda Olson, Central Convocation Chair, St. Francis, Heber Springs

Marjie Hart, SE Convocation Chair, Grace Church, Pine Bluff

Serving on the ECW board is rewarding and it is also time-consuming. I thank these ladies for being willing to commit to a three-year term.

Please enjoy this newsletter and contact me if you would like a visit from your board!

Blessings to each of you,

Wanda

We need YOU!

This is your newsletter. Please feel free to send articles, pictures and announcements of **upcoming events**. We want other churches to see what you are doing

Thank you St. Nicholas for sending information on your event to fund your CPC program.

Women's Institute

June 5—7, 2015

*We encourage you to mail
your*

Women's Institute

registration

as soon as possible.

The brochure will be

available to download at

www.arkansasecw.org

on February 16, 2015

Women's Institute Speakers

Quiet Day Speakers

The Rev. Dr. Joanna Seibert and Joanna E. S. Campbell

Featured Speaker

The Rt. Rev. Steven Charleston

Trinity Episcopal, Pine Bluff . . . we thank you!

We had a marvelous time at Fall Gathering this past November. Over sixty (60) women gathered at Trinity Episcopal in Pine Bluff to renew acquaintances, laugh, attend breakouts and worship together. Donna Coker, Trinity ECW President, planned a wonderful two days. The event began with a tour of Trinity's historic church building and we then boarded a rubber tired trolley for a tour of the city. After Evening

Prayer, we bid on silent auction items during the cocktail party and ended our first day together with dinner at the beautiful Pine Bluff Country Club..

The first order of business on Saturday was our annual business meeting. After our business meeting, workshops were held. Our silent auction closed at noon and \$1,000 was raised for the Robert R. Brown Summer Camp.

Our time together ended on a high note with Bishop Benfield installing our new officers and celebrating Holy Eucharist with us. Please say a huge thank you to our workshop presenters Peggy Cromwell, Kaki Roberts, Grace Henderson and Jeannie McCabe. We cannot thank these ladies enough for sharing their talents with us.

Make plans to attend this year's Fall Gathering at St. Michael's, Little Rock. The dates are November 6—7, 2015.