

CALENDAR

SJD= Saint John the Divine, Burlington

CHC= Church of the Holy Communion, Lake Geneva

Monday, December 10, 2018

9.30 am AL-ANON (SJD)
6.00 pm Bible Study (CHC)
7.00 pm AA (CHC)

Tuesday, December 11, 2018

12 pm. Watercolor painters (SJD) Healy Hall
6.00 pm VESTRY MEETING (SJD)
7.00 TAC Counseling Group (SJD)
7.30 pm NA (CHC)

WEDNESDAY, December 12, 2018

5.33 pm LIVING COMPASS ADVENT (SJD)
6.33 pm HOLY EUCHARIST (SJD)
7.03 pm Soup/Salad Supper (SJD)

THURSDAY, December 13, 2018

LUCY MARTYR, 304
8.45 am AL-ANON (CHC)
5.33 pm LIVING COMPASS ADVENT (CHC)
6.33 pm HOLY EUCHARIST (CHC)
7.03 pm Soup/Salad Supper (CHC)
7.00 TAC Counseling Group (SJD)

Friday, December 14, 2018

Saint John of the Cross
8.00 pm AA Meeting (CHC)

Saturday, December 15, 2018

8.00 am OA Meeting (SJD)

SUNDAY, December 16, 2018

3RD SUNDAY IN ADVENT

8.30 am Holy Eucharist (Rite II) SJD
9.30 am Coffee/Conversation (SJD)
9.50 am *The Annunciation to Joseph* (SJD)
10.00 am Coffee and Conversation (CHC)
10.45 am Holy Eucharist (Rite II) (CHC)
11.50 am *The Annunciation to Joseph* (CHC)

CHRISTMAS CAROLING

December 22

1.00 pm

Sign up in the Parish Hall



THROUGH THE RED DOOR
2nd Sunday in Advent
Year C

December 9, 2018

Today in Healy Hall

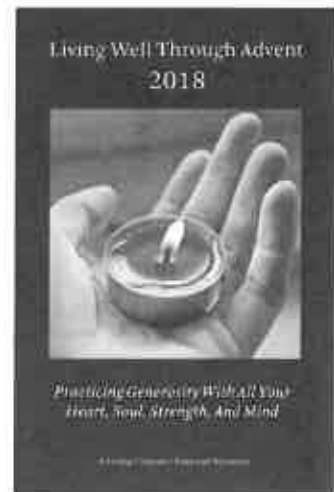
9.50 to 10.15 am

The Entire Gospel in the Genealogy of Jesus

WEDNESDAY EVENING

Being Generous with God

5.33 pm Discussion
6.33 pm Contemplative Eucharist
7.03 pm Soup/Salad Dinner



CHRISTMAS EVE SERVICE

DECEMBER 24

5.00 pm

Carol Songfest

5.30 pm

Celebration of the Feast of the Nativity



PASTORAL CARE

If there is an emergency, please contact Fr. Kevin. Cell Phone: 214-536-1978.

Please remember these homebound members in your prayers:

Vera Lancaster, Jean Moyle, Don/Marion Cook, Cynie Lawrence, Jane Clouthier, Marilyn Nitka, Lana Ramsey, Margaret Ison, Madge Moody, Nancy Pickens, Sue Baum, Mille Ferris, Betty Harnett, Dennis Gramins, Richard Haynes.

PRAYER LIST

In the Anglican Cycle of Prayer: Pray for The Falkland Islands (The Rt Revd Timothy Thornton.)

In the Diocesan Cycle of Prayer: : Steve Blackman; George & Deanna Christman.

In the Parish Cycle of Prayer: For those celebrating Birthdays: Marian Durkin-Cook, Margaret McCann, Alma Hallingstad

For those celebrating an Anniversary: Ken & Natascha Spencer

For those who have died: The Reverend Hazel Redbird, President George H.W. Bush

ATTENDANCE

November 25, 2018

8.30 am	39
10.45 am	55

Have you turned in your
2019

ESTIMATE OF GIVING ?

There are extras in the back
of the Nave

Please give to any member
of the Vestry or Fr. Kevin+

UNBELIEF

UNBELIEF IS AS MUCH OF A CHOICE as belief is. What makes it in many ways more appealing is that, whereas to believe in something requires some measure of understanding and effort, not to believe doesn't require much of anything at all.

Originally published in Frederick Buechner's *Whistling in the Dark*

10 spiritual practices for Advent and Christmas

By The Rt. Rev. Greg Rickel of the Episcopal Diocese of Olympia

- 1) Acknowledge your feelings. Whatever your feelings about this time of year or Christmas, acknowledge them. If someone close to you has recently died or you can't be with those you love, realize that it's normal to feel sadness and even grief at significant holidays and anniversary dates. It's alright to take time to mourn or express your feelings. Try not to "force yourself" or permit others to force you to be artificially cheerful just because it's the holiday season. Choose how you will manage your feelings and care for yourself, so that you can be authentically present to others (and to God), honoring your own needs as well as those of others.
- 2) Reach out. If you feel lonely or isolated, seek out community; come to our various church services or other social events around you – even if it's just for a little while. ...
- 3) Be realistic. The holidays don't have to be perfect or just like years gone by. ...
- 4) Set aside differences. (This is not same as asking for reconciliation, which can be a life-long spiritual work). As a spiritual practice for the Season, try to accept family members and friends as they are, even if they don't live up to all of your expectations. ...
- 5) Budget. Be a Good Steward of the resources God has provided to you, and stick to a budget you can afford. Before you go gift and food shopping, decide how much money you can afford to spend. Then, stick to your budget! Don't try to buy happiness or gratitude with gifts – guilt is always bad credit. ...
- 6) Plan ahead. Scripture consistently reminds us to be prepared – this spiritual practice applies to daily living as well as waiting for Christ (which very much characterizes Advent). Set aside specific days and times for preparations such as shopping, baking, visiting friends, Advent prayers/reading at home and other activities.
- 7) Learn to say a holy, healthy "no." Saying yes when you should say no can leave you feeling resentful and overwhelmed later. Friends and colleagues will understand if you can't participate in every project or activity. ...
- 8) Don't abandon healthy habits. Christmas is a time for celebration but not for reckless abandon – try not to let the Season become an excuse for losing your spiritual mindfulness. Overindulgence only adds to stress and guilt later.
- 9) Relax. Remember: the song is "God REST Ye, Merry Gentlemen!" Be intentional about scheduling some time for yourself. Spend at least 15 minutes alone every day of Advent as a Mini Sabbath – a sacred time without distractions or agenda; this can refresh you enough to handle what you need to accomplish. ...
- 10) Don't hesitate to seek professional help. Despite your best efforts and best spiritual practices, you may find yourself feeling persistently sad or anxious, plagued by physical discomfort, unable to sleep, feeling irritable or hopeless – the season may disjoint you completely, causing you to feel unable to face even routine chores. If these feelings last for a while, please talk to your doctor or a mental health professional....