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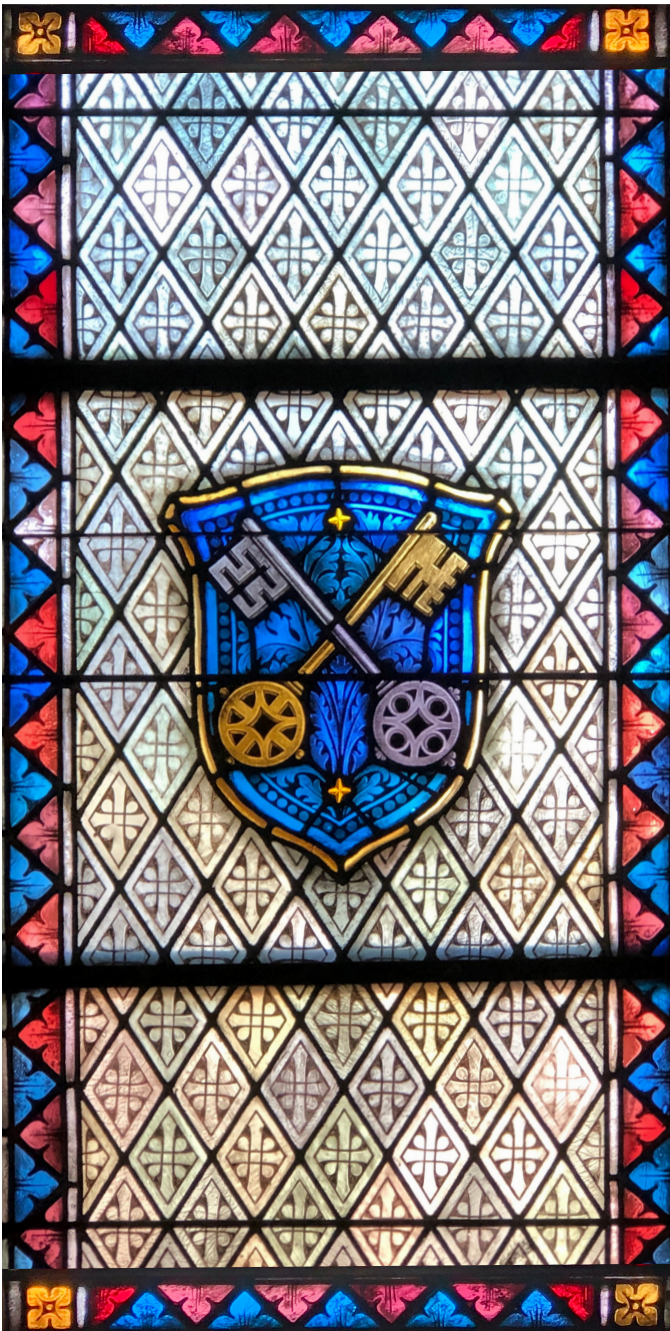
MARCH 2019

# the sounder

St. Andrew's Episcopal Church, Morehead City, NC.

[www.StAndrewsMHC.org](http://www.StAndrewsMHC.org)

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## An Invitation to the Observance of a Holy Lent

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*The Reverend Dr. John B. Pollock, Rector*

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Lent begins soon. It starts with Ash Wednesday (*March 6th*) and lasts for the following six weeks. (Forty Days... not counting Sundays.) In the worship service for Ash Wednesday, as we begin our Lenten Journey, we are given the invitation “to the observance of a holy Lent...” (Prayer Book, page 265)

It is an invitation to turn more towards Jesus, and God's call to us to more deeply connected to His Love and Grace in our lives. But what makes for the observance of a holy Lent? How do we use the gift of these forty days?

You have no doubt heard about giving up something for Lent such as chocolate, desserts, meat, or anything that we tend to enjoy. Self denial is a symbolic way of heeding Jesus' call to “*take up our cross and follow.*” (Mark 8:34, Matthew 16:24, Luke 9:23) Giving up something for Lent is a form of fasting. Which is a symbolic way of taking up our cross and denying ourselves. To deprive ourselves of some small pleasure or indulgence and offer that sacrifice up to God, can be a way of heightening our

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focus on God, and God's Presence in our lives. Or we might "give up" a bad habit such as smoking as a way of positively turning our life back toward what God wants for us. Another way of observing a holy Lent is to take on something, such as extra prayer time, the reading of scripture, visiting someone, attending worship services more regularly, or serving at a local ministry or mission. The intention of all of these is to turn our hearts more toward God, and to live more deeply in God's Presence. During Lent, we orient ourselves.. our lives... our desires... our attention... toward God.

Lent takes the lead from Jesus and His forty days in the wilderness. In three of the Gospel accounts, Jesus is led into the wilderness by the Spirit in order to be tempted or tested by the devil. During those forty days Jesus fasts... eating very little. He is famished... It is when he is at his weakest that the temptations begin. All of the temptations are met with a firm and complete turn towards God and God's will for His life. The time in the wilderness served as a time of letting go, and trusting God. This is what makes for a holy Lent in our lives too.

To be clear, we are not Jesus! We will fail in our temptations. But the purpose of Lent is not to be perfect. The purpose of Lent is to help us become more able to let go of our control over our lives, and trust in God's Loving control over our lives. God loves you. Nothing will ever change that. Nothing we can do, or not do can make God love us less. So we already live in the reality of God's loving Presence now. Our call in life and faith, is to become more deeply connected into and aware of God's Loving Presence. Connectedness and awareness.

We live in a very busy era. There are distractions constantly pulling our attention away from the present moment. The observance of a holy Lent need not be a demand to do more. In fact, the observance of a holy Lent is an invitation to do less... to simplify. Just as the Spirit led/called Jesus into the wilderness to hear God's true call on His life; so the Spirit leads/calls us to a deeper listening to God's desire for our lives and our true self.

During this Lent, we will have opportunity to go deeper in our relationship with God. To be embraced by the God of Love who loves us unconditionally. The Presence of God is always with us. God's Presence is healing, strengthening and refreshing. In the words of Thomas Keating, *"Everything in my life is transparent in this Presence. It knows everything about me- all my weaknesses, brokenness, sinfulness- and still loves me infinitely."* (Open Mind, Open Heart, by Father Thomas Keating)

### **Here are some practical ways:**

- 1.** Attend worship. Worshiping in community and receiving communion strengthens our faith and orients our life.
- 2.** Find a few minutes each day (or "daily-ish") to sit in quiet stillness with God. It doesn't have to be long. Even a couple of minutes is good.
- 3.** Practice being Grateful. Make a list each day of two or three things you are grateful for. It changes our outlook on life.
- 4.** During Lent, turn off or silence the notifications on your phone. These things tend to only distract us from the present moment.
- 5.** Fast from technology one day a week. Take a day, or even just a part of a day, each week to not check FaceBook or email... and focus more on the people right there around you.
- 6.** Write notes to people. People love receiving cards or notes. This is a great way to connect.
- 7.** Read a book on the topic of spiritual growth and faith.

John +



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# Lent at St. Andrew's Episcopal Church

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## **SHOVE TUESDAY**

Pancake Supper and Burning of the Palm Branches

*Tuesday March 5 | 6pm*

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## **ASH WEDNESDAY**

Holy Communion with Ashes

*Wednesday March 6 | 12:15pm & 6:00pm*

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## **STATIONS OF THE CROSS**

*Wednesdays in Lent* (not including Ash Wednesday) | *5pm*

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## **CHORAL STATIONS OF THE CROSS**

The St. Andrew's Choir gives a beautiful musical setting  
of the Stations

*Sunday March 17 | 4pm*

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## **SUNDAY WORSHIP**

Holy Eucharist

*Each Sunday | 8am & 10am*

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## **BOOK DISCUSSION**

We will discuss each chapter in the book *Mindful Silence:  
The Heart of Christian Contemplation*, by Phileena Heuertz.

*Tuesdays March 12-April 16 | 6pm*

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## **CENTERING PRAYER**

Come join us and learn more about this meaningful  
way of Silent Prayer. No previous experience required.

All are Welcome!

*Each Thursday in Lent | 5:15pm*

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# I WONDER AS I WANDER

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CHORAL MEDITATIONS  
ON THE STATIONS OF THE CROSS

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**Sunday, March 17, 2019 at 4pm**

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Matt Hill, Organist and Choir Director

The Rev. Dr. John Pollock, Rector

252-727-9093

[www.StAndrewsMHC.org](http://www.StAndrewsMHC.org)

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# The State of the Organ Address

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Matthew Hill, Director of Music

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If you were present on the third Sunday of Advent (December 16), you probably experienced a bit of shock as we started off into the final hymn of the 10 AM Sunday morning service. Snap... Crackle... Pop... Unfortunately, it wasn't the gentle sound of your breakfast cereal begging to be eaten.

Instead, it was the chaotic sounds of electrical interference that rendered the organ unusable. At first, when I was playing the hymn introduction, I thought it was feedback from the microphones in the church. I was frantically pushing stops off and changing settings (all while still playing...there's a reason that organists have to use all their limbs to play!) hoping that a reduced sound would stop what I thought was the microphone feedback. Oh, but was I wrong! The softer I got, the more noticeable the static became. It was then that I realized it was, as I'd feared, the organ breaking down. Fr. John leaned over to me and said, *"I'm not sure it's getting any better, I think you'll have to go to the piano."* As most of you will remember, I had to quickly scoot down the chancel and over to the piano to restart the hymn. While pianos are fantastically beautiful and versatile instruments, the piano in our nave has a less than desirable quality, and its muffled sound is no substitute for the magnificent sound of the King of Instruments. (Really, that's the organ's nickname!) I remember uncomfortably laughing after the service as Fr. John said to me, *"I was expecting an explosion at any moment."* I say uncomfortably because I knew he wasn't



making an exaggerated statement.

If you've been present at church much in the last few months, most likely, you've happened upon a Sunday where the organ was on the fritz. Most of those Sundays we were able to move along with minimal disruption... Those were the Sundays where we just had pipes but no digital aspects of the organ. Fortunately, we've only had the one major organ catastrophe on a Sunday morning. However, it has happened many times during the week when various organists have been practicing. The organ has now been serviced a number of times since November of 2018 and is still in need of major repair just to be functional.

*"I'm not sure it's getting any better, I think you'll have to go to the piano."*

For those who have no experience with the type of instrument we have, our organ is powered by a computer and, just like a regular computer, our organ has computer memory boards that control all of the electronic components of the instrument: powering on and off, controlling organ stops, volume, etc. Some of you may remember that back in November, there was another issue with the organ. One of these memory boards (there are four in our organ) had died leaving us with about one quarter of our organ stops dead. That was quickly fixed, but within minutes of the new board being installed, another one quit working. So, even with the new board in, we were still



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down one memory board. Astonishingly, before the second board could even arrive, the newly installed board was fried by electronic misfiring in the organ console. We'd now lost three memory boards in total. Our organ technician ordered a new board (luckily only charging labor costs for the replacement of the original fix) and came later to replace it. Most recently, a fourth memory board has died. This time, in addition to the death of the memory board, the entire digital components of the organ weren't functioning consistently. Sometimes the computer wouldn't even boot up rendering even the on/off switch useless. On those occasions, I've actually had to unplug the power supply for the organ to turn it off. It feels as if the slow, sometimes-dramatic, death of our organ has begun.

So, what's wrong with our instrument? Well, to be honest, I'm not entirely sure. There are a number of factors that could be causing the issues we were hearing. Firstly, there is likely an issue with wiring and electrical components that stems from high humidity in the church following Hurricane Florence. We had no climate control system in the church for approximately two months and during that time there were wild swings in humidity and temperature inside the building. There were many days where it would cool outside but the inside of the building kept the humidity bottled up. While beyond our control, it unfortunately wreaked havoc on the electronics of the organ. At this point, we still don't know the long-term damage to the instrument from the storm.

A second issue may be part or all of the culprit for our current dilemma... And it's also an issue that most people rarely want to address: The Age of the Instrument. Our organ is approximately 25–30 years old. I say approximately, because no one has been able to give me a firm figure on its age but I can make a well-informed guess based on circumstantial evidence. I do know the instrument had been in the church for several years before the splitting of the congregation in 2000 and I also know that a previous organist, Lawrence Stith, was said to have been very fond of playing the instrument, which he designed. For those who didn't know Lawrence, he last played here regularly in the 90s/early 2000s. Having grown up in this area, I also know that the organ was present in the church when I was a high school student in the late 90s. While 25–30 years

old may not seem old for an organ, that is about 5 or so years beyond the average lifespan of a digital instrument like ours, 20–25 years. Considering that, we have been very fortunate not to have had major issues before this. Also consider that a well-maintained mechanical organ that uses only pipes (no digital components) can last for centuries. This knowledge helps us to have a well-rounded perspective on the state and longevity of our instrument.

Looking forward, I worry that these issues, whether they be hurricane related, age related, both, or more, are the beginning of a series of problems with our organ. As the parish is intently focusing on long-range planning, it is a time to consider what is the next step for music in our parish. Repairing our current instrument, may not cost as much up front, but it also doesn't fix the issue of a digital organ that is in the final stages of its life. With repairs, we may be able to limp along for a few more years but must be prepared for unexpected interruptions due to other breakdowns. Does it feel overwhelming to think about this? Yes. Is it necessary to think about it? Absolutely.

Fortunately for us, we have several options available to us:

- *Repair the existing instrument with the knowledge that it is only a temporary fix;*
- *Replace the existing instrument with a new digital instrument giving us a lifespan of 20–25 years;*
- *Replace the existing instrument with a refurbished pipe organ giving us a long-term solution; or*
- *Replace the existing instrument with a new pipe organ which is custom-built for us providing centuries of use.*

At this point, we have options and nothing is set in stone. However, we need to begin a discussion on what path we should take. At the February Vestry meeting, Fr. John, on my behalf, presented a formal organ report and the Vestry has given its permission for Fr. John and I to form an exploratory committee and learn about the options available to us. If you would like to learn any more about the organ or the music at St. Andrew's, please don't hesitate to make contact. Church music is my greatest passion and I always welcome any discussion.

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# March Schedule

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## FRIDAY 1<sup>ST</sup>

World Day of Prayer Service  
at St. Egberts – *12:00pm*  
NA – *8:00pm*

## SATURDAY 2<sup>ND</sup>

St. Patrick's Day Party at Ekklesia – *9:30am*  
NA – *8:00pm*

## SUNDAY 3<sup>RD</sup>

### Last Sunday After Epiphany

Holy Eucharist – *8:00am & 10:00am*  
Adult Sunday School – *9:00am*  
Children's Sermon – *10:00am*  
Senior EYC "Yarn Yearners" – *11:00am*

## MONDAY 4<sup>TH</sup>

EfM – *6:00pm*  
Adult Bible Study – *6:30pm*

## TUESDAY 5<sup>TH</sup>

Shrove Tuesday Pancake Supper – *6:00pm*  
NAMI – *7:00pm*

## WEDNESDAY 6<sup>TH</sup>

Ash Wednesday  
Bible Study – *11:00am*  
Ash Wednesday Service – *12:15pm*  
Chorister Rehearsal – *4:00pm*  
Ash Wednesday Service – *6:00pm*  
Choir Rehearsal – *7:15pm*

## THURSDAY 7<sup>TH</sup>

AA – *6:00pm*

## FRIDAY 8<sup>TH</sup>

NA – *8:00pm*

## SATURDAY 9<sup>TH</sup>

ECW Lenten Retreat  
at Trinity Center – *9:30am*  
NA – *8:00pm*

## SUNDAY 10<sup>TH</sup>

### 1<sup>st</sup> Sunday in Lent

Holy Eucharist – *8:00am & 10:00am*  
Adult Sunday School – *9:00am*  
Children's Chapel – *10:00am*  
Senior EYC "Yarn Yearners" – *11:00am*  
Junior EYC – *5:00pm*

## MONDAY 11<sup>TH</sup>

EfM – *6:00pm*  
Adult Bible Study – *6:30pm*

## TUESDAY 12<sup>TH</sup>

Parish Life Committee – *5:30pm*  
Book Discussion – *6:00pm*  
Sierra Club – *6:30pm*  
First Responders' Group – *7:00pm*

## WEDNESDAY 13<sup>TH</sup>

Bible Study – *11:00am*  
Holy Eucharist – *12:15pm*  
Staff Meeting – *2:30pm*  
Chorister Rehearsal – *4:00pm*  
Stations of the Cross – *5:00pm*  
Holy Eucharist – *5:30pm*  
Choir Rehearsal – *6:30pm*

## THURSDAY 14<sup>TH</sup>

Centering Prayer – *5:15pm*  
AA – *6:00pm*

## FRIDAY 15<sup>TH</sup>

NA – *8:00pm*

## SATURDAY 16<sup>TH</sup>

Music Therapy Group – *10:00am*  
NA – *8:00pm*

## SUNDAY 17<sup>TH</sup>

### 2<sup>nd</sup> Sunday in Lent

Holy Eucharist – *8:00am & 10:00am*  
Adult Sunday School – *9:00am*  
Children's Chapel – *10:00am*  
Senior EYC "Yarn Yearners" – *11:00am*  
Choral Stations of the Cross – *4:00pm*  
Acolyte Training – *5:15pm*

## MONDAY 18<sup>TH</sup>

EfM – *6:00pm*  
Adult Bible Study – *6:30pm*

## TUESDAY 19<sup>TH</sup>

Stewardship of the Earth Committee – *5:30pm*  
Book Discussion – *6:00pm*  
NAMI – *7:00pm*

## WEDNESDAY 20<sup>TH</sup>

Bible Study – *11:00am*  
Holy Eucharist – *12:15pm*

Chorister Rehearsal – *4:00pm*  
Stations of the Cross – *5:00pm*  
Holy Eucharist – *5:30pm*  
Parish Supper – *6:00pm*  
Adult Choir – *7:15pm*

## THURSDAY 21<sup>ST</sup>

Vestry Meeting – *6:00pm*  
AA – *6:00pm*

## FRIDAY 22<sup>ND</sup>

NA – *8:00pm*

## SATURDAY 23<sup>RD</sup>

NA – *8:00pm*

## SUNDAY 24<sup>TH</sup>

### 3<sup>rd</sup> Sunday in Lent

Holy Eucharist – *8:00am & 10:00am*  
Adult Sunday School – *9:00am*  
Children's Chapel – *10:00am*  
Senior EYC "Yarn Yearners" – *11:00am*  
Junior EYC – *5:00pm*

## MONDAY 25<sup>TH</sup>

EfM – *6:00pm*  
Adult Bible Study – *6:30pm*

## TUESDAY 26<sup>TH</sup>

Book Discussion – *6:00pm*

## WEDNESDAY 27<sup>TH</sup>

Bible Study – *11:00am*  
Holy Eucharist – *12:15pm*  
Chorister Rehearsal – *4:00pm*  
Stations of the Cross – *5:00pm*  
Holy Eucharist – *5:30pm*  
Advisory Committee for Children & Youth – *6:00pm*  
Adult Choir – *6:30pm*

## THURSDAY 28<sup>TH</sup>

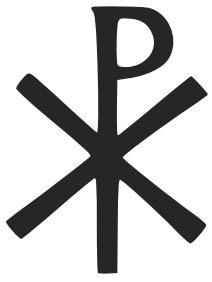
Centering Prayer – *5:15pm*  
AA – *6:00pm*

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## SUPPORT GROUPS:

NA meets each Fri. & Sat. – 8pm (Upstairs)  
AA meets each Thurs. – 6pm (Parish Hall)  
NAMI meets 1st, 3rd & 5th Tues. – 7pm (Parlor)

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# Service Participation Schedule

## ASH WEDNESDAY

March 6<sup>th</sup> | 6pm

Vestry:	<i>A. Exum</i>
Lay Reader:	<i>M. Darden</i>
Chalicer:	<i>S. Barnes</i>
Acolytes:	<i>P. Covert</i>
Usher:	<i>J. Covert</i>
Altar Flowers:	<i>Greenery</i>

	SUNDAY 3 <sup>th</sup>	SUNDAY 10 <sup>th</sup>	SUNDAY 17 <sup>th</sup>	SUNDAY 24 <sup>th</sup>	SUNDAY 31 <sup>st</sup>
Vestry	<i>W. Dickens</i>	<i>R. Hardee</i>	<i>D. Raney</i>	<i>T. Sutton</i>	<i>D. Westbrook</i>
Lector (8:00am)	<i>I. Odell</i>	<i>K. Moorehead</i>	<i>F. Odell</i>	<i>K. Williamson</i>	<i>K. Moorehead</i>
Lay Reader (8:00am)	<i>I. Odell</i>	<i>K. Williamson</i>	<i>I. Odell</i>	<i>K. Williamson</i>	<i>I. Odell</i>
Lay Reader	<i>J. Davis</i>	<i>S. Mullikin</i>	<i>K. Westbrook</i>	<i>R. Darden</i>	<i>M. Darden</i>
Chalicer	<i>M. Darden</i>	<i>S. Barnes</i>	<i>J. Covert</i>	<i>S. Mullikin</i>	<i>C. Pringle</i>
Lectors	<i>B. Kenward</i> <i>H. Grace Ruiz</i>	<i>C. Pringle</i> <i>K. Brown</i>	<i>D. Warrender</i> <i>B. Sanborn</i>	<i>J. Rochelle</i> <i>A. Dominguez</i>	<i>C. Willis</i> <i>H. Grace Ruiz</i>
LEV	<i>J. Rochelle</i> <i>P. Gerolstein</i>	<i>N/A</i>	<i>K. Livingston</i> <i>K. Williamson</i> <i>C. Pringle</i>	<i>N/A</i>	<i>N/A</i>
Acolytes	<i>F. Boone</i> <i>A. Dominguez</i> <i>J. Dominguez</i>	<i>M. Neal Rowland</i> <i>J. Woodard</i>	<i>A. Dominguez</i> <i>J. Dominguez</i>	<i>B. Sanborn</i> <i>N. Sanborn</i>	<i>P. Covert</i> <i>C. Beaver</i>
Ushers	<i>Team I</i>	<i>Team II</i>	<i>Team III</i>	<i>Team IV</i>	<i>Team V</i>
Altar Guild	<i>M. Woodard</i> <i>S. Mullikin</i>	<i>J. Livengood</i> <i>W. Dickens</i> <i>P. Owen</i>	<i>K. Westbrook</i> <i>L. Hardee</i>	<i>M. Darden</i> <i>J. Sabiston</i> <i>K. Davis</i>	<i>K. Williamson</i> <i>J. Conneely</i> <i>J. Kubik</i>
Altar Flowers	<i>J. Rochelle</i>	<i>Greenery</i>	<i>Greenery</i>	<i>Greenery</i>	<i>Greenery</i>
Flower Ministry	<i>A. O'Connell</i> <i>M. Woodard</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>
Coffee Hour Host	<i>S. Evers</i>	<i>L.F &amp; B Rich</i>	<i>A. O'Connell</i>	<i>L.B. Sanborn</i>	—
Children's Chapel	<i>N/A</i>	<i>J. Rochelle</i>	<i>J. Rochelle</i>	<i>J. Rochelle</i>	<i>J. Rochelle</i>

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# Monthly Announcements

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## Parish Life Committee

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*Sally Worrell*, Vestry Liaison for Pastoral Care and Parish Life

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Sincere thanks once again for all of you that continue to be of extra help for receptions, Sunday Socials and Wednesday evening dinners!

Our next Wednesday parish dinner will be held on **March 20th** at 6pm. Please come for great food and fun.

Fell free to host an 11:15am Sunday Social; sign-up sheet is in the kitchen. We will help you!

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## World Day of Prayer

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World Day of Prayer is a worldwide ecumenical movement of Christian women of many traditions who come together to observe a common day of prayer and action each year on the first Friday in March.

Each year a different country serves as the writer for the worship service, lifting up issues of mission, justice and peace that are important to them.

Offerings collected during the services are granted by WDP national committees to non-profit organizations that deal with the issues identified by the writer-country. The WDP motto is "Informed prayer, prayerful action." Word Day of Prayer USA promotes justice and equality for women through prayer, partnerships, service and celebration.

This year, the Morehead City WDP service will be held at St. Egberts Catholic Church, 1706 Evans St., Morehead, on Friday March 1 at 12:00 noon. All are invited to attend. Bring a sandwich and join us for lunch.

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## Music at St. Andrew's

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*Matthew Hill*, Director of Music

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### Youth Choirs:

Each week, the new Youth Choir will have dinner at the end of their rehearsal. If you are interested in preparing and serving a meal, please contact Matt Hill at: [charlesmatthewhill@gmail.com](mailto:charlesmatthewhill@gmail.com) or by calling the church office.

### Choir Recruitment:

Our choir is always looking for new members! While we always need members in each section, we are in great need of altos. We know many of you are worried that you aren't qualified, but you do not need to be an expert musician to join!

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## Martha's Mission Cupboard

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The Outreach Committee

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Donation item(s) of the month:

**CANNED FRUIT AND PACKAGED MEAL KITS**  
(*such as Hamburger Helper*)

Thank you for your generous donations!

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## Submission Deadline

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If you would like to submit an article or place an announcement in The Sounder, the deadline for submission is **Monday, March 25th**. Articles and announcements may be sent to Cheri Collins, the parish secretary, **via email**. [standrewsadmin@bizec.rr.com](mailto:standrewsadmin@bizec.rr.com)

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# EYC News

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*Debbie Butcher*, Coord. for Children and Youth Ministry

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## Nursery:

Please welcome Teresa Biggers as our Nursery Caregiver on Sundays. If this name sounds familiar, she is the daughter of Nancy and John Biggers. Teresa recently relocated to Morehead City . She has experience as a nursery caregiver and loves being with young children. Please stop by and say hello.

It is important that we provide consistency in the care of our youngest children on Sunday mornings. Having the same caregiver from week to week helps the children to bond with their caregiver and feel safe and secure while their parents attend worship service. This also helps parents feel secure in leaving their child. This is actually one of the first ministries we provide for our young families with children. Our goal is for our little ones who attend nursery to feel safe, experience God’s love, and engage in meaningful activities. We will continue to find ways to enhance this ministry.

## Children’s Chapel:

Judy Rochelle and Debbie Butcher will provide lessons during March and April that will help our children understand Lent and the time of getting ready for and experiencing the celebration of Easter.

## Advisory Committee for Children and Youth:

This committee will meet on **Wednesday, March 27th** at 6pm. Agenda items will include “Safe Church” policies and procedures, Vacation Bible School ideas, and consideration of the “Godly Play” curriculum for our children ages 3-12.

## Junior EYC:

Lori Beth will continue to lead the youth in their exploration of Bishop Curry’s “Way of Love”. Some really interesting discussion and activities are taking place!

Sunday evening meetings will be on **March 10th, 24th,** and **31st** from 5-7pm. On **Tuesday, March 5th,** EYC will assist with the Annual Pancake Supper. On **Saturday, March 16th** we will join Faith In Deed and ECW to provide a St. Patrick’s Day celebration for the residents of Eklesia. On **Sunday, March 17th,** from 5-7, any interested Junior EYC

youth is invited to participate in an Acolyte Training meeting. A supper will be served.

## Senior EYC

“Yarn Yearners” will meet on **Sunday, March 3rd, 10th, 17th, 24th,** and **31st** immediately following the 10am service. We will share a meal, knit our prayer blankets, and explore the meaning of Lent and how it can impact the spiritual journey of youth. On **Saturday, March 16th,** we will join Faith In Deed and ECW to provide a St. Patrick’s Day celebration for the residents of Eklesia.

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# Shrove Tuesday Activities

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Mark your calendar for **Tuesday, March 5th** at 6pm for our annual Shrove Tuesday Pancake Supper. The Burning of the Palms will follow the supper to prepare the ashes for our Ash Wednesday services the next day.

This event is co-sponsored this year by the Men’s Group and our Youth (EYC). A few good men from the parish will cook the meal of pancakes and sausages. Our Youth will decorate the parish hall and serve the meal. This is a good example of two groups in our church coming together as community to serve the larger community of St.Andrews.

Please RSVP the church office no later than **Monday, March 4th** so we will know how much food to prepare.

Hope to see many there...young, old, and in-between!

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## Average Attendance

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Sunday 8:00am:	17
Sunday 10:00am:	99
<b>Sunday Total:</b>	<b>116</b>
Wednesday 12:15pm:	6
Wednesday 5:30pm:	5
<b>Wednesday Total:</b>	<b>11</b>

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Monthly

## Announcements

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### Tuesdays In Lent: Contemplative Christian Faith for Today

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*The Reverend Dr. John B. Pollock, Rector*

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We live in a very busy time. There are distractions constantly pulling our attention away from the present moment. Life seems to move so fast that we are racing to the next thing. So, what can the ancient practices of Christian contemplative faith have to do with today's world? The answer is... A Lot!

During this Lent, we will have opportunity to go deeper in our relationship with God. To be embraced by the God of Love who loves us unconditionally. The Presence of God is always with us. God's Presence is healing, strengthening and refreshing. In the words of the late Thomas Keating, a leader in the modern practices of Christian contemplative faith, "Everything in my life is transparent in this Presence (of God). God knows everything about me- all my weaknesses, brokenness, sinfulness- and still loves me infinitely."

During Lent, you are invited to explore ways to deepen your faith through contemplative practices of faith. The book *Mindful Silence: The Heart of Christian Contemplation* by Phileena Heuertz, is a very accessible, well-written book on applying ancient Christian practices into today's busy life. Phileena brings a fresh, Generation X perspective to spirituality and life. She is co-founder of The Gravity Center for Contemplative Activism, and on the board of Richard Rohr's Center for Contemplation and Action.

On Tuesdays in Lent we will have a discussion group of the practices outlined in Heuertz's book. The church has ordered few copies of the book. You may pick one up in the front office at a price of \$13. The Book Shop in the Food Lion shopping center in Morehead City also has a few copies. Or you can order it on line.

So... mark you calendars for the first Tuesday evening in Lent, **March 12th** at 6pm for a discussion of *Mindful Silence*.

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### Medical Supply Closet Ministry

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*The Reverend Dr. John B. Pollock, Rector*

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St. Andrew's has several ministries that help people both outside and in our church. One of these is the Medical Supply Closet. We have a supply of donated, gently used supplies such as walkers, canes, wheel chairs, and various other home medical items. Anyone who needs an item that we have is welcome to take it.

After Hurricane Florence, I received a call from a discharge manager at Carteret Health Care. All of the medical supply stores in the area were closed because of the storm; and she had heard about our supply closet. She said that if we could provide a walker, one of their patients could go home. There were smiles all around when we were able to deliver just the right walker to them. A few weeks ago they asked again if we had a wheelchair. Again we were able to help.

We are grateful that this has made a difference in some people's lives. Below is a Thank You Note from a Case Manager at the hospital.

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"Dear St. Andrew's,

I wanted to express my sincerest thanks for your donation of the wheelchair for our patient in the Emergency Department. It will make a difference in his life. Thank you for this wonderful ministry!

Best, L.W.  
E.D. Case Manager"

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## Walk the “Way of the Cross”

*The Reverend Dr. John B. Pollock, Rector*

Walk the “*Way of the Cross*” each Wednesday during Lent beginning **March 13th** at **5:00 p.m.** and continuing until April 10th. We will also walk the “*Way of the Cross*” on Good Friday, **March 19th.**

Also known as “*The Stations of the Cross*,” the fourteen plaques in our Nave recall events in the Passion of Christ from his condemnation to his burial. Members of our parish serve as the leader as we move around the plaques. If you would like to be a leader one Wednesday, please sign up on the sheet in the Narthex or contact Father John.

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## Faith In-Deed at The Broad Street Clinic

*Tricia Bowers-Young*

Faith In-Deed is our monthly St. Andrew’s volunteer project. Our goal is to have a multi-generational group of volunteers work side by side, building community and harnessing God’s love out in the community. Typically projects are scheduled for the 1st Saturday of the month, we meet at 9:30, work for 3 hours and share a meal together. NO certain skills or previous involvement necessary. Just come with an open mind and willing hands. FOR MARCH, however, we are teaming up with the ECW to help support their St. Patrick’s Day Party at Ekklesia. We’ll meet in the church parking lot at 9:30 **March 2nd.** Please join us if you are able.

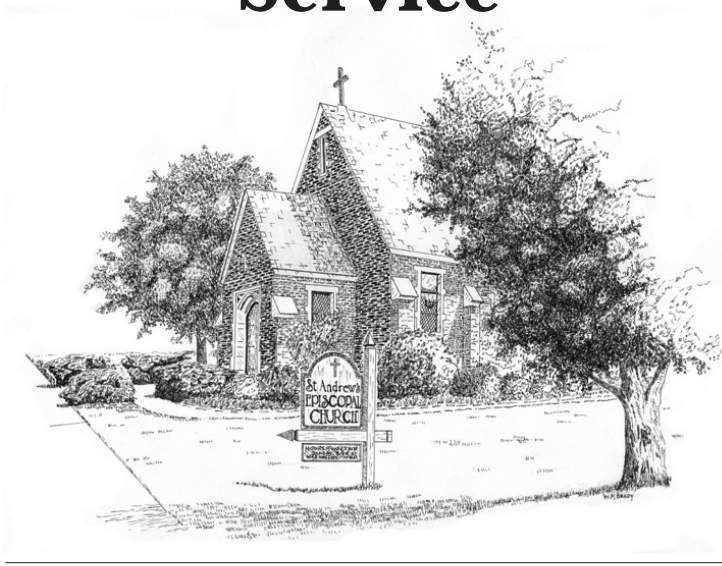
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## 100<sup>th</sup> Anniversary Service

On Wednesday October 30th, we will celebrate the 100th Anniversary of the first service for St. Andrew's Episcopal Church.

On October 30, 1919, the Rev'd Dr. George Lay, rector of St. Paul's in Beaufort held a service for Episcopalians living in Morehead City in the home of Mrs. C.B. Wade. According to the record written by Dr. Lay, services were thereafter held weekly "with instruction at 7 PM every Thursday in a room over the Marine Bank." Later by request, a service was added on one Sunday a month in the afternoon. Father Lay would be rowed across the water from Beaufort to Morehead City for the services.

Please mark your calendars for this special occasion. Wednesday October 30th at 7pm. Bishop Skirving is making plans to attend and celebrate with us.





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## St. Andrew's Thrift Shop

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1107 Arendell Street, Morehead City, NC 2855

**Telephone:** 252-726-4747

**Office Hours:** Tuesday, Thursday, & Saturday 10AM — 4PM

Like St. Andrew's Thrift Shop on Facebook!



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## Join Us for Worship

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### *Sunday Schedule*

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<b>08:00 AM</b>	Rite I Eucharist Service
<b>09:00 AM</b>	Adult Sunday School
<b>10:00 AM</b>	Rite II Eucharist Service/Children's Chapel (Nursery Available)
<b>10:00 AM</b>	Children's Sermon the 1 <sup>st</sup> Sunday of Each Month
<b>04:00 PM</b>	Evensong the 2 <sup>nd</sup> Sunday of Each Month

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### *Wednesday Schedule*

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<b>11:00 AM</b>	Bible Study
<b>12:15 PM</b>	Rite I Eucharist Service
<b>05:30 PM</b>	Healing Eucharist

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+ All Are Welcome +

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## A Parish of the Diocese of East Carolina

The Rt. Rev. Robert Skirving, Bishop

2005 Arendell Street, Morehead City, NC 28557

**Telephone:** 252-727-9093; **Fax:** 252-726-2807

**Email:** standrewsadmin@bizec.rr.com

**Office Hours:** Monday – Thursday 9AM — 3PM, Friday – Office Closed

Like St. Andrew's Episcopal Church, Morehead City, NC on Facebook.

Follow Father John on Twitter @JohnBPollock

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## Happy Birthday!

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1	George Walls
2	Sarah Noll
3	Jane Conneely
4	Paul Getty
5	Lisa Hampton Claudia Lind-Dohlinger Morgan O'Malley
6	Jonas Futrell William Davis David Whitlow
7	Vernon Rochelle
8	Diane Warrender
9	Carol Manooch
10	Joseph Gilliam
11	Donald Westbrook
12	Deysi Jimenez George Guthrie
15	James Hickerson
17	Anna Sanborn
20	Lindsay Bridgers
21	John Rivers John Rasmussen
22	Andrea O'Connell
23	Lukas Taylor
24	Emily Roderick
27	Angela Rowland
28	Erik Heden

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## Staff & Clergy

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**Rector** – Rev. Dr. John B. Pollock

**Deacon** – Rev. Deacon John J. Gaskill, Jr.

**Music Director** – Matt Hill

**Children & Youth Ministry** – Debbie Butcher

**Treasurer** – Vacant

**Sexton** – Vacant

**Parish Secretary** – Cheri Collins

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## The Vestry 2019

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**Sr. Warden/Communications** – Don Westbrook

**Jr. Warden/Buildings & Grounds** – Ron Hardee

**Christian Formation** – Tad Whitaker

**Evangelism** – Rob Darden

**Worship** – Willa Dickens

**Finance & Administration** – Tommy Sutton

**Stewardship** – Ashe Exum

**Pastoral Care & Parish Life** – Sally Worrell

**Outreach** – Dorothy Rancy

**Clerk** – Judy Rochelle