



# THE PARISH NEWSLETTER

St. John's Church, Salisbury, Connecticut



The Rev. John F. Carter, Rector

December 2010

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## The Rector's Corner

### ALERT

The cold charcoal days of early winter offer no flattery and not much mercy. They are honest. Trees are now bare. Vagrant dead leaves, like loony land crabs, scuttle about in unruly bands. In the gathering silence, the sky opens up generously and the lines of distant hills emerge through the unsheathed woods. We too become more transparent, open and vulnerable. The uncompromising retreat of the sun scrapes away the polished veneer of the persona we present to the world. It is not an easy season with its call for honesty and stillness. We would rather cover things over and dash around busily as if hyper-activity were somehow redemptive.

There is a field covered with tawny tufts of dead grass, a remembrance of last summer's verdant splendor. Crusty snow adorns the meadow; snow and matted pasture make a study of whites and ochres. A break in the stonewall makes an inviting opening out of the deep woods into this tranquil sanctuary. At the far end of the field a small herd of deer forages and grazes without haste, as if they had all winter to fill their bodies now thick with dark fur. They make no sound. Now they bend down and look up. Their alertness goes beyond the task at hand. Their ears are erect and turn like little radar dishes, keening for the slightest sound. I am as still as I know how to be in the frigid air. They look and listen

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*Drawings Courtesy Paul Bacon*

again, then inch forward to eat a little more. They are ready to stay and ready to escape. This is the way they live. Although they do not feel the weight of time as we do, their survival, nevertheless, hangs upon precise timing.

A “lookout” spies me. Like one unified organism with many sensitive nerve endings, they are all suddenly alert. They look right at me, intensely focused and perfectly still. Then one snorts an alarm and all of them bolt. Their long, white flouncy tails bounce as they leap high in the air. They leave the stage like a wild dance troupe. In seconds they have totally vanished into the waiting woods. I am alert now, waiting for something, something I have not yet met.

John+

### ***Two additional advent thoughts about waiting***

“Most of the time, we don’t wait. And we certainly don’t wait in silence. Most of the time, we hurry and we push. We split time into tenths of seconds. We fret when a traffic light turns red and holds us up for a bit. (Or when the document we are calling up takes more than 2 seconds to arrive) The press of hurrying creates harried and hassled souls, disconnected from life and from kindness itself. ... in the waiting, trust begins to grow. Trusting and waiting allow the loving-kindness that is the essence of God’s own Life to grow in us, and to bear fruit that we never expected.” Mary Earle

### **When Waiting Takes Too Long**

Gracious God, there’s so much waiting in my life. I wait in lines, I wait for a better job, I wait for others, I wait for financial security, I wait for a doctor’s report, I wait for love, I wait for pain to abate, and I even wait for death. Sometimes the waiting erodes my joy and fills me with dread. Help me find waiting to be the friend that invites me into the spaciousness of stillness.

Give me the grace to refrain from rushing ahead in order to bring waiting to an end. Instead, let me find joy in the waiting itself. I ask this for the sake of your love. Amen.

Anon



## **CHRISTMAS EVE**

**4:45 PM – SPECIAL MUSIC BY CHOIR**

**5:00 PM – CANDLELIT FESTAL EUCHARIST**

**MISA DE LA NAVIDAD**

## **CHRISTMAS DAY**

**11:00 AM – SIMPLE EUCHARIST WITH CAROLS**

## **SUNDAY AFTER CHRISTMAS**

**8:00 A.M. - EUCHARIST I**

**10:00 A.M. – EUCHARIST II**

**SPECIAL MUSIC WITH JUNE CONTI, VIOLINIST**

## Staying Well as the Weather Gets Cold



**Eat:** foods rich in omega 3 fatty acids, such as **salmon**

**root vegetables** like sweet potatoes and carrots, which are all very rich in Vitamin A and antioxidants, which play a huge role in immunity

a wide variety of **mushrooms**, including shitakes and even plain old white buttons, which have also been proven to improve immune functions

**yogurt** with probiotics, which help maintain healthy gut flora, since it has now been firmly established that the gut is the center of immunity.

**Get moving:** sedentary people are more likely than others to become ill. Exercise – even just a half-hour to an hour of **walking** – has been shown to keep you functioning and to boost immunity.



**Stay rested:** it's essential to get enough **sleep** – ideally 7 ½ to nine hours – because proper rest helps the body repair injuries caused by stress, illness and invading organisms such as viruses.

**Don't stress:** stress hormones can make you more susceptible to infection. So **try not to get worked up** over that resurgent rush-hour traffic and focus on maintaining a less confrontational and low-stress lifecycle.



**Look on the bright side:** **optimistic people** tend to have a better immune response.

**Drink up:** if you feel a cold coming on, **consume plenty of fluids**. This helps keep your organ systems functioning optimally and is very important for proper immune response.



**Avoid germs:** many people don't follow basic rules of hygiene. It's important to **wash or sanitize your hands frequently** – such as after using that germly shared pen at the supermarket – and to steer clear of coughing, sneezing or otherwise obviously ill people.

**Get a flu shot:** this is one of the simplest means of **staying well**, particularly for the very young, for older people and for those whose immune systems are compromised.

*Found for us on the Internet by our Good Health Sleuth, Susanna Binzen  
Illustrations by Paul Bacon*

## PROFILE OF LUCY GONZALEZ

by Ellen MacDonald

Everyone should have a Lucy Gonzalez in his or her life. Lucy is a fine, kind, sweet lady who has an optimistic generous attitude toward life, a quality very pleasant to be around. Lucy's proper name is Maria Luz Gonzalez, her mother's name. Luz in Spanish means light and Lucy seems to cast a pleasant glow about her.

Lucy's early life was hard. She was born in El Salvador in 1940 and attended school there until she was eight years old when her mother died. Lucy, the eldest child (and daughter), had to leave school, where she had only completed second grade, in order to cook and wash clothes and do general housekeeping for her father and her two younger brothers and sister. She worked at these chores, one can imagine not easy for a very young little girl, for many years. When she was nineteen and her siblings had grown older as well, she got married.

She was happily married for twelve years until her husband was murdered, shot from behind by persons unknown, at five o'clock in the afternoon as he was herding cows back into the barnyard. Lucy then went back to living with her father and taking care of him which she did until he died. That was in 1982 and she decided to immigrate to the United States. Lucy was 42 years old.

Luckily, Lucy had a cousin living in Washington, D.C. which is where she went to live. She very quickly found work as a housekeeper and nanny for a Chilean family who lived in Maclean, Virginia. The father, Alvaro Beca, was employed by the Banco Interamericano de Desarrollo

(Bank of International Development). The Becas had two children, a boy of two and a girl of seven. Lucy stayed with this family for six years until they returned to Chile. She then (1988) went to work for Helen and Tony Scoville who lived in Washington, and had two children, Orlana and Avery whom she loved and cared for. Lucy has been with the Scoville family since then, twenty-two years. When the Scovilles left Washington in 2004 and moved back up to Salisbury, Lucy came with them and started to work for Mrs. Ann Scoville where she still works as a housekeeper.

In spite of not having had much formal education, Lucy, who is intelligent, has managed her life very sensibly. She has become a U.S. citizen and, with the Scovilles' advice, has set up an IRA. With help from the Scovilles who wanted Lucy to be able to drive a car and do errands for Mrs. Ann Scoville, Lucy, in her mid-sixties and somewhat apprehensive about driving, learned to drive. The Scovilles and Bill Stanton gave her lessons until they thought she was proficient enough to take the driving test. Bill Stanton took Lucy to Winsted for her test and helped to calm her nerves. She passed the test with flying colors on the first try.

Since becoming 65 years old she has received Social Security. She has been frugal and saved her money. At some point in her adult life she bought a little house in El Salvador which she rented out and then she was able to buy another little house near the first one. Her younger sister, Maria Elena, lives in one of the houses. Lucy is now planning, after so many years in the US, to return to El Salvador to live in

the second house next door to her sister. She is 70 years old and thinks it is time to retire.

A Venezuelan friend, Marina, who worked for a family near the Scovilles introduced Lucy to the English as a Second Language program at St. John's Church. Lucy always wanted to improve her English and was happy to join the classes. She met Latin Americans from many countries who quickly became friends and she also met Father John. They immediately struck up a friendship and after a while Father John asked Lucy to be one of his first parishioners at the Misa which he was then organizing. Lucy attended for a while and was delighted to find a church as close as St. John's. After a while she realized that she was not improving her English by attending a Spanish Misa so she switched to the 10:00 a.m. service. She has been attending this and enjoying it ever since.

Lucy will be leaving the US to go back to El Salvador on December 15. She says she will miss her family (the Scovilles) very much and also her many friends here. She is very grateful to the United States for all that she feels this country has done for her. She thinks it is a wonderful, beautiful country and she will miss it very, very much. Lucy has been a most welcome member of the St. John's Church parish and we will miss her too. We hope all goes well for you, Lucy. Farewell, God bless que vaya bien.

"Not what we give  
But what we share  
For the gift without the giver  
Is bare."

James Russell Lowell

*Kindly submitted by Herb Prem*

*Life in the Parish*

*Happy  
Birthday!*

### **DECEMBER BIRTHDAYS**

11	Knox Green
14	John Neufeld
16	Edward McDonald
18	Mike Haupt
19	Carl Williams
25	Paul Bacon
27	Garrett Richardson Amy Beir
30	Silvino Aquilar
31	Carol Barker

### **JANUARY BIRTHDAYS**

24	Eileen Epperson Chantel Richards
27	Barbara Hesse

### **DEATHS**

Bill Binzen, passed away peacefully  
November 1, surrounded by his family.

Elizabeth Lehman, passed away November 5<sup>th</sup>  
in Sarasota Springs at the age of 97.

*May the souls of the faithful departed rest  
in peace.*

## FACTS, FAITH, FUTURE

### KEEPING A PROMISE

Last summer, at our **FACT, FAITH, FUTURE** workshop, we promised to bring you a balanced budget for 2011. We intend to keep that promise and anticipate that the Vestry will pass a balanced budget at its regular December meeting. In order to do this, the Vestry has established rigorous objectives for 2011, which include:

1. **A reduction in drawdown from investment funds of \$10,000 for 2011.** The long-term goal is to reach a sustainable level of 5% drawdown by 2016. The percentage for 2011 is 9%, down from 12% at the beginning of this year.
2. **Budget cuts across the board, including staff payroll, of \$27,000.00**
3. **An increase of \$5000.00 in Parish pledging for 2011.** This represents an increase of \$5,000 over actual and projected funds for this current year.

These goals have much to do with the future health and well being of St. John's church over the next six years. Goals 1 and 2 have been implemented by the Vestry.

#### **Goal 3 is up to all of us.**

The good news is that we have made substantial progress in reaching our goal for 2011 of \$180,000. Pledges received as of December 2<sup>nd</sup> translate to \$136,036.00, or a little more than 2/3rds of our pledge target. Of the 56 pledges;

- 3 are new givers,
- 35 pledgers have been able to increase their giving,
- 15 have maintained their giving equal to this year,
- And only 3 have found it necessary to reduce their giving

**We do not intend to make a mid-year appeal in 2011 such as this year's Supplemental Pledges. So, if you have not pledged, now is the time to make the most generous pledge you can for 2011. If you have already pledged, any increase could make all the difference in achieving our goal and balancing the budget for 2011.**

Faithfully yours,

*Robert Tapscott, Sr. Warden*

*Thomas Haines, Treasurer*

*David Hannegan, Annual Appeal Chair*

## ADVENT VIRUS

Be on the alert for symptoms of inner Hope, Peace, Joy and Love. The hearts of a great many have already been exposed to this virus and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms of The Advent Virus:

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom.)
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

Please send this warning out to all your friends. This virus can and has affected many systems. Some systems have been completely cleaned out because of it.

--Anonymous source

*Kindly submitted by the Rector*

# *Advent Quiet Day*

*with Sr. Mary Fahy, RSM*

*Saturday Dec. 11th 9am-12pm*

*Please register: by calling: 860-435-2627*

Trinity Church, Lime Rock, 484 Lime Rock Rd  
Lakeville, CT 06039



Joyce Garrett wrote:

*I have been involved with this mission in India for over 25 years. I got involved because I knew the folks that began this charity, and, at the time, they were caring for 37 children. Inasmuch as Christianity is at 1% of the population, and there are no social services, there is a great need for charity. Bethania literally finds children that have been abandoned, or have been dropped off at their door for help. Today, they care for over 1,000!*

*Bethania feeds, clothes, educates, and provides medical care. The children are exposed to Christianity, and most seem to become Christians.*

*The purpose of this missive is to ask if you could include the following in an upcoming newsletter, or Sunday program. Amazon.com has made arrangements to give back to Bethania 2-9% of every order placed through Amazon!*

*One needs to go to [www.bethaniakids.org](http://www.bethaniakids.org)  
then click on the blue tab "request resources"  
far left "order resources and Amazon"*

*Once you click on the Amazon, you proceed as you would normally to place an order.*

*Thanks much.*

## NEW PASTOR IN TOWN

**A little boy was waiting for his mother to come out of the grocery store. As he waited, he was approached by a man who asked, "Son, can you tell me where the Post Office is?"**

**The little boy replied, "Sure! Just go straight down this street a coupla blocks and turn to your right."**

**The man thanked the boy kindly and said, "I'm the new pastor in town. I'd like for you to come to church on Sunday. I'll show you how to get to Heaven."**

**The little boy replied with a chuckle. "Awww, come on... You don't even know the way to the Post Office."**



Paul Bacon

Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content.

Faith is the strength by which a shattered world shall emerge into the light.

I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.

I can see, and that is why I can be happy, in what you call the dark, but which to me is golden. I can see a God-made world, not a manmade world.

I do not want the peace which passeth understanding, I want the understanding which bringeth peace.

Helen Keller

## CALENDAR

### SERVICE SCHEDULE EVERY SUNDAY

8:00 a.m. – Eucharist I  
 9:50 a.m. – Church School  
 10:00 a.m. - Eucharist II




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Every Tuesday	7:00 p.m.	Drumming Circle
Every Other Wednesday	6:00 – 7:30 p.m.	Girl Scouts
Every Wednesday	7-9 p.m.	ESL Class
Every Thursday	3:30-4:30 p.m.	ESL Class
Every Thursday	5:30 p.m.	Puentes Class
Every Friday	6:00 p.m.	Al-Anon
Every Saturday	4:00 p.m.	A.A.

*Beginning January 3<sup>rd</sup>, 2011 Al- Anon will be adding on a meeting day, every Monday 2:00 – 3:15.*

## DECEMBER

9	Thursday	5:00 p.m.	Executive Meeting
10	Friday	5:00 p.m.	Holiday Healing Service
11	Saturday		Quiet day at Trinity Lime rock
12	Sunday	4:30 p.m.	Lessons and Carols at Salisbury School
14	Tuesday	12 p.m.	Clericus Meeting Litchfield Deanery
16	Thursday	5:00 p.m.	Vestry Meeting
19	Sunday	11:30 p.m.	Greening of the Church
22	Wednesday	4:00 p.m.	Choir Rehearsal
<b>24</b>	<b>Friday</b>	<b>5:00 p.m.</b>	<b>Christmas Eve – One Service for All Eucharist with Choir, Carols 4:45 p.m.</b>
<b>25</b>	<b>Saturday</b>	<b>11:00 a.m.</b>	<b>Christmas Day – Eucharist, with Christmas Music. Merry Christmas</b>
<b>26</b>	<b>Sunday</b>	<b>8 &amp; 10 a.m.</b>	<b>Guest Musician: June Conti</b>



12	Wednesday	12 noon	NWMA Annual Meeting
13	Thursday	5:00 p.m.	Executive Meeting
20	Thursday	5:00 p.m.	Vestry Meeting
<b>30</b>	<b>Sunday</b>		<b>ANNUAL MEETING</b>

St. John's Episcopal Church  
12 Main Street  
Salisbury, Connecticut 06068

Phone: 860-435-9290



The Mission of St. John's Church

- To reveal through worship the presence of God
- To grow spiritually in the knowledge and love of Jesus Christ
- To reach out to others through the power of the Holy Spirit.

Dear Readers:



Please know that this Newsletter is also available by email.. Let us know if you are interested [sjsalisbury@sbcglobal.net](mailto:sjsalisbury@sbcglobal.net). It is also available on the St.John's website [www.stjohnssalisbury.org](http://www.stjohnssalisbury.org)