



Advent
EPISCOPAL CHURCH

Connect + Inspire + Transform

LUMINARY

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January 2019



This is The Year...

As we turn the calendar to begin another year in the life of our parish, what do you hope for in your life of faith for the coming year? Make this the year to take a step closer to God, who desires a closer relationship with you, beyond question!

When I was a child, my parents sent four of us sons to a Christian private school. Only as an adult can I imagine the sacrifice that they made for us to be able to do that, given that public school was free, and that they tithed their limited income. Such was their faith commitment. When I was in fourth grade, we had a regular course of scripture memorization—I can't remember if it was weekly, or monthly, but we were constantly committing Bible verses to memory. One of them has stayed with me over the decades, from the Hebrew Scriptures book of the prophet Jeremiah (of course, we learned it from the Authorized "King James" Version), the thirty-third chapter, verse three:

"...call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not."

A second verse we learned James 4:8, "...Draw nigh to God, and he will draw nigh to you."

What an interesting choice of scriptures to drill into the head of a then eight-year-old boy, but to their credit, it has stuck with me. What amazing promises of God to take to one's heart, and at such an early age.

Of course, my point is: it is never too late to take these promises to heart.

Why not make this the year that you draw closer to God, so that God may draw closer to you? Why not take God at God's word: call unto me and I will answer you!

We have the perfect opportunity for you to do this—*Walking the Way of Love*, which meets on Sundays in the conference room. This is the class designed to help us all grow closer to God, learn our giftedness for ministry, and find a place to serve and work in the church and the world.

We wish you the happiest of New Years, and pray that this is the year you grow closer to God in your spiritual life than ever before!

Blessings and peace for 2019!

Timothy+

New Advent Office Hours

Please note office hours change as of January 2, 2019.

Monday thru Thursday 8:30a.m.—1:30p.m.

Friday 8:30a.m.—12:30p.m.

Etiquette for Communion during the Cold and Flu season

During this cold and flu season, there are several things we can do to protect ourselves and others from passing along a cold virus as we pass the peace or receive communion. At the Peace, instead of shaking hands, consider bowing to one another with hands clasped in front of you, as a sign of greeting one another in the name of the Lord. Many churches have seen people practice this, in addition to a hearty handshake or hug. Most importantly, while receiving communion, be sure that when you take the cup your finger does not touch or even come near the lip of the chalice—which would be tantamount to putting one's finger in the mouth of the next person. Not nice. Believe it or not, these two practices will be very helpful in reducing any chance of passing along something more than the Peace of the Lord in our worship services. *Thank you!*

ADVENT BELL CHIMES

Advent Bell Chimes is performing during the carol sing on Christmas eve from 6:30-7:00 pm. We will be playing **Carol of the Drum** arranged by Larry Sue. Our bell ringers are Beth Dombek, Sigrid Cox, Yvonne Cooper, Sally Morrow, Betty Pugh, Rita Smith, Joan Vaughn and Barb Wolf. Lynn Turner will direct, Ray Laffin will play the drum and Jenna Necaise will play the finger cymbals. The set of chimes we are using now is our own and has been graciously donated to Advent Episcopal Church. After taking a Christmas break, our rehearsals will start again on Thursday, January 3, 2019 at 1:00 -2:30 in the sanctuary.

Newcomer's Corner

The Advent family continues to grow – we now have enlarged our community by 31 new members in 2018! Please welcome the following new members: Gaye and Jim Wooldridge, Martika Huerta, Mary Lou Sutton, and Cathy Shyers. Most of our new members have found us through friends or the internet. The holidays present a perfect time to invite your family and friends to one of our many Advent holiday activities.

Pat Carroll

HOW FAST DO
OILS WORK?

22 SECONDS
THE MOLECULES REACH THE BRAIN

2 MINUTES
THEY WILL BE FOUND IN THE BLOODSTREAM

20 MINUTES
THEY WILL AFFECT EVERY CELL IN THE BODY

Did you know the average person applies 300 chemicals to their body every single day, and 80 of those chemicals before breakfast? Most are from four things-soap, makeup, shampoo, and hair care. The biggest pollutants in our home are fabric softener, dryer sheets, air fresheners, and candles. You are literally unknowingly poisoning your animals and yourself daily. Want to learn more?

Essential oils are a better way! They are totally chemical free, stem distilled or cold pressed from pure plants (used by many in the bible). There is nothing in them but the oil, whether it is lemon, tangerine, lavender, peppermint, frankincense, or others. There are over a million uses for essential oils-cleaning supplies, personal care products, aromatherapy (used in a diffuser-better than a candle), and even topically to help with your skin and muscles... Come to a one-hour class that costs you nothing to learn how to kick the chemicals in your home to the curb, prepared do-it-yourself home & personal cleaning products, and learn how to support a healthy YOU! **JOIN US SATURDAY, JANUARY 19, 2019, AT 10:00 A.M. IN PAINE HALL** to learn Essential Oils 101-step-by-step, easy, simple and affordable ideas anyone can use.



December Donations:

Food	=	71 lbs.
YTD	=	1,163 lbs.
Dollars	=	\$ 117
YTD	=	\$ 1,807.

FEE REDUCTION FOR SINGLE OCCUPANCY IN COLUMBARIUM NICHE

The steering committee for the Advent Memorial Garden & Chapel recommended to the vestry a reduction in the fee required of an individual when purchasing the rights to a niche in our Columbarium. Since a plot in the garden is limited to one person at a cost of \$600, we felt it was fair and equitable for a single person to have the same cost advantage in purchasing a niche. Our fee schedule was \$1500 regardless of whether it will hold the remains of one or two urns. The vestry approved our recommended fee reduction to \$975 for a single person while maintaining \$1500 for two.

Since it is always a good idea to plan ahead, we hope this fee reduction will encourage more parishioners to consider Advent for their final resting place. If you have any questions, please contact Bob Stewart at (623) 584-3361 or inquire at the office.

THE ADVENT MEDITATION WALK

We are often engaged with smart phones and other devices that remind us of all the stresses and dramas of the world. A little peace is just a few steps away. Relief can come in the form of the Advent Meditation Garden. Being removed from the noise of traffic, the walk, similar to a Labyrinth, can bring relief from stress and allow a little tranquility in your life.

Who needs a meditation walk? Maybe you? The walk is considered sacred and a holy space for prayer and meditation. We invite you to visit ours which could help in many ways including:

“Meditation, Prayer, finding focus, reflecting about your concerns, finding answers to your questions, dealing with grief, feeling cleansed from sorrow, enjoying happiness and celebrations and expressing gratitude.”

Our meditation path is wheelchair accessible. While not a full labyrinth pattern, the figure-8 design allows for a variety of walking directions. Several benches allow for resting, writing, or a deeper meditation.



WALKING THE MOURNERS PATH SETS WORKSHOPS FOR JANUARY—MARCH.

An eight-week series of workshops, *Walking the Mourner's Path*, has been designed to give persons the space and the tools to heal from grief over the loss of a loved one. The first eight-week session will begin on Tuesday, January 15, at 10:00 AM, and meet weekly on Tuesday at 10:00 AM concluding on Tuesday, March 5, 2019.

The workshop sessions are limited to a maximum of eight participants, plus facilitators, so be sure to sign up early. Because of a generous anonymous grant, the cost for each person attending has been reduced to \$25, which includes the workshop booklet and refreshments. For more information contact Canon Timothy in the church office, or Nan Wheeler; you can find her contact information in your parish directory. Financial assistance is available for any who might need it.



January 13th we will have a pot luck brunch after the 10 a.m. service. The **second Sunday of the month** will be an opportunity for all of us to bring healthy Brunch items to share with each other after the 10 am service.



- ◆ Last names A-G Salads / fruit
- ◆ Last name H-M Main Dish
- ◆ Last names N-S Desserts
- ◆ Last names T-Z Appetizers / egg dish

Thank You!
HEP Ministry

Stewardship of time

O God, teach us to count our days that we may gain a wise heart.-Psalm 90:12

What does it mean to count our days? Certainly, the poet who wrote Psalm 90:12 was thinking of more than arithmetic, which may not necessarily gain us a wise heart. Wisdom comes from perspective, from painful introspection and prayerful deliberation.

We count in order to know not only how many days we have *lived*, but to ponder how many days we might have *left*. Counting, we remember that we are finite creatures whose lives march forward in steady 24-hour steps, carrying us from birth to death. Knowing, then, that our days are numbered, we appreciate each one more fully.

We count our days to gain the wisdom that every day is sacred; every day presents opportunities to live more fully in relationship with God and our neighbors; every day is for love and joy and peace and fulfillment. Yet it's all too easy to let the days slip away.

This month consider a focus on stewardship of your time – how you spend every day God gives you. Here is a “to do” list for making the most of every day:

Pray: Begin each day communicating with the creator of the universe, meditating on Scripture or a wise Christian author. Even 10 minutes. End by praying Psalm 118:24: “This is the day that the LORD has made; let us rejoice and be glad in it.”

Care: Convey through word or deed how much you care about someone in your life. Call up an old friend or relative. Invite a co-worker to lunch.

Help: Look for some way to assist someone. Volunteer. Hold a door open for someone entering a store behind you. Stop for a pedestrian who wants to cross the street.

Enrich: Find something that will deepen your knowledge, understanding or appreciation of the world. Read a poem or book. Listen to a sermon podcast or educational news program.

Stop. That's right, do nothing. For at least 10 minutes (use your smart phone timer) sit quietly, breathe deeply and try to clear the busy thoughts from your mind. Open your spirit to God's presence.

Be healthy: Do something to increase your physical health, such as eating a nutritious meal or taking a walk.

Pray: End every day thanking the creator of the universe for another wonderful day. A day you have counted and that you have made count.

Focus on stewardship of time and see how your own life will change. Make it a permanent part of your discipleship.

--Rob Blezard

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Happy Birthday

James Hamilton January 03
Nannine Wheeler January 03
Dolores Deloera January 04
Arthur Rakestraw January 04
Adrienne Carpenter January 06
Peggy Cohen January 07
Chris Meyer January 07
Kay Pridell January 07
Richard Riley January 07
Debra Greenleaf January 08
Jenna Necaise January 09
Arras Anne Moffat January 13
Pamela Ferron January 14
Marjorie Kleis January 15

Marilyn Van Wagenen January 16
Cornelius Haskell January 18
Jeanne Berridge January 19
Christine Payne January 19
Cynthia Nemet January 20
Carolyn Luft January 22
John Long January 26
Gary Goings January 28
Kathleen Quigley January 28
Howard Mann January 30
John Vincent January 30
John Pipis January 31
Lisa Widowski January 31



Charles & JayneSmith, January 15
N Robert & Carolyn Carlson, January 19
James E. & Mary Mathews, January 20
Herb & Susan Norton, January 23
Chris & Elizabeth Meyer, January 28

*Our sincere condolences to
the family of
Bill Mendonsa*

January 2019

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6	8:00 AM Holy Eucharist-no music 9:00 AM Lectionary Bible Study - Conf. Room 9:00 AM Sunday School - East Hall 10:00 AM Holy Eucharist with Music 2:00 PM Concert Series - Salty Dawgs Quartet	7	8:30 AM Helping Hands Kitchen & Paine Hall 2:00 PM Al-Anon Meeting - North Hall	8	10:30 AM Journey Mentor Meeting - Conf. Room 1:00 PM Bosom Buddies-Breast Cancer support, education, advocacy - North Hall	9	Altar Guild 9:00 AM ECW Board Meeting - North Hall 1:00 PM EfM - conference room 5:00 PM Holy Eucharist with Anointing	10	10:00 AM Al Anon - North Hall 1:00 PM Bell Choir Practice - Church 1:30 PM Kerygma - Gospel of John - N. Hall 7:00 PM AA Variety Group	11	7:30 AM Choose to Lose - Paine Hall 2:30 PM JaniKing Cleaning services	12	8:30 AM Altar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine hall/Kitchen
13	8:00 AM Holy Eucharist-no music 9:00 AM Lectionary Bible Study - Conf. Room 9:00 AM Sunday School - East Hall 10:00 AM Holy Eucharist with Music 11:00 AM Food & Fellowship Potluck 2:00 PM NW Valley Friends of IANDS	14	8:30 AM Helping Hands Kitchen & Paine Hall 10:00 AM Intake Fashion Show - Paine Hall 2:00 PM Al-Anon Meeting - North Hall	15	LUMINARY DEADLINE 9:00 AM Men's club social breakfast - Tivoli Gardens 10:00 AM Intake Fashion Show - Paine Hall 10:00 AM WTMP Conf. Room & Small Conf Room 10:30 AM Journey Mentor Meeting - Conf. Room	16	Altar Guild 10:00 AM Intake Fashion Show - Paine Hall 1:00 PM EfM - conference room 5:00 PM Holy Eucharist with Anointing	17	9:00 AM Finance Committee conf. room 10:00 AM Al Anon - North Hall 10:00 AM Intake Fashion Show - Paine Hall 1:00 PM Bell Choir Practice - Church 1:30 PM Kerygma - Gospel of John - N. Hall 7:00 PM AA Variety Group	18	7:30 AM Choose to Lose - Paine Hall 2:30 PM JaniKing Cleaning services	19	8:30 AM Altar Guild 10:00 AM Essential Oils 101 - Presented by Janet Gooltz 2:00 PM Sunday Food & Fellowship Setup- Paine hall/Kitchen 3:00 PM Bill Mendonsa Memorial service 4:00 PM Bill Mendonza "Celebration of Life" Party
20	8:00 AM Holy Eucharist-no music 9:00 AM Lectionary Bible Study - Conf. Room 9:00 AM Sunday School - East Hall 10:00 AM Holy Eucharist with Music 11:30 AM DOK meeting - North Hall 12:00 PM Newcomer's Meet & Greet - Paine Hall	21	Dr. Martin Luther King Day - Office Closed 8:30 AM Helping Hands Kitchen & Paine Hall 10:00 AM Intake Fashion Show - Paine Hall 2:00 PM Al-Anon Meeting - North Hall	22	10:00 AM Intake Fashion Show - Paine Hall 10:00 AM WTMP Conf. Room & Small Conf Room 10:30 AM Journey Mentor Meeting - Conf. Room	23	Altar Guild 10:00 AM Intake Fashion Show - Paine Hall 1:00 PM EfM - conference room 5:00 PM Holy Eucharist with Anointing	24	10:00 AM Al Anon - North Hall 10:00 AM Fashion Show Set-up - Paine Hall 1:00 PM Bell Choir Practice - Church 1:30 PM Kerygma - Gospel of John - N. Hall 7:00 PM AA Variety Group	25	7:30 AM Choose to Lose - Paine Hall 1:00 PM Addie Attic Fashion Show 2:30 PM JaniKing Cleaning services	26	8:30 AM Altar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine hall/Kitchen
27	Annual Meeting 8:00 AM Holy Eucharist-no music 9:00 AM Lectionary Bible Study - Conf. Room 9:00 AM Sunday School - East Hall 10:00 AM Holy Eucharist with Music 11:30 AM Vestry Meeting - North hall	28	8:30 AM Happy Hat Hookers Kitchen & North Hall 9:00 AM Intake Rummage Sale 2:00 PM Al-Anon Meeting - North Hall	29	9:00 AM Intake Rummage Sale 10:00 AM WTMP Conf. Room & Small Conf Room 10:30 AM Journey Mentor Meeting - Conf. Room	30	Altar Guild 9:00 AM Intake Rummage Sale 1:00 PM EfM - conference room 5:00 PM Holy Eucharist with Anointing	31	9:00 AM Intake Rummage Sale 10:00 AM Al Anon - North Hall 1:00 PM Bell Choir Practice - Church 1:30 PM Kerygma - Gospel of John - N. Hall 7:00 PM AA Variety Group	1	7:30 AM Choose to Lose - Paine Hall 2:30 PM JaniKing Cleaning services	2	8:30 AM Advent Spiritual Gifts workshop 8:30 AM Altar Guild 2:00 PM Sunday Food & Fellowship Setup- Paine hall/Kitchen