

THE EPISCOPAL CHURCH OF THE GOOD SHEPHERD

THE CALL



DECEMBER 2012

MESSAGE FROM THE PRIEST

About this time we are all fighting the vestiges of the extra calories consumed over Thanksgiving, and those of us who watch what goes in our mouths (which is most of us) are anticipating not just a one-day binge, but a month-long one! Oh, the joys of eating, versus the effects of eating! Heaven must be a place where abundances of calories don't add up to ill-health!

But the feasting is not all bad. We eat at special occasions of all kinds: weddings, birthdays, graduations, parties, political holidays, even funerals. Eating is the gift of life, and celebrations are for the soul what a good meal is for the hungry body. Body and soul join hands for a moment and we feel somehow more whole, more complete.

And so, why not eat in celebration of the coming of Life into our increasingly dead world? Jesus said, "I have come that you may have life and that you may have it abundantly." He is not talking about mere electrical impulses giving animation to what is otherwise just a bunch of carbon-based tissue. Jesus is talking about the ancient Hebrew concept of shalom, wellbeing of the whole person, body, soul and spirit, that deep awareness of God's work in the world, and how as Dame Julian of Norwich said in the 14th century, "All shall be well, all manner of things shall be well." Christmas is a time when we celebrate the coming of this Life into our world.

But why restrict one's feasting to only food? Celebrations nurture and give life to the soul; prayer and quiet awareness of the moment give life to the spirit. There's nothing like Advent to renew your rhythms of life: Time for each necessary thing in its time. Take time to eat good food, and enjoy it. Take time to gather and celebrate the season with friends and loved ones. Take time to sit quietly in prayer, and let the wonder of the moment fill you with peace and good will.

Yours in Christ's love, y ¡que Dios les bendiga ricamente! (May God bless you richly!)
Fr. Paul+

Guadalupe

In 1531, 10 years after the Spanish conquest of Mexico, Juan Diego, a poor Indian man, was making his way to church early in the morning of December 9th. On the way he heard beautiful music coming from the top of a hill. Curious, he turned aside and saw a vision of the Virgin Mary, but not as he had seen in pictures before. This woman was of his own skin color, and she spoke to him—in his own native tongue. With terms of endearment, she commissioned him for a very specific task. She asked him to...

Come to Church on December 12th for the noon service to hear the rest of the story and what it teaches us today about faith, life and living. The service will feature some special music at the end, and traditional Mexican-American food provided generously by the good people of the League of United Latin American Citizens, LULAC.



MESSAGE FROM THE SENIOR WARDEN

Dear Parish Family -

What a busy month November was - and thanks to you ALL for the work and donations you made for Fr. Paul's Institution and Bishop Michael's visitation, the Bazaar just the week after, and the beautiful recital on November 18. These wonderful events made us proud, and together with Fr. Paul's presence in the community, gave us quite a bit of visibility around the town and county. Again, thank you!

With the coming of Advent, church leaders, especially the Treasurer and Finance Committee, are poring over budgets, trying to project what next year's expenses will be. We rely on your generous pledges to help us get to where we want to go in the coming year, to establish new ministries, bolster old ones, and to continue Good Shepherd's tradition as a welcoming and loving place for all of God's children. Not to mention being able to pay our bills!

Not only do I ask you to commit your financial resources to our parish - I also ask you to prayerfully consider assuming a leadership role. Last year two Vestry positions were unfilled just a few days before the Annual Meeting - but one person felt a strong call the Friday before, the other that Sunday morning. This coming year, we will have up to four positions open. In 2010, I was a reluctant candidate for Senior Warden at best, but then I discovered that I had one, then another strong and dependable Junior Warden, a dynamite Treasurer, some dedicated prayer partners, as well as a whole army of assistance, from Vestry members to new church members. Most important, I realized God's presence in my life the way I had never before, and it really was God's gift to me.

Advent is a time of reflection. Please reflect on the gifts you have been given and the gifts you can share with your church. I am always happy to discuss ways for you to serve.

Faithfully, Anne McCormick, Senior Warden.

Project Heifer voting results:

After the congregation voted on their choice of animal to purchase with the monies collected for Project Heifer, **the llama** was the Number 1 choice! We actually collected enough money to get the second choice animal as well: **a trio of rabbits**. With thirty odd dollars still available, we will also purchase **a flock of chickens** for a needy family. The remaining \$11 dollars will go into a designated fund as seed money for next year's Project Heifer event. Overall, we will help **three** needy families because of the generosity of our congregation! Thank you one and all!



THERE'S BEEN A CHANGE!

The **Gift and Booknook** in the Parish Hall has now been changed to **A Bit of the Bazaar!** Shopping at the Bazaar and 'after' the Bazaar has been very popular for both the church membership and the wide variety of community people who use the Parish Hall during the week. There will still be books in the display case, and we will still 'special order' any book you want, but we will now also have an ever-changing array of Bazaar items available for purchase. A 'little bit' of the Bazaar all year long!



AFTER SCHOOL PROGRAM

Thanks to all who participated in our After School Program! We have much to be thankful for:

A new Rector

A fun After School Program; and

A great neighborhood and school to serve.

We sure did have a fun time at our Thanksgiving After School Program; and we, with great exuberance and joy, are looking forward to our Christmas one.

Join us on December 5th for a reading of 'Twas the Night Before Christmas, making holiday cookies, pine cone crafty Christmas trees, Fr. Paul as St. Nicholas handing presents out to all our after school youth. We have assembled bags of presents, and are looking forward to handing them out to the kids... Come join us! Everyone has donated money, candy, talent, and time to this endeavor. May we bless these children, each other, and the world this holiday season.

CHRISTIAN FORMATION December 2012



PREPARE in Advent for Christmas...

1. Adult and Children's SUNDAY SCHOOL

The Christian Education Committee has made available Advent Calendars for children, youth, and adults. Adults, please look for a calendar in the Narthex. The children received them during Sunday School/Nursery time. Parents, if your child did not receive one, please see Karen Morant.

2. NURSERY

Nursery is offered at 10:30 a.m. and will be available for any child not able to sit through the Sunday Service. The Nursery volunteers are members of the Church who volunteer for one Sunday each month. This program has great volunteer support and we THANK THEM!

Sunday Nursery Volunteers for December:

1st Sunday: Carol Barrington

3rd: Karisse Moore

2nd Sunday: Heather McClaren

4th: Holly Peterson

3. Christmas

The Family Mass for Christmas Eve is at 5:30 p.m. on December 24th. Children and adults who are in attendance at this Service will be asked to help with the telling of the Christmas story. No advanced practice is needed. Instead, people will be invited during the sermon time to come forward and help tell the gospel message.

A fellowship time in the Parish Hall will follow the Family Mass.

***"Let the little children come onto me, and do not hinder them, for the Kingdom of God belongs to such as these."* (Mark 10:14, Luke 18:16)**

PARISH HEALTH CORNER

This article is for information only and is not intended to replace evaluation, diagnosis, and treatment by your health care professional.

BULK UP

Much has been said about eating a healthy, high fiber diet. Most people think this has to do with preventing constipation, but few realize that such a diet also helps correct cholesterol problems, blood sugar levels and maintain a normal weight. And since some of our immune system depends on the good functioning of the intestines, a high fiber diet also helps us keep healthy.

The recommended grams of fiber differ for men and for women, and the recommendation also decreases as we age. For men under 50, 38 grams are recommended, while if over 50, it is 30. For women it is 25 and 21 grams. Words like whole grain (not whole wheat), bran and fiber found in names of food or in the list of ingredients on packaging are indications of foods that should be good for you. Don't be fooled, however, by these words only; be sure to read the ingredients and contents lists. Look for artificial ingredients or added sugars, which you want to avoid.

Fiber should be included in every meal and snack. Look for breakfast cereals that have at least 5 grams of fiber per serving, and if bread doesn't have at least 2 grams of fiber, it is not worth buying. At lunch, consider a bean burger instead of a greasy hamburger, with a whole grain bun instead of white bread. Fresh fruit and vegetables will boost your fiber intake. If you don't like eating raw vegetables, lightly sauté some and add these to your meal, as a type of Pasta Primavera. There are many recipes available on the Internet that will help you decide what to cook.

And be sure to drink plenty of water throughout the day to help the fiber do its thing!

HAPPY BIRTHDAY December

- 1 Richard Peterson
- 2 Karen Ashton
- 3 Valentina Watson
- 8 Daniel Boyce
- 8 Lou Brooke
- 25 Carol Matthes
- 30 Betsy Stepanovich
- 31 Margo Rimmel



HAPPY ANNIVERSARY December

- 2 Stewart & Robin Arington
- 19 Robert & Rosalie Baker
- 19 Dave & Pam Kuthe
- 21 Robert & Mary Ihlefeld
- 23 John & Cecilia Bell



HAS YOUR PHONE NUMBER, E-MAIL OR PHYSICAL ADDRESS CHANGED?

Please, please let the church know if you change your phone number or e-mail address. We care about you. Please help us by keeping your contact information current. We'll also be publishing a new directory in late December or early January and want to make sure your entry is correct and up to date! Thanks!



WREATHS ACROSS AMERICA

The annual Wreaths Across America Day is December 15th with a ceremony at Ft. Bayard National Cemetery beginning at 10:00am. Specially designed wreaths for the Army, Marines, Navy, Air Force, Coast Guard, Merchant Marines, and POW/MIA will be presented to represent our veterans.



If you're interested in ordering a wreath, contact Kathy Strange at 538-3310 for more information.

Church of the Good Shepherd Bazaar 2012 Bazaar Accounting

Bazaar Income:

Deposit 11/12 \$ 5955.23
 Deposit 11/27 \$ 1163.14
 Total Deposits \$ 7118.37
 Less Change Bought for Boxes \$ 600.00
 Total Bazaar Income \$ 6518.37
 (And there are still some IOU's outstanding)

Bazaar Expenses:

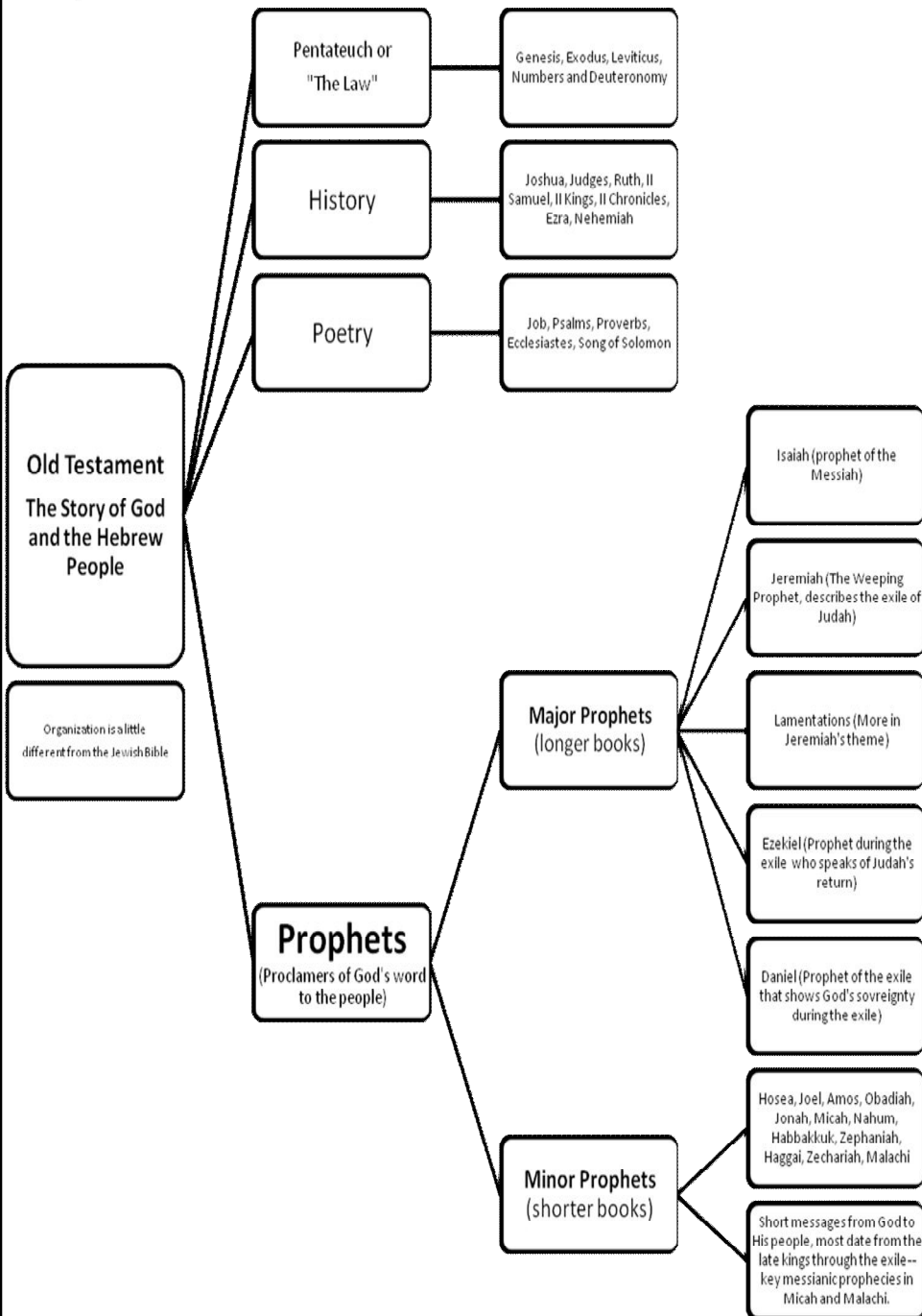
Advertising \$ 281.00
 Food and Supplies \$ 365.98
 Total Bazaar Expenses 646.98

Net Bazaar Income \$ 5871.39

At this point, that's about \$300 more than last year. Thanks to everyone who made our Annual Bazaar such a huge success! The Bazaar committee and anyone else who is interested will be meeting in December to decide how to spend the money from the Bazaar. Please complete a request form (available on the big table in the Parish Hall) if you have suggestions or requests for funds. Historically, we have used this money for donations to missionaries and missions, community organizations, church programs, Camp Stoney scholarships and other special projects for the church.



The Bible for Dummies...the Organization of the Bible in graphic form, coming to you in monthly installments in the Evangel...



THINGS GOING ON, OR GETTING STARTED, IN DECEMBER

Vespers: Every Tuesday evening at 5:30 beginning on Dec. 4th Fr. Brian and Dennis are going to lead a Vespers service using the liturgy for evening prayers used on at the abbey on Iona. It is a very simple service involving Scripture reading and reflection, prayers and a shared meal. If interested come at 5:30 with something to eat to share.

Baptisms: We are celebrating two baptisms during Advent this year. On the 9th we are baptizing the child of Ty Trujillo, and on the 16th we will be baptizing the child of David Graves. Both of these children are grandchildren of members of Good Shepherd. Since Advent prepares for the birth of a child it seems fitting that we baptize these two children during this time. Come and celebrate with these families.

Fr. Paul and Karisse's Open-house: The Moore's would like to invite the parish to their house (701 Broken Bow in Silver Acres) on the afternoon of Sunday the 9th of December for an Open House/House Blessing from 2-5 pm. The afternoon will include Advent and Christmas singing, light refreshments and a house-blessing liturgy. Driving directions: Go south on Ridge Road 2.3 miles to Bonita Ave. Take a hard left o Bonita and then an immediate right on Apache. Take Apache to the first left, which is Broken Bow. They're the third house on the left, the only southwest adobe style house on the street.

Posadas: This year we would like to try doing Posadas. We would like to meet at three peoples' homes for three nights in a row beginning on December 21st. The plan is simple: Go to a home, sing a typical traditional Mexican song for Posadas, enter and do a short liturgy followed by brief snacks, and then go to the next home. It should take about an hour and a half each night to visit three homes. If you would like to be a host please contact the church office.

Children's Pageant on Christmas Eve: For the last couple of years the children's pageant on Christmas Eve has been done as an enhancement to the reading of the Gospel lesson, with the children who arrive dressed as characters in the story. No advance practices are required and whoever shows up who would like to be involved can be included. Fr. Paul has had experience with this way of including children in this service and it has worked well. Since there are a number of other changes being made this Advent the decision has been made not to change this plan. We will do the children's pageant in this way this year once more. If you would like to help please see Karen Morant.

Midnight Mass: We will be using incense at the Midnight Mass on Christmas Eve. If this is a problem for you we recommend you attend either the early Children's service at 5:30 or the Christmas Day service at 10:30 a.m. on the 25th.

Website: We are grateful to Rev. Martha Blacklock for her excellent work on our website. (If you haven't seen it yet check it out at www.goodshepsilver.org.) There are links to pictures, Fr. Paul's blog and a bunch of other information. She would like help in the reporter/photographer area. If you would like to assist in this please contact her or the Church office.

Advent Retreat: We have scheduled an Advent Retreat for the parish on Sunday night the 16th from 4:30-8:30. It will be led by Shirin McArthur, wife of the Rev. Henry Hoffman, rector of Holy Trinity Anglican Church next door. Shirin is a trained spiritual director and has experience leading retreats like this. Donations to help defray the costs of a light supper meal are requested. The theme: The Nativity through the eyes of Mary.

DECEMBER LAY READER AND ACOLYTE SCHEDULE

DATE	LAY MINISTERS	GREETERS	ACOLYTES	SUNDAY SCHOOL/NURSERY
DECEMBER 2 8:00 AM 10:30 AM	Linda Shay Pat Brown Joe Pidutti	Barry Rimmel Margo Rimmel	Sarah Guck – Team Leader Kate Boyce – Crucifer Tobias Guck Autumn Laws	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Carol Barrington
DECEMBER 9 8:00 AM 10:30 AM	Linda Shay Linda Shay Lector: Paul Sherrell Nancy Pidutti	Mitzi Roberts Marianne Bray	Linda Shay Carol Coon Win Taylor	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Heather McClaren
DECEMBER 16 8:00 AM 10:30 AM	Karisse Moore Carol Coon Lector: Sara Boyett Mary Harrell	Dave & Pam Kuthe Dick & June Rhoades	Haley Baxter Jacob Baxter Linda Shay	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Karisse Moore
DECEMBER 23 8:00 AM 10:30 AM	Anne McCormick Linda Shay Mary Ihlefeld	Dora Somerville Dora Somerville	Win Taylor	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Holly Peterson
DECEMBER 24 5:30 PM 11:00 PM	Sarah Guck Win Taylor Jane Bates	Barry Rimmel Margo Rimmel	Sarah Guck Tobias Guck Autumn Laws Linda Shay Carol Coon Win Taylor	
DECEMBER 25 10:30 AM	Anne McCormick	TBA		
DECEMBER 30 9:30 AM	Carol Coon Lector: Ted Pressler Mary Ihlefeld	TBA	Linda Shay Carol Coon Linda Richter	9:30 Youth Sunday School Nursery: Karen Morant
JANUARY 6 8:00 AM 10:30 AM	Linda Shay Pat Brown Joe Pidutti	Barry Rimmel Margo Rimmel	Sarah Guck – Team Leader Kate Boyce – Crucifer Tobias Guck Autumn Laws	9:15 AM Adult Kerygma Class 10:30 Youth Sunday School Nursery: Heather McClaren

Lay Readers, please note: the reader listed first will read the first lesson

Christmas Without Anglicans?

One of the things I like most about the Christmas season are the carols. It only occurred to me recently that so many of them came to us from Anglicans. That reminded me that even our popular image of jolly old St. Nick was shaped by a professor of biblical studies at (of all places) an Episcopal seminary.

“’Twas the Night Before Christmas” is a poem first published anonymously in 1823 and generally attributed to Clement Clarke Moore, a professor of classics at Columbia and then lay Professor of Hebrew and the Bible at the General Theological Seminary in New York, which was built on land he donated. The poem, which has been called “arguably the best-known verses ever written by an American,” is largely responsible for the conception of Santa Claus from the mid-nineteenth century to today, including his physical appearance, the night of his visit, his mode of transportation, the number and names of his reindeer, as well as the tradition that he brings toys to children.

And what about the carols? The text of the popular Christmas carol “O little town of Bethlehem” was written by Phillips Brooks, an Episcopal priest who was the long-time Rector of Trinity Church Trinity in Boston, and later the Bishop of Massachusetts. He was inspired by visiting the Palestinian city of Bethlehem in 1865. Three years later, he wrote the poem for his church and his organist, Lewis Redner, added the music. Redner’s tune, simply titled “St. Louis,” is the tune used most often for this carol in the United States.”

John Mason Neale was an Anglican priest, scholar, and hymn-writer. He translated many ancient hymns, such as the Christmas classic “Of the Father’s love begotten.” He was also responsible for much of the translation of the Advent hymn “O come, O come, Emmanuel,” based on the “Great O Antiphons” for the week preceding Christmas. Neale’s most enduring and widely known legacy is probably his own original Christmas contributions, most notably “Good Christian men, rejoice” and his Boxing Day carol, “Good King Wenceslas.”

The Anglican priest Charles Wesley, penned the classic “Hark! The herald angels sing.” The original words were re-worked by his friend and fellow priest George Whitfield into the verses familiar to us today. The “Father of English Hymnody” Isaac Watts, a nonconformist minister in England, wrote the famous carol “Joy to the world!” The Anglican bishop Christopher Wordsworth penned the famous carol, “Sing, O sing, this blessed morn.”

Christina Rossetti was an English poet and a devout Anglo-Catholic. Two of her poems, “In the bleak midwinter” and “Love came down at Christmas,” became popular Christmas carols. Cecil Alexander, wife of a priest and then bishop in the Church of England, wrote the hymn “Once in royal David’s city.” Nahum Tate, who was the son of a priest and became England’s poet laureate, wrote the hymn “While shepherds watched their flock by night.” At the age of twenty-nine, English writer and Anglican layman William Chatterton Dix was struck with a sudden near-fatal illness and confined to bedrest for several months, which resulted in a deep depression. Yet out of his traumatic experience, he wrote the lovely carol “What Child is this?”

What would Christmas be like without Anglicans?

TheRev. Timothy Matkin, SSC, Commanche, Texas
Taken from THE ANGLICAN DIGEST, WINTER 2012