

The Grapevine

November 2008

TRUCKERS' WISDOM:

You can go down a mountain too slow many times.

You can go too fast down a mountain – only once.

I spent a week in the middle of October on Johns Island in South Carolina, a barrier island off the coast of Charleston. It was a perfect setting for the 8 day CREDO conference I attended sponsored by the Episcopal Church Pension Fund. 33 39-and under clergy of the Episcopal Church (yes, there are actually a few of us in the Church!) came together for a week of worship, Sabbath time, learning, discernment – and we even had some fun! The conference focused on four areas of wellness: Vocational, Health, Financial, and Spiritual and we all came up with “Credo Plans” by the end of the week to help us reach our own personal goals in these areas.

The week away gave me the opportunity to live life at a different pace for a while. My “to do” list involved: go to workshops, call home, walk on the beach, gather with my small group, worship... Normally, I feel like I have about 5 things all going on at once, and a gift of the CREDO conference is that I could do one thing at a time.

“You can go down a mountain too slow many times. You can go too fast down a mountain – only once.” – a quote that was part of one of the first presentations at CREDO. As they say, “I was convicted!” I realized that I do live my life too fast sometimes. Perhaps I’m not the only one.

Part of my “CREDO” plan is to slow down and savor each moment. I am blessed to have a job I love and a family I love. My goal is to slow down and enjoy each activity as the blessing that it is, rather than just an item on my “to do” list. True, there will always be things to do that I won’t enjoy – that’s OK. But I am blessed to enjoy many parts of my day: preparing sermons, visiting people, reading to my kids, going for walks... I even enjoy driving when I can actually relax into the moment and enjoy the task at hand.

There are so many things in life we don’t have a choice about. But sometimes we can adjust our outlook on things. For example, what would life look like if we approached preparing dinner as a joy and blessing rather than just a task; if we gave some thought about how our food got to our homes, all the people who made that happen – and gave thanks? What if we could enjoy the honor and privilege of taking the goodness God has given us and turning it into nourishment for our bodies? What if we could savor each bite?

Living intentionally and fully present to the joy of each moment is a discipline. With time, as we practice enjoyment, we will learn to do it without thought or effort and that spirit of peace will infuse our days. In the meantime, we practice enjoyment. We practice living fully into each moment. And we forgive ourselves for the times we’ve driven too fast down the mountain.

In Peace,

Preparing for Advent: Retreats for Men and Women

BEARING THE MYSTERY: THE SPIRITUAL JOURNEY OF MEN Advent District Retreat **for men.**

Location: Spiritual Renewal Center
1118 Court Street
Syracuse, NY 13208
Date: November 1, 2008
Time: 8:30 am – 2:00 pm (includes breakfast and lunch)
Cost: \$30 to cover food and materials
Sign-up Call the Spiritual Renewal Center @ 472-9266
or Call Grace Church @ 635-3214

This Advent retreat is designed to help men understand their unique struggle in the world and to recognize the power of their inner truth and gifts. It will be an invitation to awaken to an awareness of the mystery that it is to be a man and to help men in their journey to be transformed into beloved sons of God.

It will be led by Fr. Tim Reger, a priest, spiritual director and frequent speaker and retreat leader. Tim is the Rector of Grace Episcopal Church in Baldwinsville and is on the Senior Staff of the Spiritual Renewal Center.



PRAYING IN COLOR: CREATIVITY & PRAYER Advent District Retreat **for women.**

Location: St. Matthew's Episcopal Church
904 Vine Street
Liverpool, NY 13088
Date: November 8, 2008
Time: 8:30 am – 2:00 pm (includes breakfast and lunch)
Cost: \$30 to cover food and materials
Sign-up Call St. Matthew's Church @ 457-4633

This Advent retreat is designed to help us connect our creativity with our prayer life. No need to be a professional artist or a contemplative mystic – any woman interested in exploring prayer through creativity is welcome to join us.

It will be led by the Rev. Carrie Schofield-Broadbent, Episcopal priest. Carrie is the Rector of St. Matthew's Episcopal Church in Liverpool and is the Dean of the Oswego-Northern Onondaga District of the Episcopal Diocese of Central New York.

"Take these hands, teach them what to carry. Take these hands, don't make a fist. Take this mouth, so quick to criticize. Take this mouth, give it a kiss." – from U2 song Yahweh



"U2CHARIST" IS COMING TO ST. MATTHEW'S!

Our next Community Eucharist will be a "U2charist" – a Eucharist featuring the music from the Irish rock group U2. A musical group popular since the 1980s, their songs are lively, engaging and profoundly spiritual in nature, often focusing on our desire for God and God's desire for us. Bono, the lead singer from U2 has done ground breaking diplomacy work around in the world in the pursuit of eliminating global poverty. In that spirit, this multi-media service will focus on the themes of God's desire to partner with us to bring about God's justice in the world. A team from St. Paul's Cathedral, Syracuse, is coming to help us with this exciting event; and the Rev. Ed Hunt (Rector of Zion, Rome and chair of the diocesan Global Missions Committee) will be our guest preacher for the evening. The service will appeal to young and old alike – so go ahead and bring your friends and neighbors on **Tuesday, November 11th at 7:00 pm**. A coffee hour reception will follow.



"And this wise man asked me to stop.

He said, "Stop asking God to bless what you're doing.

Get involved in what God is doing -- because it's already blessed." – Bono, lead singer of U2

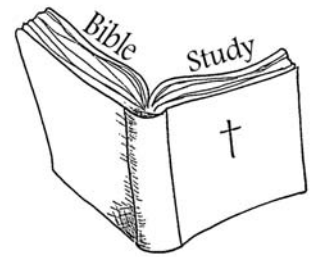
Things to know about U2 for the uninitiated

Things to know about U2...The one paragraph version: They have always been a Christian band, but avoided signing with a Christian label because they didn't want to preach to the choir. "You" in their songs is often God. Sometimes it is God addressing us. There was an on line attempt recently to come up with one song by U2 that wasn't referring to things spiritual and no one was able to do so... The image of God as lover, luring us closer, or our desire and hunger for God are regular themes. So are themes of social justice and doing our part to bring about the reign of God.

Good books to read:

- *Get Up Off Your Knees: Preaching the U2 Catalog* (Maynard, Whiteley, Eds. Cowley Publishing)
- *One Step Closer: Why U2 Matters to those Seeking God*, Christian Scharen
- *Walk On: The Spiritual Autobiography of U2* (Steve Stockman, Relevant Press, re-released)
- *Conversations with Bono* (Michka Assayas)

“FIRST FRIDAY” BIBLE STUDY

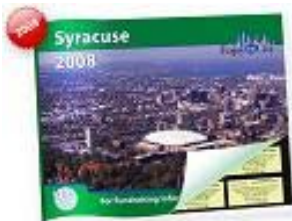


Our “First Friday” Bible Study had a good run last year, but it seems as though a day time adult education offering is a little too ambitious for people’s schedules right now. So at this point, we’re going to give thanks to God for the blessing that it has been and put it on the shelf for a while until it seems appropriate to try again.

Dear St. Matthew’s,

Thank you so much for your generous contributions of school supplies for our Children’s Sabbath service project. What abundance! There were two car loads of school supplies to distribute. We had a good time as a district: worshipping together, sharing a service project, singing, and playing games. We’re looking forward to more district events together! Thank you to all who contributed to this special day and worthy project.

Carrie +



ENJOY THE CITY BOOKS

We will be selling *Enjoy The City* books again this year. If you would like to buy one or if you would be interested in selling them, please speak to Matt Stace (652-9622) for details. They are a great holiday gift, as well as a fund raiser for St. Matthew’s. Books are available not only for Syracuse, but for most other cities as well. The cost of the Syracuse book is two for \$25.00. See Matt Stace for the book price on other cities. Thank you.

DISTRICT MISSION COUNCIL

The Oswego-Northern Onondaga District Mission Council will host its next meeting on **Thursday, November 6th from 7:00-8:30 at All Saints’, Fulton.** The District Mission Council is a gathering of clergy and laity from the parishes in our district who gather to support one another in ministry and share ideas. We also are planning ways that the parishes can come together for mission and formation opportunities as well. If you’re interested in this cooperative ministry – please join us!

NOVEMBER CRAFT SHOW PARTICIPATION



Get those crafts ready! We are having a St. Matthew’s senior craft table on **November 8th.** Where is it you ask? Right down the street at **St. Paul’s Lutheran Church from 10:00am to 4:00pm.** They loved the idea when we asked if we could do this. We will do some planning and crafting soon. We will need sellers, makers, bakers, all kinds of activities we can do also. Anyone who is or is not over 55 who may be interested in holding a craft making activity for our group? We would love your help and you can share your talent with us.

CHANGE OF ADDRESS

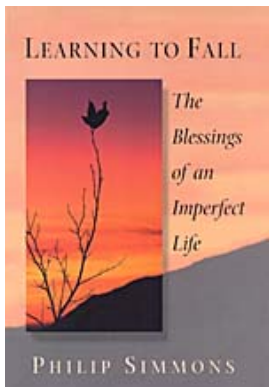
Deacon Leroy has notified us that he arrived safely in Odessa on Monday, October 20th. Please note the Morrison's new address: 6535 Amber Drive, Odessa, TX 79762, telephone 432-614-1874. They would love to hear from their friends at St. Matthew's.

ANNUAL PLEDGE DRIVE

By now, all of you should have received a pledge card and letter from St. Matthew's. Around this time of year, parishioners make annual financial pledges to the church so that we can shape and support our budget for 2009. Please take time to think and pray about your personal finances and the contributions you'd like to make to St. Matthew's. If you have any questions about pledging, budgeting, or the annual pledge drive, please feel free to contact Chris Atherton (development commissioner) or Mother Carrie.

We welcome pledges at any time, but we will have a pledge card offering and blessing on Sunday, November 16th; everyone will be invited to place their pledge cards in the offertory plate for a special blessing. If you haven't received a pledge card and would like one, you can find them on the information table outside or church or you can ask Sue Turo in the church office to send one to you.

ST. MATTHEW'S BOOK CLUB



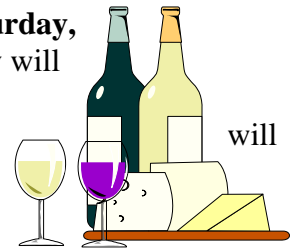
The next selection for the St. Matthew's Book Club is: *Learning To Fall: The Blessings of an Imperfect Life* by Philip Simmons. Living fully in the face of a debilitating fatal illness is the challenge Simmons, then an associate professor of English at Lake Forest College in Illinois, faced when he was told in 1993 he had ALS (Lou Gehrig's disease) and had less than five years to live. As his illness progressed, a wheelchair-bound Simmons moved with his wife and two children to southern New Hampshire, near the rugged mountains he once had climbed. Writing in his cabin in view of an old dump, Simmons describes the wonders of nature remembered and still visible from his abode. He tells of his search for life's meaning in a variety of religious and secular texts, among them the story of Jesus, the philosophy of Zen, Sufi and Buddhist masters, medieval Christian mystics, Emerson's essays and the poetry of Yeats.

In a wry disclaimer, Simmons notes that learning to live richly in the face of loss is a highly individual undertaking, and adds, "I'm not in the business of issuing directives, offering tips, imposing lists of spiritual dos and don'ts, or providing neat, comforting formulas." Indeed, his little book of thoughtful essays offers no easy solutions to dealing with suffering and sorrow, but it does chronicle how the experience of living at the edge can become an extraordinary connection to the eternal. We'll meet to discuss this book on **Thursday, November 20th from 7:00 to 8:00 pm.**

CHRISTMAS WINE & CHEESE FUNDRAISER

Please mark you calendar now! St. Matthew's next fund-raising event will be **Saturday, November 22nd from 5:00-7:00pm** in the church Parish Hall. This wine and cheese party will feature a silent auction of more than 100 items from the Dicken's Village collectors series. These adorable figures feature Christmas themes from 19th century England and enhance any Christmas decorations you have. They are also perfect for holiday gift giving.

Please bring a bottle of your favorite beverage (it is a "wine" and cheese party) to share. There is no admission, but a basket will be available at the door for donations. Feel free to call Larry Mathews at 457-2069 for more details.





On Saturday, November 29th, 8:00am – 1:00pm, St. Matthew's will be sponsoring the sixth Red Cross Blood Drive of 2008. Please note the date of our November drive is two days after Thanksgiving. Coincidentally, this date is the day before the First Sunday of Advent. So it is most fitting at this time of year, that we pause and reflect on our blessings. And for all our many blessings we are truly grateful. Is not one way that we can be grateful is by giving blood for the good of our fellow man? Watch for the sign-up sheet to be posted in the hall in the very near future.

Our first scheduled blood drive for the upcoming year, 2009, is set for Saturday, January 24th. St. Matthew's has planned and scheduled with the Red Cross, six blood drives for 2009. These drives are only held on Saturdays.

Thank of this! Give blood as you are able. Meet us at the Blood Bank at our church on **Saturday, November 29th**. And remember this: **The need is constant, the gratification is instant. GIVE BLOOD!**

Thank you,
Bill and Milt

SUNDAY HEALING SERVICE

On the second Sunday of Advent, **December 7th**, we will offer anointing (with holy oil) and healing prayers for those who desire, at **both the 8:00am and 10:15am services**. You'll be invited to ask for healing prayers either for yourself or on behalf of someone else, whatever the sickness of body, mind, spirit, may be. People are also invited to offer prayers for relationships, or a situation in the world that needs healing.

QUIET NIGHTS: ADVENT AT ST. MATTHEW'S

Have you ever been struck by the irony, rushing through a crowded store, trying to get holiday shopping done, when you hear "All is calm, all is bright... Sleep in heavenly peace..."? Advent, in the Church, is a time to slow down and prepare for the coming of Christ; the time before Christmas, in the rest of the world, is a time of incredible, frantic hustle and bustle. So, this Advent, St. Matthew's is offering repose from all that busyness and a quiet sanctuary of calm and peace.

Quiet Night" is the name of our Advent offering. From **7:00-8:00** on Thursday nights during Advent (**December 4, 11, 18**), the church will be open for quiet prayer and meditation. The heat will be on and the candles lit – waiting for you, to offer sanctuary. The evening will begin with quiet worship in the front of the church, for those who desire, but the whole church will be open for whatever prayer you choose to offer. Give yourself the gift of peace, quiet, and time with the Beloved this Advent season.

PARISH FUN NIGHT

Mark your calendars for **Saturday evening, December 6th** when St. Matthew's will host our first (that I know of) Parish Fun Night! The evening will include a potluck dinner and lots of fun for all ages. If you have an aversion to laughter and/ or enjoying yourself, please stay home that night. But, if you're looking for some good, clean, fun in the midst of a very hectic season, please join us on December 6th for Parish Fun Night!!!

FAMILY RETREAT

Another Family Retreat is being planning for **Saturday morning, January 10th**. In the past years, we've offered a retreat on Holy Communion and one on the sacrament of baptism. The retreat is planned for **9:00-12:00 noon** that day, and geared toward participation by youth and their grown-ups as well. (The details are still being worked out, but this year, we may focus our retreat on The Lord's Prayer.) Look for more information to come.

ST. MATTHEW'S WISH LIST

Recently, St. Matthew's has received several extraordinary gifts from generous parishioners: the refurbishing of the processional cross, new candle lighters, storm windows for the sanctuary, a sanctuary lamp, an Advent wreath and candle stand, new stained glass for the windows, and other wonderful gifts.

If you've ever felt inclined to give a special gift to St. Matthew's, here are a few ideas:

A new CD payer for church with a (working) remote control. (We use it a lot at the Wednesday service and the 8:00 Sunday service)

Nice hand soaps and lotions for the restrooms (Hospitality!)

Exhaust fans for both restrooms

Purificators (special linen napkins we use for Communion)

A box of votive candles

A nice table for the votive candle stand

If you are interested in giving any of these items, please see Mother Carrie for more details. Thanks!

THE GOODNESS OF GOD

Thomas Merton

To be grateful is to recognize the love of God in everything He has given us--and He has given us everything.... Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God. For the grateful person knows that God is good, not by hearsay but by experience.

Source: *Thoughts in Solitude*

LIKE A THOUSAND RED BIRDS

Phil Porter

We clutch our tiny bits of faith in tight fists,
shoved firmly into our pockets.
We clutch it suspiciously, so unwilling to let it go -
we don't want to lose it.
We clutch it fearing that once it is spent,
we will be without hope,
cast adrift, out of luck.
Help us loosen our grip.
Help us to pull our hands out of our pockets.
Help us to uncurl fingers stiffened over time,
to grow,
to shimmer,
to pulse,
to explode into the air
like a thousand red birds.

Source: *Unknown*

SOUND BITES

ADVENT CALENDAR – It is human nature to “count the days” until some anticipated event. The prisoner counting the days until his release by marking his cell wall is a cartoon cliché. Members of the military create elaborate “short-time” calendars on which to reckon the days until discharge. Likewise expectant parents, children awaiting the last day of school or a birthday, and people of all ages who can hardly wait for Christmas.

This latter kind of counting the days often takes the form of a special calendar called an Advent calendar. Authorities differ as to the origin of Advent calendars; some say they originated in England, others in Sweden, still others in Germany.

The simplest Advent calendar is no more than a single page on which the typical box format of a monthly calendar is printed, the boxes of which can be checked off or covered by a sticker as each day before the Feast of the Nativity passes.

Next most elaborate are those Advent calendars which are made of two sheets of heavy paper with “doors” cut into the first sheet with something written, drawn or pasted inside each door. Each of these doors may conceal an appropriate seasonal picture or symbol, or a verse from Holy Scripture, or a reference to the proper lesson for the weekdays of Advent (see BCP pp. 936-39) which can then be read aloud, or an affirmation or word of encouragement from a book of daily affirmations, or an instruction concerning something to do or to avoid on that day, like a good deed or special devotion or a bit of self-denial.

Some imaginative people have made permanent Advent calendars out of wood. One enterprising design is composed of a pyramid of boxes.

Advent calendars, while especially popular with children and a good way to teach youngsters a bit about the sacred season, are not restricted to minors and may be enjoyed by grown-ups as well, most particularly those calendars which conceal a piece of foil-wrapped chocolate behind each door.



Manger Scene Advent Calendar
with Stickers

Reprinted from *Church Words*, by Stephen E. Moore
Published by Forward Movement Publications
412 Sycamore Street, Cincinnati, OH 45202 USA



NOVEMBER

Balduf, Billy	24	Miller, Arena	30
Barrus, Kyle	02	Schneider, Lorene	01
Davis, Sandra	25	Schofield-Broadbent, Carrie	12
Good, Amy	05	Smith, Paul	16
Hannah, Laurel	07	Turo, Sue	06
Hines, Abigail	04	Weekley, Aaron	10
Jones, Willard	13		

(If anyone has been omitted from this list, please call the office)

In Our Thoughts and Prayers...

- | | |
|-----------------|---------------------|
| Isabel Alamond | Carol Murdock |
| Dawn Arnold | Bob McClellan |
| Tony Balestra | Joan Oksa |
| Melanie Clay | Blaine Pelkey |
| Eleanor Duke | Charles Roach |
| Dylan | Victoria Roach |
| Jennifer | Shelly |
| Jodi and Amelia | Herb Smith |
| Bobby Kayne | Jennifer Sullivan |
| Samuel Kovac | Janet Taylor |
| Virginia Marks | Margaret Zaccanelli |
| Gloria Miller | Don Zemenz |



SHOPPING CART SUNDAY
November 16th





THANK YOU!



December Grapevine
Deadline

November 16th

NOVEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*A.A. Meets Monday – Friday – 6:45 – 7:45am in the Conference Room °HB: Holy Baptism +HE: Holy Eucharist ^MP: Morning Prayer						1  8:30am-2:00pm District Retreat for Men @ Spiritual Renewal Center, 1118 Court Street
2 <u>DST Ends</u> <u>All Saints' Sunday</u> 8:00am-HE+ 9:15am – Adult Forum & Sunday School 10:10am - Nursery 10:15am-HE+	3 *6:45am-AA 5:00-7:00pm Weight Watchers	4 <u>Election Day</u> <u>DON'T FORGET</u> <u>TO VOTE!</u>  5:30pm-Diocesan Task Force Meeting 6:30-10:30pm Creative Memories I 7:00pm-Choir Rehearsal	5 12:00 Noon HE+	6 5:00-7:00pm Weight Watchers 6:30pm Outreach Commission Meeting 7:00-8:30pm District Mission Council Meeting @ All Saints', Fulton	7 Parish Office Closed	8 8:30am-2:00pm District Retreat for Women @ St. Matthew's 10:00-4:00pm Sr. Craft Fair at St. Paul's Lutheran Church, Liverpool
9 8:00am-HE+ 9:15am- Adult Forum & Sunday School 10:10am-Nursery 10:15am-HE+ 12:00 Noon Worship Commission Meeting	10 *6:45am-AA 5:00-7:00pm Weight Watchers	11 <u>Holiday</u>  7:00pm U2charist Community Eucharist Reception Following	12 12:00 Noon HE+	13 5:00-7:00pm Weight Watchers 7:00pm Choir Rehearsal	14 Parish Office Closed Diocesan Convention →	15
16 <u>Pledge Card</u> <u>Blessing</u> 8:00am-HE+ 9:15am – Adult Forum & Sunday School 10:10am - Nursery 10:15am-HE+ Shopping Cart Sunday Grapevine Deadline	17 *6:45am-AA 5:00-7:00pm Weight Watchers 7:00-9:00pm Cursillo Meeting	18 7:00pm-Choir Rehearsal Budget Meeting	19 12:00 Noon HE+	20 5:00-7:00pm Weight Watchers 7:00-8:00pm Book Club	21 Parish Office Closed	22 5:00-7:00pm Wine & Cheese Party with Dickens' Village Silent Auction
23 <u>Fruits of the Earth</u> 8:00am-HE+ 9:15am- Adult Forum & Sunday School 10:10am-Nursery 10:15am- HE+	24 *6:45am-AA 5:00-7:00pm Weight Watchers	25 7:00pm-Choir Rehearsal 7:00pm Vestry Meeting	26 12:00 Noon HE+ Thanksgiving Holiday Recess for School Youth	27  Thanksgiving	28 Parish Office Closed →	29 8:00-1:00pm Blood Drive in the Parish Hall
30 <u>Advent I</u> <u>Angel Tree</u> 8:00am-HE+ No Sunday School 9:15am-Adult Forum 10:10am-Nursery 10:15am- HE						