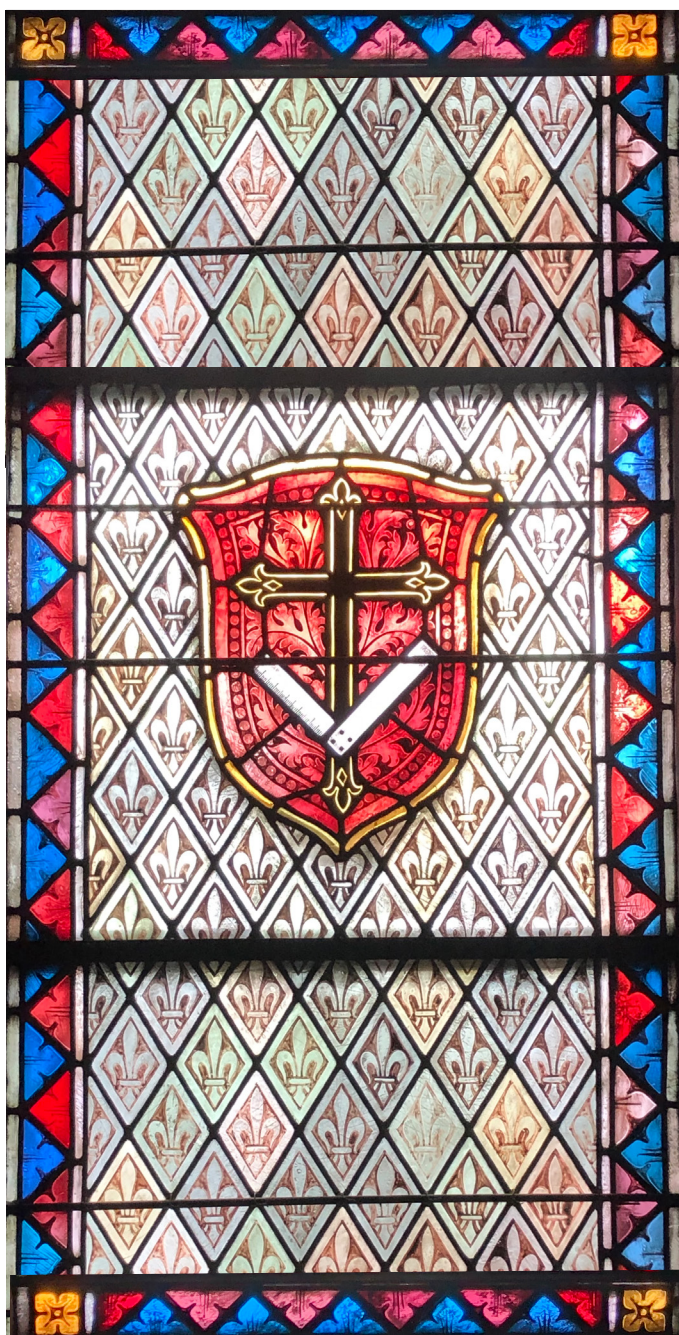

NOVEMBER 2019

the sounder

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

www.StAndrewsMHC.org



Advent Says, “*Not so Fast*”

The Reverend Dr. John B. Pollock, Rector

Advent will be here soon. We know it as the four weeks before Christmas. While society has already begun to celebrate Christmas, with Christmas carols playing in every store and commercials announcing sales, the church says, “Not so fast!” Advent is a gift.

It’s a gift that we give ourselves during this time as our world around us seems to speed up and get busy. We get to say... “*Not so fast. I’ll take time to be still and quiet. I will spend more time in prayer, more time with those I love, more time.*” Because things tend to speed up at this time of year, our Advent slowing down must be intentional. Otherwise we get caught up in the rip current of consumerism. When we are mindful, we remember to swim out of the current, not against it. As we move out of the current, we find a place of calmer waters, with less of the pull of feeling like we have to do more.

Mary, the Mother of Jesus is my model for Advent. From what we know about her in scripture, Mary was a humble and ordinary girl from the small town of Nazareth. When the Angel Gabriel announced that she would bear the holy Child of God, I can imagine that she was scared and confused. And the first thing she did was to make an intentional move to trust God. “*Here I am... let it be to me according to your word.*” (Luke 1:38) Then she intentionally reached

out for support by going to her cousin Elizabeth, and staying with her a while. During her pregnancy and after the birth of Jesus, Mary probably had times of feeling uncertain. But we get a hint of her quiet and contemplative way when, after Jesus' birth, the shepherds came to worship the Christ Child; we are told, *"But Mary treasured all these words and pondered them in her heart."* (Luke 2:19)

Advent calls us to be like Mary... To trust God, and to ponder the magnificent Presence of God. Mary was a contemplative. And we are called to be like Mary, a contemplative who ponders God's Presence in all aspects of life. A contemplative is not removed or exempt from the challenges and rush of life. Instead, they look deeply at the real life, with trust in God, and wonder of God's deeper meaning. It does take slowing down, and the practice of the Presence of God.

(I love the little book by that title by a 17th century monk named "Brother Lawrence" ISBN: 0-88368-105-6)

Let's make it our Advent practice to find ways to slow down, unplug, be still, and practice being present in the Presence of God. Here are some ideas:

- Set aside some quiet time each day to sit and just be still. Light a candle.
 - Try Centering Prayer, also known as "Still Prayer," "Silent Prayer" and "Christian Mindfulness."
 - Silence the phone... or maybe even turn it off for a while.
 - Take a sabbatical from social media. One day... or a few hours in a day.
 - Turn off the television, particularly the news.
 - Smile.
 - Listen to a child when they talk to you.
 - Take a breath before beginning an activity.
 - Practice Gratitude.
-

Deacon Carol Eaton

The Reverend Deacon Carol Eaton has been assigned to serve with St. Andrew's Morehead City. A Deacon serves in the servant ministry of the church; calling the church to minister to the needs of our community and of the world. Deacons are not assistant priests, and do not serve on staff. Deacon Carol will serve in our Sunday worship on a frequent basis, preach, proclaim the Gospel and serve at the Altar.

Deacon Carol has a particular interest and ministry in helping those in need called "Towel Ministry." The Towel Ministry brings groups of people together, both youth and adults, to do small carpentry projects (such as wheelchair ramps, porches, and home repairs) for persons on lower or fixed income. The towel is a symbol of the deacon's ministry as both a waiter's cloth and for cleaning up after hard work. Deacon Carol also will be helpful in pastoral visitation and she is a Daughter of the King.

You have possibly already met Carol and her husband Bert. They have been worshipping with us for several months now. Bert retired as rector of St. Peter's by the Sea in Swansboro. He has been a supply priest here on a couple of occasions. Deacon Carol will officially start here in December. Please give her and Bert a warm St. Andrew's welcome.

Candidates For Election To The Vestry

The Vestry of St. Andrew's has called for the Annual Parish Meeting to be held on Sunday, December 8th immediately following the 10:00 a.m. service. Please mark your calendars and plan to attend.

One of the items of business at the Annual Parish Meeting will be the election of three new Vestry members to fill the vacancies left by the retiring members. Having completed their three year terms Rob Darden, Dorothy Raney and Tommy Sutton will be retiring. These three comprise the nominating committee and are seeking applicants to take their place.

Please consider volunteering for this service and, if you have any questions, please contact one of the members of the committee, Rob Darden, Dorothy Raney, Tommy Sutton.

A Festival of Lessons and Carols

Matthew Hill, Director of Music

Our second annual Festival of Lessons and Carols, held this year at 5 PM on Sunday, December 8, is one of the most beloved liturgies of the Anglican tradition. In terms of the types of liturgies we commonly experience in church, Lessons and Carols is relatively new being only about 140 years old.

Remember, I said relatively. Compare that to the Holy Eucharist and it looks like a newborn babe. Readings and prayers, interspersed with carols and anthems, follow the familiar biblical stories of the fall of humanity, the promise of a Messiah, the birth of Jesus and many others. Traditionally, there are nine lessons.

It's now an often-told myth that the service of Lessons and Carols got its start by the Bishop of Truro (Cornwall, England) trying to find a way to keep the men of the town out of the pubs

before the midnight service on Christmas Eve. While it might be fun to think of it that way, that was not actually the case. In 1878, the Royal Cornwall Gazette reported that the Choir of Truro Cathedral would sing a service of carols on Christmas Eve:

“The Choir of the Cathedral will sing a number of carols in the Cathedral on Christmas Eve, the service commencing at 10pm. We understand that this is at the wish of many of the leading parishioners and others. A like service has been instituted in other cathedrals and large towns, and has been much appreciated. It is the intention of the choir to no longer continue the custom of singing carols at the residences of members of the congregation.”

Two years later, Bishop of Truro, Edward Bensen, who later became Archbishop of Canterbury in 1883, created a formal service with nine lessons and traditional carols. While the seeds of a Lessons and Carols service had been planted years before (and in many places), this was the first time an actual liturgy was officially created. So, on Christmas Eve of 1880, with over 400 people in attendance, the first Lessons and Carols service was



Truro Cathedral

held in a temporary wooden building beside the current Truro Cathedral, as the cathedral was still under construction.

While the original liturgy has been adapted over time, it is still widely used in its original format. It is celebrated throughout the world, mostly in churches like ours that are a part of the Anglican Communion, but also by Lutherans, Roman Catholics, and many protestant denominations. The concept of the service has also been adapted to be appropriate to many of the liturgical seasons: Advent Lessons and Carols, Christmas Lessons and Carols, Epiphany Lessons and Carols, and even Lenten Lessons and Carols.

The most famous Lessons and Carols service is the Christmas service given at King's College, Cambridge. This service has been happening annually since 1918 and, with the exception of 1930, has been broadcast since 1928. Each year, millions of listeners tune in to hear the Choir of King's College sing the service. The Choir of Groton School in Massachusetts has been offering the service annually since 1928. The first parish church

in North America to offer the service was St Thomas Episcopal Church in Hanover, New Hampshire in 1935. From these two places and from the annual broadcasts, the service spread across all the United States and Canada to become one of the most anticipated events of the holiday season.

Beginning in August, the staff, choir, and choristers of St. Andrew's start preparing for our own Lessons and Carols service. Great care is taken to pair readings with music, select readers, and intensely rehearse the anthems and carols. Our choristers and choir devote significant time and energy into making this service a truly special event. This year, we hope you will join us at St. Andrew's as we celebrate this beautiful liturgy with cherished readings and music. If you have never attended a Lessons and Carols service, this is your opportunity to be a part of something rich in tradition and history and is profoundly moving.

Becoming a Steward of the Earth

Frank McGee, Stewardship of the Earth Committee

When I was very young, I lived in my grandmother's garden. Although well tended, it had a wild, natural character... particularly to a pint sized person. To this day, I have vivid memories of a riotous world of tiger lilies, peonies, phlox, daisies, pansies, and violets interspersed with quince, lilac, pear and apple trees.

I lived in a micro world of bees pollinating, robins worming, ants sugaring, and caterpillars parsley-feeding and transforming into chrysalises and butterflies. Early on, I sensed a balance in nature... an equilibrium... every living thing was interconnected and interdependent. Later on, I learned, thanks to the influence of Henry David Thoreau and the transcendentalists, that people needed to take an active role in protecting the environment... that the natural world is not necessarily self-correcting of human abuses... and that people have the power and creativity, if only the will, to right such wrongs.

So, kudos to Amy Narron, biologist and member of the SEC, for involving our children in "Loving your Neighbors by Taking Care of the Environment" in this summer's Vacation Bible School. The children completed a craft that involved them coloring a picture of the earth. They then traced their hand prints around the earth. The "helpers" wrote for the children on each hand print an idea of how one can show love for our neighbors. These ideas included ways to take care of our earth such as recycling, picking up trash, planting a tree, and helping to clean our beaches. From my own experience as a very young person, I find such activities for our children to be essential for the health of our planet as we move into the future.



“Jane’s Angel Tree”

And Bishop Nicholas Of Myra

In 2018, the kind members of St. Andrew’s Church helped 10 struggling Carteret County families have a very special Christmas. As a parish, we anonymously gave bicycles, toys, games, stuffed animals, new shoes and clothing along with gift certificates for them to use to purchase food, household items, clothing and gas.

We have adopted families through “Project Christmas Cheer” and have modeled this Outreach program on the Spirit of St. Nicholas, the Bishop of Myra. He is the symbol of anonymous gift giving and he is the Patron Saint of children, sailors and the poor.

We are asking again for you to make this year’s Program a success by helping us in one of two ways: First, please consider sponsoring a child from the “Angel Tree”. Choose a child and shop for new items on his or her wish/need list. Wrap these presents and bring them to church on or by Sunday, December 15th. This is the day that St. Nicholas of Myra will visit

St. Andrew’s to collect the gifts. (It’s perfectly fine to go in with other people to purchase these gifts.) Second, if shopping and wrapping is not for you, then let us help you with those on your own Christmas List who may be hard to buy for! Make a monetary donation of \$25.00 (or more) by December 10th and we will send an Angel Advent Card to someone on your list. Just include this form with your check, made payable to St. Andrew’s with “Angel Tree” listed on the memo line. The money we collect from this goes directly to our Angel Tree families in the form of gift certificates.

So, look for Jane’s Angel Tree in the Narthex beginning today. Have your Angel Tree monetary gift donations in by December 10th, along with the form. And, on December 15th, bring your wrapped presents to give to St. Nicholas of Myra.

If you can donate your time and talents on December 15th, 16th, and/or 17th to help us get ready and to distribute the gifts to the families, please call Diane Warrender at (252) 732-6972. And, thank you for your support of this important ministry.

November 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)

FRIDAY 1st

NA – 8:00pm

SATURDAY 2nd

Faith In-Deed – 9:30am

Piano Rectial – 3:00pm

NA – 8:00pm

SUNDAY 3rd

All Saints Sunday

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am

Youth Confirmation – 4:15pm

EYC – 5:00pm

MONDAY 4th

EFM – 6:00pm

TUESDAY 5th

Finance Committee – 4:00pm

Bible Study – 6:00pm

Sierra Club – 6:30pm

NAMI – 7:00pm

WEDNESDAY 6th

Bible Study – 11:00am

Holy Eucharist – 12:15pm

Life Touch Photo – 1:00–8:00pm

Holy Eucharist – 5:30pm

Choir Rehearsal – 6:30pm

THURSDAY 7th

Life Touch Photo – 1:00–8:00pm

AA – 6:00pm

FRIDAY 8th

Life Touch Photo – 1:00–8:00pm

NA – 8:00pm

SATURDAY 9th

Life Touch Photo – 10:00am–5:00pm

NA – 8:00pm

SUNDAY 10th

22nd Sunday after Pentecost /

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am

EYC Groups @Altitude – 11:30am

Schola Cantorum Evensong – 5:00pm

MONDAY 11th

Veterans Day / Church Office Closed

EFM – 6:00pm

TUESDAY 12th

Hospitality Committee – 5:00pm

Bible Study – 6:00pm

WEDNESDAY 13th

Bible Study – 11:00am

Holy Eucharist – 12:15pm

Staff Meeting – 1:00pm

Chorister's Rehearsal – 4:00pm

Holy Eucharist – 5:30pm

Choir Rehearsal – 6:30pm

THURSDAY 14th

Centering Prayer – 5:15pm

AA – 6:00pm

FRIDAY 15th

NA – 8:00pm

SATURDAY 16th

Music Therapy Group – 10:00am

NA – 8:00pm

SUNDAY 17th

23rd Sunday after Pentecost

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am

Youth Confirmation – 4:15pm

EYC – 5:00pm

MONDAY 18th

EFM – 6:00pm

TUESDAY 19th

Stewardship of the Earth – 5:30pm

Bible Study – 6:00pm

NAMI – 7:00pm

WEDNESDAY 20th

Bible Study – 11:00am

Holy Eucharist – 12:15pm

Chorister's Rehearsal – 4:00pm

Holy Eucharist – 5:30pm

Parish Supper – 6:00pm

Choir Rehearsal – 7:15pm

THURSDAY 21st

Vestry Meeting – 6:00pm

AA – 6:00pm

FRIDAY 22nd

NA – 8:00pm

SATURDAY 23rd

NA – 8:00pm

SUNDAY 24th

Last Sunday after Pentecost

Holy Eucharist – 8:00am & 10:00am

Adult Sunday School – 9:00am

Children's Chapel – 10:00am

Youth Confirmation – 4:15pm

EYC – 5:00pm

MONDAY 25th

EFM – 6:00pm

TUESDAY 26th

Bible Study – 6:00pm

WEDNESDAY 27th

Thanksgiving / Church Office Closed

THURSDAY 28th

Thanksgiving / Church Office Closed

Centering Prayer – 5:15pm

AA – 6:00pm

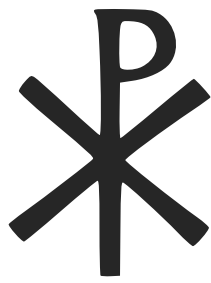
FRIDAY 29th

Thanksgiving / Church Office Closed

NA – 8:00pm

SATURDAY 30th

NA – 8:00pm



Service Participation Schedule

	SUNDAY 3 rd	SUNDAY 10 th	SUNDAY 17 th	SUNDAY 24 th
Vestry	<i>Willa Dickens</i>	<i>Ashe Exum</i>	<i>Ron Hardee</i>	<i>Dorothy Raney</i>
Lector (8:00am)	<i>Regi Bolen</i>	<i>Kathy Moorehead</i>	<i>Vandy Cannon</i>	<i>Fred Odell</i>
Lay Reader (8:00am)	<i>Iris Odell</i>	<i>Iris Odell</i>	<i>Iris Odell</i>	<i>Iris Odell</i>
Lay Reader	<i>Jackie Davis</i>	<i>Melodie Darden</i>	<i>Karen Westbrook</i>	<i>Rob Darden</i>
Chalicer	<i>Sarah Mullikin</i>	<i>Alex Russell</i>	<i>Charles Pringle</i>	<i>Melodie Darden</i>
Lectors	<i>Christy Willis</i> <i>Noah Sanborn</i>	<i>Judy Rochelle</i> <i>Pauline Lind</i>	<i>Bob Kenward</i> <i>Katie Brown</i>	<i>Diane Warrander</i> <i>Bennett Sanborn</i>
LEV	<i>Phil Gerolstein</i> <i>Judy Rochelle</i>	—	<i>Charles Pringle</i> <i>Kit Williamson</i>	—
Acolytes	<i>David-Owen Garner</i> <i>Merritt Garner</i> <i>Olivia Orozco</i> <i>Mya Narron</i>	<i>Ariana Dominguez</i> <i>Jorge Dominguez</i> <i>Christian Heden</i>	<i>Frances Boone</i> <i>Arabella Taylor</i> <i>Angella Noll</i> <i>Morgan O'Malley</i>	<i>Bennet Sanborn</i> <i>Noah Sanborn</i> <i>Lukas Taylor</i> <i>Kai 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>Joan Sabiston</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>Andrea O'Connell</i>	<i>Joyce Livengood</i>	<i>Luellen Hardee</i>	<i>Melodie Darden</i>
Altar Flowers	<i>Stephanie Evers</i>	<i>Shirley Gambrell</i>	<i>Dick & Billy Futrell</i>	<i>Dorothy Raney</i>
Coffee Hour Host	—	—	—	—
Children's Chapel	—	<i>Judy Rochelle</i>	<i>Judy Rochelle</i>	<i>Judy Rochelle</i>

Monthly Announcements

Martha's Mission Cupboard

The Outreach Committee

Donation item(s) of the month:

- CRANBERRY SAUCE,
- FRENCH FRIED ONIONS,
- STUFFING MIX,
- CANNED YAMS,
- CANNED COLLARDS,
- CANNED CHICKEN,
- PASTA & SAUCE,

Thank you for your generous donations!

Submission Deadline

If you would like to submit an article, photos, or place an announcement in The Sounder, the deadline for submission is **Monday, December 23rd**. Articles and announcements may be sent to Cheri Collins, the parish secretary, **via email**. *standrewsadmin@bizec.rr.com*

A retelling, through word
and music, of the greatest
story ever told.

Lessons & Carols

Sun. December 8th
5:00 PM

Saint Andrew's Episcopal Church

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	Paul Blake Sammy Guthrie
2	Maggie Narron
5	Donna Gaskill
6	Susan Sherman
7	Jacque Mason Missy Horton
8	Nancy Stoller
11	Tricia Bowers-Young
13	John Pollock David Owen Garner
14	Jack Simpson
17	Mya Narron
18	Jo Anne Kilday
20	Abi Horton
21	Sara Brown
22	Sherry Barnes
23	Mary Howard Sutton Drew Getty
24	Holton Bridgers
25	Cameron Tydings Michael Tydings
26	W. C. Barnes Joan Gerolstein Reid Getty
27	Pam Flynn

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

Hospitality – Sally Worrell

Outreach – Dorothy Rancey

Clerk – Judy Rochelle