

CHURCH OF THE HOLY SPIRIT NEWSLETTER

NOVEMBER/DECEMBER 2013

West Haven, Connecticut

CALLED BY THE SPIRIT, we celebrate the joy of salvation in Christ.
Caring for others, we connect our congregation to the larger community.

HELD BY THE SPIRIT, we rejoice in the healing power of Christ in our lives.
Honoring the call to love our neighbors, we believe that all persons are beloved by God.

SENT BY THE SPIRIT, we serve as the hands and feet of Christ.
Seeking to join in God's mission of reconciliation, we promote peace, justice and love for all.

Commitment Sunday November 24 includes a Service of Healing

This is the time of year when everything seems to happen: making plans for Thanksgiving gatherings, intentionally pausing to be mindful of the blessings that surround us on all sides, hunkering down for the cold and dark of winter, turning our thoughts to Christmas and seeking the joy of God-with-us/Emmanuel in the midst of the secular noise of the season, and recommitting our time, talent, and treasure to the faith community we call home. What a perfect time for our faith and worldly actions to come together!

During our communal worship, we always pause to offer our confessions before moving into the Eucharist. We do this to get “off our chests” those obstacles that keep us from seeing God’s presence all around us so that we can truly offer our thanks and praise to the God who loves us more than we can ask for or imagine. Similarly, this year at our Commitment Service, we will celebrate a Service of Healing as part of our liturgy before entering into this most holy of times that includes our financial response back to God.

We are all in need of healing: healing of our physical bodies, of our spiritual selves, and of relationships that have gotten off-track; healing for those we love who are in need of God’s presence; healing for our communities that are broken with unemployment, hunger, and homelessness; and healing for our nation and for our world that has taken the path of fear and division rather than mutual interdependence and care for our neighbors. If we are to be a faith community that truly seeks to serve as Christ’s hands and feet in the world to bring God’s reconciling love to ourselves and others, we first need to let go of whatever separates us from each other and from God.

We have a tradition of Healing Prayers every third Sunday of the month, offered in the Lady Chapel during Communion. Those who take advantage of this gift know the power of God’s healing presence that strengthens and guides. This is a gift we seek to share. During the first part of the service, after our Prayers of the People, we will have three healing stations set up around the church. Those who seek prayers for themselves or for others can come forward as an instrumental meditation is offered. Those who prefer silent prayers in the pews may stay seated and/or kneeling, and seek prayerful solace there.

Commitment/Pledge cards are attached to this newsletter, and will also be available at the service. We ask that you intentionally and prayerfully consider what you can offer in thanksgiving to continue the life and ministry we share as a community of faith.

Please join us November 24 as we renew our lives together.

RECTOR'S RUMINATIONS



As we move into the second half of our fifth year together, I can't help but wonder if we have stalled in our efforts to move forward together in faith. Yes, we have some who work hard to create opportunities for fellowship (our Hospitality Committee) and service to the community (our Outreach Committee). Our Vestry leadership remains diligent with the financial and property resources we have so that we can grow Christ's presence within this community. Financial giving remains strong in spite of the decreasing size of our worship attendance. Several parishioners offer creative fundraisers that help us seek means beyond the parish to continue the work we have been given to do. What is troubling, is that our worship – the primary reason for gathering and what makes us a church and different from all other means of community – seems to be losing some of its edge.

We are not alone. Almost every faith community in West Haven, and many more in Connecticut at large, is battling the cultural trend toward church irrelevancy. Individuals suffer setbacks and rely on their own strength to get through rather than seek the Peace that passes all understanding. Perhaps the fact that God's Peace does go beyond our (intellectual) ability to see easily causes some to feel discouraged. And yet, worship is the one place that has the potential to strengthen and heal. God is the ultimate source of life. And we have to stand together to fight the world's empty promises otherwise.

The Bible puts worship at the heart of life with God. Over and over, Scripture invites us to praise God, to "ascribe to the Lord the glory due his name. Bring an offering and come before him; worship the Lord in the splendor of his holiness" (1 Chronicles 16:29). Beginning with the offerings of "first fruits" from Cain and Abel (Genesis 4) all the way through to the gathering of the saints worshipping around the throne of God in the new Jerusalem (Revelations 21-22), the act of worship is our primary calling.

Worship is more than the human soul reaching out to God. Worship begins with God reaching out to the one God made. God floods our lives with blessing, and we give thanks: "Give thanks to the Lord, for he is good. His love endures forever" (Psalm 136:1). Worship involves an immediate, personal response to God. In worship we remember personally how God has acted in our past. In worship we hear God's voice, silence, music, preaching and prayers of other believers in Jesus. In worship we experience the presence of Jesus Christ and hear his life-giving word to each of us in our particular time and situation.

However, we cannot do without the benefits of worship in the midst of the faithful congregation (see Matthew 18:20; Acts 2:1-4, 42-47). Whenever we pray the opening words of the Lord's Prayer, "Our Father," we recognize that we never really pray or worship alone. There will always be times when we must stand in God's presence together. "I rejoiced" says the psalmist "with those who said to me. 'Let us go to the house of the Lord'" (Psalm 122:1) In corporate worship we see ourselves more clearly as walking with other Christians, together seeking God and following Jesus. Here, bowed before God or gathered at Christ's table, we are reminded of the equality of all God's children. Here, no one is excluded because of race, status, gender, health, economics, language or age. We are united in "one body and one Spirit, one Lord, one faith, one baptism, one God and Father of all (Ephesians 4:4-6).

In corporate worship, our sisters and brothers help us to hear and interpret God's Word. Each one has a truth to share and together we can hear and see so much more of God and of the gospel than we could ever hear or see alone. The gathered community of believers not only holds us accountable to God but also holds us close to God. In those moments during which our memories or our wills fail and we would otherwise drift away from God and from the abundant life in Jesus, the rest of the Body of Christ upholds us and even carries us until we are able to walk again. Acts of worship – sharing a meal, passing the peace, baptizing new Christians, sharing a sorrow, forgiving someone who has hurt us – allow us to practice the Christian love that we carry from our worship into our world.

Rev. Lisa

Christmas Fair planning is underway
This is a major fundraiser for the parish
ALL HANDS ON DECK
(the halls with boughs of holly!)

Church of the Holy Spirit Holiday Fair
Friday, Dec 6, 5:30 pm to 8:30pm
and Saturday, Dec 7, 9:00am to 4:00pm

Homemade soups and sandwiches will be available.
Crafts and Vendors, a Tea Room, Baked Goods,
Scrooge's Corner, Used Books, and Raffle Baskets.

So . . .

- Can you volunteer a few hours at the fair? call Pat Dymarcik (203-469-6716).
- Can you bake for the Bake Table? call Evelyn Bezruczyk (203-933-2146).
- Can you donate a homemade gift basket? call Marina Matts (203-934-0277).
- Any parishioners who make hand crafted items and would like to donate them to the church's craft table at the fair: please label them as craft items for the church's table and drop them off during church hours.
- Do you have good gift quality items to be donated for Scrooge's Corner? These can be left at the church during church hours with a note stating that they're for Scrooge's Corner. We are NOT accepting clothing or shoes, but used jewelry WILL be accepted.
- Used books for our book sale can be dropped off during church hours.
- We still have some vendor tables open. If anyone knows someone that may be interested, please call Ann Bartiss at 203-932-1393.



Office Hours for drop-offs: (Tues-Fri 9 am – 1 pm, Wed or Sat evenings)

Christmas Season Worship Opportunities

Blue Christmas

Wednesday December 18 at 6 pm

For those who struggle with the holly, jolly side of the season and who need and seek the Light of Christ that lifts us out of darkness

Christmas Lessons and Carols **Sunday December 22 at 4 pm**

For those who enjoy readings and songs that help us enter into the meaning of the season

Christmas Eve Services

Tuesday December 24

5 PM – Family-Friendly Choral Eucharist

For families with children and those who like to go to bed before Santa shows up

10:30 pm Carol Sing

11 pm Candlelight Choral Holy Eucharist

For those who want to start Christmas Day in awe and wonder. (We finish just after midnight).

Our Covenant to Care Community Status is being renewed

On Sunday, November 17, the 10 am congregation, on behalf of the parish, will renew our commitment to our CCC Social Worker, Tanisha and the children she serves. Sue Dangle and Joanne DeVoe will lead the renewal. Both Tanisha and Meral, her supervisor, will be with us for the service and during Coffee Hour.

Gift Tags for our Covenant to Care Children available

Every year, our CCC Social Worker, Tanisha, gives us a Christmas wish/need list for the children and families she serves. Our CHS Christmas Elves (Karin Jacobs, Sue Dangle, and Joanne DeVoe) make tags for each gift and then place the tags on the pulpit for us to take. As “Christmas angels”, parishioners are invited to find a tag with a gift request that you would like to purchase. Leave part of the tag with us (so we know which who has which gift request), enjoy your shopping experience, and then bring the requested gift wrapped and with your portion of the tag on the package. **Tags will be available November 24 and we ask that gifts be brought in by December 8.** Contact: Sue Dangle 203-937-1826 sgdangle@yahoo.com for more information. Cash donations are accepted if you are not able to go shopping. Karin Jacobs is our “shopping queen” and has the ultimate gift of bargain hunting for those who want help!

Tea and Fashion Show a smashing success

Kudos to parishioners Jacquie Mari, Kati Guthrie, Sally Guthrie, and Bonnie Mahmood for their creative hard work! Last month (and for weeks of work prior to the event) they organized an old-fashioned Tea with a Fashion Show using clothes from a local Clothes Closet in Branford. Our models were fabulous! The décor and food – thanks to Pat and David Dymarczyk and countless others – was delightful. We enjoyed a sell-out crowd, many of whom were not parishioners. Local businesses helped out with donations of raffle gifts. And best of all, we raised \$1587, with ALL PROCEEDS going to the West Haven Emergency Task Force (W.H.E.A.T.) our local Food Bank. Perhaps the most telling of this event’s success were the many “so when can we do this again” comments!

Next Columbus House Breakfast December 1

We continue to prepare and serve a hot breakfast every other month for the residents of Columbus House Shelter. Donate needed food items. Sign up to help cook on the Saturday before. Or volunteer to help serve on Sunday morning. **Sign up sheets will be at the Church from Nov. 25. Deliver items to church by Saturday, Nov. 30 at 9am.** For more information, contact: Bonnie Mahmood 203-314-3132 or mahmood77@comcast.net

Annual Cookie Walk Saturday December 14 9 am - noon

Here is an opportunity to find a great assortment of homemade cookies for your holiday needs and help our Outreach ministries at the same time! Bakers of cookies and buyers of the same are all needed! For more information, contact: Bev Draper at 203-932-4046.

Dates are set for CHS to participate in Abraham’s Tent once again March 24-31 2014

For the third year, CHS members will join faith communities throughout the Greater New Haven area to provide a week of overflow shelter, food, and companionship for 12 residents of Columbus House Shelter. This grace-filled opportunity to be mindful and responsive to the needs of those who are homeless has impacted us in incredible ways in the past. This coming year invites us to once again show our love of neighbor. Our assigned week is in March. Stay tuned for details!

The Episcopal Diocese of Connecticut

November 14, 2013

Dear Sisters and Brothers in Christ:

Our thoughts and prayers are with the people of the Philippines as they struggle to recover from Super Typhoon Haiyan. The loss and destruction in the Philippines has brought us to our knees in prayer. We particularly hold in prayer our sisters and brothers in Christ in The Episcopal Church in the Philippines, especially the Most Rev. Edward Malecdan, Prime Bishop, as they seek ways to reach out and care for all affected by the typhoon.

We your bishops have committed \$2500 out of our emergency relief funds to help the people of the Philippines through Episcopal Relief and Development. We commend Episcopal Relief and Development as one way that our Church can be of assistance to the Philippines at this time. More information on Episcopal Relief and Development can be found at www.episcopalrelief.org. (Or donations can be made out to CHS, with ERD in the memo line, and sent to the Parish Office.)

We offer the following prayers for all whose lives have been devastated by Super Typhoon Haiyan and ask that you, your parishes, and your local communities reach out to our sisters and brothers in the Philippines in need at this time.

O merciful Father, who hast taught us in your holy Word that You do not willingly afflict or grieve humanity. Look with pity upon the sorrows of the people of the Philippines for whom our prayers are offered. Remember them, O Lord, in mercy, nourish their souls with patience, comfort them with a sense of your goodness, lift up your countenance upon them, and give them peace; through Jesus Christ our Lord. Amen. (BCP p. 831, modified)

O Lord our heavenly Father, whose blessed Son came not to be served but to serve: Bless, we beseech thee, all who, following in his steps, give themselves to the service of others; that with wisdom, patience, and courage, they may minister in his name to the suffering, the friendless, and the needy; for the love of him who laid down his life for us, the same thy Son our Savior Jesus Christ, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen. (BCP p. 209, modified)

May the peace, hope, and life of Jesus' Resurrection surround the people of the Philippines.

Faithfully,
Ian, Laura and Jim

The Rt. Rev. Ian T. Douglas
The Rt. Rev. Laura J. Ahrens
The Rt. Rev. James E. Curry



Reflections from the 2013 Women's Retreat *by Joanne Halstead (Retreat co-leader)*

(Rector's Note: for those of you who wonder why these wonderful ladies come back so refreshed and glowing, here's a reflection on this year's weekend that Joanne offered during the Sunday Eucharist. Blessings to Joanne and Betz Cassidy who offered their incredible gifts to lead and open space for the Spirit to enter in.)

We have been given so much to be grateful for, we thank God for the many blessings of our lives. Most of all the gifts of faith, hope and love.

This weekend we came together to retreat to take time, to pause, to reconnect with one another and to reconnect with ourselves. God teaches us to love others as we love ourselves. Often we do a better job of caring for others than we do of caring for ourselves. Finding self-love and acceptance can be a challenge for many of us.

This weekend we were challenged to take time for some self-care – some self-love. A time to pause from our busy and crazy lives filled with so much on our to do list so many activities, so many worries, so many concerns and so many anxieties. This time together gave us an opportunity to take that so much needed time out from our normal hustle and bustle of our lives.

We often take no time for ourselves because we are doing something, going somewhere or being so many things to so many people. We lose ourselves in the shuffle. We get put on the back burner. This weekend has been a gift we have given ourselves to feed our spirit and nourish our soul.

To help us heal on a spiritual level it takes time and practice to slow down, recognize what it is we need to fill that spiritual well within us so that we may truly do the work God has given us to do. We have all been given talents by God and are asked to share them with others. In order to do that we must also fill our own well – whatever that means for each and everyone of us.

Our weekend together has given us the opportunity to take time to hit the pause button, the time to reflect – a time to ponder whatever our own concerns, situations and issues we may each be dealing with – either on a physical, emotional or spiritual level. We have had time to reconnect with one another in a way which has not happened for some people since 2 years ago at the last retreat. We have had an opportunity to connect on a deeper level. A chance to intermingle with everyone. A time to share a little bit about ourselves and our personal stories.

On Friday night after Evening Compline, we shared something no one knew about us in an effort to express what is important about us and meaningful to each one of us in our own lives. We learned about thirty things to stop doing to ourselves. When we stop chasing the wrong things, we give the right things a chance to catch us!! To take care of ourselves – learning about self-care – treating ourselves with as much respect as we treat others was a theme for our weekend together.

On Saturday before breakfast we did daily devotions. After breakfast, a guided meditation helped us to focus and be grounded. Then we found ourselves using our non-dominant hand to write two things that we love about ourselves. It took some of us a while to think of positive things to say about ourselves. Then we shared with the group what we had discovered. Some also drew pictures with their non dominant hand giving their right side of their brain a chance to express itself.

(Women's Retreat reflections cont.)

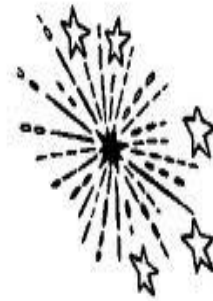
After lunch we shared thoughts about mind, body and spirit healing and how to 'Let Go and Let God' carry some of our burdens. We were invited to write down "one thing you cannot control", "one situation, person, place or thing that you cannot change"; and then to turn it over to God and surrender.

Free time in the afternoon gave each of us a chance to do our own thing – take a walk, take a hike, visit the chapel or take a rest – whatever we each chose to do. After supper and Evening Compline we tried to guess the movie for the night. Unsuccessful in guessing prior to show time we watched "Joyful Noise"!

Intermingled throughout our time was great conversation, quiet time, puzzle time, snack time, time for massage or Reiki, laughter, sitting by the fire, knitting, crocheting, counted cross stitch, relaxing in PJs and visiting the animals.

We have all been blessed with this opportunity to hit the pause button – to take time out to Renew, Refresh and Recharge. The challenge now is to take what we have learned back to our real world – to integrate perhaps some new ways to keep our spirits fed and our souls nourished. Let us nurture faith, hope and love in each of our own lives and lives of those people we touch. It is in the connections we make that we see the face of God in one another – the spirit that connects us all as one!!!

* * * * *



November Birthdays

- 3- William W. Conlan
- 4- Pam Buckholz
Elizabeth Chamberlin
- 6- Arnold Greenfield
- 9- Dorothy Sellner
- 13- Brian Workiewicz
- 17- Barbara Curry
- 20- Jaimie Dececchi
Liam O'Donnell
- 21- Robert Kosarko
Michael San Souci
- 22- Russell Reiss
- 24- Furahi Achebe
Ronald Buckholz
- 25- Jane Chamberlin
- 28- David Matts
- 29- Hope Tamburrino

November Anniversaries

- 5- Bob & June Granger
- 12- Jean & Paul Liner
- 27- Marina & David Matts

December Birthdays

- 2- Dorothy Edjah
- 3- Nora Mullins
- 4- Louise Miller
- 6- Georgia Ying
- 7- Rich Mahmood
Kati Guthrie
- 13- Marina Matts
- 14- Sallie Guthrie
- 16- Joanne DeVoe
- 17- McKayla Cusack
- 18- Victoria Bartiss
- 21- Alex Bacon
- 22- Maria Clariana
- 23- Bill Barr
- 24- Kathryn Dexter Markowich
Roland Sorsor
- 25- Kristyn Williams
- 26- Ronald Reiss
- 31- Tracy Cusack

December Anniversaries

- 2- John & Donna Vinci



CINNAMON A SPICE FOR LIFE

Patrick Moore, N.D., M.S.



Many years ago, I traveled for several months across the vast land of India. The travel was challenging, to say the least, but the knowledge gained and mind-opening cultural episodes I faced in this ancient civilization were more memorable, powerful, and profound, than any country I've ever encountered. Of the thousands of villages I either passed through, stopped in, or stayed in, one poignant memory relevant to this article stands out. I noticed most of the village children were brushing their teeth with Cinnamon bark. Toothpaste and toothbrushes were beyond the budget of most of the poor so Cinnamon sticks were the dental "standard of care." This both intrigued and amused me because my perception of this colorful spice was limited to warm memories of grandma's apple and pumpkin pie, the holiday season, hot apple cider, and all kinds of sweet pastries. I never thought of Cinnamon as a medicinal spice and I never imagined scrubbing my teeth with the bark of a tree.

It's a reflection of how far removed our western culture has become from the wisdom of the past and our ancestral roots as we step deeper into a "standard of care" medical system enveloped in a singular world of drugs and chemical solutions to address our health concerns. In the last twenty years, modern science has commenced to catch up with the wisdom of the past and re-discover anew the inside story of Cinnamon's astonishing array of health benefits by analyzing its phyto-nutrient composition. And wow! I now understand why the villagers in India were brushing their teeth with Cinnamon sticks and why this magical spice has been so valued for thousands of years. I appreciate why the Romans valued it more than silver; why the ancient Egyptians used it as one of the key ingredients for embalming and preserving mummies; why in Colonial America it was added to raw apple cider to prevent bacterial growth; why it was commonly added to sweet foods for its remarkable ability to slow the rise of blood sugar; and how those children in India knew that Cinnamon bark would remove tooth plaque and cleanse their teeth with its antiseptic and antimicrobial properties. And how knowledgeable dentists in America today are not averse to advising kids to chew genuine Cinnamon gum to inhibit dental bacterial growth.

Cinnamon is derived directly from the bark of the tree. The bark serves as the immune system of the tree. Cinnamon trees are highly resistant to pathogens which further confirms that compounds found in Cinnamon possess extraordinary therapeutic properties. So, when you ingest Cinnamon, you are actually eating the bark of the tree. Have you ever considered yourself a "bark eater." Question: Can you think of any other food substance you ingest that comes from the bark of a tree???

Here is a list of some of the currently researched health benefits of Cinnamon.

DIABETES

America is in the midst of a Diabetes epidemic and the rest of the world is following our lead. Cinnamon can help! And much of the research on Cinnamon has been funded by WE, the taxpayers, and conducted by C. Leigh Broadhurst, PhD., and her team at the U.S. Department of Agriculture. So let's put this research to use! Their studies have discovered that Cinnamon has an uncanny ability to modulate blood sugar. An active ingredient in Cinnamon called Methylhydroxychalone (MHCP) seems to mimic insulin function and increase glucose uptake by our cells and instructs our cells to turn glucose into glycogen, the storage form of sugar. Further,

it helps stimulate the production of glucose-burning enzymes and boosts insulin's effectiveness. In fact, **Cinnamon made insulin 20 times more capable of breaking down and metabolizing blood sugars!** Cinnamon also helped to diminish insulin resistance in our cells, a bio-marker of metabolic aging – a factor occurring today at a younger and younger age. Cinnamon is also infused with numerous nutrients which play a vital role in sugar management , including Chromium, Zinc, Manganese, Vitamin C and B Vitamins. Dr. Broadhurst's research showed that as little as a half-teaspoon of Cinnamon each day produced a 20% reduction in blood sugar levels if used over a period of several weeks.

BRAIN WELLNESS

Researchers from Tel Aviv University report in the PLOS ONE Journal that Cinnamon may be an important factor in preventing Alzheimers disease. They found that extracts from Cinnamon bark inhibit the toxic amyloid polypeptide oligomers and fibrils that have been found in Alzheimers disease brain plaque formations. Their research demonstrated that Cinnamon reduced s-amyloid brain plaque associated with the pathology of Alzheimers. One animal study showed Cinnamon extract to completely abolish tetrameric species of plaque in the brain. They found that specific therapeutic compounds in Cinnamon called proanthocyanids were responsible for the bulk of Cinnamon's brain benefits. And two studies from Wheeling Jesuit University found that the scent, aroma, and flavor of Cinnamon affected attention, memory, visual-motor speed while using a computer by enhancing cognitive processing skills.

ANTI-MICROBIAL – FIGHTS INFECTION

The healing power of Cinnamon has been known for thousands of years. High priests since biblical times used the spice to protect against infectious disease. Modern research has confirmed its antiviral and antibacterial properties. A 2003 study published in the International Journal of Food Microbiology reported on Cinnamon's superb ability to halt the spread of yeast growths and the nasty pathogen Bacillus Cereus. During the post World War 1 Spanish Influenza outbreak (1918) that killed over 20 million people worldwide, workers at Cinnamon factories seemed immune to the deadly flu. And a recent Kansas State University study discovered what our ancestors knew so well, Cinnamon eliminates E. coli in unpasteurized Apple Cider.

HOW TO USE CINNAMON

Cinnamon can be used therapeutically as a powder, capsule, essential oil, or Cinnamon stick. According to America's top expert, C. Leigh Broadhurst, PhD., you can achieve excellent results from Cinnamon spice bought from your local supermarket. A good source for those interested in buying in bulk is www.mountainroseherbs.com. A beneficial habit to consider is to find ways to incorporate Cinnamon in your regular diet. Try adding it to your cereal, oatmeal, yogurt, applesauce, fruits, toast, smoothies, ice cream, sweets, meats or vegetables. My preference is to add it to my coffee, tea, or hot cocoa. You can also add it into your coffee grains when you brew your coffee. A therapeutic dose is about ½ teaspoon daily. Research suggests a 500mg capsule taken twice a day (breakfast/dinner) for diabetes prevention/complementary treatment. In summary, Cinnamon is more than a pleasant condiment. It's a powerhouse spice in possession of numerous nutrients with a host of therapeutic applications for our health and well-being. Enjoy!

Ministries and Programs of our Parish

Opportunities (and great needs) abound for service through your parish. Please consider one of these options and talk with the person listed:

Adult Formation – Rev. Lisa

life-long learners seeking to go deeper in their relationship with God

Altar Guild – Nancy Staniewicz

lovers of being behind-the-scene and setting up our worship space

Choir – Jeff Hutchins (or any member of the Choir)

the joyful noise-makers

Christmas Fair – Suzanne Coleman, Patty Dymarczyk, Kati Guthrie

creative crafters, detailed organizers, festivity lovers

Communications Committee – Keith Bailey and Rev. Lisa

technologically-savvy purveyors of information

Finance Committee – Gene Leitermann and Rev. Lisa

checkbook balancers, entrepreneurs, money producing motivators

Financial Peace University – Joan Matts

people who take control over their budget and make money work for them

Interfaith dialogue and relationships – Rev. Lisa

seekers of a broader truth

Hospitality – Bonnie Mahmood, Kati Guthrie, Jacquie Mari

lovers of fellowship and fun

Greeters – Sue Dangle

folks with ready smiles and a willingness to make others feel at home

Outreach – Sue Dangle, Karin Jacobs, Joanne DeVoe

carers of justice and mercy for others

Other Fundraisers – (Almost May Fair/Tag Sale) ??

Entrepreneurs with “let’s try it on” ideas

Pastoral Caregivers – Rev. Lisa and Evelyn Bezruczyk

empathizers with those who are homebound and needing connection

Property Committee – Keith Bailey

anyone handy with a screwdriver, paintbrush, broom or pruning sheers

Sunday School – Mark Homburg

those who enjoy a child’s delight

Ushers, readers, chalice bearers, acolytes – Rev. Lisa

worshippers seeking a deeper place within worship

NOTE TO PARENTS

We are interested in preparing an intergenerational pageant for the early Christmas Eve service. We need to know of *your* interest and willingness to bring your children to be among us during Sunday School throughout December. We do understand the struggles you face with competing activities and simple fatigue on the weekends, as well as work schedules that are no longer 9-5, M-F. We hunger to walk with you. Come be a part of our shared journey.

Financial Peace University Begins Anew in January

Have your finances got you down? Would you like to control your money rather than have it control you? Join us for Dave Ramsey's Financial Peace University: a nine week program that *does* make a difference. Classes begin Monday, January 20, 7-8:30 pm. Free preview Monday January 6 and January 13. **For more information call class facilitator, Joan Matts at 203/934-2425 (evenings).**

Gift Cards are available

SCRIP cards are gift cards (as good as cash) from just about every store imaginable. By purchasing your SCRIP cards from us, the Church of the Holy Spirit receives a percentage of your purchase. So, if you buy \$100 in Stop 'n Shop cards, *you* still get \$100 worth of purchases while *we* receive \$4. Other cards give back as much as 8% or even 15%!!

These cards make great stocking stuffers. Rev. Lisa is already planning out the I-Tunes, Bath and Body Works, Amazon.com, and E-B Games cards for her (sort-of) adult kids so they can be put in the mail to Minnesota where they gather with their Mom. What about you?

On-line buyers can go to our website, scroll to the bottom of the page and click on the SCRIP link. (Write down the code you see first). Once into the SCRIP website, you can use the code to connect your purchases with CHS and then start shopping. Many cards are now downloadable and you don't even need to wait for them to be shipped to the church!

And for those of you who shop on-line – not only can the cards be purchased on line, you can *also* go to www.goodsearch.com and key in 'Church of the Holy Spirit West Haven'. Then use that site as your search engine (instead of Google or Chrome or Mozilla, going straight to your favorite website. **IF YOU CAN TAKE THOSE FEW EXTRA STEPS**, we get a percentage back from them and from the on-line stores where you shop!

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Church Office Hours: Tuesday-Thursday from 9 am – 1 pm
Phone: 203-934-3437
E-mail holyspiritwh@snet.net.
Website: www.holyspiritwh.org
Like us on FaceBook!

For appointments or conversation with Rev. Lisa:
Phone: 203-934-3437
E-mail ldhahnean@sbcglobal.net