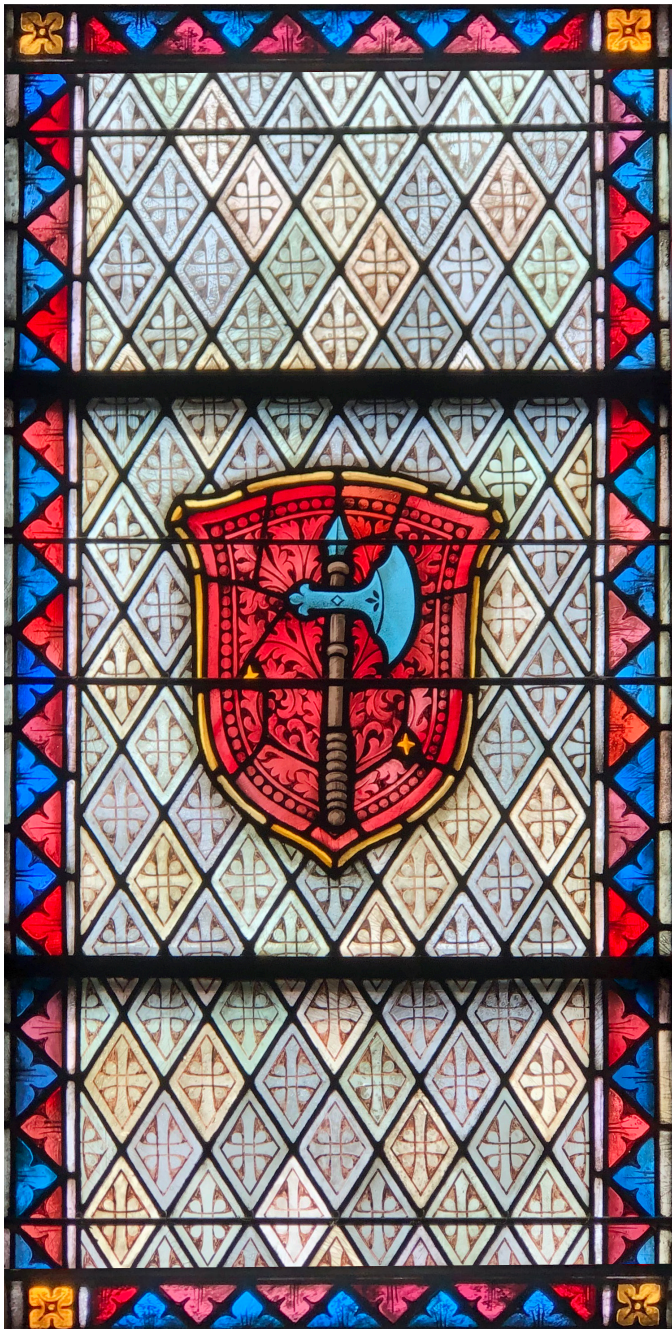

JUNE 2019

the sounder

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

www.StAndrewsMHC.org



Contemplative Corner

The Reverend Dr. John B. Pollock, Rector

Over the past couple of years I have become more and more drawn to what is called by some the “contemplative dimension” of spirituality. It began with my interest in Centering Prayer, a form of still or silent prayer. This does not eliminate or replace spoken prayers with images and words. It enhances my prayer life by helping me be still, attentive and mindful.

I have recently tried to introduce the concepts of centering prayer and contemplative spirituality to our church. But what I’ve noticed when I talk about the topic, is that many people get this blank look in their face, as if I were speaking a foreign language. I try to explain it further, but find myself getting stuck in the weeds of words they don’t understand. Finally a typical response is something like, “*That’s sounds nice for you Father John. But I don’t think it’s for me. Thanks.*” Most Christians today see contemplative spirituality as something only for monks, nuns and spiritual elites, but not for them. And that’s understandable.

So, I want to try to change all that. I want to demystify contemplative spirituality for us. I want to try to strip it of its esoteric mystique. No more “*Woo Woo*” language. You don’t have to burn candles or ring bells... unless that’s your thing. Contemplative spirituality is as natural to the Christian as saying “*Amen*” at the end of a



prayer. It's as accessible to us as walking in the door of the church and sitting silently staring at the stained glass window and waiting for the worship service to begin. It's as normal as both tears and giggles. I think that if we develop few simple and basic practices, we can begin to see more clearly the work of God in our lives and our world. I want you to see contemplative faith as something accessible and for you.

So, in this monthly newsletter, *The Sounder*, we are starting this section that I'm calling "*The Contemplative Corner*." In it you'll be able to read a few thoughts from me or others in our church about contemplative faith and practices that have been helpful to them. You'll learn some basic practices to get you started on the ancient path. And yes, you can find these practices both in the Bible, and in early Christianity and Judaism.

So here's your contemplative practice for this month. When you walk through the door of your home, take a few seconds to pause. In these few seconds take a slow breath in and out, feeling the air on the inhale and exhale. And then whisper a silent prayer.. If you are leaving your home the prayer can be something like, "*Go with me God, and help me see you in the day's activities.*" When you come home and enter through your door; pause with the prayer, "*Thank you for your love and presence O God.*" An alternative is to pause, breath and just be still. Pay attention to how God is presence in your day, and in your comings and goings.

From the Rector's Desk...

The Reverend Dr. John B. Pollock, Rector

June brings a transition for our church. First, we are entering summer. During the summer we are blessed to have vacationing visitors, as well as our part-time regulars, whom we call “*Cottagers*.” We welcome you! Summer also brings a transition in our church liturgical calendar.

After the Fifty Days of Easter, we celebrate Pentecost (June 9th) and Trinity Sunday (June 16th); and then we enter the long season after Pentecost (beginning on June 23rd). The color of the season is Green. This long season “*After Pentecost*” used to be called “*Ordinary Time*” church parlance. Why “*ordinary*” you ask? Because we worship a God who has joined us in the ordinariness of life. God walks with us in the daily and most ordinary of ways. Born in a barn... baptized in water... blessing bread... blessing wine... suffering and dying in the flesh... resurrected still with wounds... Jesus touched the sinners and sick... Jesus healed people in mind, body and spirit... the Holy Spirit is closer than our breath... breathing Life into our daily existence. Yes, Christ is Present in everything. In everyone. There are no throw-aways in God’s Kingdom. God is active in your life. God is active in all life.

To prepare for both Pentecost and Trinity Sunday, I have been reading the book *The Divine Dance, The Trinity and Your Transformation*, by Richard Rohr. While we have always struggled over explaining the mystery that is The Holy Trinity, Rohr brings it closer home for me by saying that the Trinity is a “*circle dance*.” An ancient word used for the Trinity is the perichoresis from the Greek *peri* which means “*around*” and *choreis* which means “*dance*” or “*movement*,” as in choreography. The ancient Christians understood

God the Trinity as a dynamic, flowing circle dance of the Three in One. It’s not a closed circle. The dance include us and all creation. We are both invited and included in the dance with God.

Finally, I leave you with the beautiful text of a hymn in The Hymnal 1982 entitled “*Creating God*” words by Jeffery Rowthorn. (b. 1934)

There are two tunes in the hymnal... Hymn numbers 394 and 395.

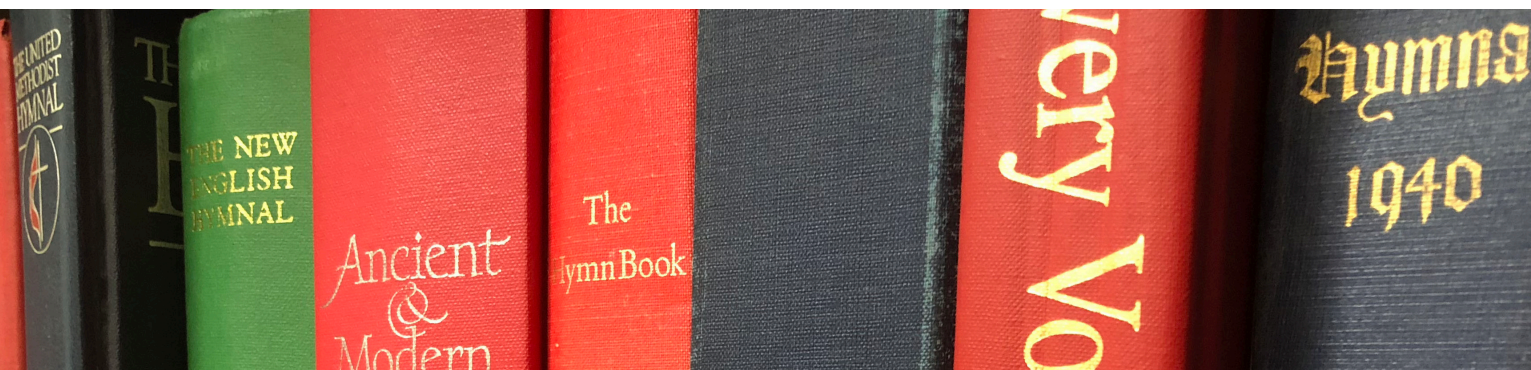
*Creating God, your fingers trace the bold designs of farthest space;
let sun and moon and stars and light and what lies hidden praise
your might.*

*Sustaining God, your hands uphold earth’s mysteries known
or yet untold; let water’s fragile blend with air, enabling life,
proclaim your care.*

*Redeeming God, your arms embrace all now despised for creed
or race; let peace, descending like a dove, make known on earth
your healing love.*

*Indwelling God, your gospel claims one family with a
billion names; let every life be touched by grace until we praise
you face to face.*

May the grace of our Creating, Sustaining and Redeeming God:
Father, Son and Holy Spirit, dwell in now and always.



To a More Profound Alleluia:

Hymn Writing Contest

Matthew Hill, Director of Music

As we enter into our 100th year of an Episcopal presence in Morehead City, we at St. Andrew's are offering a host of ways to celebrate the life of our parish. As many of you already know, on Wednesday, October 30th, we will have a Festival Eucharist to celebrate our 100th anniversary.

In addition to having clergy and choir from many other parishes joining us, we will also have our Bishop, the Rt. Rev. Rob Skirving with us. As part of the celebration of our 100th Anniversary, St. Andrew's will be commissioning a new hymn and sponsoring a contest for a new hymn text. The winner of the hymn text contest will have their words paired with a new hymn tune written by our Organist and Director of Music, Matt Hill. Everyone, regardless of perceived talent, is encouraged to make a submission. After reading the rules of the contest, if you have more questions, please contact Matt Hill.

General Details

Theme:

The hymn text should be based on the life and ministry of St. Andrew.

Hymn Tune Name:

This section is for information purposes only and does not affect submission. To honor of the history of Morehead City, the name for the newly composed hymn tune is Shepard's Point.

Hymn Meter:

8.6.8.6.8.6.8.6

(For an explanation on hymn meter, please see Matt Hill)

Verses:

The hymn text must have a minimum of five verses and no more than six.

Submission Deadline:

Tuesday, September 3rd, 2019

Submission Details:

All entries should be submitted to **standrewsmoreheadmusic@gmail.com**. Entries should be sent in a Word (.doc) format. Any entries sent after the deadline will not be reviewed. All entries will be anonymously judged by an impartial panel.

Winning Entry:

The winner will be announced on **Sunday, September 29th, 2019** and the hymn will be premiered on **Wednesday, October 30th, 2019**

Summertime Pick-Up Choir

Matthew Hill, Director of Music

As we approach the summer months, our choir will take a well-deserved break from their weekly rehearsals. Wednesday rehearsals end on June 12 and will resume in mid-August.

Don't worry, there will still be a choir for our summer services, but we need your help. From June 23rd – August 4th, we will have a pick-up choir that gathers at 9AM on Sunday mornings to prepare for the 10AM service. We'll rehearse a simple anthem and go over the hymns for the day. If you've been interested in singing in choir but haven't given it a go before, this is your chance! If you don't have time for a weekly commitment, this is also your chance. If you want to sing with us one Sunday, but not the next, you're welcome to join! All we ask is that you are in the chancel, ready to sing at 9AM on Sunday mornings. Singing experience or music reading abilities are not required.

Chant Altarpiece, Chapel Cathedral of Saint Bavo, Ghent, Belgium, by Hubert and Jan Van Eyck



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A MOMENT OF
CALM IN A HECTIC WORLD

Evensong

SECOND SUNDAY OF EACH MONTH

NEXT EVENSONG

Sunday, June 9th at 5 PM

Service Lasts Approximately 45 Minutes.

Turkeys & hams

Lela Faye Rich, Welcoming Committee Member

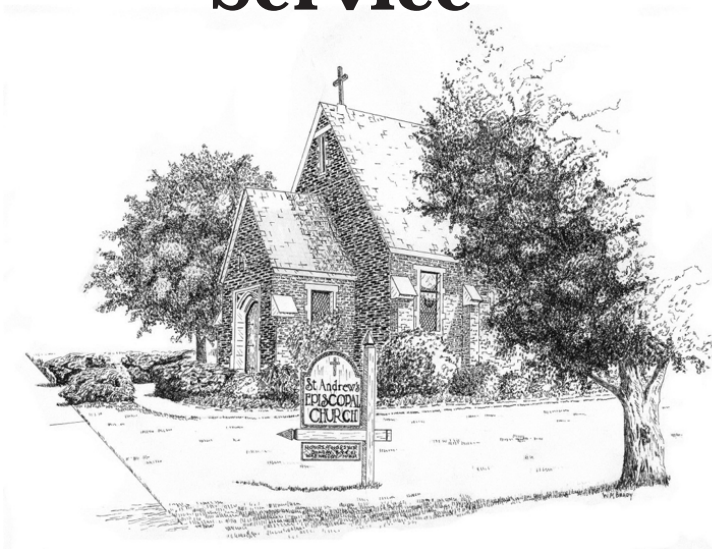
Oh dear! I have just received an email from our committee Chair, Phil Gerolstein, telling me that I volunteered to write an article for this month's Sounder.

Yesterday was Dick's Geissinger's Memorial Service and I am running a wee bit behind. But I can hear Dick's voice telling me how much he loved St. Andrews. He would thank us for how St. Andrew's took care of him when he became infirmed, when he could no longer come to church. We often fail in our effort to

reach all parishioners, but we did not fail Dick. As the "Welcome" Committee, our goal is reach out to new folks when they first arrive and to assure them that we will be here even when they are older or infirmed. Dick, *"the Turkey Man,"* reminds us that we can sell turkeys and hams for Martha's Kitchen, but we can also sell St. Andrew's to our neighbors and co-workers

Bring a guest to St. Andrew's next Sunday!

100th 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.

June Schedule

SUPPORT GROUPS:

NA meets each Fri. & Sat. – 8pm (Upstairs)

AA meets each Thurs. – 6pm (Parish Hall)

NAMI meets 1st, 3rd & 5th Tues. – 7pm (Parlor)

SATURDAY 1st

NA – 8:00pm

SUNDAY 2nd

7th Sunday of Easter

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Sermon – 10:00am

MONDAY 3rd

–

TUESDAY 4th

NAMI – 7:00pm

WEDNESDAY 5th

Bible Study – 11:00am

Holy Eucharist – 12:15pm

Chorister Rehearsal – 4:00pm

Choir Rehearsal – 6:30pm

THURSDAY 6th

AA – 6:00pm

FRIDAY 7th

NA – 8:00pm

SATURDAY 8th

NA – 8:00pm

SUNDAY 9th

The Day of Pentecost

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am

Church Picnic – 11:15am

Evensong – 5:00pm

MONDAY 10th

–

TUESDAY 11th

Parish Life Committee – 5:00pm

Sierra Club – 6:30pm

1st Responders' Group – 7:00pm

WEDNESDAY 12th

Bible Study – 11:00am

Holy Eucharist – 12:15pm

Staff Meeting – 1:30pm

Holy Eucharist – 5:30pm

Choir Rehearsal – 6:30pm

THURSDAY 13th

Centering Prayer – 5:15pm

AA – 6:00pm

FRIDAY 14th

NA – 8:00pm

SATURDAY 15th

Music Therapy Group – 10:00am

NA – 8:00pm

SUNDAY 16th

1st Sunday after Pentecost /

Trinity Sunday / Father's day

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am

MONDAY 17th

–

TUESDAY 18th

Stewardship of the Earth Committee – 5:30pm

NAMI – 7:00pm

WEDNESDAY 19th

Bible Study – 11:00am

Holy Eucharist – 12:15pm

Holy Eucharist – 5:30pm

THURSDAY 20th

Vestry Meeting – 6:00pm

AA – 6:00pm

FRIDAY 21st

NA – 8:00pm

SATURDAY 22nd

NA – 8:00pm

SUNDAY 23rd

2nd Sunday after Pentecost

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am

MONDAY 24th

–

TUESDAY 25th

–

WEDNESDAY 26th

Bible Study – 11:00am

Holy Eucharist – 12:15pm

Holy Eucharist – 5:30pm

THURSDAY 27th

Centering Prayer – 5:15pm

AA – 6:00pm

FRIDAY 28th

NA – 8:00pm

SATURDAY 29th

NA – 8:00pm

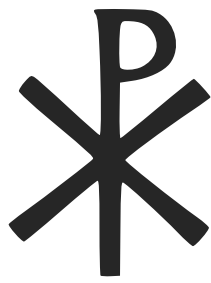
SUNDAY 30th

3rd Sunday after Pentecost

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am



Service Participation Schedule

| | SUNDAY 2 nd | SUNDAY 9 th | SUNDAY 16 th | SUNDAY 23 rd | SUNDAY 30 th |
|---------------------|---|--|---|---|--|
| Vestry | <i>Don Westbrook</i> | <i>Tad Whitaker</i> | <i>Sally Worrell</i> | <i>Rob Darden</i> | <i>Willa Dickens</i> |
| Lector (8:00am) | <i>Jack Simpson</i> | <i>Claudia Sulloway</i> | <i>Fred Odell</i> | <i>Vandy Cannon</i> | <i>Kathy Moorehead</i> |
| Lay Reader (8:00am) | <i>Kit Williamson</i> | <i>Iris Odell</i> | <i>Kit Williamson</i> | <i>Kit Williamson</i> | <i>Iris Odell</i> |
| Lay Reader | <i>Jackie Davis</i> | <i>Charles Pringle</i> | <i>Melodie Darden</i> | <i>Sarah Mullikin</i> | <i>Rob Darden</i> |
| Chalicer | <i>Sarah Mullikin</i> | <i>Sherry Barnes</i> | <i>Jon Covert</i> | <i>Alex Russell</i> | <i>Melodie Darden</i> |
| Lectors | <i>Bob Kenward</i> <i>Ariana Dominguez</i> | <i>Christy Willis</i> <i>Hannah Grace Ruiz</i> | <i>Rob Darden</i> <i>Katie Brown</i> | <i>Diane Warrander</i> <i>Bennett Sanborn</i> | <i>Charles Pringle</i> <i>Kayleigh Heden</i> |
| LEV | <i>Phil Gerolstein</i> <i>Judy Rochelle</i> | — | <i>Charles Pringle</i> <i>Kim Livingston</i> | — | — |
| Acolytes | <i>Ariana Dominguez</i> <i>Jorge Dominguez</i> <i>Arabella Taylor</i> | <i>Mary Neal Rowanlan</i> <i>David-Owen Garner</i> <i>Merritt Garner</i> <i>Olivia Orozco</i> | <i>Jack Woodard</i> <i>Payton Covert</i> <i>Frances Boone</i> | <i>Bennet Sanborn</i> <i>Noah Sanborn</i> <i>David-Owen Garner</i> <i>Merritt Garner</i> | <i>Angela Noll</i> <i>Morgan O'Malley</i> <i>Christian Heden</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>Sarah Mullikin</i> <i>Mial Woodward</i> | <i>Willa Dickens</i> <i>Joyce Livengood</i> <i>Patricia Owen</i> | <i>Luellen Hardee</i> <i>Karen Westbrook</i> | <i>Melodie Darden</i> <i>Kathy Davis</i> <i>Joan Sabiston</i> | <i>Jane Conneely</i> <i>Jay Kubik</i> <i>Kit Williamson</i> |
| Altar Flowers | <i>Jacque Mason</i> | <i>Gus & Jackie Davis</i> | <i>Dorothy Raney</i> | <i>Sarah Allen Wilson</i> | — |
| Flower Ministry | <i>Mial Woodward</i> | <i>Joyce Livengood</i> | <i>Luellen Hardee</i> | <i>Melodie Darden</i> | <i>Patty Walls</i> |
| Coffee Hour Host | — | <i>Church Picnic</i> | <i>Debbie Butcher</i> | <i>The Sanborns</i> | — |
| Children's Chapel | — | <i>Lori Beth Sanborn</i> | <i>Lori Beth Sanborn</i> | <i>Lori Beth Sanborn</i> | <i>Judy Rochelle</i> |

Monthly Announcements

Vacation Bible School

Debbie Butcher, Coord. for Children and Youth Ministry

VACATION BIBLE SCHOOL AT ST. ANDREW'S will be held **July 28th – 31st from 5:30 to 7:30** each evening. Our theme this year is **“Who is Your Neighbor? Learning to Love Like Jesus”**. Children ages 3 - 5 will participate in the preschool group led by Amy Narron. Children grades 1st - 5th grade will participate in the elementary group led by Tyler Orozco. A healthy snack will be served each evening.

We can always use additional adult volunteers to assist group leaders and in preparing and serving snacks. High School and middle school students are also eligible to assist. Let Debbie Butcher know if you are interested in helping.

To enroll your child, please contact the **church office** or **Debbie Butcher @ 725-7478** or **demblebee4@gmail.com**

We are excited about this program for our children! More details will follow so watch this space.

Music at St. Andrew's

Matthew Hill, Director of Music

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 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!

Graduate recognition

We will be honoring our 2019 graduates on **Sunday, June 9th at the 10:00 a.m. service**. If your child has graduated or will be graduating this year, please let the church office know so that he/she can be recognized that day.

Hospitality

There will be no monthly Parish Suppers over the Summer. While we will miss the fellowship, with everyone's vacation schedules, we thought we'd take a break.

We look forward to seeing you all again on **September 18th**. In the meantime, remember to join us each **Sunday for Social Hour after the 10:00 a.m. service in the Parish Hall**. If you would like to help with hosting one Sunday, look for the sign-up sheet on the bulletin board or contact Sally Worrell.

Martha's Mission Cupboard

The Outreach Committee

Donation item(s) of the month:

- **BOX JELLO AND PUDDING**
- **SPAGHETTI NOODLES, MACARONI NOODLES,**
- **PASTA SAUCES** (Spaghetti Sauce, Alfredo Sauce, etc.),
- **MUSTARD, KETCHUP, & MAYONNAISE**

Thank you for your generous donations!

Stewardship of the Earth Event Calendar

The following are upcoming activities with which one or more of the St. Andrew's Stewardship of the Earth Committee (SEC) members participate. It would be great to see more of our parishioners get so involved.

June 5th

NC Environmental Justice Network Meeting at the Harrison Center, New Bern. For info, contact Michael Schachter: mike.schachter45@gmail.com

June 8th

NC Aquarium and NC Coastal Federation co-sponsored **Volunteer Shoreline Planting at the Aquarium** at Pine Knoll Shores. For info, visit: www.nccoast.org

June 11th

Southeast Joint Speaking Tour on “**Faith, Science and Climate Change**” featuring the Rev. Susan Hendershot, President of Interfaith Power & Light, and Ken Kimmel President of the Union of Concerned Scientists from 7-9 p.m. at Pullen Memorial Baptist Church in Raleigh. For info, contact info@ncipl.org

Croatan Sierra Club Group Meeting at St. Andrew's Episcopal Church from 6:30 p.m. To 8:00 p.m. For info, contact Michael Murdoch: memurdoch@gmail.com

June 11th & 12th

NC Coastal Resiliency Summit Program in Havelock—Governor's Office initiative responding to trend toward stronger and more frequent storms, and rising sea levels. For info, contact Michael Schachter: mike.schachter45@gmail.com

June 12th

NC Coastal Federation sponsored **Volunteer Shoreline Trash Clean-up** at Jones Island. For info, visit: www.nccoast.org

June 23rd

Croatan Sierra Club sponsored **White Oak River Kayak/Canoe Trip Outing** 10 a.m to 3 p.m. For info, contact Wouter Ketel: wkettel709@gmail.com

Every Wed.

NC Coastal Federation sponsored **Earthwise Farm Workdays in Ocean** (*Open to Federation Members only*) 6 p.m until dusk. Help grow fresh produce locally and get your share of bounty. For info, visit: www.nccoast.org

Education for Ministry

Next year's Education for Ministry (EFM) class is being formed now. This program of study provides you with the content to carry out ministry by deepening understanding of the Bible, history of the Christian Church and Christian theology. Classes meet once a week beginning in September and ending in May. For more information talk with Father John or David Stoller.

Submission Deadline

If you would like to submit an article, photos, or place an announcement in The Sounder, the deadline for submission is **Monday, June 24th**. Articles and announcements may be sent to Cheri Collins, the parish secretary, **via email**. standrewsadmin@bizec.rr.com

St. Andrew's Thrift Shop

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!



Join Us for Worship

Sunday Schedule

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

Wednesday Schedule

| | |
|-----------------|--------------------------|
| 11:00 AM | Bible Study |
| 12:15 PM | Rite I Eucharist Service |
| 05:30 PM | Healing Eucharist |

+ All Are Welcome +

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

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

Happy Birthday!

| | |
|----|--|
| 1 | Phil Gerolstein |
| 3 | David Gammon Anthony Brooks |
| 5 | Ariana Dominguez |
| 6 | Tim Bowers-Young Kathryn Walker |
| 11 | Rebecca Haines |
| 12 | Briget Horton |
| 13 | Jane Walter Kit Williamson Justin Narron |
| 16 | Janet Beaver |
| 17 | Caroline Beaver |
| 18 | Tony Worrell Ana Horton |
| 21 | Max Gurganus |
| 24 | David Thompson Jonah Lind |
| 26 | Donna Getty |
| 27 | Don Layno Fred Odell Nick Theuner |
| 27 | Amelia Gurganus |
| 28 | Eileen Boone |
| 29 | David Saylor Ann Walker |

Staff & Clergy

Rector – Rev. Dr. John B. Pollock

Music Director – Matt Hill

Children & Youth Ministry – Debbie Butcher

Treasurer – Vacant

Parish Secretary – Cheri Collins

The Vestry 2019

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