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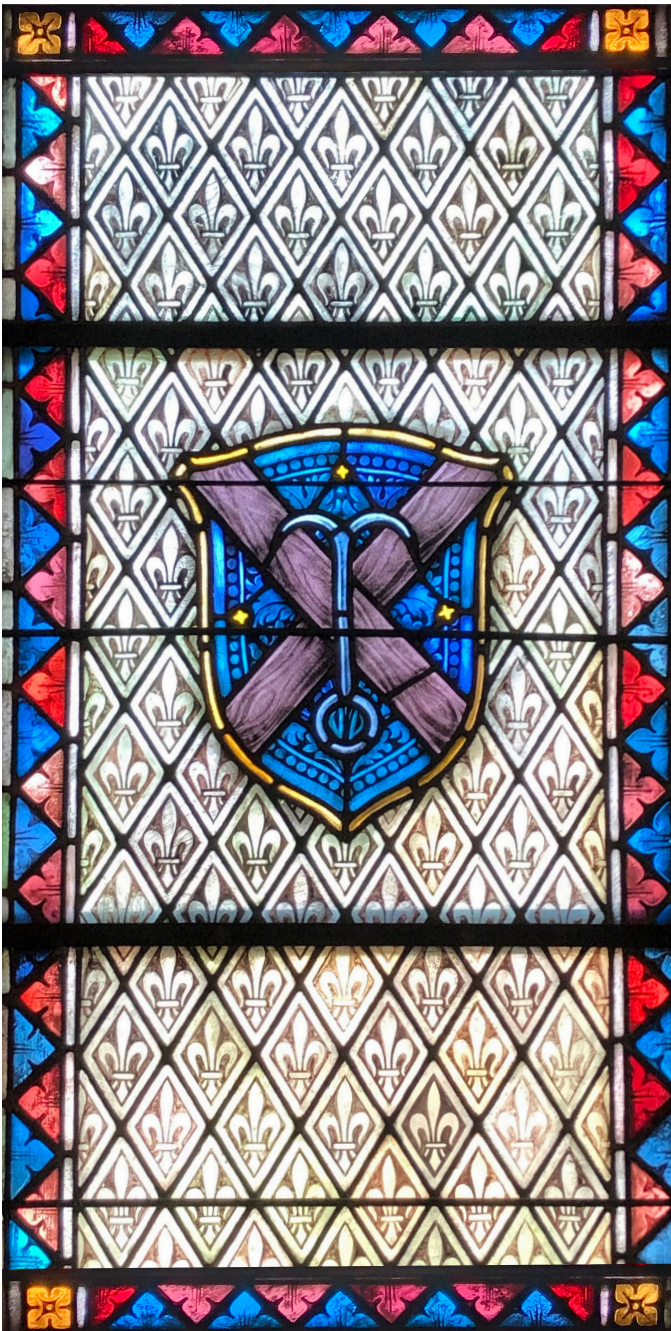
AUGUST 2019

# the sounder

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

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

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## From the Rector's Desk

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

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As we prepare to celebrate the first 100 years of ministry as a church, I have been feeling so much gratitude for the people who came before us, and on whose ministry and work we stand and serve today. One hundred years ago, The Rev'd Dr. George Lay, the first Priest-in-Charge of St. Andrew's planted seeds of faithful and hopeful ministry. Men and women offered their homes, hearts and hopes to establish an episcopal church in Morehead City.

Through years of ministry... not without challenges, here we are continuing what they began. St. Andrew's, by the Grace of God, is a faithful church. We are seeking to do our part in the work of God's Love and Life in this world. What will the congregation of St. Andrew's look like in the next hundred years. No one knows. But what we can say for sure is that the same God Who has guided us this far, continues to guide us now, and will guide us into the future. We are called to be faithful with what we have been given and to do our part.





*Picture of St. Andrew's in 1954*

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Please put the following items on your calendar. These are special ways that we will be celebrating our Centennial:

**Wednesday October 30th 6 p.m.**

Special Service Commemorating 100 Years

**Sunday November 10th at 5 p.m.**

Diocesan Choir Schola Cantorum sings Evensong at St. Andrew's

**Sunday November 24th**

Observance of The Feast of Saint Andrew

**Sunday December 8th at 5 p.m.**

A Festival of Lessons and Carols

Each day, I try to take some time to sit quietly in the Nave of our church. As we have been preparing for the 100th anniversary, I have used some of the time to ponder the many, mostly un-named faithful members who, in their own time, did the work that God had asked them to do. Now it's our turn. And soon we will hand on the work to others who come after us. Through all of these years, it is Christ who is faithful to us. It is the Loving Holy Spirit who does the work in and through us. It is you, the faithful people who offer your gifts and time, who are the vessels of God's love... and for all, I give Thanks to God.

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# Contemplative Corner

## Centering Prayer: The Prayer of Consent

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

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Usually when we think of prayer, we think of spoken prayers, with words which describe our petitions or desires to God. But this is only one expression of prayer. The Book of Common Prayer describes prayer as being either with or without words. In Christianity there is a long tradition of silent prayer without words or images. It is the opening up to God beyond words, thoughts or emotions.

As Psalm 46:10 says, *“Be still and know that I am God.”*

Centering Prayer is a form of prayer without words or images, in which we sit for a period of time in silence and stillness, simply seeking to be in God’s Loving Presence. As we sit to be still, we don’t try to empty our minds; but rather we let go of thoughts as they occur. Centering Prayer is a practice of trusting God, and letting go of anything that distracts us from attention to God’s Presence; and gently returning to that attentiveness... again and again. Much like daily life, Centering Prayer is a practice in faith. The benefits of a Centering Prayer practice include less anxiety, more patience with ourselves and others, increased kindness in daily interactions, and a better ability to let go of negativity. Another way of describing the benefits of Centering Prayer is found in scripture. *“The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, gentleness and self-control.”* (Galatians 5:22).

It’s also important to remember that Centering prayer is a *“No Judgement Zone.”* Don’t judge yourself. God certainly doesn’t. Even if you are bombarded by thoughts during your prayer time... it’s Okay! You had plenty of practice in returning to God’s Presence.

**St. Andrew’s has a Centering Prayer group which meets every 2nd, 4th and 5th Thursday of the month at 5:15 PM in the church sanctuary.** Come join us. No experience or expertise necessary. We are all on a journey... And where ever you are on your journey of faith, you are welcome!

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### So, here is the process of Centering Prayer in four steps:

- 1. Choose a prayer word** as a symbol of your consent to God’s Presence and Action within you. Don’t worry too much about what the word is... It should be simple. Examples are Love, Peace, Jesus, Abba, Christ. Another acceptable option is to let your breath be your prayer word. The function of the prayer word is to serve as a touchstone, or a marker to return to being still and quiet when you get distracted.
- 2. Sit comfortably** with your eyes closed, settle in briefly into being both outwardly and inwardly still and quiet.
- 3. When you are engaged** with thoughts, gently and silently say the prayer word... as a way to remind yourself of your intention to sit quietly in God’s Presence. Thoughts can be sensations, images, reflections, feelings or internal dialogue. The Prayer Word (sometimes also called a “Sacred Word.”) is not a mantra to be repeated over and over. It is a simple, brief marker to come back to being still.
- 4. At the end** of your prayer time, say a quiet prayer of gratitude. That’s it.



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# Come, Labor On. Who Dares Stand Idle?

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Matthew Hill, Director of Music

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Do you know that hymn? *Come, Labor On?* It happens to be one of my all-time favorites and each line of text draws out that deeply instilled Protestant Work Ethic that came from my childhood background in the Calvinists and Reformed theologies of the Pentecostal and Southern Baptist traditions.

While some may pull back at the thought of sharing some of those principles in our non-Calvinist/Reformed (and some would say, “not Protestant”) church, many of us look at those influences on our lives with fondness; myself being in that latter category. This hymn, found at 541 in our own hymnal, is often set to the tune called *Ora Labora*, which, suitably, means, “work to pray.” The tune *Ora Labora*, interestingly, was written by someone who was quite the go-getter. Dr. T. Tertius Noble was an English organist who, after causing quite the creative revival in his home country, moved to New York City to work at St. Thomas Episcopal Church on Fifth Avenue. There he founded the St. Thomas Choir School, which just celebrated its 100th anniversary this past March. He was also responsible for editing a portion of the 1916 and 1940 versions of The Hymnal for the Episcopal Church. It seems Dr. Noble was quite drawn to the idea of working as a form of prayer.



*“Come, labor on. No time for rest, till glows the  
western sky, till the long shadows o’er our pathway lie,  
and a glad sound comes with the setting sun,*

*‘Well done, well done!’”*

You may ask, “why are you going on about work ethic and music?” You’ll find a quote attributed to St. Augustine on the music page of the St. Andrew’s website that says, “*Those who sing pray twice.*” It seems the members of our music program are in for quite the busy schedule this Fall/Winter term. If they’re praying twice for all the singing they’re doing, they’re truly living the *Ora Labora* ethic. Choir rehearsals for both our Adults and the Choristers resume on Wednesday, August 21st. However, the choir will be on a break from Sunday services until Sunday, September 8th. The following are some dates of which to be aware:



*Cathedral of Saint John the Divine*

**Wednesday, August 14th:**

Chorister (and Potential Chorister) Fun Day at The Salty Pirate in Emerald Isle

**Wednesday, August 21st:**

Rehearsals Resume

**Friday, September 6th:**

Adult Choir Intensive Work Session

**Saturday, September 7th:**

Chorister Day Camp

**Sunday, September 8th:**

Installation of the New Choristers at the 10 AM Service

**Sunday, October 13th:**

Choral Evensong Sung by the Adults and Choristers

**Saturday, October 26th:**

St. Andrew's Craft Fair and Fall Festival Music Fundraiser  
*(Details Coming Soon)*

**Wednesday, October 30th:**

Service Celebrating 100 Years of Episcopal Ministry in Morehead City

**Sunday, November 30th:**

Evensong Sung by the Schola Cantorum of the Diocese of East Carolina

**Sunday, December 8th:**

Lessons and Carols Sung by the Adults and Choristers

**Sunday, December 15th:**

EYC Caroling

While this is a full list, it is not necessarily exhaustive and there are a few other things coming up over the next few months. Please keep your eyes and ears open for upcoming events and make sure to mark them on your calendar.

As we look at the changes and growth of the music program over the last year, we can see there is a lot of interest, momentum, and excitement about it. In order to keep the energy flowing, I've been working to plan events for our choir, particularly the choristers who are our future adult singers. Two of the ways we're building some excitement is by planning some tours for our choristers. In the late winter, our choristers will sing an Evensong service at St. Paul's Episcopal in Greenville, where our beloved retired organist, Tom Midyette, was the rector. For those of you who haven't been to St. Paul's, it is a magnificently reverberant space with a phenomenal organ made by Fisk Organ Builders. Then, in June, some of our choristers will travel with Christ Church, Raleigh to New York City to sing Holy Eucharist at St. Thomas Episcopal on Fifth Avenue and later Evensong at The Cathedral Church of St. John the Divine where I was on music staff for three years and our retired bishop, Bp. Clifton Daniel, now serves as the Dean. What an exciting time to be a participant of our music program and a member of St. Andrew's! Come, labor on. Who dares stand idle? Not us.



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A MOMENT OF  
CALM IN A HECTIC WORLD

# *Evensong*

SECOND SUNDAY OF EACH MONTH

**NEXT EVENSONG**

Sunday, August 11th at 5 PM

Service Lasts Approximately 45 Minutes.

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# The Future of Our Church

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*Rob Darden, Welcoming Committee Member*

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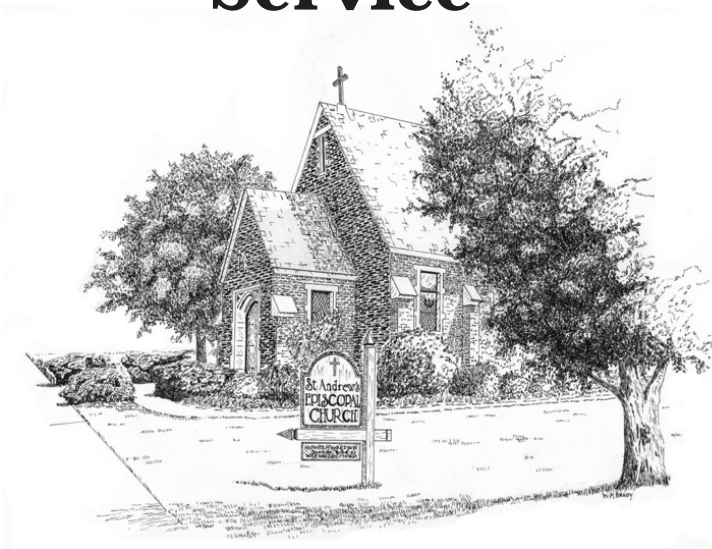
Each Sunday I look out from the choir loft at the congregation. Often I see new faces. I always go to the fellowship hour after church. If I am lucky, some of the newcomers will be in attendance there. I have enjoyed engaging these people in conversation.

In this way, visitors or new congregants can attach faces and personalities to our church and see who we are. This really makes them want to come back and join us permanently.

I know three or four families that have become important and integral members of our church just in the last year helping transform our church into something even better than we were. If we explain to newcomers the different areas of volunteer opportunities here, and get them to volunteer, we can more fully integrate them into our family and help the church at the same time. So introduce yourselves to the newcomer in your Pew and make them welcome. They may be the future of our church.

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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 6pm.** Bishop Skirving is making plans to attend and celebrate with us.

# August 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)

## THURSDAY 1<sup>st</sup>

Vacation Bible School – 5:30pm

AA – 6:00pm

## FRIDAY 2<sup>nd</sup>

NA – 8:00pm

## SATURDAY 3<sup>rd</sup>

Faith In-Deed – 9:30am

NA – 8:00pm

## SUNDAY 4<sup>th</sup>

8<sup>th</sup> Sunday After Pentecost

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's VBS Recognition

During Sermon – 10:00am

## MONDAY 5<sup>th</sup>

*Fr. John Vacation*

## TUESDAY 6<sup>th</sup>

*Fr. John Vacation*

NAMI – 7:00pm

## WEDNESDAY 7<sup>th</sup>

*Fr. John Vacation*

Bible Study – 11:00am

## THURSDAY 8<sup>th</sup>

*Fr. John Vacation*

Centering Prayer – 5:15pm

AA – 6:00pm

## FRIDAY 9<sup>th</sup>

*Fr. John Vacation*

NA – 8:00pm

## SATURDAY 10<sup>th</sup>

NA – 8:00pm

## SUNDAY 11<sup>th</sup>

9<sup>th</sup> Sunday After Pentecost

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am

Evensong with Hymns – 5:00pm

## MONDAY 12<sup>th</sup>

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## TUESDAY 13<sup>th</sup>

Hospitality Meeting – 5:00pm

1<sup>st</sup> Responders Group – 7:00pm

## WEDNESDAY 14<sup>th</sup>

Choristers' at Water Park – 10:00am

Bible Study – 11:00am

Holy Eucharist – 12:15pm

Holy Eucharist – 5:30pm

## THURSDAY 15<sup>th</sup>

Vestry Meeting – 6:00pm

AA – 6:00pm

## FRIDAY 16<sup>th</sup>

NA – 8:00pm

## SATURDAY 17<sup>th</sup>

Music Therapy Group – 10:00am

NA – 8:00pm

## SUNDAY 18<sup>th</sup>

10<sup>th</sup> Sunday After Pentecost

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am

## MONDAY 19<sup>th</sup>

Staff Meeting – 1:30pm

## TUESDAY 20<sup>th</sup>

Stewardship of the Earth – 5:30pm

NAMI – 7:00pm

## WEDNESDAY 21<sup>st</sup>

Bible Study – 11:00am

Holy Eucharist – 12:15pm

Holy Eucharist – 5:30pm

Choristers' Rehearsal – 4:00pm

Choir Rehearsal – 6:30pm

## THURSDAY 22<sup>nd</sup>

Centering Prayer – 5:15pm

AA – 6:00pm

## FRIDAY 23<sup>rd</sup>

NA – 8:00pm

## SATURDAY 24<sup>th</sup>

NA – 8:00pm

## SUNDAY 25<sup>th</sup>

11<sup>th</sup> Sunday After Pentecost

Holy Eucharist – 8:00am & 10:00am

Children's Chapel & Back to School Blessing

– 10:00am

## MONDAY 26<sup>th</sup>

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## TUESDAY 27<sup>th</sup>

*Fr. John Continiond Ed.*

## WEDNESDAY 28<sup>th</sup>

*Fr. John Continiond Ed.*

Bible Study – 11:00am

Choristers' Rehearsal – 4:00pm

Choir Rehearsal – 6:30pm

## THURSDAY 29<sup>th</sup>

*Fr. John Continiond Ed.*

Centering Prayer – 5:15pm

AA – 6:00pm

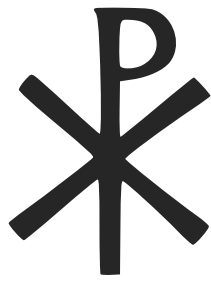
## FRIDAY 30<sup>th</sup>

NA – 8:00pm

## SATURDAY 31<sup>st</sup>

NA – 8:00pm





# Service Participation Schedule

	SUNDAY 4 <sup>th</sup>	SUNDAY 11 <sup>th</sup>	SUNDAY 18 <sup>th</sup>	SUNDAY 25 <sup>th</sup>
Vestry	<i>Don Westbrook</i>	<i>Tad Whitaker</i>	<i>Sally Worrell</i>	<i>Rob Darden</i>
Lector (8:00am)	<i>Kathy Moorehead</i>	<i>Vandy Cannon</i>	<i>Fred Odell</i>	<i>Jack Simpson</i>
Lay Reader (8:00am)	<i>Kit Williamson</i>	<i>Kit Williamson</i>	<i>Iris Odell</i>	<i>Iris Odell</i>
Lay Reader	<i>Sarah Mullikin</i>	<i>Charles Pringle</i>	<i>Alex Russell</i>	<i>Rob Darden</i>
Chalicer	<i>Jackie Davis</i>	<i>Sherry Barnes</i>	—	<i>Melodie Darden</i>
Lectors	<i>Jackie Davis</i> <i>Ariana Dominguez</i>	<i>Melody Darden</i> <i>Katie Brown</i>	<i>Christy Willis</i> <i>Kayleigh Heden</i>	<i>Diane Warrander</i> <i>Bennett Sanborn</i>
LEV	<i>Kim Livingston</i>	—	<i>Charles Pringle</i> <i>Kit Williamson</i>	—
Acolytes	<i>Ariana Dominguez</i> <i>Jorge Dominguez</i>  <i>Morgan O'Malley</i> <i>Christian Heden</i>	<i>Frances Boone</i> <i>Angella Noll</i>  <i>Olivia Orozco</i>	<i>David-Owen Garner</i> <i>Merritt Garner</i>  <i>Kayleigh Heden</i>	<i>Bennet Sanborn</i> <i>Noah Sanborn</i>  <i>Arabella Taylor</i>
Ushers	<i>Team I</i>	<i>Team II</i>	<i>Team III</i>	<i>Team IV</i>
Altar Guild	<i>Sarah Mullikin</i> <i>Mial Woodward</i>	<i>Willa Dickens</i> <i>Joyce Livengood</i> <i>Patricia Owen</i>	<i>Vandy Cannon</i> <i>Luellen Hardee</i> <i>Karen Westbrook</i>	<i>Melodie Darden</i> <i>Kathy Davis</i> <i>Joan Sabiston</i>
Flower Ministry	<i>Mial Woodward</i>	<i>Joyce Livengood</i>	<i>Luellen Hardee</i>	<i>Melodie Darden</i>
Altar Flower	<i>Karen &amp; Don</i> <i>Westbrook</i>	—	<i>Judy &amp; Vernon Rochelle</i>	<i>Jane Walter</i>
Coffee Hour Host	<i>Andrea, Sally</i> <i>&amp; Patty</i>	<i>The Rich's</i>	<i>The Dardens</i>	<i>Libby &amp; Morgan</i> <i>O'Malley</i>
Children's Chapel	—	<i>Rebecca Haines</i>	<i>Rebecca Haines</i>	<i>Rebecca Haines</i>

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# Monthly Announcements

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## Hospitality

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We hope you will join us after the 10:00 a.m. service each Sunday for Refreshments and Fellowship. If you would like to help with this important ministry, a sign-up sheet is located on the bulletin board in the Parish Hall, or you can call Sally Worrell at (919) 920-6287.

**Our committee will meet at 5:00 p.m. in the Parish Hall on Tuesday, August 13th.**

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## Martha's Mission Cupboard

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The Outreach Committee

Donation item(s) of the month (Any size):

- CANNED CHICKEN
- PASTA SAUCE
- KIDDIE GOODIES

Thank you for your generous donations!

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## Submission Deadline

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If you would like to submit an article, photos, or place an announcement in The Sounder, the deadline for submission is **Monday, August 26th**. Articles and announcements may be sent to Cheri Collins, the parish secretary, **via email**. *standrewsadmin@bizec.rr.com*

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## Faith In-Deed at The Broad Street Clinic

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*Tricia Bowers-Young*

Faith In-Deed will get together on **Saturday, August 3rd** to finish white-washing (aka painting) the picket fence at the Hope Mission home. Volunteers of ALL ages and skill levels are welcome to come out and join the fun and support this amazing resource right here in our backyard. We will wrap up with a meal together, so please let us know if you want to participate. We will meet in the church parking lot at 9:30 a.m. and head over together. **For more information, feel free to call Tricia Bowers-Young at 252-342-3420 or email her at *tbytigger@embarqmail.com***



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# To a More Profound Alleluia:

## Hymn Writing Contest

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*Matthew Hill, Director of Music*

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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 the 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**

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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*

<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

### *Wednesday Schedule*

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

**+ 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

**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	Tia Douglass
3	Kenny Bradberry
6	Paul Woodard
11	Reid Jones
18	Jenn Mann
19	Susan Sjoblom Becky Heden Amy Narron
21	Katharine Moorehead Edward King
22	Helen Aman
23	Miriam Nicholson Jack Woodard
25	Reynolds Covert
26	Carrie Huber
28	Mary Beth Bradberry
30	Lea Eason Gordon White Maxine Ballantine
31	Gene Aman

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## Staff & Clergy

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**Rector** – Rev. Dr. John B. Pollock

**Music Director** – Matt Hill

**Children & Youth Ministry** – Debbie Butcher

**Treasurer** – 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

**Hospitality** – Sally Worrell

**Outreach** – Dorothy Rancy

**Clerk** – Judy Rochelle