RECTOR'S MESSAGE

The Rev. Sunil Chandy

For everything, there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing... Ecclesiastes 3: 1-8

Lately, I have been thinking about balance and harmony. Perhaps, as I get older, I am aware of the chaotic nature of life. Sometimes the chaos comes from outside of me, especially in those situations that I cannot control: the loss of a loved one, an illness affecting either
the ones I love or me, the stresses of the job, or finances. These situations cause me to adjust my life to meet the need of the moment.

In most times of stress, I can sense my mind and body bracing itself, preparing for a rush of activity, I become hyper-focused as I deal with the situation. Honestly, this feeling of focus, the rush of adrenaline, and the confidence I gain in meeting the challenges can be addictive for me after dealing with the chaos or at least managing it for the moment. I feel a calm, peace, but if I am truthful, also feel a sense of boredom until there is another crisis or challenge. My counselors have suggested that I am addicted to the feeling of energy and adrenalin in dealing with challenging situations. But this feeling is not a feeling of balance or harmony, because inevitably, to meet the challenges of the moment, I sacrifice other important aspects of my life.

Sometimes as I move from one seeming crisis to another, I find myself off-kilter. As I take care of emergencies, I find either I am praying a lot (asking for God’s intervention) or not as often as I feel I should when I depend on myself too much. I find I don’t take time to exercise, eat right, or even take time to rest. I don’t connect with friends.

And yes, these are things that I guiltily confess at morning prayer every day and at worship on Sundays. I list it among the “things left undone.” Although I felt guilty about this until I spoke to my spiritual director, he suggested that my ability to meet the challenges of life is a gift from God. But like all gifts, my abilities should be used judiciously. Indeed, I believe that God would want me to
feel a sense of harmony and peace, acknowledging “a time for every matter under heaven.” My spiritual director encouraged me to find a balance by praying more, exercising, and taking time to relax and be myself but without feeling guilty about dealing with emergencies. He said commit yourself to a routine, but if you have to deal with chaotic situations, deal with them, then come back to the routines when you can.

As a new year begins, I am going to strive for more balance in my life. I will attempt to find more time to pray, exercise, and relax more--- because all these help me to be a better person. And as your Rector and priest, I hope that you too will strive for this as well. In the coming months, the staff and I have been working on many educational activities that encourage us to find mental, physical, emotional, and spiritual balance. Watch out for them in this new year and participate in them. It might make all the difference in helping you experience harmony and balance in your busy lives.

Sunil Chandy
Rector
Christ Church Westerly
December was a busy month for the Altar Guild. It is always wonderful for us to gather together and decorate our beautiful church for Christmas and to place the Nativity on the front lawn for all to enjoy. We also are fortunate each year to meet for our annual Christmas Party at Stoneridge hosted by longtime Altar Guild Member, Peggy Greene. THANK YOU PEGGY!

The color of the hangings will change back to green after the First Sunday after Epiphany. They will remain that color until Lent begins on February 26th.

The Altar Guild plans to hold another rose sale for Mothering Sunday (March 22nd) during the month of March. The past three years’ sales have been very successful. More details will be forthcoming in next month’s Cornerstone and in the church bulletin. Any Guilds or Commissions that would like to submit requests should email Cheryl Leong at leongcl@cox.net or Natalie Pukas at npukas@yahoo.com.

Last month we told you about the meaning of the Advent Candles. This month we found two interesting customs/facts about Christmas and Epiphany.

Did you know that the 12 days of Christmas Carol was originally a catechism song for young Catholics in England?

From 1158 to 1829, Roman Catholics in England were not permitted to practice their faith openly. Someone during that era wrote this carol as a catechism song for young Catholics.
THE PATRIDGE IN A PEAR TREE WAS JESUS CHRIST
Two turtles doves was the Old and new Testaments
Three French Hens stood for faith, hope and love
The four calling birds were the four Gospels of Matthew, Mark, Luke and John
The five golden rings recalled the Torah of Law, the first five books of the Old Testament
The six geese a-laying stood for the six days of creation
Seven swans a-swimming represented the seven gifts of the Holy Spirit—Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership and Mercy
The eight maids a-milking were the eight beatitudes
Nine ladies dancing were the fruits of the Holy Spirit—Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control
The ten lords a-leaping were the Ten Commandments
The eleven pipers piping stood for eleven faithful disciples
The twelve drummers drumming symbolized the twelve points of belief in the Apostles Creed

Thank you Paula Niedmann for sharing this with Cheryl 11 years ago. Time to bring it back!

Another tradition that was begun here last year at Epiphany, January 6th, is the chalking of the door. The inscription this year 20+C+M+B+20.

This is intended as a blessing to your home and all who enter there.

The letters have two meanings. First, they represent the initials of the Magi-Casper, Malchior, and Balthazar— who came to visit Jesus in his first home. They are also an abbreviation of the Latin Phrase, Christus mansionem benedicat. “May Christ bless this house.” The “+” signs represent the cross and the “20” at the beginning and “20” at the end marks the year.

This tradition is practiced throughout the world but is somewhat less known in the United States.

Source: Jamie Skojec
The ending of one year and the beginning of another is the traditional time to pause, reflect and look back on the events of the year that has just passed. We may also look forward with anticipation to what may, or may not come to pass in the year ahead. 2020 is an election year. Many will welcome it with celebration, some will usher it in with uncertainty and apprehension, while others will do so with the making of New Year’s resolutions.

New Year’s resolutions are a tradition in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life. Popular areas of focus are weight loss, more quality time with family, ending that addiction, spending less and saving more, renewed efforts for that degree or promotion, less time on social media - whatever it is that we choose to change, people are generally unsuccessful at keeping New Year’s resolutions. 27% of people break their resolutions in the first week. 31% will drop out by the second week, and 41% do not last more than a month.

Clearly, we are taking the wrong approach. Instead of targeting specific weaknesses and goals we could focus on what God has
done for us, and the relationship that is key to happiness in our lives. New Year’s resolutions fail if they are not grounded in faith.

Frances Havergal put words to Samuel Wesley’s music in this mid 19th C hymn. It is all we need to carry us through the months ahead as we strive to become better children of God:

A new year is dawning! Dear Father, let it be, In working or in waiting, Another year with Thee; Another year of leaning Upon Thy loving breast; Another year of trusting, Of quiet, happy rest;

Another year of mercies, Of faithfulness and grace; Another year of gladness In the shining of Thy face; Another year of progress, Another year of praise; Another year of proving Thy presence all the days;

Another year of service, Of witness for Thy love; Another year of training For holier work above. Another year is dawning! Dear Father, let it be, On earth, or else in heaven, Another year for Thee.

Wishing you a blessed and happy New Year,

Faithfully,
Anne
Carolining Cookie Swap
Christmas Lessons & Carols
Bishop Knisely's Visit
Christmas Pageant 2019
Williams’ Baptism
A message from Kristy Livingston...

Christian Formation is the lifelong process of growing in our relationship with God, self, others, and all creation. The Advent season started off green with the revival of Advent wreath making! This event was so much fun for those who created beautiful wreaths! Thank you to all who donated greens! We also had our shopping bag and luminaria sales which were very successful, again thank you to all who continue to support our ministry. Another opportunity for great joy was our annual Christmas Caroling trip to nursing homes and shut-ins. Joyful voices make these visits cherished. Christmas Eve at Christ Church wouldn’t be the same without our wonderful Christmas Pageant, and this year’s was once again beautifully orchestrated by Alison Patton and Rae’Ven Kelly. Please be sure to thank them! On January 17-18 our teens are traveling to NYC for Nightwatch at the Cathedral of St. John’s for a weekend of spirit centered programs filled with joyful fellowship, contemplative, contemporary spiritual direction, devotional singing and lots of fun activities. The ride down and back will also provide the group with time for great fellowship! I am looking for an adult - or several who can take turns - to be a part of Children’s Chapel. These services are run just the way “big church” is run and follow the service in our own Children’s Prayer Books. A weekly reading, which follows the Gospel reading, is in our Sunday Paper Junior. Following the reading, an adult guides the discussion for the kids. Allie Trefes volunteers weekly to lead the service, however another adult is needed as well. Please let me know if you are available for one or more Sundays a month. All the children return during the Peace, so you are back for Communion.

As always, feel free to contact me with any questions or ideas. Thank you for your support of this important ministry!

Kristy

JANUARY TRIVIA

"A look at a couple of people on the November calendar"

1. Jan 6 is the Epiphany of Our Lord, what does it observe?
2. On Jan 27, we observe St. John Chrysostom. Who was he?

Answers on page 18
For more detail please navigate to: https://www.christchurchwesterly.org/eventcalendar/

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**Note:** The schedule is subject to change. Please visit the website for the latest updates.
Morning Prayer

Morning Prayer is a reflective way to begin your day. We recite psalms, read Scripture, and offer both ancient collects (prayers), and litanies. There are silences and time for private intercessions offered either silently or aloud. Morning Prayer is the Church’s gift to us, allowing us to sanctify time and to consecrate each day. This is the time we set apart to spend with God in the context of the worshipping community. There’s a deep sense of praying with other Christians throughout the world. Christ Church will be setting aside one 10:00 am service each month for Morning Prayer.

Although Eucharist is not celebrated during Morning Prayer, we will be celebrating the Eucharist after the conclusion of following Morning Prayer in the Tobin Chapel.
CALL TO THE 186TH ANNUAL MEETING
SUNDAY, JANUARY 26, 2020

The 186th Annual Meeting of Christ Episcopal Church in Westerly, Rhode Island will be held on Sunday, January 26, 2020 at 11:15 or immediately following the 10am Service. All members of the congregation are invited to attend. A copy of the Annual Report will be sent via email one week in advance. A full hard copy will be available in advance only upon request; please note there will be no 8:00 AM service on January 26th.

Calling all committee chairs, commission and group leaders: Annual reports are due to the office by January 12th to be compiled into the annual report. Please use Times New Roman 12pt font. Please email to christ-church@verizon.net.

PRAYER LIST
Please help us keep our prayer list current! Please take a look and send any updates to the Christ-Church@verizon.net.
Please also contact us if you would like to be placed on the Thanksgiving List of Healing.
Thank you, The Pastoral Care Commission.

A Taste of Poland
Saturday
February 22
6-8pm
$25 Adult
$12 Kids
Under 12
Tickets on EventBrite.com
Christ Church Parish Hall
All are welcome
Christ Church of Westerly, invites you to a forum on vaping: the risks, the increased use by students, the facts behind recent fatalities connected to vaping, and how we can respond. Join us on Sunday, January 12th at 11:45 in the Christ Church Parish Hall. All are welcome and encouraged to attend. The program is sponsored and presented by the Chariho Youth Coalition, and the South County Prevention Coalition. They will have resources for prevention and smoking cessation. There will be an opportunity for Questions and answers.

**DID YOU KNOW?**

- VAPING & E-CIGS ARE NOT THE SAME.
- VAPING CAN BE HARD TO DETECT.
- VAPE MANUFACTURERS TARGET OUR YOUTH.
- MANY TEENS DO NOT UNDERSTAND THAT VAPING IS HARMFUL.
- MARIJUANA CAN NOW BE ODOR FREE.
- THERE IS A NEED TO ESTABLISH SCHOOL-WIDE PROTOCOL FOR VAPING.
1. The term "epiphany" is from the Greek word meaning "manifestation" or "appearing." The early church began observances as early as the end of the 2nd c. and they combined the commemoration of the Visit of the Magi, the Baptism of Jesus in the River Jordan, and Jesus' first recorded miracle, the changing of water into wine at the wedding in Cana. This became one of the three principle festivals of the church, along with Easter and Pentecost. The Eastern Church still retains all three on this date, but in the west, just the Magi's appearance is observed on Jan 6, the other two events having been moved to the 1st and 2nd Sunday after Epiphany. 2. He was an early bishop of Constantinople, a "Doctor of the Church," and was born in Antioch, Syria around 354. He responded to the call of desert monasticism for awhile, then returned to Antioch, where he was ordained a priest in 386. He was appointed by the bishop to devote special attention to the work of preaching, which he came to excel at. The name "Chrysostom" means "golden-mouthed," and he is considered one of the greatest preachers in the history of the church. He became Patriarch of Constantinople in 397. His treatise, "Six Books on the Priesthood" is a classic manual on the priestly office and its demands, and his influences on the liturgy can still be seen in prayer books today. His life was not without trouble, however, as his honesty, asceticism, and (at times) tactless manner of speaking infuriated the rulers of the time, and he was exiled twice, before he died on Sept 14, 407. Years later, his remains were brought back to Constantinople, and buried on Jan 27, which became his Feast Day, although some in the west observe it in Sept.
Service Hours

Saturday 5:00 p.m.
Holy Eucharist spoken service

Sunday 8:00 a.m.
Holy Eucharist spoken service

Sunday 10:00 a.m.
Choral Eucharist
w/Children’s Chapel and Nursery Care

Wednesday 7:00 a.m.
Holy Eucharist

Wednesday 10 a.m.
Holy Eucharist

Wednesday 10:45 a.m.
Bible Study

Christ Episcopal Church

CLERGY

The Rev. Sunil Chandy, Christ Church Rector
The Rt. Rev. David Joslin, Rector Emeritus;
Bishop in Residence
The Rev. Erik Larsen, Assistant to the Rector
The Rev. Sandra Haines-Murdocco, Priest
Associate
The Rev. Deacon Anne Burke, Deacon

STAFF

George Kent, Organist & Choirmaster
Pamela Young, Organist Interim
Jacquelyn Smith, Parish Administrator;
Wedding Coordinator
Dorothy Adams, Office Assistant
Kristy Allardyce, Director of Christian
Formation
Madeline Therrien and Sarah Poole, Childcare
Coordinators

VESTRY

Betsey Rice, Senior Warden
Caswell Cooke, Jr., Junior Warden
Sarah Starkweather, Clerk
Stephanie Blanchette, Treasurer

Fred Allardyce
Connie Annand
Barbara Capalbo
Mike Evering
Katherine Hoxsie
Lisa Kitchen

Paul Kuhn
Doug Lawrence
Emily Mugge
Natalie Pukas
Thomas Quarantella
Richard Roy

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