

The Epistle

**December 2010/
January 2011**

*The Monthly Newsletter of
St. Paul's Episcopal Church*

Rector's Reflections



Prayer for the Unity of Church

O God the Father of our Lord Jesus Christ, our only Savior, the Prince of Peace: Give us grace seriously to lay to heart the great dangers we are in by our unhappy divisions; take away all hatred, and whatever else may hinder us from godly union and concord; that, as there is but one Body and one Spirit, one hope of our calling, one Lord, one Faith, one Baptism, one God and Father of us all, so we may be all of one heart and of one soul, united in one holy bond of truth and peace, of faith and charity, and may with one mind and one mouth glorify thee; through Jesus Christ our Lord. *Amen. (BCP, p. 818)*

Dear People of God at St. Paul's,

You received a letter from your vestry recently advising of their decision to put on hold any decisions about the sale of our organ until after the end of the year. It was their hope that this action would give us time as a community to take a step back and focus on what is important, the great promise of Advent, our belief in God incarnate, Christ as savior and Lord, our many ministries here at St. Paul's, the love we have for one another as a parish family.

It is my hope that we use this time also to reflect on what it means to be the Church, and to consider the ways we are called as members of the Body of Christ to act in relation to one another; to evaluate our priorities as a community of faith called by God to be ambassadors of the Good News of God in Jesus Christ; to take stock of ourselves, the conditions of our own hearts and motivations for doing the things we do and being the people we are. And that focusing on the true meaning of Advent and Christmas we would be led to reconcile our differences and receive the healing that Christ came to bring.

As brothers and sisters in Christ we are at our best when we speak our mind in a spirit of humility and love. Individually we are but voices crying in the wilderness but together, with God's help and guidance, we can be the fundamental Sacrament of Christ, that is, the outward and visible sign of Christ's presence and love to each other in this sinful and broken world in which we live.

My hope is that each of us will use the special seasons before us to begin the needed and necessary process of reflection, evaluation, reconciliation and healing within us and between us. My heart is broken, not because we disagree with one another, disagreement and discussion is often a healthy process to sort out the mind and will of Christ, but rather because of the way that some have chosen to express their disagreement. St. Paul's has been through some difficult times over its 150+ year history. The church has held together because its individual members and leaders exercised restraint, compassion, courage and love in the face of fear, chaos and despair. I was called to be your rector, more than six years ago, during one of those thorny periods of discontent. But because of the good leadership of the Warden's and vestry, the goodwill of the membership and, I hope, my own non-anxious presence amongst you, many good and positive things have happened to further the Kingdom of God in this place. We have grown numerically, financially and spiritually as a result of God's grace and our willingness to persevere with one another in love. We therefore should not and cannot allow this present, or any other, disagreement destroy what we have accomplished in Christ Jesus our Lord. We have to accept that we are no longer a chaplaincy style parish, a small group of families and individuals but, rather a pastoral size parish where decisions are made by the duly elected vestry and rector. We must learn to trust the vestry and their judgment, knowing they take seriously their charge to seek the mind of Christ through the deliberative process in which they engage each month. St. Paul's has come of age and we must fight our fear of losing control of "our" church and embrace the truth that St. Paul's is, not "ours" but, Christ's Church.

My friends and fellow servants please know that each of you are continually in my prayers, as I trust I am in yours, and that I believe God can and will show us the way forward in spite of our differences. God wants, I believe, to do something new in our corporate heart and mind so that we can be united in God's love, walk together in his truth and reveal his glory in the world.

Faithfully yours in Christ Jesus,
John+

✠ Parish News

December Outreach

Hospice of Carteret County is our outreach project for December. Hospice of Carteret County is a not for profit organization. Hospice is dedicated to ensuring a safe environment of respect, compassion and dignity to patients facing a terminal illness.

Most people do not want to die alone in sterile, impersonal surrounding, hooked up by tubes to machines and cut off from their family and friends and everything that's familiar. Nor do they want to die in pain. They would prefer, if possible, to spend their last days at home...alert and free of pain...among the people and things they love. Hospice of Carteret County is dedicated to making this possible. Hospice of Carteret County provides...

- Teaching, assistance and support to caregivers
- Nursing Services
- Registered Nurse on call 24 hours day, 7 days a week
- Medical social worker and chaplain for support and counseling
- Physical, occupational and speech therapy services
- Dietary counseling
- Volunteers
- Pain and symptom management
- Medical equipment and supplies
- Grief education and counseling

Hospice of Carteret County offers care for those suffering from cancer, Alzheimers, end-stage heart diseases, end-stage respiratory diseases and other life limiting illnesses. We offer a team approach to medical, nursing, social and spiritual care. Most health insurance plans, including Medicare and Medicaid cover Hospice services. However, Hospice care is based on the patient's need, not the ability to pay. Hospice of Carteret County is the only not-for-profit hospice agency in Carteret County.

You may make monetary contributions to this cause. There are outreach envelopes in the back of the church for your convenience. Make checks payable to St. Paul's Church and write "outreach" on the memo line of your check. You may mail your donation to the church office or drop it in the plate during the service.

January Outreach

We at St. Paul's are once again planning to prepare and serve a wonderful luncheon meal for the Hope Mission Soup Kitchen at 1410 Bridges St., Morehead City. Last year there were plenty of smiles on the faces of the servers and the needy recipients.

We plan to serve this year's luncheon in late January at the soup kitchen. Watch the bulletin for dates. We will need on-site volunteers to help the Hope Mission staff prepare, serve and clean-up. In addition, we will need volunteers to prepare casseroles and desserts. There will be sign-up sheets, recipes and instructions available at both services when the date has been set. **We pray for your continued generous support for this special Outreach Program.**

Hope Mission is our outreach project this month. Hope Mission exists to meet the immediate needs of people requiring help. At the mission's soup kitchen, volunteers assist in serving food provided by area churches, restaurants and private donations. Lunch is served daily to people in need, and special dinners are served during the holiday season. Volunteers are also needed to assist in outreach ministries and in preparing gifts during special times.

Since its beginnings, Hope Mission Christian Ministries has operated a soup kitchen, providing a hot meal to anyone who needed one. The soup kitchen currently operates six days a week and serves free hot lunches each day at the Hope Mission home at 1410 Bridges St. in Morehead City.

The ministry has also helped families over the years with emergency needs and financial assistance, paying bills that threaten to leave a person without electricity, fuel, rent and other essentials.

You may make monetary contributions to this cause. There are outreach envelopes in the back of the church for your convenience. Make checks payable to St. Paul's Church and write "outreach" on the memo line of your check. You may mail your donation to the church office or drop it in the plate during the service.

FYI

DECEMBER BIRTHDAYS

1	Birkett Howarth	21	Doris McMullan
	Kay Babcock	22	Nancy Smith
2	David Clawson		Sarah West
	Al Sheppard		Susan Boone
4	Nancy Conner		Rachel Chaplain
6	Gwyn Towles	24	Sallie Pool Moore
7	John Quante		Jerri Brooks
9	Lauren Michels	26	Annette Cruse
10	June Smith	27	Sarah Brown
11	Sigrid Ehlers		George Rose
12	David Dubuisson	28	Rose Barford
	Ilse Englehardt		Pat Potter
	Mary Lee Daughtry	29	Gabrielle Lee
14	Curtiss Merrick		Harry Weiss
15	Shelvey Lloyd		Darian King
18	Susan Stumbaugh	30	Michelle Gregory
19	Ruth Daniel	31	Eula Parkin
	Jessica Sabiston		Mary Duane Hale
			George Frazier

JANUARY BIRTHDAYS

1	Jim Williams	20	Boynton Adams
	Kathy Bohley	21	Sarah Hamilton
	Tricia Phillips	22	Charles Hale
	Louis Daniel		Richard Babcock
	Travis Klose		Ine Noe
	Ann Hauman	24	Claudette Fonseca
	Cooper Klose		Jennifer Willis
2	Larry Gross	26	Pat Schaaf
	Amanda Schoden		Tina Banks
3	Robyn Eiler	27	Hugh Cullman
4	Boyce Cruse	28	Dot Waldenmaier
9	Hope Montgomery		Helen Rawls
13	Kelly Harris	30	Penny Gillikin
	Caroline Brandt		Ralph Difiore
	Deborah Van Dyken		
16	Mary Charles Hale		

Please keep these sick, suffering & recovering in your prayers:

Dan Curtin, John Mease, Evelyn Sewell, Tex & Gertrude Cavett, Martha da Silva, Jim Midgett, Tori Smith, Gwyn Towles, Dot Waldenmaier, Jule Wheatly, Carol Willis, Frank Hassinger, and Jane McKee

As well as our service men and women deployed
Jeremy Brandt, Brian Mead, Travis Guidt, Anthony Martin, Steven Herod, Mark Hancock, and Paul Lockhardt.

Coffee Time for December & January

December 5—(8am) Patti Dill
(10:45) Bishop's Visit—No Coffee Time
Cover Dish following service

December 12—(8am) Charles & Tricia Phillips
(10:45) Susan & Brad Drury

December 19—(8am) Kay Mease/Helen & Ike O'Neal
(10:45) Rachel Chaplain & Sandra Howarth

December 26—(9:30am) Lessons & Carols
NO COFFEE TIME

January 2—(8am) George & Patti Dill
(10:45) TBA

January 9—(8am) Joe & Nancy Smith
(10:45) TBA

January 16—(8am) Donnie & Bitsy Dudley/Jerry Rita Brunton
(10:45) TBA

January 23—(8am) Susan Smitherman
(10:45) TBA

January 30—(8am) TBA
(10:45) TBA

DECEMBER

Flowers for December

December 6—Dale & George Wooten
December 13—Gerald & Gayle Troyer
December 20—Jack Barnes Family
December 24—Claud Wheatly & family
December 27—Gina Brooks/Vicki & Phil Morris

JANUARY

Flowers for January

January 2—Pat Pitts/Gary & Judy Mercer
January 9—Joe & Nancy Ustach
January 16—Lewis Bryan
January 23—George & Patti Dill
January 30—Marnie Park



Altar Chair for December
Helen O'Neal

December Altar Guild
Jerri Brooks, Ginny Costlow, Barbara Harding, Jessica Sabiston, and Dale Wooten

Altar Chair for January
Mary Duane Hale
January Altar Guild
Mary Duane Hale, Judy Mercer, Lynda Phillips

No Wednesday Eucharist

On Wednesday, December 29 there will **NOT** be a 10am or 5:30pm Eucharist. The Wednesday services will resume on Wednesday, January 5.

Attention Anglers!

The Fin-Addicts fishing club **WILL NOT** meet in December but will resume on **Tuesday, January 11** at 7pm in the Parish hall. All fisherman or fisherwomen are welcome to join. Call Larry Becker for details, Home-728-3177 Cell-241-5522

Grief Support

Grief support is available at St. Paul's on the third Thursday of the month at 2:00pm in the Parish Hall. The next two meetings will be **December 16 and January 20.**

Book/Film Group

The Book/Film Group will not meet in **December.** The group will resume **January 20 at 7:00PM** in the office classroom. The discussion will focus on the introduction to Karen Armstrong's new book, "The Case for God." If you have any questions, call James Searl at 726-2381.

Prayer Shawl Group

The Prayer Shawl Group **WILL NOT** meet December 16. The group will resume on **January 20** at 10:30am. If you have any questions call Milena Glancy at 728-5350.

Snug Harbor Visit

There will be Eucharists at Snug Harbor on **Thursday, December 9 and Thursday, January 13** at 11:00am.

The Church Office will be closed Friday, December 24 at 12:00noon through Friday, December 31. The office will reopen Monday, January 3.

Annual Parish Meeting

The Parish Meeting is scheduled for **Thursday, January 14** beginning with a covered dish supper at **6pm.** Bring a dish to share and join your parish family to elect five new vestry members and hear the Sr. Warden's and Fr. John's state of the church addresses. Fried chicken, drinks and paper products will be provided.

Those nominated for the vestry include: Pennyloyd Baldrige, Roberta Brown, Jack Gilstrap, Dolores Meelheim, Vicki Morris, and Lee Phillips According to our parish by-laws nominations may also be made from the floor at the meeting, however parishioners are encouraged to nominate by written notice as instructed by the nominating committee. All nominees shall be required to read the parish bylaws before accepting the nomination, and all nominees must give their consent prior to their nomination.

All persons are welcome to attend the meeting. Enrolled members in good standing who are sixteen (16) years of age or older are eligible to vote in the meeting, provided they have subscribed to the following declaration: "I do hereby consent to be governed by the Constitution and Canons of the Church, as set forth in and by the General Convention of the Episcopal Church, and by the Constitution and Canons of the Diocese of East Carolina." To insure that every voting member has subscribed, the above declaration will be circulated at the annual meeting, and signed by all who wish to vote.

CHRISTMAS SCHEDULE

The following is a schedule of Christmas services planned at St. Paul's.

Christmas Eve, Friday, December 24

- ◆Family Eucharist & Christmas Pageant 4:00PM
- ◆Christmas Eve Festival Eucharist 10:00PM

Christmas Day, Friday, December 25

NO SERVICE

1 Christmas Sunday, December 26

- ◆Lessons & Carols 9:30AM

****No Sunday School****

Poinsettias on Christmas Eve



If you would like to contribute to the greening of the church for the Christmas Eve services, please mail or bring your check for \$15.00 by the church office, with the written information you would like in the bulletin. The deadline for this contribution is Tuesday, December 21.

Thanks and Blessings

Many thanks to our friends at St. Paul's Church for your assistance in transporting me to appointments; for sending loving messages in pretty cards; for gifts, and for providing us with delicious food during the time of my hip surgery and recuperation. I feel truly fortunate and thankful for your support. My hip is healing nicely and it is good to be active again. You are a loving group.
Fondly, Grace Deely

Dear St. Paul's Congregation,
On behalf of the **Beaufort Meals on Wheels Program**, words cannot express our gratitude for your very generous donation. These monies provide a hot meal six days a week for those who are home bound, bedridden, handicapped and far less fortunate than us.
This is a wonderful mission and I know that God will bless you for your generosity and your kindness.
Sincerely, Jackie Ezzard-Director

Dear St. Paul's,

I am so excited to share with you the many incredible things that are happening out here at **Yahweh Center Children's Village**. We had a Fall Festival Friday Fun Day recently where the children performed a talent show for the staff, had a picnic on the grounds and a time of singing praise and worship songs as well as playing some volleyball and outdoor games.

It is such a tremendous blessing to see the steady transformation of the children as they progress in their healing. Each and every one of them had a particular talent that was their joy to share. The formed dance teams, read their own poetry, sang solos and with each other and performed some skits. What was very encouraging was seeing them be kind and patient with one another as they individually took our stage—which was the front porch of the Administrative Building on our campus.

Your gift allows us to lay the foundations for these children while they receive the treatment and 24/7 care here on campus—each child working on individualized and group issues to overcome the reasons for being placed in this high level of care. Sometimes it is staggering to see their amazing potential such as in the talent show and then be brought back to the reality that each of them is in placement here for psychiatric care. We could not do this work without the grace of God and the gifts of people just like you! It means so much more than we can adequately express.

Thank you so much for supporting these children—we are seeing miracles unfold one child at a time. Your gift makes it all possible.
In Appreciation, Carla Roberts-Founder & Executive Director

Latest Update

Some of you may know of my most current adventure in the "Life of Martha". At Belk's Charity Day Sale on November 6, I decided to make a scene by having a seizure. This resulted in hitting my head and needing to go to the hospital via the rescue squad. While in the emergency room, I had another seizure. All of this resulted in spending from Saturday thru Monday in the Critical Care Unit at Carteret General for careful observation. After consultation with the doctors at Wake Forest, I was released with drugs and restrictions. I am taking an anti-seizure medication, steroids and vitamins. These have kept me free of any more "spells".

This will continue until my doctor visit in Winston-Salem on December 16. The restrictions are no swimming (no problem), no hiking (no problem) and no DRIVING (BIG PROBLEM). I am not very good at giving up my independence or asking for other people's help. Fortunately, I have many people who are there to help in any way and for that I am very grateful.

I would like to take this time to thank all of you for your continued support and kindness during these crazy times. I ask for your patience as I have some days that my mind races and my focus is not perfect. I blame the meds for this as I had no problem prior. Your prayers are the reason that I am still writing these updates.

God's Grace has been upon me for 5 years now and I believe it will be with me for years to come.

On January 24, I will celebrate 7 years as Parish Administrator here at St. Paul's. There is no place that I would have wanted to SURVIVE more than here.

God Bless You All and Have a Merry Christmas and a Prosperous New Year.

Martha

2011 Vestry Nominees

Pennyloyd Baldrige

Vestry member ♦ Sr. Warden ♦ High School Sunday School Teacher ♦ ECW President ♦ ECW Bazaar Chairperson

♦ Diocesan Convention Delegate ♦ Diocesan Rep for Thompson's Children's Home ♦ EYC Chaperone

Occupation: Retired Public School Administrator

Married, 2 children, 1 grandchild Member of St. Paul's for 30 years.

"I believe vestry work is vital to keeping St. Paul's actively involved in God's work here in Beaufort, in the world and in each of us."



Roberta Brown

♦ Usher ♦ Greeter ♦ Project Christmas Cheer Coordinator ♦ Sunday School Teacher ♦ Altar Guild ♦ Crosswinds Parent Advisor ♦ Prayer Shawl Ministry ♦ Hospice Volunteer ♦ VBS Volunteer ♦ Search Committee ♦ Office Volunteer

Occupation: Homemaker

Married, 4 children, 3 Grandchildren, Member of St. Paul's for 6 years

"I feel extremely blessed to be a member of St. Paul's family and have received much more than I have or will ever give to anyone. I feel the Vestry plays a vital role as the representative voice of the congregation and feel it would be a privilege to serve the Lord and His people in this role."



Jack Gilstrap

Sr. Warden ♦ Jr. Warden ♦ Usher ♦ Eucharistic Minister ♦ Coffee Time and Brunch Host ♦ Landscape Committee ♦ Building Committee ♦ Adult Forum member ♦ Alpha Class Asst. ♦ Memorial Committee ♦ Worship Committee ♦ Crosswinds Helper ♦ Vestry Member

Occupation: Ceramic Tile Contractor Married, 2 children, Member of St. Paul's 18 years

"As a member of St. Paul's family I feel it's an honor to serve and give back to those that have been a positive influence on my life and family"



Dolores Meelheim

♦ Altar Guild ♦ Altar Guild President ♦ ECW President & Vice-president ♦ Daughters of the King ♦ ECW Bazaar Chairman

Occupation: Homemaker, 3 Children, Member of St. Paul's for 24 years

"I have time to serve to the best of my ability as a vestry member. It would be an honor to help St. Paul's fulfill our Church's mission."



Vicki Morris

♦ Altar Guild ♦ Acolyte ♦ Greeter ♦ Old Homes Tour Luncheon Worker ♦ Bazaar Luncheon Organizer ♦ Relay for Life Supper Coordinator

Occupation: Registered Nurse, Married

"St. Paul's has truly given so much to my life and I welcome the opportunity to give back to it in every way I can. My husband and I were not born Episcopalians, but brought into St. Paul's because we sought a home where we could find spiritual nourishment. I would like to do more to show my appreciation and thankfulness for the many blessings that my family and I have received. I see the vestry as an opportunity to get more deeply involved in St. Paul's enabling me to better understand the workings of the church and become closer to its members. It would be an honor and a privilege to serve the members of St. Paul's while learning to serve God."

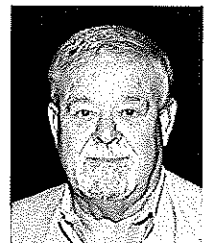


Lee Phillips

♦ Coffee Hour Host ♦ Usher ♦ Christmas Cheer Volunteer ♦ Meals on Wheels volunteer ♦ Foyer Group

Occupation: Owner/operator sales company Married, 1 child, Member of St. Paul's 5 years

"I have met many warm, loving, and giving people. I feel truly blessed to be a part of St. Paul's and I would consider it an honor to serve on the vestry. It is only fitting that I do all that I can to serve and give back to God what He has so generously given to me."



As per Article 4 of the Bylaws, nominations may also be made from the floor at the meeting, however parishioners are encouraged to nominate by written notice as instructed by the nominating committee. All nominees shall be required to read these Bylaws before accepting the nomination, and all nominees must give their consent prior to their nomination.

Eternal rest grant them, Lord

To all the loved ones we will honor during this Holy Season.



Vestry Highlights November 17, 2010

The vestry met in monthly session and what follows is a brief overview of the meeting. All votes were unanimous. Patti Dill, vestry member and clerk, was the only vestry member absent. These highlights were prepared by Sarah Jo Safrit, senior warden, utilizing minutes prepared by Julia Hamilton, acting clerk.

- A letter will be sent to the congregation, reporting unanimous action by the vestry, to suspend temporarily any discussion of the proposed sale of the existing organ until after the end of the year. The letter will also outline the history of the proposal to help dispel information that is circulating. The vestry agreed that with the approach of Advent and Christmas all discussion of the organ, by the entire congregation, should cease so the St. Paul's family can focus, instead, on our life as a part of the body of Christ.
- The stewardship campaign is winding down and to date 133 pledges totaling \$351,953 have been submitted, including 10 new pledges. Vestry members were assigned names of parishioners to contact who had not yet returned their pledges. Celebration Sunday is Nov. 28.
- A preliminary draft budget was presented, and the final budget will be presented at the December meeting for approval.
- Christmas bonuses were approved for staff.
- Dick Brown, Tricia Phillips, Julia Hamilton and Nancy Stephenson offered to serve as delegate or alternate to the Feb. 4-5 Diocesan Convention in New Bern. Other names were recommended, including those running for vestry, and Father John will follow up to determine their availability.
- Treasurer George Dill reported that as of the end of October, St. Paul's had received \$374,932.55 in revenues and expenses totaled \$374,935.01.
- Senior Warden Safrit announced that she and her husband, Leonard, would host the staff and vestry Christmas party at their home Sunday, Dec. 12. Invitations to the 4:30 p.m. oyster road will be mailed.

2010 Vestry Members

Dick Brown

Julia Hamilton

Sarah Jo Safrit, Sr. Warden

Ellen Sewell

Patricia Phillips

Frank Sherman

Bedford Smith

Joe Ustach, Jr. Warden

George Dill, Treasurer

Patti Dill

Jack Gardner

Nancy Stephenson

Project Christmas Cheer

Project Christmas Cheer offers a great opportunity to share our time and resources to help others during the upcoming holiday season. This year our Project Christmas Cheer tree will be in the back of the church on Sunday, **November 28**, and Sunday, **December 5**. You may select to buy gifts and/or to deliver food and gifts. Gifts will be collected during the offertory on St. Nicholas Sunday, **December 12**, or may be brought to the church office before that date. The delivery date is Friday, **December 17**.

Bishop Marray Visit

Please mark your calendar for **Sunday, Dec. 5, 10:45am**. Santosh Marray, Bishop Assisting, will make his first visit to St. Paul's for Confirmation, Reception, and Renewal of Baptismal Vows.

The Right Rev. Santosh Marray joined the Diocese of East Carolina in October of 2009. He came to the post from the Diocese of Florida, where he was serving as an interim rector for St. Gabriel's Episcopal Church in Jacksonville, FL. Prior to that, he was Bishop of the Seychelles, a group of islands in the western Indian Ocean.

Please make every effort to be in church and at the covered dish luncheon on December 5 to welcome Bishop and Mrs. Marray and to celebrate with our confirmands. Please plan to bring a dish and join your St Paul's family for fun and fellowship on that date.

Boys & Girls Club of Coastal Carolina celebrated their 6th Annual Business and Influential Luncheon.

The overall influential supporter for 2010 for the second year in a role was **Reverend John Carlisto & St. Paul's Episcopal Church** in Beaufort. Leisa Smith stated, "Rev. Carlisto along with his congregational members consistently and tirelessly encouraged others, inspired several businesses, individuals and churches in the community to become supporters of the Boys & Girls Club." St. Paul's was represented at the luncheon by Lee & Lynda Phillips & Father John.

The Carteret County Girl Scouts
 Invites you to our
 14th annual
Candlelight Remembrance Service
 at
Gethsemane Memorial Park
 and
Carteret Memorial Gardens
Saturday, December 11
 at
5:30pm
 For more information
 Call 725-4438

Esther Study
 "Esther: It's Tough Being a Woman" is a study by Beth Moore on the book of Esther and will be sponsored by the Daughters of the King (DOK) beginning Tuesday, January 18th, 2011 and continuing with the following pre-scheduled dates: February 1, 15, & 22, March 1, 22, & 29 and April 5 & 12. Each study will be from 6:00 p.m.-8:00 p.m. and will include a DVD lecture from Beth Moore, a time of sharing and reflection from the past week's lesson, and an opportunity to pray and support one another. "Esther: It's Tough Being a Woman" also provides a personal study experience five days a week that takes approximately 30 minutes each and is invaluable for learning the historical and cultural background, discovering the connections throughout scriptures, understanding God's word on a deeper level, and applying the rich principles within the story of Esther. If you plan to commit, please call or email Martha (728-3324, beaufortstpauls@embarqmail.com or Jan Carlisto (725-7253, jan0916@ec.rr.com) to sign up and order the Member Book (\$15.00). The Member Book includes: 9 weeks of personal interactive study for five days a week, viewer guide for use with the DVD teaching sessions, Hamantashen (Haman's Ears) Cookie Recipe, and PURIM Record Chart.

Preparing the Way
Tuesday Advent Services for the entire Community

12:10pm – *Worship*
 12:40pm – *Fellowship Luncheon*
Westminster Hall
First Presbyterian Church
1604 Arendell Street, Morehead City

November 30 – *Getting Ready*
The Rev. Dr. Billy Seate
First United Methodist Church

December 7 – *Good News Awaiting*
Lieutenant Nina Borum
Salvation Army

December 14 – *When God Comes*
The Reverend Paul Stallworth
St. Peter's United Methodist Church

December 22 *God's Greatest Gift*
The Reverend Ken Turner
Director of Pastoral Care,
Carteret General Hospital

All are invited to attend and share in this season of preparation for the coming of the Lord!

Crystal Coast Choral Society and Orchestra
 presents
 Claire Zawistowski, Guest Conductor

Christmas Memories

Saturday, December 11 at 7:30pm
 St. Mildred Catholic Church
 635 Old Hammock Road
 Swansboro, NC

Sunday, December 12 at 3:00pm
 All Saints Anglican Church
 292 McCabe Road
 Newport, NC

Featuring memories of Christmas past with sacred and secular choral music. There will also be the popular audience singing of Christmas carols

Free Admission (Donations Cheerfully Accepted)

Loaves and Fishes

Loaves and Fishes is an outreach ministry of Beaufort area churches. Its design is to help those who struggle not only with tangible resources, but with compassion and spiritual nurturance as well. One arm of this effort is the 2 Fishes Café which Loaves and Fishes operates at Calvary Baptist Church on Bunch Road on Thursday evenings. St. Paul's provides the meal on the third Thursday of the month. Churches and concerned individuals prepare the food but there are lots of ways to support this ministry. Here are just a few: Food donations such as #10 cans of any type of food item, large bags of rice or condiments; Paper products such as foam bowls, small plates, 16 oz cups, paper towels, storage bags; Used plastic grocery bags for bagging donated bread and veggies and take home trays; Beverage items such as ice tea mix, lemonade mix or coffee; Offer to donate cooked items. These can be frozen and can be picked up and stored in the ministry freezers for readiness in use; and most of all-Volunteer your time.

For more information or for a pick up, call Tina Banks 728-7040 or Helen Rawls at 240-2107.



PARISH HEALTH MINISTRIES

BALANCING BODY, MIND AND SPIRIT DURING THE HOLIDAYS

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real Spirit of Christmas." Calvin Coolidge

'Instead of trying to do more this holiday season, strive for balance in body, mind and spirit by relaxing INTO the holidays', says the Rev. Eilene Bisgrove, who facilitates a health and wholeness ministry at Pleasant Grove United Methodist Church in Durham. The holidays can become stressful because of relationships, high expectations, finances, shopping, endless errands and travel. There is little opportunity for rest or exercise and more temptation for overeating, overspending and overdoing.

We may need a Survival Kit of sorts. Often just being aware of the pitfalls can give us the extra will and strength to manage, survive and even enjoy. Keep in mind those specific people, places and things that can trigger anxiety and stress. Rev. Bisgrove also offers these balancing strategies:

- Do the best you can with family and friend relationships, then 'let go and let God'.
- Plan ahead and then slow down
- Try to be realistic in your preparations, schedules and giving
- Make a Christmas budget (and include your children in their gift-giving plans. Role-modeling!)
- Take advantage of sunny days if you tend to have seasonal depression
- At parties, take smaller portions and go to the fruit and veggies first.
- Pray, talk about your feelings and seek support if needed. Focus on the true meaning of the season.
- Include something for those less fortunate and let your children participate in 'doing for others'.

Additionally, we should not forget the HAZARDS of the holidays. Accidents, fires & other disasters seem more common at this time:

- Always turn off all Christmas lights before bed or leaving the house. If you use a live tree, remember to water adequately.
- Be extra careful in use of candles , space heaters and other electrical devices.
- Check your smoke detectors
- Fireplaces! Are they clean? Completely extinguished?(Tip from Charles P -- do not use fresh pine!)
- Do not overload your electrical outlets

There are many other tips and safety measures that may apply so just be more careful than usual in preventing problems that can ruin a happy holiday.

LIFELINE SCREENINGS REPORT

We have received the report of the Lifeline Screenings held in July. This is important information because it definitely indicates the need for and importance of these screening tests. So FYI here is the summary:

- Carotid Artery Disease - total screened 73, within normal range 24, moderate 49
- Abdominal Aortic Aneurysm- 0 requiring follow up
- Peripheral Artery Disease - total screened 71, Abnormal 2
- Atrial Fib - 64 negative
- Osteoporosis - total screened 35, low risk 28, moderate risk 7
- Liver function - 1 screened , negative
- Glucose - total screened -13, normal 4, pre-diabetes 7, DIABETES 2 !
- Cholesterol - 13 screened, borderline 4, High 1, risk for heart disease 1
- C-Reactive protein (test for possible heart and artery inflammation and disease)- screened 16,
low risk- 2, average risk-6, HIGH RISK- 8

IN ONE YEAR, OUT THE OTHER


New Year's Resolutions -- can you remember a single one you made last year? If so, did you manage to keep it? This year, maybe we should give resolutions a rest and just do our best! For example, even Life Coaches and psychologists differ on their value and effectiveness. One says we need LIFE resolutions that can bring about real change and control. ' In this current economic crunch, we need to look deeper into ourselves and decide what we really want and how to get it.' Others say resolutions should be specific, have measurable landmarks, and a solid deadline.

We all know the usual ones we strive to achieve -- lose weight, get healthier, stop smoking, get more rest, reduce stress, get out of debt, get organized, be more understanding of family and friends, go to church!, etc etc...If any of these sound familiar or strike a chord, now is the time to decide what and how you want to achieve them. BE REALISTIC and take baby-steps. Then , after considering all of the above or others, you may want to consider this comment from a young Samuel Clemens, pen name Mark Twain, in 1863: 'Now is the time to make your annual good resolutions. Next week you can begin paving hell with them as usual!' Oops!

HAVE A VERY HAPPY AND HEALTHY CHRISTMAS AND NEW YEAR FROM PARISH HEALTH MINISTRIES.
Thank you for your help and support in 2010. It is a true blessing to serve you. God's blessings, Ginny
BLESSED IS THE SEASON WHICH ENGAGES THE WHOLE WORLD IN A CONSPIRACY OF LOVE. AMEN.

—Hamilton Wright Mabi

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Each Sunday</i> 8:00 AM Holy Eucharist, Rite I Followed by coffee time. 9:30 AM Sunday School 10:45 AM Holy Eucharist, Rite II Followed by coffee time. 5:30 PM Crosswinds</p>	<p><i>Each Monday</i> 10:00 AM Morning Eucharist 5:30 PM Evening Eucharist 7:00 PM Choir Rehearsal</p>		<p>1 Spiritual Formation 10:45am PCC Intake 10am-1pm 8 PM AA</p>	<p>2 Beaufort Garden Club 9:00</p>	<p>3 PCC Intake 10am-1pm 8 PM AA</p>	<p>4 Yard Work Day 9:00AM</p>
<p>5 Bishop Marray Visit-Confirmation 10:45 8 PM AA</p>	<p>6 PCC Intake 10am-1pm FPU 6:30PM</p>	<p>7 Potters for Parkinsons 10am Spiritual Formation 6PM</p>	<p>8 PCC Intake 10am-1pm Spiritual Formation 10:45am Julian Gathering 4:30 8 PM AA</p>	<p>9 Snug Harbor Euch. 11am</p>	<p>10 8 PM AA</p>	<p>11 BHA Christmas Walk</p>
<p>12 St. Nicholas Sunday AA Christmas Party 5:30pm Vestry Christmas Party 4:30pm 8PM AA</p>	<p>13</p>	<p>14 Potters for Parkinsons 10am</p>	<p>15 Spiritual Formation 10:45am Vestry 7PM 8PM AA</p>	<p>16 Grief Support 2PM Book/Film Group 7pm 8 PM AA</p>	<p>17 8 PM AA</p>	<p>18</p>
<p>19 8PM AA</p>	<p>20</p>	<p>21 Poinsettia orders due Potters for Parkinsons 10am Daughters of the King 5:30pm Spiritual Formation 6PM</p>	<p>22 Julian Gathering 4:30 8PM AA</p>	<p>23</p>	<p>24 Christmas Eve Services 4pm & 10pm CHURCH OFFICE CLOSED at Noon 8 PM AA</p>	<p>25 Christmas Day </p>
<p>26 Lessons & Carols 9:30am Service 8PM AA</p>	<p>27 CHURCH OFFICE CLOSED</p>	<p>28 CHURCH OFFICE CLOSED</p>	<p>29 NO SERVICES CHURCH OFFICE CLOSED 8PM AA</p>	<p>30 CHURCH OFFICE CLOSED</p>	<p>31 CHURCH OFFICE CLOSED</p>	

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Each Wednesday</i> 10:00 AM Morning Eucharist 5:30 PM Evening Eucharist 7:00 PM Choir Rehearsal</p>	<p><i>Each Sunday</i> 8:00 AM Holy Eucharist, Rite I Followed by coffee time. 9:30 AM Sunday School 10:45 AM Holy Eucharist, Rite II Followed by coffee time. 4:30 PM Youth Choir 5:30 PM Crosswinds</p>					1 New Years Day
2 8 PM AA	3 Spiritual Formation 7PM Potters for Parkinsons 10am	4 Spiritual Formation 10:45am 8 PM AA	5 Spiritual Formation 10:45am 8 PM AA	6 Beaufort Garden Club 9:30am	7 8 PM AA	8
9 8 PM AA	10 Potters for Parkinsons 10am Fin-addicts 7pm	11 Potters for Parkinsons 10am	12 Spiritual Formation 10:45am Julian Gathering 4:30 8PM AA	13 Snug Harbor Euch. 11am Annual Parish Meeting 6pm	14 YOUTH Q LIVE RIDGEC 8 PM AA	15 U A K E V E R E S T, N C
16 Youth Quake Live Ridgcrest, NC 8PM AA	17 Martin Luther King Day	18 Spiritual Formation 7PM Potters for Parkinsons 10am DOK Esther Study 6pm	19 Spiritual Formation 10:45am Vestry 7PM 8PM AA	20 Prayer Shawl Ministry 10:30am Grief Support 2pm	21 8 PM AA	22
23 8PM AA	24	25 BHA Membership Meeting Potters for Parkinsons 10am	26 Spiritual Formation 10:45am Julian Gathering 4:30 8PM AA	27	28	29
30 8PM AA	31					

Sunday Servants for December

Altar Guild – Jerri Brooks, Ginny Costlow, Barbara Harding,
Jessica Sabiston, Dale Wooten



Acolytes

Eucharistic Ministers

Dec. 5	8:00AM 10:45AM	Susan Smitherman Taylor Hollingshead Henry Gregory Jadranka Weygoldt Ashley Domke	Allan Harding/Barbara Harding First Lesson Pennyloyd Baldrige Second Lesson William Davis Sarah Jo Safrit Pat Schaaf Greet/Bread-(8am) Bill & Helen Rawls (10:45am) Jeanette Holland Ushers:8am Walt Glancy, Bill & Helen Rawls, Dick deButts 10:45am Jack Gardner, Lee Phillips, Madeleine Schaw, Frank Sherman
Dec. 12	8:00AM 10:45AM	Susan Smitherman Charlotte Henry Rachel Henry Walker Harris Stephanie Hamilton	Mamre Wilson/Susan Smitherman First Lesson Frank Rock Second Lesson Fran Rock William Davis Pat Schaaf Greet/Bread-(8am) Dick & Anna deButts (10:45am) Joe & Nancy Ustach Ushers:8am Sam Williams, Ike & Helen O'Neal 10:45am Jack Gardner, Steve Hamilton, Isaac Parker, Steve Mehan
Dec. 19	8:00AM 10:45AM	Susan Stumbaugh Jake Lasky Josie Daniel Emily Bulla Duncan Englehardt	Lewis Bryan/Scott Brooks First Lesson David Dubuisson Second Lesson Allison Dubuisson Dick Brown Frank Rock Greet/Bread-(8am) Gail Williams (10:45am) Catherine Stephenson Ushers:8am David Clawson, John & Ellen Sewell 10:45am Larry Becker, David Dubuisson, Jim Searl, Michelle Laughridge
Dec. 24	4:00PM 10:00PM	Thomas Porter Julia West Alyx Goodwin Charlie Klose Sarah Head Taylor Hollingshead	**Eucharistic Ministers/Lectors Lewis Bryan, Len Gilstrap, Jack Gilstrap Ushers: Birkett Howarth, Charles Phillips, George Dill Greeter: Sandra Howarth **Eucharistic Ministers/Lectors Sarah Jo Safrit, Susan Stumbaugh, William Davis, Ushers: Ike & Helen O'Neal/Bill & Helen Rawls
Dec. 26	9:30AM	Gina Brooks Mamre Wilson	Sarah Jo Safrit/Mamre Wilson LESSONS & CAROLS Greet/Bread- Jim Smitherman Ushers: Gerald Troyer, Jr., Lynwood Daughtry, Jeff Vinton, Jim Smitherman

Sunday Servants for January

Altar Guild – Mary Duane Hale,
Judy Mercer, Lynda Phillips



Acolytes

Eucharistic Ministers

Jan. 2	8:00AM 10:45AM	Susan Smitherman Allie Minchin Taylor Hollingshead Emma Lasky Eddie Minchin	Allan Harding/Barbara Harding First Lesson Bill Blair Second Lesson Deborah Van Dyken Len Gilstrap Jack Gilstrap Greet/Bread-(8am) Dolores Meelheim (10:45am) Lee & Lynda Phillips Ushers:8am Walt Glancy, Bill & Helen Rawls, Dick deButts 10:45am Birkett Howarth, Deborah Van Dyken, Bill Blair, Brad Drury
Jan. 9	8:00AM 10:45AM	Scott Brooks Henry Gregory Charlotte Henry Jadranka Weygoldt Ashley Domke	Lewis Bryan/Scott Brooks First Lesson Jerry Rita Brunton Second Lesson Norma Gardner Sarah Jo Safrit Julia Hamilton Greet/Bread-(8am) Tricia Phillips (10:45am) Jan Carlisto Ushers:8am Sam Williams, Ike O'Neal, Joe Smith 10:45 Tip Noe, Pennyloyd Baldrige, Roberta Brown, Charles Hale
Jan. 16	8:00AM 10:45AM	Len Gilstrap Rachel Henry Jake Lasky Walker Harris Stephanie Hamilton	Len Gilstrap/Jack Gilstrap First Lesson Doris McMullan Second Lesson Jane Gordon William Davis Frank Rock Greet/Bread-(8am) George & Dale Wooten (10:45am) Jeanette Holland Ushers:8am David Clawson, John & Ellen Sewell 10:45 Jack Gardner, Lee Phillips, Madeleine Schaw, Frank Sherman
Jan. 23	8:00AM 10:45AM	Susan Stumbaugh Josie Daniel Thomas Porter Emily Bulla Duncan Englehardt	Patti Dill/Susan Stumbaugh First Lesson Julia Hamilton Second Lesson Sarah Jo Safrit Dick Brown Sarah Jo Safrit Greet/Bread-(8am) Gail Williams (10:45am) Joe & Nancy Ustach Ushers:8am Gerald Troyer, Jr., Lynwood Daughtry, Jim Smitherman, Jeff Vinton 10:45 Jack Gilstrap, Steve Hamilton, Isaac Parker, Steve Mehan
Jan. 30	8:00AM 10:45AM	Scott Brooks Julia West Allie Minchin Alyx Goodwin Charlie Klose	Patti Dill/Scott Brooks First Lesson Ilse Englehardt Second Lesson Mamre Wilson Frank Rock Mamre Wilson Greet/Bread-(8am) Bill & Helen Rawls (10:45am) Catherine Stephenson Ushers:8am Walt Glancy, Bill & Helen Rawls, Dick deButts 10:45am Larry Becker, David Dubuisson, Jim Searl, Michelle Laughridge

To our dear sisters in Christ here at St. Paul's

We applaud you once again for a job well done in making the 2010 Bazaar one of the best ever. It is truly a joint effort and no one deserves more or less credit than the other. Let us all say, "Thanks be to God" for his grace and manifold blessings as we have had the joy of work and fellowship together in the advancement of His kingdom.

A special thanks to Mr. John Teare for his cheerful willingness to assist us on a moment's notice whenever we needed an extra hand. And to the rest of the men at St. Paul's for their assistance and/or patience and help at home while we were busy at the church.

Finally, we thank you all for allowing us to chair your Bazaar. We have truly been blessed by your love and support in this endeavor.

Peace, Jimmy Pake and Joyce Gross

To all the beautiful, generous people who helped with the shopping, baking, peeling, chopping, can opening, washing, drying, cooking, serving, tasting, slicing, coffee brewing, cleaning, table setting, waiting, smiling and lovingly showing up ready to work hard on our wonderful Bazaar Luncheon, we give heartfelt thanks to you and God. The whole experience was truly a blessing. We could not have done it without you.

Thank you, Thank you, Thank you!! Love, Nancy Smith and Lynne Eastman

P.S. Here are the recipes that you requested.

Sausage and Rice Casserole (8-10 servings)

1 1/2 pounds ground sausage (We used Jimmy Dean's sage brand)

1 cup chopped onion

1 cup chopped celery

2 (10.75 oz) cans cream of chicken soup

1 (14 oz) can of chicken broth

1 3/4 cups long-grain rice (We used one box Uncle Ben's Wild & Long Grain Rice-discarding the flavor packet that comes in the box and then adding one cup of brown rice.

Preheat oven to 350. Lightly grease a 9 X 13 baking dish. In a large skillet combine sausage, onion, and celery; cook over medium-high heat until sausage is browned and crumbles. Drain well. Stir in soup, broth, and rice. Spoon into prepared baking dish; cover tightly with foil, and bake 45 minutes, or until rice in the middle is done.

Miss Jane's Marinated Vegetable Salad

Drain and mix

1 can white shoe peg corn (15 oz.)

1 can small English peas (15 oz.)

1 can French cut greens beans (15 oz.)

1 small jar diced pimentos

Chop and add

1 cup onion

1 cup celery

1 cup green pepper

Set aside vegetable mixture

Combine and bring to a boil

3/4 cup cider vinegar

1 cup sugar

1/2 cup vegetable oil

1 tsp. salt

1/2 tsp. pepper

1 Tbls. Water

Cool and pour over vegetable mixture and let set overnight. This salad will keep well for at least two weeks.

Crosswinds

Where the World and Faith collide

It's Beginning to look a lot like Advent!

Advent is a time of preparation. We remember the coming of the newborn king in the city of Bethlehem and prepare our hearts for his coming again in glory and power. Advent is a time for us to reflect on where we stand before God and where God stands in our lives. It's a time to answer important questions. What does it mean to be a Christian? Why do we do the things we do? If Jesus is our Lord, what does that Lordship look like in our lives? These are a few of the questions we can ask ourselves as we prepare for the Christmas season. Christmas has to mean more than just presents and spending time with family and friends. These are important but we have an opportunity once more to spend time thinking of what should be the greatest relationship in our lives. Is your heart ready to draw closer to God?

Project Christmas Cheer

Crosswinds youth will be participating in Project Christmas Cheer. Each child is asked to bring in at least \$5 on 12/5. This money will be used to purchase presents for two children on St. Paul's Tree. The youth will wrap the presents during our Progressive dinner.

Progressive Dinner

Crosswinds will be having a progressive Christmas dinner on Sunday 12/12 from 5:30pm -8:30pm We will start at the Head house for appetizers and end at the Parish hall for dessert.

Winter Youth Conference

The Winter Youth Conference sponsored by the Diocese of East Carolina is scheduled for January 7-9 2011 at Trinity Center, Pine Knoll Shores, North Carolina. This years theme will be "Thy Word is a Lamp Unto My Feet" from Psalm 119, verse 105. We'll spend time talking about how the light of God illuminates our paths in our daily life. The cost is \$150.00. The Registration deadline is December 10. Payment must accompany registration. Due to financial commitments, registration costs are not refundable.

Youthquake

The Youth are excited to be going to Youthquake 2011 on January 14th – 16th. Youthquake is an exciting Christian retreat combining large and small group settings, interactive prayer sessions, informative talks, games and lively worship. The cost for the trip is \$180.00. We are going to have our Servant for Hire fundraiser during the Christmas week to bring this cost down and scholarships will be available for those who cannot afford to go. This is an incredible time of healing and spiritual growth in the lives of our kids and I don't want anyone to miss out on it!

Servant for Hire

Crosswinds youth will be hiring themselves out as a fundraiser. Beginning on 12/12 and 12/19, parishioners will be able to sign up for work to be done during the Christmas break. Some jobs might be: Clean houses, rake yards, un-decorate, etc. The kids will work for donations.

No Crosswinds during Christmas Week

There will be no Crosswinds meetings on 12/26 and 1/2. Have a great Christmas!

Super Bowl Sub Sale

On Sunday, February 6th, the Crosswinds Youth will offer food and treats, to enhance your Super Bowl Sunday. The youth will prepare subs and snacks that can be pre-ordered on Sundays, January 23rd and 30th. Look for order forms in the bulletins. All profits will go to support our Summer Mission Trip.

Calendar

Sunday 12/5	Crosswinds Meeting 5:30-7:30pm.
Saturday 12/11	Caroling on the Double Decker Bus 5:00 – 7:00pm
Sunday 12/12	Crosswinds Progressive Dinner 6-8pm beginning at Head house (400 Hwy 70E, Bettie) and ending at the Parish Hall
Sunday 12/19	Crosswinds Meeting 5:30-7:30pm.
	No Crosswinds meeting Dec. 26 or Jan. 2
Sunday 1/9	Crosswinds Meeting 5:30-7:30pm.
Sunday 1/16	No Crosswinds Meeting
Sunday 1/23	Crosswinds Meeting 5:30-7:30pm.
Sunday 1/30	Youth Sunday, Crosswinds Meeting 5:30-7:30pm.



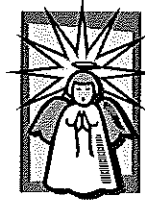
The Epistle

December 2010-January 2011 Edition

St. Paul's Episcopal Church
215 Ann Street
Beaufort, NC 28516-2103
252-728-3324

www.stpaulsbeaufort.com

The Rev. John Carlisto-Rector
(252) 725-7252—Cell
The Rev. Paul Head-Associate Rector
(252) 723-8667—Cell
Martha da Silva—Administrator
Janet Hollingshead—Part-time Secretary
Rick Smith—Organist/Choirmaster
Ginny Poindexter—Parish Nurse



Non-Profit Organization
U.S. Postage
Paid
Beaufort, NC 28516
Permit Number 15

* E-mail addresses for the church : *
* Fr. John—fatherjohn@embarqmail.com *
* Fr. Paul—fatherpaul@embarqmail.com *
* Church office—beaufortstpauls@embarqmail.com *
* Rick Smith—ricksmith.organist@yahoo.com *

**The Epistle deadline for
February is
Friday, January 21.**

The Epistle is the monthly parish newsletter for St. Paul's Episcopal Church, Beaufort, North Carolina.
For address changes or other information, please contact the church office
Office: (252) 728-3324 Fax: (252) 728-1904
or email the church office at beaufortstpauls@embarqmail.com