

NEWSLETTER

The Crucifer

Surgery by D'Anna Entrekin



alone, without comparing themselves to someone else, for each one should carry their own load. ~Galatians 6:2-5 (NIV):

I never know exactly what's going to surface when I sit down to write an article like this. A blank page can be a daunting landscape. Sometimes, of course, that space feels roomy and welcoming, but other times it taunts me with its lack of substance — a bold reminder of how little I have to offer. To be open with you, I have often felt like an imposter in my own life: living in fear of someone discovering that I don't actually belong and that I'm underqualified and incapable. You may have heard this called, "Imposter Syndrome."

According to the International Journal of Behavioral Science, *over 70% of people* reported feeling like an imposter at some point in their careers. The irony is that the people who are most likely to struggle with these thoughts are *overachievers*. Which makes sense to me, because I used to think I could quiet this nagging feeling by doubling down on perfectionism, hustling for acceptance, collecting training, degrees, and approval from high places. Oddly, no amount of success or accolades can silence its voice. **We remain with the persistent inability to believe we are legitimate and that we belong where we are, as we are.**

I was personally abused by this voice until I finally accepted that it could not be suffocated by achievement or the love of others. My way of coping wasn't cutting it! It was not a problem happening outside of me, but it was a problem happening *inside* of me.

Paul wrote:

Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves

Our egos spend our entire lifetimes forming coping skills and crafting narratives to keep us deceived. For a long time, I actually believed that spending any amount of time on *inner work* would lead me into self-centeredness and un-Christlike living. Therefore, I ran around trying to help carry other people's burdens and ignoring my own load! Yet, in Mark 12:31 the concept of self-love is so basic that Jesus seems to take it completely for granted when he says, "Love your neighbor *as yourself*." Self-love is implied and informative for loving others. It turns out that being loving towards myself is part of the load I'm supposed to carry. And it is for you as well.

In my life, this work has proved to be very difficult. When I decided to pick up my own load and engage with myself, it was hard and heavy. Uncovering your own dysfunctional thinking, calling out your misbehaviors, and then assessing the damage to yourself and loved ones, this is not easy work. But it is deeply liberating and life-giving. Like a certain level of sickness makes people willing to undergo surgery, a certain level of pain in our lives will make us willing to reach for self-love surgery. When we can see what's hurting us, we can begin to let love cut it away.

I see self-love as agreeing with God about who I am and letting him cut away whatever is in the way of that existence. I had ignored this calling to self-love for so long that it had become a burden. I needed help. I finally started admitting that I needed help. Thankfully, friends, mentors, counselors, and sponsors shared my burden as I started to let myself go under the knife. They helped me stay in the light of the truth when I wanted to run back to deception.

D'Anna Entrekin

*Family Life Minister &
Newcomers Coordinator*

Wednesday Nights

6:15pm - Youth Group - EYC
Off for the Summer:
Church Dinner
Adult Class
Children's Ministry
Nursery



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						9:00am - 12:30pm: Library Open 10:00am - Prayer Shawl Ministry
2	3	4	5	6 Blue Angel Youth Party	7	8
Outreach Focus - Feed My Sheep CLASSES: See Above 9:00am - Continental Breakfast 9:15am - 12:15 pm: Library Open	4:00pm - Pensacola Philatelic Society (Stamp Club) 5:30pm - Girl Scouts 6:00pm - ACA Group	6:15pm - AA	9:00am – Food Pantry 9:15am - 6:00pm - Library Open 10:00am - Worship NO Wednesday Night Dinner & Classes	12:00pm - Centering Prayer 6:00pm - ACA Group 6:15pm - AA	7:00pm - ACA Group Lanier Hall	8:00am - Brotherhood of St. Andrew 9:00pm - Daughters of the King 9:00am - 12:30pm: Library Open 11:00am - We Care
9	10	11	12 Bunko	13 ECW Lunch	14	15 ECW Breakfast & Movie
CLASSES: See Above 8:00am - Worship 9:00am - Continental Breakfast 9:15am - 12:15 pm: Library Open	4:00pm - Pensacola Philatelic Society (Stamp Club) 5:30pm - Girl Scouts 6:00pm - ACA Group	5:30pm - ECW A Not for Women Only: Dignity 6:15pm - AA 6:30pm - Compassionate Friends	9:00am – Food Pantry 9:15am - 6:00pm - Library Open 10:00am - Worship 5:30pm - Bunko NO Wednesday Night Dinner & Classes	12:00pm - Centering Prayer 1:00pm - ECW Lunch 6:00pm - ACA Group 6:15pm - AA	8:00am - Early Steps 6:00pm - Youth Skate Night 7:00pm - ACA Group Lanier Hall	9:00am - 12:30pm: Library Open 10:00am - ECW - Breakfast & Movie
16	17 Youth Summer Camp	18 Youth Summer Camp	19 Youth Summer Camp	20 Youth Summer Camp	21 Youth Summer Camp & Gallery Night	22
CLASSES: See Above 8:00am - Worship 9:00am - Continental Breakfast 9:15am - 12:15 pm: Library Open	4:00pm - Pensacola Philatelic Society (Stamp Club) 5:30pm - Girl Scouts 6:00pm - ACA Group	6:15pm - AA	9:00am – Food Pantry 9:15am - 6:00pm - Library Open 10:00am - Worship NO Wednesday Night Dinner & Classes	12:00pm - Centering Prayer 6:00pm - ACA Group 6:15pm - AA	6:00pm - Gallery Night 7:00pm - ACA Group Lanier Hall	9:00am - 12:30pm: Library Open 11:00am - We Care
23	24	25	26	27	28	29 Summer Beach Picnic
CLASSES: See Above 8:00am - Worship 9:00am - Continental Breakfast 9:15am - 12:15 pm: Library Open	5:30pm - Girl Scouts 6:00pm - ACA Group	6:15pm -AA	9:00am – Food Pantry 9:15am - 6:00pm - Library Open 10:00am - Worship NO Wednesday Night Dinner & Classes	12:00pm - Centering Prayer 6:00pm - ACA Group 6:15pm - AA		10:00am - Summer Beach Picnic 1:00pm - Boy Scout's Reunion 9:00am - 12:30pm: Library Open
30 Youth Sunday Reading Awards	31					Please Note: The calendar is subject to change at ANY TIME to fit the needs of the Church. For updates, please see our website, www.holycrosspensacola.org.
CLASSES: See Above 8:00am - Worship 9:00am - Continental Breakfast 9:15am - 12:15 pm: Library Open						

OUR WEEKLY ACTIVITIES & BIRTHDAYS & ANNIVERSARIES

For a rollin' good time!
JOIN US IN LANIER HALL!
MEN & WOMEN WELCOME!

CLUB 55 IS BACK!

BUNCO NIGHT

WEDNESDAY
JULY 12
5:30-8pm

PLEASE BRING \$3 PER PERSON
& AN HORS D'OEUVRE OR
A DESSERT TO SHARE!

For more information,
contact Marline Austin
(850)-293-9459

**Summer
BEACH PICNIC**

BRING YOUR FOOD, CHAIRS,
UMBRELLAS & COOLERS & MEET
US AT 10AM JULY 29TH

@ ESCAMBIA COUNTY BAY
SNORKEL REEF - PARK WEST
FT. PICKENS RD

FOR A TIME OF CHURCH FAMILY FUN

Meet Up in front of
Cactus Cantina
on Palafox @ 6pm

Gallery NIGHT
July 21st



July Birthdays

- 01- Janet Ridgeway
- 02 - Amy Simpler
- 05 - Jim Maddox
- 05 - Greer Mims
- 06 - Jane Briscione
- 10 - Rev. Matt Dollhausen
- 16 - Sylvia Clark
- 16 - Karla Keesler
- 16 - Daniel Simpler
- 18 - Lynn Neill
- 19 - Kris Karl
- 20 - Amanda Dixon
- 21 - Leslie Parsley
- 24 - Sabrina Merritt
- 24 - Selene Roberts
- 25 - Fr. Chris Coats
- 27 - John Briscione
- 27 - Carolyn Igo
- 28 - Elaine Scharnitzky
- 31 - Kevin Jacovino



July Anniversaries

- 04 - Bill & Diane Hennehan
41 Years!
- 05 - Jerry & Suzanne Holzworth
34 Years!
- 08 - Jerry & Rosemary Stoner
18 Years!
- 10 - Brad & Linda Bish
36 Years!
- 15 - Bill & Olga Stone
57 Years!
- 17 - Jonathan & Robyne Peacock
13 Years!
- 18 - Steve & Beth Ramirez
37 Years!
- 23 - Paul & Janet Ridgeway
29 Years!
- 28 - Tony & Anna-Frances Apap
33 Years!

NEWS FROM HAGAR'S BASKET

Hagar's Basket is preparing
for our K-12 students
2023 - 2024 SCHOOL YEAR!

We are collecting the following items:

1. Complete Lice Treatment Kits
2. Backpacks (new or gently used)
3. Athletic Socks (child & adult sizes)
4. Athletic Shoes (sizes youth 1 to adult 12 - new or gently used)

Please place your donations in one of our baskets.

THANK YOU for your ongoing support of this important ministry!

**Ladies
You're
Invited
To Lunch!**

 Holy Cross
Episcopal
Church Women

 The Old English
Creamery

221 E. Zaragoza Street, Pensacola
Thursday, July 13th at 1:00pm
High Tea @ \$37.00 per person

Please join us for great food, fun, and fellowship!

**Holy Cross ECW
presents
BREAKFAST
and a MOVIE**

Saturday, July 15th
10:00a.m. to 11:30a.m.
in Lanier Hall

We will be feasting on breakfast casserole, fruit salad, cheese biscuits, and somethin' sweet as we watch **"12 YEARS A SLAVE"**, an Academy Award-winning film that chronicles Solomon Northup's life as a slave. Born a free man in New York state, at the age of 33, Northup was kidnapped in Washington D.C., and sold into slavery for 12 years.

Reach for the Stars

**Summer Reading Program
for Children & Youth**

Read 15 minutes a day
MAY 29----JULY 29
READ or BE READ TO
To get started:
Pick up Bookkeeper card, letter/directions
at the book mobile

Holy Cross Episcopal Church
7979 N. 9th Avenue
Pensacola, FL 32514
(850) 477-8596

NONPROFIT ORG
US POSTAGE
PAID NO. 400
PENSACOLA, FL

RETURN SERVICE REQUESTED

www.holycrosspensacola.org

www.facebook.com/HolyCrossEpiscopalPensacola

