



Appalachian Catholic Worker
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Appalachian Catholic Worker strives to provide a spiritual center of hope in the mountains by addressing issues of poverty through education, contemplation & outreach.



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Dedicated to the Mach Pack

Each year on Mother's Day, I receive a beautiful card and donation earmarked for the E.C.O. Center Building Fund from my Godson, Tate Machinski and his family in Clermont, Florida. It is given in honor of the special moms in Tate's life, his aunts and grandmothers. Tate's own mother, Jennifer Rosinski, has been my dear friend for the past 27 years. We attended both St. Ursula Academy and John Carroll University together, and have always shared a deep love for animals. She and her husband, Bill Machinski, have instilled in their boys, Liam and Tate, appreciation, respect and care of Creation. It is in thanksgiving for the "Mach Pack" that I dedicate this issue of the Inner Voice.



Tate, Jenn, Bill & Liam

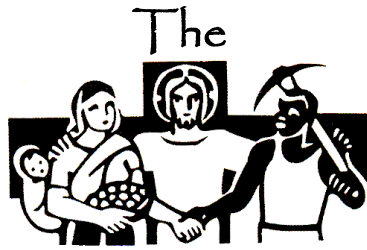
www.acwfarm.com



After a decade of service in the hills, and still, no one being able to remember the title, *St. Isaac of Nineveh Gift of Tears Catholic Worker*, the ministry got a new name, and a whole new look online.

Check out the *Appalachian Catholic Worker* by going to the website: www.acwfarm.com. Learn about the service programs and retreat opportunities offered here, peruse the photo galleries, and follow the blog, "On the Farm" for random thoughts, updates and reflections. Then, pick a date and come for a visit!

The Inner Voice



The Newsletter of the Appalachian Catholic Worker Summer Issue 2011

ALTERNATIVE BREAKS



Denison University, Granville, OH (January 9-14)



Loyola Marymount, Los Angeles, CA (Feb 26-March 4)



Xavier University, Cincinnati, OH (March 5-11)



St. Peter's College, Jersey City, NJ (March 12-18)



St. Joseph's, Marblehead, OH (March 26-April 1)



Seattle University, Seattle, WA (March 19-25)

(Alternative Breaks, continued from page 1...)

After four years hosting groups in the house on Sunny Bank Farm Land Trust, I am finally able to greet them back in my own holler on Orchard Run. Hooray! Bill's Shack is working wonderfully as our "Eat 'n' Meet" space and the new "Tool Box" is a warm and comfortable bunkhouse when the Asian beetles don't kamikaze into the pilot light of the heater, automatically shutting it off! From the last weekend of February to the first weekend in April, we welcomed **Loyola Marymount, Xavier, St. Pete's, Seattle U** and **St. Joe's Youth Group** for their service trips to Appalachia. Everyone enjoyed getting to know the locals, learning about social and environmental issues and doing outreach service projects in the community.



Jackie Uribe of Loyola Marymount visits with new friends at Roane County Committee on Aging in Spencer,



Julian Martin and Wess Harris leading a tour of a Mountaintop Removal site in Kayford, West Virginia

Then, over Easter weekend, members of January's Denison's group returned to see what the holler looked like without snow. We took a hike out to Wash McGraw's and marveled at the emergence of Spring's wildflowers, leaf buds and critters, including turtles! Then, our worst thunderstorm of the season rivaled the mini-blizzard they endured last time they were here, and left us without power and running water half the time. No group I've ever hosted has had to experience "roughing it" as much as Denison, and their enthusiasm and pride over being so "hard-core" has earned them an honored distinction.

This year's groups bring my total number of students hosted to over 1,200 since the year 2000, and word of mouth is still working. 2011 marks the first time we've hosted groups year-round! And, next March is almost fully booked already. Gloria a Dios.

Stereotypes

On Mercer Island just outside Seattle, Bellevue, Washington is known as the city with the highest I.Q. It is home to Microsoft, T-Mobile and a number of other substantial, well-known corporations. The Catholic church, Sacred Heart, has Melinda Gates as a parishioner. So, that may conjure for you the "type" of people who attend Mass there.

Now, conjure their kids; their teenagers. Go ahead. They're well aware of the stereotypes. Imagine 9 of them traveling to the middle of West Virginia with their hippie youth minister who, at one time, had to be asked to start wearing shoes to work.

Michael Murphy has attracted the following of a rock star...or, maybe more appropriately, of a snow-boarding Jesus from among the youth at Sacred Heart.

He and his trusty, spunky side-kick, Carly Gintz, flew their brat pack cross country on a red-eye to work with the poor of Appalachia and learn about our justice issues. This trip is designed as a pre-cursor for those who want to experience the more extreme intensity of serving in the Dominican Republic next year.



I'm hesitant to host any high school group due to my own stereotypes of teens working in the summer heat. But I accepted this one after a strong recommendation from the campus minister of Seattle University. Sean Bray is a veteran here with 2 visits under his belt and Michael is one of his best friends.

The week was great! The students met the challenges of a "servant's" lifestyle, exceeded expectations in work projects, began to break up their clique to get to know the people here, were curious and inquisitive of the issue of mountaintop removal, and gave poignant, thought-provoking answers to their evening reflection questions.

What was most rewarding for me was seeing light bulbs over their heads after spending time with some of the neighbor boys. They made the connections: insecurities, awkwardness with unfamiliar people, and the strong desire to fit in are universal traits whether you're from Bellevue, the holler, or the Dominican Republic. They know too well that to judge someone for where he/she lives is not a fair assessment of the totality of that person. Looking forward to 2012, Sacred Heart!



in a **LARGE** black walnut shell

APRIL 5-6—CCA Board Mtg.

Catholic Committee of Appalachia holds its board meetings at Mt. Tabor Benedictine Community's Retreat House in Martin, KY. This is also a great opportunity for me to celebrate Eucharist in the format I feel most comfortable: "house-church."

APRIL 12-14 Birthdays in PA

I joined Sr. Barb Lucas, Doris Gormley and Terri Simon, in Doylestown, PA on the 13th to celebrate the birth of our friend, Sr. Elana Killilea who passed away in 2009, and my own a day later. It was amazing to feel her presence among us.

APRIL 26-29—The Baby Jesuit

Eddie Sloane is a Jesuit novice and native of Wheeling, WV. In their first year, novices are given \$35 and a bus

ticket wherever they want. They are told to experience God in the people and trust the Spirit to lead and get them home in a month. Eddie did just that in the heart of Appalachia. He began his pilgrimage here, and arrived home safely on May 23rd. Thanks to all who assisted him along his journey!

MAY 5th—Speaking Engagement at Charleston Catholic High School

I was pleased to be invited by CCHS teacher, Bill Mehle, to give a presentation on "The Call to Peacemaking" for his junior theology classes. It was a chance to talk about Dorothy Day and how I got involved with the Catholic Worker Movement, and to finally meet Bill and his wife, Diane, for the first time. The couple had joined another to open "The Family Worker" in Big Ugly Creek, WV, back in the 80's.

MAY 12-23—Commencing

Bill Reichenbach and I both had graduation celebrations to attend. Our first stop was Cincinnati to visit former Spring Breakers, Taylor, Ally and Tim from Xavier. Then, on to University of Madison, WI to see Bill's nephew commence. Next, we took a few days in Chicago and on Lake Erie before celebrating my God-daughter's degree in Cosmetology. Congratulations, Kurt & Rachel!



BEFORE THE FALL

- **June 22-29** - Sacred Heart, Bellevue, WA
- **July 9th** - Emily & Acadia Dill swing through.
- **July 11th** - Sr. Barb Lucas comes for an overnight.
- **July 13-14** - reunion with Iris, Bob, Barb, Connie & Carl at Hawk's Nest State Park
- **August 5** - Another fun-filled CCA Board Mtg.
- **August 13** - Michael & Amy Schreiner bring their first born, Henry, to the farm!
- **August 15** (or thereabouts) - Bill returns from Doha
- **September 2-4** - Xavier U's Alternative Breaks leadership team retreat; Sue & Tom Hartman retreat and build a deck on the Tool Box
- **October 2? or 9?** - St. Joe's of Marblehead comes for a week to build the mini-barn
- **October 15-18** - Wooster College Fall Break



High Voltage Prayers

On Thursday, June 23rd, the Missouri River raged out of control and roared through my mother's home town of Minot, North Dakota. By that evening, several of my cousins' houses were engulfed, and the flood waters did not crest until Saturday.

Thankfully, my family members are all safe and living with other relatives now. Unlike Tsunami victims, they had time to prepare, but there is no less devastation or grief.

Please keep Minot, especially members of the Lochthowe family, in your prayers as they wait for the waters to recede, clean up the memories and rebuild their lives, homes and community.

The Irony of Simple Living



It's a romantic concept: a simple life, tucked in the holler, with backyard chickens, a little garden, surrounded by the beauty of Creation. But, I've learned from experience, the reality of day to day living out here is more complicated than one might imagine.

Furthermore, to be conscientious of our impact on the environment, the amount of energy we consume, and how our actions and purchases affect others -including those on the other side of the globe- takes quite a bit of time, energy and forethought, and a significant amount of income. Sometimes, it's just not even possible.

Living 40 minutes from the nearest town, a small one with limited resources, means I won't be making quick trips to the local "convenient" store after business hours. I keep a running list of things I need and errands to do so I can hit them all in one day. I try not to go to Spencer more than once a week because it's rare to come home without having spent a 1/4 of my paycheck, not including gasoline. If I forget my wallet or check-

book, the day is shot. Having to go in more than twice is not only expensive, it can blow a whole week's worth of work that needs to be done at home.

Recycling has been a constant challenge, too, as we don't have pick-up out here. Roane County's Recycle Center is open for drop-off one day a week, but they don't take glass. That means a separate trip to Charleston, an hour and fifteen minutes in the opposite direction. We get there, maybe, every other month. In the meantime, storage becomes an issue. This reinforces mindfulness of my wants versus my needs... and how they're packaged.

I'm grateful to have neighbors who call to ask if I need anything before they head into town; and I quickly learned to do the same after so many favors were granted to me. We rely on each other for much more than the occasional cup of sugar. We help each other out with groceries gasoline for small engines, tools, water, picking up kids from the bus stop, car repairs, animal feed, you name it. So, it's not as

secluded, private or solitary out here as you would think.

The majority of my neighbors don't *choose* this lifestyle like I do. I know life can be hard *with* modern conveniences and enough money. But, sometimes, the logistics of meeting basic needs for survival takes so much time that having to go anywhere or do anything for superfluous reasons becomes a real chore, a predicament, or even a crisis.

Recent studies show that living in a state of emergency for extended periods of time is not good for our health. Frequent boosts or sustained levels of Adrenalin in our system messes with the sugars in the body. This is another cause for higher instances of Diabetes among the poor of Appalachia.

I understand why some call them "lazy poor people." Living simply, voluntarily or not, is exhausting. The overwhelm of constant urgency, always having to think ahead, and just trying to figure out where to start can sit you down, numb, with your head spinning.

The Oval Office

This past Christmas, we received another generous donation from actor, Martin Sheen, which easily covered the materials we needed to build our new *Tree Bog*, a composting toilet based on the principles of Permaculture, an effort in sustainable, environmentally-friendly practices. This "outhouse on stilts" will accommodate the Tool Box (bunkhouse) for visitors and service groups. In gratitude for Mr. Sheen's support, and in



honor of his role as President Jed Bartlett on the TV series, *The West Wing*, we've dubbed the Tree Bog "The Oval Office." This summer, it was completed and an auto-graphed photo of him hangs inside saying, *Friends, thank you for "living simply, so that others may simply live."*

Tipi, Tepee, TeePee?



Regardless how you spell it, we now have one, thanks to Jaen Sidney! Jaen has been receiving hospitality at Sunny Bank Farm as a guest of the Appalachian Catholic Worker for the past 5 years. Now, she is packing up and ready to move on with her new life. Prior to coming to the Farm, Jaen lived for a time in this 14' high, 15' diameter tipi which she hand-painted herself. She graciously swapped her old abode for the deposit on her new apartment. This summer, we're cutting the poles from trees in our woods and will cure them through the winter. We'll set it up next spring in the hay field with students from Trek North high school in Bimidji, MN. They're very excited, as are we, since they'll be bringing Native American kids with them! The tipi will be available year-round for groups & retreaters.

