



# Holy Bumps

About two years ago two long time members of our church mentioned how there once had been a strong men' group at St. Alban's. As we discussed this one Sunday after church we decided to find out if there was any interest in this. After a few weeks we had about 8-10 people who felt it was a great idea. We decided to meet one Saturday and at least discuss how it might work.

After eating a great breakfast prepared by one of the guys we decided to move forward with this. Our objective was to do some outreach projects in the community. Since we were all rookies we decided to contact other men's groups in town to get some ideas about how to get started. St Martin's in Brainard is very active and told us about a project they were too busy to tackle and gave us the contact information.

After contacting The Blue Monarch we felt we could possibly help them. Three of us drove to Monteagle to meet them and look at the project. What we found was an incredible organization that offers help to battered women and their children. The more we heard about how they operate and how effective the program is, the more we wanted to help.

One social worker talked to us about what she does and she said that sometimes she sees the hand of God come into these houses and changes these ladies right in front of their eyes. She looked at us and said when this happens she gets chills which she called "Holy Bumps" all over her arms.

At this point we have made four trips (two days each) and plan a fifth trip in June. We have replaced rotten window framing and window sills, repaired kitchen cabinets, pressure washed and sealed decks and playgrounds, removed wallpaper, built and installed bus stop benches, painted and caulked and installed windows, pressure washed a house and a host of odd jobs that they needed done. It is so rewarding to be able to help people who are trying desperately to help themselves. And in the mean time, we have become closer to one another in spite of our differences. We have also seen God at work.

We think this is a small part of what makes St. Albans the "Little Church with the Big Heart".

~Joe Galbraith

As our men have grown in relationship with the folks at Blue Monarch and one another, I have seen the face of Jesus looking back at me as they share their stories. These guys have shown me hope, courage, and dedication. They have also forced me to look at what I do to give back. May we all learn from their example and experience our own Holy Bumps.

~Mother Julie

