

sardis signposts

baptist church

a spiritually progressive community of faith

5811 Sardis Road / Charlotte, NC 28270 / 704.362.0811

SardisBaptistCharlotte.org

WORSHIP SCHEDULE

Sunday @ 9:45 AM
Small Groups

Sunday @ 11:00 AM
Morning Worship

WALK AS ONE FOR PEACE

May 3rd @ 1:00 PM in the Sardis Prayer Garden



Saturday, May 3rd is World Labyrinth Day and thousands of people will participate in the seventeenth annual recognition. Participants worldwide will "Walk as One at 1" by walking a labyrinth at 1:00 PM their local time to create a rolling wave of peaceful energy passing from one time zone to the next around the globe.

We invite you to join Sardis friend and certified labyrinth facilitator, Ed Gash, at the Sardis Baptist Church prayer garden for a guided labyrinth meditation on this special day. The walk will begin at 1:00 PM.

We believe that world peace begins within each of us, and our individual pathways to peace will look different. Peace has many facets; you may feel compelled to cultivate peace by nurturing mindfulness, engaging in antiracist efforts, addressing food insecurity, supporting victims of domestic violence, influencing government representatives, or one of many other methods. We hope our walk for peace inspires you to take conscious action toward solving systemic issues that create conflict.

Labyrinths have been used for spiritual purposes as far back as 5,000 years. Archeological digs have found them among ancient Cretans, Etruscans, Normans, Hindus and Native Americans. One labyrinth pattern found on a figurine in the Ukraine was dated to 15,000 B.C.

Labyrinths became popular among Christians during the Middle Ages, though the oldest existing labyrinth was placed in the Church of Reparatus in Algeria in the 4th century.

Walking a labyrinth became an alternative prayer pilgrimage when the Crusades made visits to the Holy Land too dangerous.

Unlike mazes, in which there are multiple pathways and unforeseen dead ends, a labyrinth has a single path leading to the center. You cannot get lost in a labyrinth. It always leads you home. This is a great metaphor for a life of faith. Somehow, despite all the twists and turns of life, God is always there to be found, waiting to embrace us in times of joy, or sorrow, or sheer bewilderment, and ready to guide us forward.

WALK AS ONE FOR PEACE



CRRA - SARDIS ACADEMY

Wednesday, May 21st
Marsha Hirsch, CRRA Executive Director

Carolina Refugee Resettlement Agency (CRRA) is a non-profit organization whose mission is to receive, connect, and empower newly arrived refugees and asylees in the Charlotte area so that they begin successful and self-sufficient lives in the United States. Services, such as assistance with employment, medical, legal, and social integration, are provided to clients who are escaping violence, persecution, and repression.

Sardis Baptist will welcome Marsha Hirsch, the Executive Director of CRRA, for a Sardis Academy session on Wednesday, May 21st. She'll help us understand:

- Who refugees are and some of the reasons they flee their countries
- What CRRA does to support the integration process for their clients
- How changes at the federal level have impacted the work they do
- Ways we can support the refugee resettlement process

We'll host a fellowship dinner at 5:45 PM, followed by the program at 6:30. We hope you will join us at Sardis Baptist Church.

CHRIS' CORNER

Something which I have found to be difficult over the last week and a few days as the month of April closes and turns to May, has been the practice of intentionality with specific regard to my spiritual journey. An odd admission from a member of the clergy on the heels of Easter Sunday. I firmly believe that many of my colleagues would no doubt confess something similar, though this is speculation on my part. As I have mentioned before, I appreciate various spiritual practices or disciplines – most of which require intentionality. One which I have been missing is called the Examen.

The Examen is the practice of intentionally reflecting on a portion of your day and identifying the moments wherein you encountered the Divine. Saint Ignatius of Loyola is credited with proposing and promoting this practice. The practitioner is invited to aim to practice the Examen twice daily, at midday and before bed. Though, I have found that one should try on the exercise at their own intentional pace, in their own space, and at a time which is most convenient and conducive to spiritual practice.

When you have selected the time, frequency, space, and are prepared to begin, they are invited to enter into a space of gratitude – this is the first step of the two step process. This is often the lengthiest of the two steps and Father Albert Haase mentions that he will often spend the entirety of the time he allots to this exercise in this first step. During the gratitude phase, examine your day to the point of this exercise and thank God for any gifts which you have received. These could be big picture things like manifestations of Divine love through relationships with others such as a spouse or significant other, children, parents, friends. It could be a home, gainful employment, or some other necessity of life in this world. Perhaps it is less tangible such as strength or inner peace in light of a tumultuous episode or event in life, or enough resources to then share them with those in need. It could also be as simple as thanks for sunshine or rain or the kindness of a stranger. The purpose here is to practice recognizing both the grand and the modest representations of Love as it manifests in your life. For Christians, God is love, so it is easier to see how God moves in the lives of individuals when we recognize even the small things.

The second and final step is to petition the Holy Spirit to aid us in our intentional reviews and reflections so that we might increase our awareness in the mundaneness of life and see and recognize the

Divine living and moving within our daily walk. I encourage you to try this exercise on. Sit comfortably somewhere and give yourself fifteen minutes to reflect upon your day and see the tangible representations of Divine love as it moves within your life. For more information and an introduction to this and other spiritual disciplines, I invite you to take a look at *Catching Fire, Becoming Flame: A Guide for Spiritual Transformation* by Albert Haase, or chat with me and I can reference other resources as well.



A Painting of St. Ignatius

ALBION



Sardis People: David Landsburg

David Landsburg has a penchant for learning. He and his wife Sandee have traveled extensively since retirement, not to experience the customary tourist attractions, but to become acquainted with the people and culture of a place. Their journeys have taken them to Chile and China, to Egypt and Russia and places in between.

Not content to learn only for himself, David spent a lifetime in educating others. He taught in public institutions of learning in Michigan, Arkansas, Minnesota, Arizona, and North Carolina. In addition to teaching speech and communications, he held several college positions: director of community service, dean of instruction, executive dean, acting president.

On a wider community level, David has done full-time consulting in management training and in communication training. He started the Landsburg Company, a jury consulting firm. The aim of his company was to help civil litigation attorneys learn how a jury may respond to a particular case and to help a lawyer in selecting the jury. Ford Motor Company was a customer.

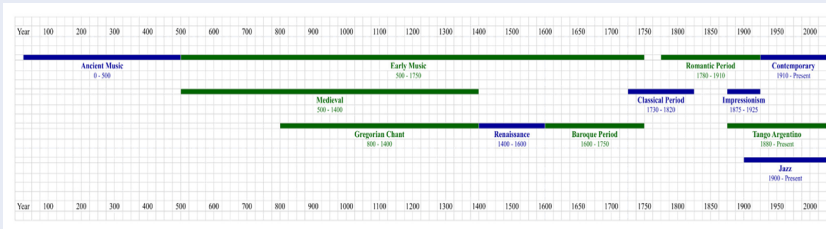
David's early places of learning were Albion College where he received a BA in speech and political science; Michigan State, MA in communication; University of Michigan, PhD in higher education. He grew up in Fennville, Michigan, which advertises itself as "a place to grow." David has one brother. He and Sandee have two children and three grandchildren.

He enjoys watching sports on TV, following Arizona sports teams and the Chicago White Sox. He walks four miles each morning and listens to books. An avid consumer of books, David recently listened to *Incidents in the Life of a Slave Girl* by Harriet Jacobs.

~ Rev. Tillie Duncan



An Intro to the Musical Timeline



Did you know that music, like art and literature, has established and distinct eras? And no, I don't just mean the Taylor Swift kind. What most of us know as "Classical" music is in fact a blanket term for hundreds of years of musical history, and learning to differentiate between the types of "Classical" music could lead you to discover a genre that you never knew you were missing out on. This month, we will begin with the oldest extant-ish examples of music from history.

The earliest named musical era is Ancient music — we have archeological evidence for music that was created by Ancient cultures around the world, including Egyptian tomb paintings dating as far back as 2575 B.C.E. that depict flutes, harps, and lyres; Mesopotamian cuneiform tablets that contain possible musical notation from circa 2000 B.C.E.; instruments, musical notation, and full hymns quoting Hindu scripture from India dating between 200 B.C.E. and 200 C.E.; and images and writings from Ancient Greece that demonstrate the types of instruments and even specific harmonies that were used by these people from circa 1200 B.C.E. to circa 600 C.E. Ancient Greek culture would go on to influence Rome, which would then influence all of Western Europe, leading to the next musical epoch — Medieval Music. From here, unfortunately, my knowledge of Music History takes a very Western, European and North American bent — I wish I had studied more "World" music, and I plan to work on that in the coming months and years.

The Medieval period is extremely long, beginning in the 5th century with the fall of the Western Roman empire, and lasting until the 15th century when Europe began to experience its "Renaissance." Because there is nearly 1,000 years covered here, music historians tend to split this category into smaller subcategories. Before the 13th century, most music we have record of was written for the Catholic Church, meant to be sung in Latin, unaccompanied, and typically "monophonic," meaning one melody sung by one or more voices. Think Gregorian chant. In fact, go to the Wikipedia page for Gregorian chant and you can listen to recordings of what this would have sounded like.

Beginning around 1150 C.E., the Notre Dame or Parisian school became de rigeur. Still mainly religious in nature, although we do have evidence for popular secular music sung by troubadours. This new style is what historians call *Ars Antiqua* or "ancient art" — vocal music for multiple voices, all singing distinct lines that when heard altogether create "polyphony," many melodies happening all at once to create something more complicated than what came before, but also arguably more entertaining. Look up "Medieval Motet" on YouTube and there is a playlist that gives many good examples of this style.

After *Ars Antiqua* came *Ars Nova*, "new art" beginning around 1310. This era, which lasted until roughly 1370, expanded on the styles of the *Ars Antiqua*, adding even more complexity to the music after the creation of a more varied rhythmic notation, making it easier to write music that could then be distributed to farther reaches. Search "Guillaume de Machaut" on YouTube for prime examples of this sound.

~ Rev. Hilary McIntyre

PRAYER

changes things

Please join your prayers with ours,
remembering the following Sardis friends:

- Clemmer Allison, friend of Alcie Kreutzer
- Askins Family • Melissa Bowlin, Sardis Baptist Church • Richard (Nick) Bowlin, uncle of Melissa
- Maria Byrd, Sardis Baptist Church • Murphy Clark, relative of Robin Rowland • Tyler Criss, Sardis Baptist Church • Tracey Danley, friend of Sarah Criss • Betsy Cadle DePaul, Sardis Baptist Church
- Rachael Duvall, friend of Susan & Tillie • Amelia Eidson, Jonathan's mother • David Faircloth, extended family of the Phillips • Jeff Friar, friend of Mark Wiebke • Melissa Galloway, friend of Luther Fisher • Courtney & Ralph Graham, friends of Kristin Parker • Mary Moon Guerrant, mother of Kathryn K. • Jenna Hardister, friend of Hilary McIntyre • Ken Henderson, friend of Jim Owen
- The Henkel-Lewis Family (George) • Amanda Hensley • Dave Kreutzer, father of David Kreutzer
- Jack LeCroix, friend of Jim Owen • Robert Marshall, grandson of Janette Grassi • Barbara Mosley, Sardis Baptist Church • Rex and Yvonne Nordeen, cousins of Tillie • Vadim Pateshkin and Family, relatives of Billie Hutchison • Katie Peterson, granddaughter of Howell • Rachel Phipps and Family, friends of Betty Gunz • Pam Poston, Sardis Baptist Church • Trent Royster, cousin of Tillie Duncan
- Kenny Spry, friend of David Kreutzer • Jackson Stewart, grandson of Kristin Parker • Amy Stirens, friend of Hilary McIntyre • Wanda Stitt, Sardis friend from Hope Chapel • Vanessa Wieland, cousin of Jonathan Eidson • Katie Wiebke, daughter of Mark and Amy • Hannah Willard, cousin of Hilary McIntyre • Kelly Wise, friend of Melissa Bowlin



Worship at Hope Chapel

Hope Chapel was formed in 1987 when the United Baptist Association, of which Sardis is a founding member, purchased the parcel of land adjacent to what was then called the George Shinn Men's Shelter (now Roof Above). It was formed to be a church that welcomed folks who didn't feel comfortable in other churches – the homeless, those released from prison, people with substance abuse disorder and other mental illnesses. Hope Chapel continues meeting the spiritual needs of the downtrodden today. For many visitors, Hope Chapel provides their first introduction to spiritual life. There are long-time members today who have forged their way from homelessness to housing, but they return for worship and fellowship at the chapel that welcomed them during their hardest times.

Hope Chapel has been supported by our ministry plan since its inception, but Sardis Baptist provides more than financial support for Hope Chapel. We participate in a rotation with other worship leaders to preach during their worship services on Sunday mornings. Our pastor, Rev. Dr. Chris Hensley, will be preaching there on Sunday, May 18th. Their doors are open to anyone, and you are welcome to attend their 8 AM service any Sunday morning. Hope Chapel is located at 125 Wadsworth Place, off N. Tryon.



Save These DATES

World Labyrinth Day
May 3rd @ 1 PM, Prayer Garden

Bingo Night
May 7th @ 6:15 PM, Education Building

Wildlife Stewards: Backyard Conservation
May 13th @ 7 PM, Sanctuary

Tai Chi
May 14th @ 6:15 PM, Education Building

Worship at Hope Chapel
May 18th @ 8 AM

Sardis Academy: Marsha Hirsch, CRRA
May 21st – Dinner @ 5:45, Program @ 6:30 PM