



The Church Mouse

We gather joyfully to worship God and go out with gladness to do Christ's work.

As we enter the season of Advent, I invite you to spend some extra time with God. Anxiety is running rampant in our world, and spending time with God is a good antidote.

A few suggestions: breathing deeply- breathe in through your nose slowly, then hold it a moment, then breathe out slowly through your mouth, breathing in God's Spirit, breathing out anxiety and stress, releasing them to God and replacing them with the peace of Christ.

Silence: sit in a straight backed chair, hands open before you. Focus on one simple word or sound, maybe "ohm" and repeat it over and over while breathing deeply and letting go of any thoughts that come to mind.

Labyrinth walk: find a labyrinth and walk it. St Luke's, Chunn's Cove, has one

Lectio Divina: take a passage of Scripture- a paragraph or two. Read it aloud and listen for the word or phrase that hits you where you are today. Read it a second time, and listen for what it is about the word or phrase that hits you where you are today. Read it a 3rd time and listen for God's invitation to you while spending 5 minutes or more in silence.

Spend time outside soaking in the beauty all around us

May you know the grace, mercy and peace of Christ during this season of waiting and preparation!

In Christ,

Joan

Christmas Wish List for St John's

LED light bulbs

Plants for bank on right side of front parking lot

Sunday school craft items

Other items to be added to this list!

Vestry News

Vestry Meeting Highlights November 17, 2019

We brainstormed a **wish list** for the church to go in the December newsletter

We unanimously voted to approve the **Outreach Committee** proposal that St. John's distribute \$250 to each of the following ministries:

- Steadfast
- Family to Family
- Room in the Inn
- Loving Food Resources
- Church of the Advocate
- Welcome Table



Mary Sorrells

The **Nominating Committee** for new vestry members will consist of Socorro Turner, Mary Sorrells, and Sarah Downing.

Junior Wardens reported that some parishioners have expressed an interest in remodeling the sacristy and improving lighting in the chancel area of the church. Also, two more air conditioner compressors will soon need to be replaced in the Parish Hall (costing \$7,000 apiece).

Pew Cushions: We have received a check from the donors and have made a 50% deposit from the check to Hammond's Church Interiors. We expect to have leftover fabric for repairs, etc.

Budget topics

The Vestry voted to complete its three - year goal of giving Joan additional compensation to be used to pay for 1/2 of her Social Security taxes, as recommended by the Bishop. This will be an increase of 2.65% for 2020.

The vestry also approved a salary of \$10,608 for the Office Administrator, so that she is paid at a rate of \$17.00 per hour for 12 hours per week for 52 weeks.



- 12 - Chris Rhodes
- 15 - Judy Cooper
- 18 - Javi Suarez
- 21 - James Mulvey
- 23 - Dwayne Stutzman
- 23 - Walt Ward
- 31 - Lucia Hall
- 31 - George O'Neal III



- 12 - Barber & Turk Melton
- 29 - Dwayne & Sara Davis Stutzman

- 08 - Evelina Cooperova
- 09 - Heather Bramlett
- 09 - John Fisher
- 09 - Kade Ward
- 10 - Betty Hayes

Vestry News

From the Senior Warden

I give thanks for my experiences in the choir.

- Paul Templon's musical talent and selections of music. The Advent and Christmas anthems we are working on are poignant and beautiful. They vary in tempo and texture. Rehearsing them is a joy. Year 'round Paul prepares preludes and postludes to open and close our worship services. These also vary in tone and complexity. If you see me sitting with my eyes closed before the service begins or right after it ends, I am not being anti-social. Rather, I am taking in the music which has been chosen and prepared with intention and mindfulness.
- Roberta playing the grand piano during our services.
- Chris and Tim offering their guitar skills to our music.
- Barber's ability and willingness to take the highest notes so that, at times, I can take the middle notes.
- The teamwork among us is a joy to be a part of.



Mary Sorrells



Magic Moments at St. John's



The Vestry has appointed a Nominating Committee to create a slate of candidates to fill upcoming vacancies. The committee is comprised of outgoing members, Sarah Downing, Mary Sorrells and Socorro Turner. If you have an interest in serving on the Vestry or would like to nominate someone to serve, please contact a committee member by December 15.

Pew Cushions

We have received a very generous gift of pew cushions for the sanctuary. The Interiors Committee with the donors' approval, have made the selection. We do not have a completion date yet but 45-60 days expected. Will advise when we have completion date.

Shirley Pope



PUZZLE

Symbols of the *season*

Many traditional decorations convey the meaning of Christmas.

Directions: Use the picture clues to the right to complete the words. Then write the boxed letters in order to complete 2 Corinthians 9:15, NIV.



- shepherd's staff _ _ _ _
- tree that keeps its leaves _ _ _ _ _ _ _ _
- shines to lead the way _ _ _ _ _ _ _ _
- green for eternal life,
red for Jesus' blood _ _ _ _ & _ _ _ _
_ _ _ _ _ _
- sounds to announce
good news _ _ _ _
- has no beginning or end _ _ _ _ _

Th ks b to od fo is
indesc ba le gif !

2 CORINTHIANS 9:15, NIV

Answer: candy cane, evergreen, star, holly & berries, bell, wreath. Thanks be to God for his indescribable gift! 2 Corinthians 9:15, NIV

Light the way

Make some Christmas candles to remember Jesus, the Light of the world.



What you need:

- Unlined white notecards
- Hot glue (and adult help)
- Yellow tissue paper
- Mini muffin liners
- Clothespins

What you do:

1. Roll a notecard from side to side into a "candle" tube. Secure with glue.
2. Insert a piece of tissue paper "flame" in one end.
3. Glue the other end to a muffin liner. Then glue the liner to a clothespin.
4. Repeat to make many paper candles. Pin them to the branches of a Christmas tree.

Oh, who made that?

At our Harvest Hootenanny in September, our culinary captain John Fisher prepared a bevy of delicious dishes, one of which, was almost hidden at the end of the buffet line near the desserts. If you were lucky enough to find the Caramelized Pineapple you were in for a sweet treat!



Sarah Downing

John's Caramelized Fruit

Easiest possible recipe!

Start with fresh pineapple. Already cored is fine. Slice into 1/2-inch slices. If using mangos/papaya or bananas, slice into larger size pieces. Must use a cast iron pan. Cook in batches so you don't let any pieces touch each other in the pan. Add to pan 1/2 tablespoon of butter per slice and the same with olive oil (keeps it from burning too much). Dredge slices through light brown sugar to lightly coat on each side. With pan pretty hot, carefully lay pieces in pan. Don't move around. Let cook on one side for a couple of minutes till you see the edges getting brown at the bottom. This will form the caramel crust you want. Then turn over and do the same for this side. Serve with vanilla ice cream or soft cream.



	December	
1	Judy Smith	Marte Wilder
8	Rose Wilkerson	Walt Ward
15	Paul Templon	David Hilton
22	Mary Sorrells	Margaret King
29	Barber Melton	John Sumner

January Newsletter Deadline -
 December 28 - Please send your news, articles, etc. to me.
 Thanks, Mary Ann Ransom
 Email: nanaransom43@gmail.com

Mark your calendars for Events at St John's!

- Thursday, December 5, 6:30-8:00 p.m., Sacred Ground
- Sunday, December 8 and Sunday, December 15, 10:00 a.m. in the Parish Hall - Adult Formation to reflect on the stories and messages of favorite Advent and Christmas hymns
- Thursday, December 19, 6:30 p.m. - Blue Christmas Service for those who are mourning, or feel sad, depressed, etc. to join in a simple service of prayer.
- Sunday, December 22, following the 11:00 a.m. service - Decorate the Church for Christmas; everyone is invited to share the work and fun!



Tuesday, December 24, Christmas Eve Services

4:00 p.m. - Children and Families
Christmas Pageant with music and Holy Eucharist

9:30 p.m. - Our choir will offer a special Christmas presentation, followed by Holy Eucharist at 10:00 p.m.



- Saturday, February 22, 2020, our bishop, the Right Reverend Jose McLoughlin, will visit. An Enquirer's Class will be in January/February for anyone interested in being confirmed or received into the Episcopal Church or for any who are simply interested in knowing more about the Episcopal Church. Please let Joan know if you are interested.

Green Team Tips

This tip is not advocating a switch to a vegetarian or vegan diet. What this tip does advocate is consuming fewer meat-based meals per week in order to save resources.

According to an August 2019 report published by the Intergovernmental Panel Climate Change, the entity designated by the United Nations, experts believe that a plant-based diet can aid in reducing or slowing climate change.

Here are some things to consider:

Raising livestock requires a large amount of land and water.

Almost 2/3 of grains produced are used to feed livestock. This grain could be used instead to feed people.

Livestock are producers of methane, a greenhouse gas that traps heat in the earth's atmosphere.

Perhaps you could initiate a Meatless Monday regime or how about Tempeh Tuesday? There are wonderful print and online resources for recipes.

Inside this issue - December 2019

Joan's Message	1
Vestry News	2
Birthdays/Anniversaries	2
Vestry News	3
Pew Cushions	3
Kids Page	4
Oh! Who made that?	5
Kitchen Helpers	5
Jan. Newsletter Deadline	5
Mark Your Calendars	6
Green Team Tips	6



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