

INSIDE THIS ISSUE

Enneagram	2
Spiritual Practices.....	3
Lenten Quiet Day	4
Treasurer's Report.....	4
CSM Grants.....	5
Parish Nurse	6
Wheels4Hope.....	7
Enneagram Spirituality.....	8



Holy Trinity Episcopal Church

FEBRUARY 2013

PARISH POST

the magazine of holy trinity episcopal church | (336) 272-6149 | www.holy-trinity.com

Journey Through Lent with Spiritual Practices Use these practices to soul-tend

Last year I started a garden.

I had no idea what I was doing, so I was dutiful and went to a class on gardening held at the library. There was information about the plants themselves, planting times, fertilizers, and more. But mostly we learned about the soil, because the success of gardening starts with the soil.

When I got home, I looked at my garden patch. It was dry, cracked, full of weeds and altogether looked like an inhospitable climate for plants to grow. If the lush tomatoes, peppers and herbs I dreamed about were to become reality, I had my work cut out for me.

All through February and March I tended the soil. I pulled the weeds. And pulled the weeds. And pulled the weeds.

I added good, rich earth. I covered it with the compost I'd been working on for a few months. I trusted that the earthworms under the soil were doing their part. Every spare moment I was out in the garden trying to make this previously barren earth ready to produce life-giving plants.

From dust you were made and to dust you shall return.

These are the words spoken as ashes are imposed on our foreheads each Ash Wednesday.

Dust. Earth. Soil.

The gardens of our souls need tending and rejuvenation each year as well. Lent is a time of soul-tending to prepare ourselves for the glory of the resurrection.

Just like my garden wasn't ready for me to plant delicate

seedlings without a lot of preparation, I am not ready to face the glory of the resurrection Easter Sunday without pulling my own weeds. I need to do the work of spiritual practices to tend the garden of my soul.

Psalm 51, the psalm used on Ash Wednesday says, "Create in me a clean heart, O God, and put a new and right spirit within me."

No matter how many times I read these words, they always speak to me. They speak to me of the hope of cleansing my past faults and wrongs, of starting fresh. They speak to me that the work of cleansing isn't something I do on my own. They speak to me of the task of spiritual practices which discipline us as followers of Christ.

This Lent, you are invited to journey and tend along these 40 days as we prepare ourselves for Easter, as we work on creating a clean heart and new and right spirit within ourselves.

There's no denying that Lent is hard work—it's supposed to be. But it's only through that hard work that our gardens will bloom and flourish.

Holy Trinity has numerous ways to soul-tend this Lent. You are invited to engage in one or many of the practices listed or start one of your own. Some resources are found on page 3, and others can be found on our website at www.holy-trinity.com/article/lenten-practices.

— Jo Owens

continued on page 3

Enneagram and Our Lenten Journey

Interview with Sandra Smith, M. Div.



The Enneagram is a powerful tool for personal, spiritual and professional development as we learn to “un-stick” ourselves from fixed and limiting patterns of our personality. Bringing awareness to our patterns reorders the energy and allows us to suspend established ways of seeing the world. Recently Ruth D. Anderson interviewed Sandra Smith, M.Div. about Sandra’s upcoming workshop on the Enneagram to be held at Holy Trinity.

Ruth Anderson: We at Holy Trinity are delighted that you will be offering a workshop on the Enneagram during the season of Lent. How does understanding our Enneagram type (or more about our personality) facilitate our Lenten journey?

Sandra Smith: During Lent, a lot of people choose to deny themselves of something as a way to mark Lent. Actually the Enneagram is a great map we can use to better understand how we overuse our strengths and also how we tend to limit ourselves. The Enneagram can help us bring our lives into clearer, better balance. The Season of Lent is a meaningful time to explore this issue of balance in our lives.

RA: How does knowing more about our ego or personality balance us?

SS: The Enneagram gives us two great gifts. The first is that through the tool

we have the ability to see ourselves more clearly. Secondly, the Enneagram gives us the ability to see others as they see themselves. Both gifts expand our hearts greatly and move us towards seeing ourselves and the world differently.

RA: What do you think the Enneagram helps us best understand?

SS: One huge gift that the Enneagram offers is that it helps us understand that we have three centers of intelligence and that each type has a very specific focus of attention. In my teaching, I help people access the intelligence of not only the head (our minds) but also of the heart and of the body. I ask people to respond to many questions with each center and we see how easy it is to access the center—and also how easy it is to be asleep in these centers. Also the Enneagram shows how each of the nine personality types focuses attention in a narrow manner and actually limits us in tremendous ways.

RA: So if we understand our Enneagram we become less narrow?

SS: Well, yes. Our fears bind us into a constricted way of being. Knowing our type helps us soften the fear and open the grip of the ego in our lives. We actually can miss our very lives if we are not aware of how our personality works.

RA: What does the Enneagram have to do with our spiritual lives?

SS: In many ways, the Enneagram helps us answer the question: “Am I fully available to myself (and to others) right now?” When the ego is in charge, we cannot possibly have a spiritual experience. We are closed or not available for Spirit. When we, through spiritual practices and Enneagram understanding, let go of some of the constriction of our ego, we become receptive to Divine

Presence.

RA: How do we know if we are open and soft and receptive or if we are operating out of “the ego way” which seems to be closed down and narrowly focused?

SS: We have a saying in the Enneagram world: the ego is a great ally but a bad governor. In other words, the ego provides us with both great gifts and also great limitations. When the ego is in service to our life, that is fine and can even be life-giving but when our ego becomes “master” of our lives, we tend to get into trouble.

When we are truly in the present moment, open to what is emerging right in the here and now, without trying to control what happens next, then we know that we are in that place of the truth of who we are. The Self that is present is very different from the Self that is reactive and automatic. Again, regarding the theme of balance, I’ll be discussing this shift of “compulsion to compassion” throughout our time together in the workshop.

RA: How do we get more of that Present Self?

SS: That is exactly what we are going to explore at the Enneagram workshop. The Enneagram is a good map, as I said before, but knowing it with our minds is not enough. In other words, cognition never changed anything! We need spiritual practices to move from perceiving to receiving or from ego-identification to dis-identification. I will ask during the workshop: “Given your type, where is your greatest invitation to grow spiritually at this point in your life?” This exploration is the road to resurrection—when we make this shift.

—Ruth Anderson

See details about the workshop on the next page.

Spiritual Practices for Lent

Ash Wednesday Services

Date: Wednesday, February 13

Time: 7:30 a.m., 12:15 p.m., 5:30 p.m.

Location: Holy Trinity Episcopal Church

There will be a service of Holy Eucharist and Imposition of Ashes. From 5-7 p.m., a simple supper of soup, salad and bread in the Haywood Duke Room.

Labyrinth Prayer Walks

Date: Mondays February 18, March 18, Holy Week

Time: 12:15-1 p.m.

Location: Outdoor Labyrinth

The labyrinth offers you the opportunity to "put feet on your prayers." Experience a walking meditation that connects your mind, body and spirit. Join the Labyrinth Keepers for monthly prayer walks, and carry your intercessions and celebrations into the labyrinth's winding path.

Weekday Services

Date: Tuesdays, Wednesdays and Thursdays from February 19-March 21

Time: 5:30 p.m.

Location: Holy Trinity Episcopal Church

Services of Holy Eucharist will be offered each evening. The Wednesday evening service is Stillpoint: A Contemplative Eucharist with Taizé music.

Embracing a Life of Meaning: Kathleen Norris on Discovering What Matters

Date: Wednesdays and Thursdays, February 20/21-March 20/21

Time: Wednesdays from 6:30-8 p.m., Thursdays from 2-3:30 p.m.

Location: Broome Hall

Each session will have a 10-15 minute video clip of best-selling author Kathleen Norris, followed by group discussion. Session topics are Belief Matters, The Bible Matters, Community Matters, Place Matters, and We Matter. The same session is taught Wednesday and Thursday, so participants choose one day to come.

Centering Prayer

Date: Wednesdays

Time: 12-1 p.m.

Location: Upper Room (Fisher House)

Share in a community of meditation, exploring being Present to the love of God together.

Integral Transformative Practice (ITP): A Spiritual Practice For Realizing The Potential Of Our Body, Heart, Mind And Soul*

Date: Saturday, February 16

Time: 10 a.m.-12 p.m.

Location: Broome Hall

Cost: \$10

Combining movements and gentle stretching, progressive relaxation, visualization and centering prayer, ITP allows us to balance and get our bodies grounded, our hearts open and our minds more present to God's Presence. Come ready and dressed for easy movement. Bring a mat if you have one. Materials will be provided to begin a home practice if desired.

The Enneagram: Exploring Ego & Awareness Facilitated By Sandra Smith*

Date: Friday, February 22 and Saturday, February 23

Time: Friday: 1-5:30 p.m., Saturday: 9 a.m.-4:30 p.m.

Location: Holy Trinity Episcopal Church

Cost: \$125 (includes lunch and materials)

During this workshop, participants will learn attentional patterns and world views of the nine types; gifts and inner resources of each personality type; energetic habits of each type; strategies for loosening automatic patterns; spiritual practices for the nine types. Those new to the Enneagram will gain insights into the workings of their ego, what drives their behavior, and internal stories that shape perceptions. Those who know the Enneagram will learn more of its complexities and the felt sense of type.

Calling The Circle Training*

Date: Saturday, March 2

Time: 10 a.m.-1 p.m.

Location: Broome Hall

Cost: \$35 (includes book)

Christina Baldwin, a good friend to our school who has visited us twice, began developing a group process methodology that led to the concepts presented in her ground-breaking work, *Calling the Circle: The First and Future Culture*. This book, which will be given to each participant in this training, has introduced thousands of people to a practical, hands-on structure for convening their gatherings or meetings in circle and tapping collective wisdom. Christina has taken this work to the heart of mainstream culture in North America, Europe, and Africa. We will review the circle guidelines and experience together this simple and powerful way of being together.

Awakening The Intelligence Of The Heart*

Date: Saturday March 16

Time: 10 a.m.-12 p.m.

Location: Broome Hall

Cost: \$10

Contemporary research, including the work of The HeartMath Institute and others, shows how to transform emotional and mental energy into new, satisfying feelings and intelligent perceptions. These simple practices help to shift our often automatic responses etched into our neural circuitry to an awakening of the intelligence of the heart to Divine Presence. These methods focus on positive feelings such as appreciation, care or compassion, which help to create a coherence in our heart rhythms that has been shown to bring the emotions, body and mind into balance.

Lenten Quiet Day

Date: Saturday, March 23

Time: 9 a.m.-12 p.m.

Location: Broome Hall

Join Marjorie Donnelly for a time of reflection and centering before Holy week. This mini-retreat will include opportunities to engage scripture, art, music, a labyrinth walk, prayer and silence. *See article on page four.*

*Register by calling the Sacred Garden Bookstore at 544-1225 or go to www.servantleadergreensboro.com.

Lenten Quiet Day

Be Still and Find God in Your Midst



“Be still and know that I am God.”

These words from Psalm 46:10 are beautifully inscribed in calligraphy on a picture that hangs in my office. Over the years, God has used this verse to gently remind me to inscribe stillness on my heart. It has been a slow and gradual process. Admittedly, I was pretty skeptical at first. As an extravert, I used to be downright afraid of silence. I also confess that I was a “drop-out” when it came to sitting still and meditating for twenty minutes at a time.

But God was patient, and continued to quietly invite me to try stillness. Both personally and professionally, God invited me more and more into a “life-giving quiet” – a place where I discovered I could more easily hear God’s still small voice guiding my path.

Now, I begin each day just as I begin each spiritual direction session by lighting a candle and spending some time in quiet. The candle reminds me of the Holy Spirit’s presence, and the silence puts me in a receptive place. This sets the tone for whatever the day or spiritual direction session may hold. Often, during my day, I pause and take three deep

breaths. I have found that just a moment of this “life-giving quiet” is restorative. I don’t need twenty minutes to reconnect to God!

Gradually, I realized that there were ways to engage movement and activity with silence. When I discovered the labyrinth, I also discovered that this gentle, walking meditation gave my whole body a way to engage in prayer, and I loved it! Also, in my quiet times, I often felt a nudge from God to respond by writing in my journal or coloring a mandala or singing a favorite hymn. I found that silence was an avenue to tap into my innate creativity.

In this Lenten Quiet Day, on Saturday, March 23, you will be gently guided through a rhythm of silence and response. As your facilitator, I will supply an abundance of ways for you to enjoy the silence, including such things as reading scripture, journaling, art activities and walking the labyrinth. You have only to bring an open mind and a willing spirit, and let your own heart be your guide as how to embrace God during this Lenten Quiet Day.

– Marjorie Donnelly

Money Matters

Our Treasurer’s Report

Once again it is the time of the year when we must look to the year ahead and develop a financial budget for the church. We have completed the Every Member Canvass, and although some people have not yet responded one way or the other (and it is very helpful for us to know if you are not planning to pledge, particularly if you pledged last year), it looks as though pledges will be basically flat with last year. The challenge becomes, how do we enhance the quality of programs and communications with no additional money to work with? In about a week, we will present a budget to the Business and Finance Commission, which the vestry had approved in concept, which proposes to accomplish the enhancements with funds from other sources. For all of you who grow tired of me asking you to remember the church in your will, you should know that we have been fortunate over the past couple of years to have received bequests that have added to the church’s operating reserves, from those we may have an opportunity to make the additional expenditures from such funds. Approval of the appropriate oversight groups will be needed, but we hope to be able to make your theological experience even more spiritual in the coming year.

As you may have seen in a recent Sunday bulletin, at the end of the year, we still had some uncollected pledges. While last year is closed as far as spending those pledges is concerned, we depend on the collection of those unpaid pledges for expenses in the current year, so we would appreciate your help.

Finally, as I have said before, if you have questions about our church finances, please e-mail me jcompton1@triad.rr.com. As your Treasurer and a parishioner, I believe that the fiscal strength of our parish is important, and I am committed to making the finances of Holy Trinity transparent to all parishioners.

I want each of you to take plenty of time to think it over, and make up your own mind what you will give. That will protect you against sob stories and arm-twisting. God loves it when the giver delights in the giving.

– 2 Corinthians 9:7 (The Message)

John Compton is a parishioner and serves as Holy Trinity’s treasurer. He can be reached via e-mail at jcompton1@triad.rr.com.



Christian Social Ministries Grants Try to Meet Needs

Community Organizations Receive a Boost from Holy Trinity

Homelessness, hunger, illness — people with those needs and more come to Holy Trinity. They come individually and through agencies around town.

Holy Trinity tries to help through an emergency assistance fund, special fund drives, and Christian Social Ministries (CSM) grants.

Assistant to the Rector Ginny Herring said she fields requests for emergency assistance that total about \$2,000 per week, although her emergency-assistance budget is \$6,000 a year. “That’s obviously inadequate,” Ginny said. “Last year we had an angel who was doubling all contributions to that fund, so we were able to give more, although the amount was still below the level of requests.”

Holy Trinity parishioners also give through direct donations for causes such as CROP and Winter Walk for AIDS and for special projects like the Angel Tree, Thanksgiving food bags, and dental and school supply drives, among others.

CSM is charged with giving away the parish’s largest amount of budgeted outreach money. Last year CSM received grant requests for \$76,945 from 27 agencies and was able to make grants totaling \$54,470 to 21 agencies.

The CSM budget has been about \$50,000 for many years, and like most budget line items has been frozen at that level.

Hilburn Banner, the vestry representative to CSM, serves with 14 other parishioners. She said serving on CSM showed her how much need there is.

“My eyes were really opened to the incredible needs of so many people, right here in our own city. Needs that I had always simply taken for granted,” she said.

“The number of adults and children living in Greensboro who are literally homeless and hungry is staggering,” Hilburn continued. “There are far too many people with no means for basic healthcare and dental services. There

are low income families without the means to pay their bills to keep the heat on. Men and women are released from prison with no support system to help them get their lives on track. Immigrants who have fled their own countries in search of a better life find themselves in an unfamiliar place looking for a job so that they can send money to the families they left behind. And the list goes on and on and on.”

Jeff Chowning, who presented the CSM recommendations to the vestry in November, said that the grant-making process is very thorough. Each July, CSM invites grant applications due in September. Each application is read by two members of the CSM grants committee, which makes a funding recommendation to the whole commission in October. The commission sends the final funding recommendations to the vestry in November.

CSM members evaluate agencies based on established criteria, Jeff said. The agency applying should: have a Guilford County focus; have volunteers and advocates from Holy Trinity; show how the Holy Trinity grant would be significant to the organization; have a track record of performance; and meet needs involving housing, hunger, seniors, health care, disabilities, education and refugees. Members of CSM make site visits to the agencies to be sure the agencies are operating effectively.

The 2012 grants range from \$500 to \$5,000. CSM sets aside some money for smaller requests throughout the year.

2012 grants went to FaithAction, Friendship Day, Glory Ridge, Greensboro Hous-

ing Coalition, Greensboro Urban Ministry, Hot Dish and Hope, Jericho House, Maggie and Erma’s House, Mary’s House, Senior Resources, The Barnabas Network, The Servant Center, Triad Health Project, Triad-Rowan Continental Society, Shepherd’s Center, Partnership Village, Missions of Mercy, Backpack Beginnings, Reach Out First, and Adult Center for Enrichment.

Those agencies count more than 250 Holy Trinity parishioners as volunteers.

The grants will be used to provide dental care, feed children, give respite care, teach job readiness, serve refugees, provide fellowship opportunities, feed the hungry, repair homes, provide housing, furnish houses, help people living with HIV, tutor children and send them to camp.

Having never served on CSM, Hilburn found the need and the generosity surprising.

“I was shocked by such an incredible – and real – need for help from so many, but I was even more surprised by the generosity of our parish, the many people who give generously of their money, their time and their talents to help those in need,” Hilburn said. “Through CSM, you are really able to see God at work through the members of Holy Trinity.”

– Harriette Knox



FaithAction International House works on turning strangers into neighbors by engaging faith communities with local immigrants and refugees. There will be a luncheon at 12:15 p.m. on Sunday, March 10 in Haywood Duke Room to hear more about the Stranger to Neighbor initiative.

Running Shoes Are Required

Parish Nurse Maureen Flak Serves Holy Trinity, Church World Service



Maureen checks in with one of the children living at Glen Haven apartments who is very excited to see her

Running shoes are required when trying to keep up with parish nurse Maureen Flak.

Depending on the day, she can be found checking in with the Pastoral Care Team at Holy Trinity, visiting parishioners at any of the area hospitals, taking blood pressures out at Glen Haven apartments, or working with refugees at Church World Service. Rarely can she be found sitting still — unless she's talking with a patient.

Last March, Maureen celebrated her 40th anniversary in nursing, and it's no accident that the last six years have been as a parish nurse.

Maureen started her career in Air Medical transport in Japan. She's worked in the Emergency, Maternity and Newborn departments of hospitals, nursed patients in multiple countries, and she also spent time as a home health nurse.

Prior to coming to Holy Trinity, Maureen worked at Moses Cone in the Behavioral Health Department. One day, she was told that due to her back problems hospital nursing was no longer a good fit for her. That day, she heard about the parish nurse opening at Holy Trinity, an area of nursing she was trying to move into.

In her work at Holy Trinity, Maureen meets with the pastoral care team helping with everything from the prayer list, identifying who needs flowers, and following up with every parishioner who's been in the hospital.

Maureen also holds monthly blood pressure clinics. These clinics are not only time for her to check the BP of the 20-25 parishioners who stop by on a given clinic day, but it's also a chance to follow up with folks and their health issues. "It's a chance for me to do follow-ups without bugging people," laughed Maureen.

The main reason parish nursing appealed to Maureen was the time factor.

"I have the ability to spend as much time as I need with each person I see, instead of the 60-second sound bites you

find in the hospital. Congregational nursing gets you to the patient, to the individual, so you can work through treatment, care or decisions that need to be made."

The Parish Nurse program was started in the mid-1980s by the Rev. Dr. Granger Westberg for nurses to "foster physical, emotional, spiritual and social harmony leading to healthy and healing relationships with God, family, faith communities culture and creation" notes the website www.parish-nurses.org. There are currently 15,000 parish nurses serving in the United States.

In Guilford County, Cone Health established the Congregational Nurse Program in 1998 with grants from The Duke Endowment and the Moses Cone-Wesley Long Community Health Foundation.

Cone Hospital also saw a need for parish nurses to serve the community outside the doors of their individual congregations. That's why Cone funds five congregational nurses who work directly with the incoming refugee, immigrant and homeless populations in the county.

"We have banded together to try to provide as much medical attention and preventative care as we possibly can," said Maureen.

It's a long and involved process for newly arrived refugees and immigrants to secure a Medicaid card; and until they do, these five nurses are filling the gap.

Maureen works 10 hours a week serving the refugee and immigrant population in Greensboro. Though the grant for this work comes from Cone Hospital, Maureen works through Holy Trinity with the Rev. Virginia Herring as her supervisor.

Her rounds take her to Church World Service where she helps to decipher paperwork that refugees arrive with. She heads to Glen Haven apartments and the Center for New North Carolinians, the Interactive Resource Center and numerous other agencies in town to try and provide the basic care that's needed when refugees arrive in the United States.

"We are literally running around with scales and BP cuffs and bandaids, as well as donated food and clothes to keep them together. We are on a first name basis with clinic managers, food store managers, every pharmacist in town, interpreters and parish members who donate everything from car seats to vitamins for our charges," explains Maureen.

In January, Maureen was honored for her work as a Congregational Nurse. She exceeded all of the Moses Cone standards for her work at Holy Trinity and at Church World Service.

"How did we do pastoral care without a parish nurse? She connects people with resources, stays on top of medicare for seniors, will triage health care situations for members, and coaches folks on how to talk with their doctors," noted Rev. Ginny Herring. "Maureen is an incredible resource and a real gift to the congregation."

— Jo Owens

Recycling Cars, Changing Lives

Wheels4Hope Opens New Possibilities to Those in the Triad

Charity Belton had no car and she was looking for a job. She had to check the bus schedule before she could schedule an interview. If the interview was after 3 p.m. she had to consider how she would get home if she missed the last bus at 5 p.m. Belton pointed out that she could not look for jobs in certain areas in the Triad because of the availability of bus services. Going to the grocery store or to a doctor's appointments took half a day. She had to map out the entire day very carefully in order to satisfy the basic needs in life. Charity knew that a vehicle was a critical link to getting and keeping a job, meeting her family obligations and basically living a good life. Without a car, often she felt hopeless and discouraged.

Belton heard about Wheels4Hope, a faith-based nonprofit operating in Greensboro since its grand opening in September, that provides affordable, reliable transportation to low-income families and individuals. She had been referred to them by one of their partner agencies. Belton knew that a vehicle was an essential tool to move in the direction of self-sufficiency and independence.

Another car recipient is William Turner. Turner is currently an employee of Moses Cone hospital where he works in Environmental Services and volunteers as a chaplain.

Turner's experience with hospitals does not start with his time at Moses Cone. He was previously part of hospital administration in Chicago before being hospitalized for sarcoidosis. Following a lengthy diagnosis, Turner slipped into a coma in 2008.

These hospitalizations drained his finances and left him without a job or transportation. After finding employment with Moses Cone, Turner knew his next step to resoring his life was to get a car.

In September, Turner received his Wheels4Hope car, referred by partner agency Barnabas Network. Holy Trinity member and Wheels4Hope board member C.P. Eldred, worked to make this step in Turner's life a reality.

In 2000, John Weistart (a law professor in Raleigh) and Chris Simes (an engineer and "car guy") recognized a need among struggling families for reliable transportation. John knew the options for low-income citizens to buy a car were limited, and often individuals ended up paying inflated prices and interest rates.

Weistart and Simes talked with their congregation about the low-end used car businesses that often prey on the poor. The pair worked through a mission group at the church to address the need for affordable, reliable transportation.

Program Cars, donated vehicles to Wheels4Hope, are cars that are in good mechanical condition and are valued in the \$2,000-4,000 range. Believing in the principle of ownership and partnership, Wheels4Hope requires recipients to pay \$500 for their car. Also they ask new car owners to be responsible for title and transfer fees and other costs associated with having a vehicle.

Volunteer mechanics, car enthusiasts and Partner Garages donate their labor to repair the Wheels4hope cars. Also volunteer Car Runners pick up donated cars and transport vehicles to/from Partner Garages and volunteer Mechanics and Car Enthusiasts evaluate and repair donated vehicles. As a result, Wheels4Hope is a largely self-sustaining organization.

Wheels4Hope came to the Triad last year, and it has replaced Barnabas' Wheels to Work program. Along with Eldred's work on their board, Holy Trinity member Matthew Walls donated his 2002 Ford Windstar Minivan.

William Turner saw his misfortunes as ways to minister to others. Because he has known hardship, he can better empathize with others. And as he has known grace, he can share that grace. His bright smile shows his hope for his future. Turner doesn't see a bleak future in front of him, he sees possibilities that have been opened up thanks to his new car.

Tawanna Jones, Triad Hub Manager: "I am so excited about the impact that Wheels4Hope will continue to have in the Triad. Our desire is to change lives in this community one car at a time. By the end of 2012, we will have blessed 20 families with cars. Our goal for 2013 is to bless 36 families."

Wheels4Hope: To donate a car or to volunteer contact Tawanna Jones www.wheels4hope.org 336-355-9130

This article is a partial reproduction of Ruth Anderson's article in the Greensboro News and Record reprinted with her permission.



Holy Trinity member C.P. Eldred stands with Wheels4Hope recipient William Turner by his new car. Turner received the car at the Wheels4Hope grand opening in September 2012.

The Rev. Timothy J. Patterson
Rector

Return service requested

The Rev. Virginia N. Herring
The Rev. Ginny Bain Inman
Assistants

Spiritual Practice Reflection for the Nine Enneagram Types

The Enneagram is a clear map that reveals nine distinct personality types, the connections between the types, and the direction for individual growth and transformation. No type is better or worse than another type, and we remain the same personality type throughout our lives. The usefulness of this ancient and powerful system lies in its ability to clearly identify the motivations beneath behavior. It brings to consciousness “why we do what we do.”

If you know your type, these simple practices can help to loosen the grip of our type structure, providing us a bit more freedom to become more fully who we are.

- 1**
 - Routinely stop before a task is done. This creates anxiety for the task-oriented One. Breathe through this. Rest in the lack of completed order.
 - Create some “empty time” when spontaneity can arise or you can rest in the non-doing without the shadow of guilt.
- 2**
 - Notice when you are using flattery excessively and with whom? What might be --your agenda with this person and why now?
 - In your body, where would you locate worthiness? Go to that space and sense worthiness. Use this as a resource when you notice yourself seeking approval.
- 3**
 - When deciding to “act” ask yourself, “Am I doing this for recognition or because I want to?”
 - Once a week, take the long way home from work, taking time to notice your surroundings.
- 4**
 - Notice when your mind goes into a comparing state. In these moments, bring something to mind for which you are grateful.
 - Practice sensing or feeling a light-hearted heart. What is that like for you?
- 5**
 - Offer appreciation each day to two people.
 - Notice when you may be substituting information for emotion. Check in with yourself to see what you are feeling.
- 6**
 - Check in with your own wisdom when you notice yourself seeking the advice or opinion of another. Ask, “What would I do?” before polling others.
 - Spend some time each day in touch with the feelings you shut down in order to feel safe. How might allowing these feelings to be felt the moment they arise benefit you?
- 7**
 - Try eliminating a third of the “balls” you have in the air as you multitask. Don’t fill the time with other “balls.”
- 8**
 - Three times each day, slow down your activity and bring your body’s energy to your midsection. Breathe in the belly.
- 9**
 - To enable you to open to other options, ask yourself, “How is an all or nothing frame of mind influencing this moment?”
 - At the end of each day ask, “how was my heart affected today?”
- 9**
 - Before vacations or weekend of leisure, plan ahead for those things you want to do. This helps you remember and you’ll be less likely to merge with others’ agendas.
 - Journal at the end of the day about how you mattered to yourself and to others. Notice how it feels to matter, to be seen.