



The Sounder

St. Andrew's Episcopal Church

Morehead City, NC

September 2018



Caring for Your Spiritual Heart

We all know how important it is to take care of our hearts. We eat right, exercise, take our medications and have regular checkups with our doctor. We may also have to take action in reducing stress in our lives, learning to relax, and having good relationships. Our spiritual hearts need just as much care.

What is your spiritual heart? This is a term I learned recently in my work with the Shalem Institute (www.shalem.org). My understanding is that the "spiritual heart" is an awareness of our spiritual life and our deep connection to God's Love. It is a compassionate awareness of God's love for us; and our response of love for God, love for ourselves, and love for others and all creation. Our spiritual heart is the place where we find our true identity as a beloved child of God. When we try to live from our spiritual heart, we do so with a trust that at every moment, God is lovingly present with us at all times. The spiritual heart is the part of us that the Apostle Paul speaks of in Galatians 2:20 when he says, "I have been crucified with Christ, and it is no longer I who live, but it is Christ who lives in me." We take this as the reality in which we live, and the reality of our true nature; then we can become aware of a new dimension of life lived in the continual presence of Christ. Shalem founder and senior fellow, Tilden Edwards, writes, "Our spiritual heart is a sanctuary through which we most directly realize radiant divine Love as the heart of reality. Our deepest personal identity, our core being in the image of God, is a unique

shaping of that creative Love, however hidden by illusion and the misuse of human freedom." The spiritual heart, then, becomes a place from which we live our daily lives.

Just like there are practices we take on to care for our physical hearts, there are practices we can take on to care for our spiritual heart. The goal of good spiritual heart health is to increase our availability to God's presence. At any time of our day, we can "settle into our spiritual heart" and quietly seek a deeper connection with the Divine. By doing this we are more able to respond to things in our lives, rather than being blown about and reacting to external circumstances. We can do so by learning how to more consistently let go of our need to control things, and to trust God who knows and loves us.

In Psalm 46 we hear the very familiar call of God to "Be still and know that I am God." The Hebrew word for "be still" literally means "let go, or to let drop." It describes opening our grasp of something and letting it fall away. Practices of caring for our spiritual heart involve developing ways to drop into our place of trust, being still (both interior and exterior stillness), and letting go of our need to control external outcomes.

Centering Prayer is one practice that helps us develop our capacity to let go. In fact it is an exercise in letting go. In Centering Prayer, we settle on being still, focusing on being aware of God's Presence

Save the Date

- 9/1** - Faith In-Deed with EYC @ Ekklesia (9:30 am)
- 9/3** - Labor Day Holiday/Church Office Closed
- 9/6, 9/13, 9/20 & 9/27** - Centering Prayer (5:15 pm)
- 9/9** - EYC Family Potluck (5:00 pm)
- 9/10, 9/17 & 9/24** - Education for Ministry (6:00 pm)
- 9/11** - Parish Life Committee Meeting (5:00 pm); Thrift Shop Board Meeting (6:30 pm)
- 9/12** - Staff Meeting (2:30 pm)
- 9/16 & 9/30** - EYC Middle & High School Youth (5:00-7:00 pm)
- 9/17** - Claudia Covington Funeral & Luncheon (11:00 am)
- 9/18** - Finance Committee Meeting (10:00 am); Stewardship of the Earth Committee Meeting (5:30 pm); Welcome Committee Meeting (6:30 pm)
- 9/23** - Hope Mission Meal (Congregation & EYC - Set-up @ 9:30 & serve at 11:30 am)
- 9/26** - Children & Youth Advisory Committee (6:00 pm)

Adult Education Opportunities:

- Faith Matters Adult Sunday School** - Sundays @ 9:00 am
- Bible Study** - Mondays (beginning 9/10) @ 6:30 pm; Wednesdays @ 11:00 am
- Confirmation Class** - Dates to be announced. Contact Father John if you are interested.

Support Groups:

- AA** - Thursdays @ 6:00 PM (Parish Hall)
- NA** - Fridays & Saturdays @ 8:00 PM (Upstairs)
- NAMI** - 1st, 3rd & 5th Tuesdays @ 7:00 PM (Parlor)

Caring for Our Spiritual Heart (Continued)

within; and when thoughts or external things distract us (and we WILL be distracted)... we let go. We let go without judgement of ourselves; and with compassion for ourselves and others. And we return to our stillness.

You might also find ways to physically slow down; to stop and rest. I find that spending time in nature helps me slow down both physically and internally. Some of my favorites are sitting in my backyard, walking the labyrinth at Saint Francis by the Sea, being in the outdoor chapel at Trinity Center, or a walk on the beach, the Fort Macon Nature Trail, or simply down the cedar and oak covered streets of my neighborhood.

Join us for worship also. I believe that regular worship and receiving communion keeps us spiritually healthy. I have been thinking a lot lately about how we as a church might begin living more deeply from our spiritual heart. You may have noticed in worship, a little more silence. Maybe you have some ideas about how we might foster a community of people who seek to live more from our spiritual hearts. I'd love to hear from you.

On Thursdays during September, I will be teaching more about living from the spiritual heart and the practice of Centering Prayer. Note that these sessions are

scheduled for each week in September on Thursdays from 5:15 to 6:00 PM in the Nave (Sanctuary) of the church. You do not need to register. Simply show up. I hope you will come.

If you'd like to know more about Shalem, and Tilden Edwards' work regarding the spiritual heart here's a good article. Here's the link:

<https://shalem.org/2018/02/16/from-where-do-we-live/>

The Peace of Christ be with you,

John +



Faith In-Deed

Looking for something meaningful to do this Labor Day Saturday, September 1st? Come join your fellow St. Andrew's parishioners for some fun and fellowship as we serve the residents of Ekklesia. We are hosting another car wash, game day and picnic for the residents. We had a blast last time, and this is such a vital need for this group who cannot wash their own cars, and are on a limited budget. As usual, we meet in the church parking lot at 9:30 a.m. and go over together. We need people of all ages willing to get wet, help cook, or serve. For anyone that just wants to sit in the a/c and play games, we desperately need you too--games are more fun with more people, and some of the seniors have their favorites. If you can't make it by 9:30, feel free to come straight to Ekklesia for any time you are able to spend with us. We typically wrap up by 1:00 p.m. after our shared meal. If you can't make it and want to contribute, feel free to bring any standard cookout items, chips, baked beans, potato salad, hotdogs, buns, etc. Or, feel free to contribute financially, just bring your items to the church labeled for Faith In-Deed. Questions? Email Tricia Bowers-Young tbytigger@embarqmail.com or call 252-342-3420.

Save these other Faith In-Deed dates:

Saturday, **October 6th** - Support our youth group by helping park cars and/or assist those who would otherwise not get to participate with going to the Seafood Festival.

Saturday, **November 3rd** - Help paint Debbie Butcher's office and the new Youth area. We will also be cleaning out the upstairs closet.

Saturday, **December 1st** - Rescheduled Broad Street Clinic painting and cleaning project.

For more information or to get involved, call, text or email Tricia Bowers-Young at 252-342-3420 or tbytigger@embarqmail.com.



“Harnessing God’s Love!”

Stewardship 2019

We will be kicking off our 2019 Stewardship Campaign on October 14th, with the theme “Harnessing God’s Love”. We will be focusing on concrete ways we do that here at St. Andrew’s; and how we can continue to strengthen the love we exude not just on Sundays, but every day that we go out into the world and share God’s love. Whether you are at home, the Thrift Store, Hope Mission, Ekkelsia, NAMI/NA/AA - indeed anywhere and everywhere you are - we can change ourselves and the world through God’s love. Make no mistake--we are each here because we feel the love in this place, from God and from each other.

Father John laid hands on and prayed for each of 27 children and their backpacks on August 26th as they headed back to school. And that did not include the

babies in the congregation! We have worked hard the past two years to discern where and how God is calling us. We have hired a part-time Children and Youth Ministry Coordinator, but from the looks of Sunday, it won’t be long before we need her to be full time.

We are very much on the way to making our church home more accessible by creating a safer, easier way to enter the building through new parking.

Please think about what it is that brings you back to this church every Sunday, and how you can help us “Harness God’s Love” in this place. I am looking forward to sharing this journey with you in the coming months.

Tricia Bowers-Young, Stewardship Chair

Welcome Committee

We at St. Andrew’s should always want to share our joy of creation and the love of God. The best way to do this is by encouraging others to come worship with us. We must ensure that first time visitors return. When I see first time visitors in church (they don’t always raise their hands when Phil calls for them), I invite them to the fellowship time after the service. This gives me the opportunity to learn about them. In many cases, they may be interested in some of our ministries, like choir,

and become valued members of our congregation. When you ask most of our church members why they go to St. Andrew’s, they respond by mentioning an individual who reached out to them or befriended them. If you are like me, you may greet someone as a newcomer only to be told, “No, I have been attending regularly for years.” That is embarrassing but a small price to pay when we attempt to cast our net.

EYC September Activities

Sunday, September 9th

Join us from 5:00-7:00 p.m. here at the church for our EYC Family Potluck Supper. EYC leaders will provide the chicken. All middle and high school youth and their families are invited to bring a side dish or dessert to share. Soft drinks would also be appreciated. At this time, we will also give an overview of our plans for the year. We will also get permission forms signed, and sign up volunteers for various activities.

Sunday, September 23rd

EYC Youth and their families will be serving lunch at Hope Mission. A major focus of our program this year will be to get out in the community to help others. Serving a lunch meal at Hope Mission is as Jesus would do. Please join us as we provide for those less fortunate than we are. This activity will serve as our youth gathering for this Sunday so we will not meet in the evening.

Sundays, September 16th and 30th

The EYC middle and high school youth will meet from 5:00 until 7:00 p.m. in the upstairs youth rooms here at the church. Dinner will be provided. **We are looking for a few good people to provide dinners for the youth each week.** If you think you would be interested, please contact Debbie Butcher at 252-725-7478, or you can e-mail her at demblebee4@gmail.com.

And, looking ahead to October, ...

October 5th, 6th, and 7th

We will be parking cars for the Seafood Festival. This is our major fundraiser for the year. We will need many volunteers, both adult and youth, to ensure a safe, organized, and fun activity. A volunteer sign-up sheet will be available at the Potluck Supper on September 9th. You may also contact Debbie Butcher to get more information or to volunteer.

Claudia Covington 1931-2018

Claudia Covington was a valued member of St. Andrew's. Claudia was a part of the fabric of the life of St. Andrew's. She loved God, and she loved this church. She was faithful in worship, service, and committed to St. Andrew's Episcopal Church.

Over the past 18 years, Claudia served on the vestry, as an office volunteer, and on various committees. At one time, when the Altar Guild was comprised of only three members, she was one of the three. Additionally, for many years, she maintained the church register,

acted as a counter following the Sunday services, and dedicated her time and talents in many other areas. She was faithful to her friends, her family and her church. She will be missed.

Claudia's memorial service will be held here at St. Andrew's on Monday, September 17th at 11:00 a.m. The family has invited us to a luncheon following the service in the Parish Hall.

Parish Life

Sincere thanks to each angel who provided us with so many nice Sunday Socials throughout the Summer. If you are able to help in September, there is a sign-up sheet located on the bulletin board in the Parish Hall.

The **Parish Life Committee** will meet on Tuesday, September 11th at 5:00 p.m. either in the Parlor or the Upstairs Conference Room.

Our regularly scheduled **Parish Supper** will be held on Wednesday, September 19th at 6:00 p.m. Tad Whitaker will provide a wonderful meal and the Committee will announce the program. Don't forget to contact the church office by Tuesday, September 18th if you would like to attend so that we will know how much food to prepare.

Paper Hugs

In August, Paper Hugs reached out for happy anniversaries, a special Louisiana birthday, and a hopeful recovery.

To kick-off the new season, how about reaching out with a paper hug to former parishioners, Barbara and George Garey, who moved to Greensboro last year. Barbara and George were such active members of St. Andrew's, with Barbara volunteering in the church office, keeping the kitchen in such fine shape, and George volunteering with the finances. Their address is 4100 Well Spring Drive, Apartment 1216, Greensboro, NC 27410.

A little hug goes a long way.

Hugs,

Sally and Gale

Martha's Mission Donation Item of the Month "Laundry Detergent and Dryer Sheets"

*(Which are very much needed
as per the friendly folks at Martha's Mission!)*

Thank you for your generous donations! If you are able, please feel free to drop any donations in the basket (which is located in the Narthex, on the left as you walk into the church). Feel free to contact Jennifer Mann with any questions at 252-622-4745, or email her at jenncox@juno.com. Together, we can make a difference in the lives of those in need in Carteret County.

Worship Participation Schedule

	9/2	9/9	9/16	9/23	9/30
Vestry	Sally Worrell	Debbie Butcher	Rob Darden	Ron Hardee	Jo Anne Kilday
Lector (8 AM)	Vandy Cannon	Kathy Moorehead	Iris Odell	Fred Odell	Patty Walls
Lay Reader (10 AM)	Sarah Mullikin	Melodie Darden	Rob Darden	Alex Russell	Jackie Davis
Chaliciest (10 AM)	Rob Darden	Sherry Barnes	Jon Covert	Jo Anne Kilday	Sherry Barnes
Lectors (10 AM)	Charles Pringle Hannah Grace Ruiz	Bob Kenward Michael Tydings	Diane Warrender Ariana Dominguez	Christy Willis Bennett Sanborn	Judy Rochelle Hannah Grace Ruiz
LEV	Debbie Butcher Kit Williamson	N/A	Kim Livingston Judy Rochelle Phil Gerolstein	N/A	NA
Acolytes	Frances Boone Ariana Dominguez Corky Dominguez	Mary Neal Rowland Jack Woodard	Bennett Sanborn Meade Varner Caroline Beaver	Payton Covert Noah Sanborn	Mary Neal Rowland Jack Woodard
Ushers	Team I	Team II	Team III	Team IV	Team V
Altar Guild	Sarah Mullikin Kathy Davis Karen Westbrook	Joyce Livengood Willa Dickens Patty Owen	Joan Sabiston Luellen Hardee Vandy Cannon	Juli Saylor Jennifer Mann Melodie Darden	Kit Williamson Jane Conneely
Altar Flowers	Sarah Allen Wilson	Susan Sherman & Family	Ashe Exum	Open	Sherry Barnes
Flower Ministry	Andrea O'Connell	Joyce Livengood	Luellen Hardee	Patty Walls	Patty Walls
Refreshments	Andrea O'Connell Nancy Biggers	??	??	??	??
Children's Chapel	N/A	Debbie Butcher	Debbie Butcher	Debbie Butcher	Debbie Butcher

September Birthdays

1 - Hannah Grace Ruiz
 2 - Sally Worrell
 3 - Charles Leeuwenburg
 3 - Gunnar Smith
 3 - Erica Andrews
 7 - Tiffany Woodard
 7 - Molly Newbern
 8 - Bettie Ann Godfrey
 9 - Gus Davis
 14 - D. J. Femia-Leeuwenburg

15 - Debbie Thompson
 16 - Melissa Rose
 16 - Matthew Heden
 17 - Bob Eason
 18 - Ashe Exum
 19 - Hunter Whitmore
 19 - Rob Roney
 20 - John Darden
 20 - Addyson Hardee
 22 - Nate Gilliam

24 - Bob Kenward
 25 - Rob Darden
 25 - Christian Roney
 26 - Lee Jenkins
 26 - John Gaskill
 27 - Neal Gilbert
 27 - Kelsey Russell
 27 - Rucker Gulilford
 29 - Madeline Haines



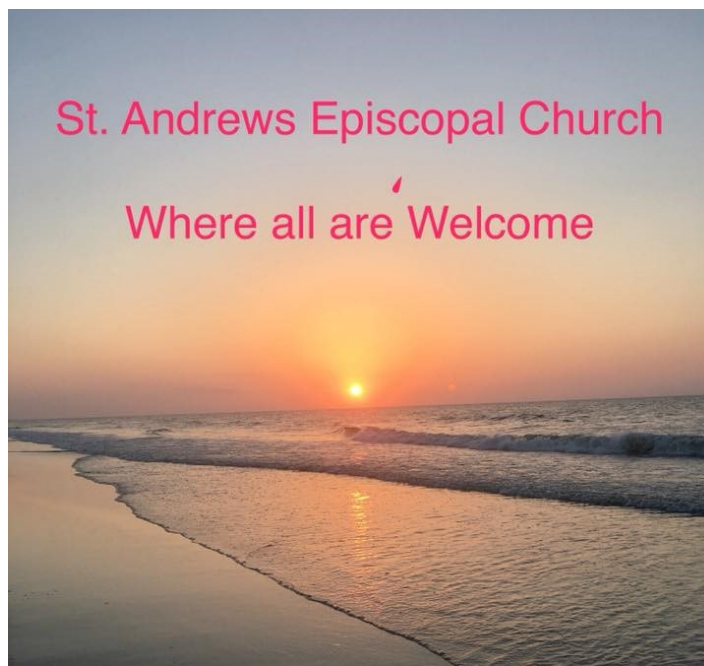
Worship by the Numbers for August

Sunday Average Attendance

8:00 AM – 27 * 10:00 AM – 108 * Total – 135

Wednesday Average Attendance

12:15 PM – 6 * 5:30 PM – 4 * Total – 10



Our Mission

*To follow Christ without delay;
to bring others into Christ's gracious presence.*

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Our Vision

St. Andrew's Episcopal Church is a community for all people on their journey of faith who seek a deeper relationship with Christ, and who strive to serve Him. We offer multiple opportunities to seek and serve Christ through:

- 1. Generous Welcome and Hospitality*
- 2. Lifelong Christian Formation*
- 3. Personal Growth in a Community of Faith*
- 4. Sacred Music and Liturgy*
- 5. Service to Christ through Giving and Outreach*

St. Andrew's Episcopal Church

A Parish of the Diocese of East Carolina
The Rt. Rev. Robert Skirving, Bishop
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Telephone—252-727-9093; Fax—252-726-2807
Email—standrewsadmin@bizec.rr.com
Office Hours: Monday-Thursday 9AM—3PM, Friday - Office Closed
Check Out Our Web Page @ StAndrewsMHC.org

Like *St. Andrew's Episcopal Church, Morehead City, NC* on FACEBOOK!
Follow Father John on Twitter @ JohnBPollock

St. Andrew's Thrift Shop

Susan Langdon, Director
1107 Arendell Street, Morehead City, NC 28557
252-726-4747
Hours: Tuesday, Thursday, & Saturday 10AM-4PM

Like *St. Andrew's Thrift Shop* on FACEBOOK!
<https://www.facebook.com/St-Andrews-Thrift-Shop-551865261630603>

Join Us for Worship ...

Sunday Schedule:

8:00 AM - Rite I Eucharist Service + 10:00 AM - Rite II Eucharist Service/Children's Chapel
9:00 AM- Adult Sunday School + 10:00 AM - Children's Sermon the 1st Sunday of Each Month
Nursery Available—9:30-11:30 AM

Wednesday Schedule:

11:00 AM — Bible Study
12:15 PM — Rite I Eucharist Service + 5:30 PM—Healing Eucharist
+ **All Are Welcome** +

The Vestry 2018

Staff & Clergy

Rector—Rev. Dr. John B. Pollock
Deacon—Rev. Deacon John J. Gaskill, Jr.
Music Director - Matt Hill
Children & Youth Ministry - Debbie Butcher
Treasurer—Donna Gaskill
Sexton—Jim Koebbe
Parish Secretary—Cheri Collins

Jo Anne Kilday - Sr. Warden/Communications
Ron Hardee - Jr. Warden/Buildings & Grounds
Debbie Butcher - Christian Formation
Rob Darden - Evangelism
Joan Sabiston - Worship
Tommy Sutton - Finance & Administration
Don Westbrook - Stewardship
Sally Worrell - Pastoral Care & Parish Life
Dorothy Raney - Outreach
Donna Gaskill - Treasurer
Christy Willis - Clerk