



THE CANTERBURY CROSS

St. Thomas à Becket Episcopal Church, Morgantown, WV

December 2015

2015 Christmas Season at St. Thomas à Becket

Sunday, December 20, the Fourth Sunday of Advent:

8:00 a.m. - Holy Eucharist Rite I

10:30 a.m. - Holy Eucharist Rite II

11:45 a.m. - decorating the church for Christmas

Thursday, December 24, Christmas Eve:

5:00 p.m. - Festive Holy Eucharist Rite II with
the Children's Christmas Play

10:00 p.m. - Festive Holy Eucharist Rite II, beginning with
an extended prelude of carols and other seasonal music.

Friday, December 25, Christmas Day:

10:00 a.m. - Holy Eucharist Rite II (without music)

Sunday, December 27:

We will celebrate **The Feast of St. Thomas à Becket**

Sunday, January 3, the Second Sunday after Christmas:

8:00 a.m. - Lessons and Canticles (spoken)
with Holy Communion

10:30 a.m. - Lessons and Carols with Holy Communion



Snow Removal Squad Forming

By Jeff Fedan, Junior Warden

To the younger men and women adults in our congregation:

Fall is here, and we must, unfortunately, start thinking about snow at St. Thomas à Becket! Over the past few years we have received excellent service from a company that plows our driveway and parking lot. However, this service does not clear our sidewalks.

Last year the Property Committee organized a team of parishioners who came by church the morning of a snow fall to shovel the sidewalks. Many stopped on their way to work. This entailed shoveling a path to the back door, a path to the main entrance, and then laying down some snow melting compound.

We would like to enlarge the squad so that members will need to shovel only occasionally. As you know, snow shoveling by seniors is not the best health tactic, so we would like to engage more of our young adults.

It took about 15 minutes to shovel and treat the sidewalks under the conditions we had last winter. We will also establish a rotation schedule so that no one will be unduly burdened.

If you can help out, please sign up using the form in the Narthex, or contact Jeff Fedan (304-864-0105; intothewoods@frontiernet.net).

Thanks in advance.

Sunday School and Outreach Share Their Gratitude

by Aurie Acciavatti

The Outreach committee would like to thank everyone who contributed in any way to the once again successful Scott's Run Settlement House (SRSH) Thanksgiving basket program. To those who provided food and/or helped with the sorting and distribution of the food, your generosity was truly appreciated!

If you provided food, there was enough to fill a basket for the 35 SRSH families plus a basket for the Salvation Army family! We still had some more to take to the SRSH pantry - THANK YOU.

If you provided a gift card, each family was able to receive \$5.00 more this year in their card than in the past - THANK YOU.

If you were one of the people that could not get your food to church because of the paving project and arranged to have your food picked up - THANK YOU.

If you were one the people who came on Saturday morning to help sort and fill the bins and bag up the onions and celery - THANK YOU.

If you were one of the people who carried the bins to the Sunday School room - THANK YOU.

If you were one of the people that stayed Sunday afternoon to distribute the bins to the SRSH clients - THANK YOU.

Those folks were very appreciative of all we did. Without everyone's help, especially this year, this outreach project could never have happened. St. Thomas à Becket is a wonderful and caring congregation!

Jesus said, "I will tell you the truth, whatever you did for one of the least of these...you did for me."



Left: Parishioners give out the SRSH Thanksgiving baskets. This was the last phase of this important Outreach/ Sunday School project!

From left to right are Scott Murdoch, Sarah Knox, and Ann Pahl.

Parish Soup Luncheon December 6, 2015

The menu will include: Broccoli Cheese Soup, Chili, Chicken Noodle Soup, Dilled Salmon Chowder, Vegetable Soup, Tomato Ginger Soup, Dinner Rolls, Banana Bread, Gluten-Free Bread, Fall Cookies, and Fudge.

Cost is \$10.00 per person; no cost for children less than 12

Help Yourself, Others Cope During Holidays

By Florita Montgomery, Grief Support Group Coordinator

This article is an adaptation of an email Florita Montgomery sent to those who regularly attend the women's grief support group, who could not meet in November because of our parking lot issues.

As those of us who grieve move into the holidays, we begin to feel a range of emotions. Some hours in the day, we enjoy the holidays. Some hours, we cope with the holidays. Please remember that experiencing grief during holidays is normal. Yes, we are making progress. But the holidays can unearth new potholes that inflict pain as we journey the road to a new life without our loved ones. Let's find and use ways to lessen or soften that pain.

We can try one or all of the "Four Cs of Coping (with the holidays and special days)" as explained below in my summary of "Holiday Helps" from the Visiting Nurse Association of Indiana, Pa.

1. Communicate your needs and concerns clearly to those around you.

Can your family discuss holiday plans ahead of time? What does each family member need? What can be put on hold this year? Don't be ashamed to say what you would like to do differently and why.

2. Change your routine.

The holidays are full of traditions. But can your family agree upon some minor changes? For example: Can you have the meal at a different location? Invite new folks to join you? If you are dreading a certain part of the holiday routine, be creative. Tweak it or drop it.

3. Cut back on your activities.

Don't do everything you've always done. Be selective. Do less. (Who in your family could learn to prepare your special dish?) Gather with friends and relatives. But guard your strength—emotional and physical. Excuse yourself from an activity when you feel you should. Sometimes, you may need to find a quiet place away from the group. Heed that need.

4. Celebrate the memory of your loved ones.

During the holidays, we can look for new ways to share our memories and honor our loved ones. Holiday gatherings give us a wonderful opportunity to express our appreciation for having had our loved ones in our lives. We can set aside a story-telling time to share favorite vignettes. Let's pull out those photo albums and share details about what was really going on in those snapshots! Laughter can be healing.

No Shame. Though you might be surprised by the emotions that strike you as you move into the holidays, you should not be ashamed. If people express their dismay or disbelief at your grief, turn the occasion into a teachable moment (or minutes!). Gently explain that grief is a long journey. Each individual experiences grief differently as he or she learns to shape a new life without the person who died. All who grieve are on the road to creating a "new normal." It's a long, long journey.

My Thanksgivings. In 1995, on the Sunday morning after Thanksgiving, my mother called to tell me it was time. It was time for me to come home (to Youngstown, Ohio) to be with

my dying father. I drove home Sunday morning. My sister Lisa and I set at my dad's bedside through Monday night. My father died early Tuesday after Thanksgiving.

Just last month, on our way to Youngstown, I showed my daughter the bridge that I stared at that Sunday morning—for what seemed like hours -- as the 1995 post-Thanksgiving traffic slowly, slowly inched its way through Pennsylvania and Ohio turnpike ticket booths. That bridge remains just one of the visual triggers haunting my fall and Thanksgiving season.

In 2011, on the Sunday evening after Thanksgiving, Jim -- my husband -- came into our kitchen and said it was time. It was time to go to the emergency room. He had been fighting pain and taking tests and getting no answers for months. Now the pain was crippling him. On the Sunday after Thanksgiving, we went to WVU's emergency room, where doctors reviewed Jim's tests and then ordered a CAT scan.

Around 3 a.m. Monday, Jim's young doctor came into our room, pulled up a chair, gently leaned over to Jim, and gave him the news. Jim, she said softly, had cancer. The doctors had found several "lesions" on his pancreas and liver. Jim was admitted to the hospital. It was the Monday after Thanksgiving. In 2015, the triggers are still too difficult to describe.

Help Yourself and Others. Each year, I struggle my way through fall and Thanksgiving. I will be on this journey with varying degrees of highs and lows for the rest of my life. We can learn to live with grief. Eventually, we learn to enjoy life in different ways. We adjust. But we never "just get over it."

During this season, be understanding and accepting of your emotions as we move into this long holiday stretch that doesn't end until January. Talk to others who have lost loved ones. Listen to those who have lost loved ones. Talking. Listening. These are priceless gifts those on this journey can give each other.



Sunday School News



Pictured above is Anne Robbins with the much appreciated diapers and wipes for Scott's Run Settlement House.

In October 2300 diapers and 12 wipe containers were collected and donated to Scott's Run Settlement House for their baby pantry. We thank everyone who helped with this needed outreach.

In December the Sunday School will host a sandwich and snack sale on Sunday, December 20 for the greening of the church. Thank you in advance for your support!

Sunday School is also collecting White Gifts for their outreach project this month; please bring in any baby layette gifts you would like to donate before December 27.

In January, we will be collecting hats and mittens for Christian Help if you want so shop early!



December 2015



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------|-----------|---|---|--|---|
| A reminder: December 6 is Stewardship Ingathering Sunday! Be sure to bring your 2016 Offering and Gifts/Ministry forms to church! | | 1 | 2 Noon Eucharist in Chapel | 3 | 4 | 5 |
| 6 2 Advent Ingathering Sunday 8 a.m. Rite I 9:15 a.m. Becket Choir Property Comm Mtg 10:30 a.m. Rite II Sunday Sch. / Youth Ch. Stewardship Comm Mtg Parish Soup Luncheon <i>Gifts for Salv. Army Family due</i> | 7 | 8 | 9 Noon Eucharist in Chapel SRSB Backpack Feeding Program 1 p.m. | 10 Vestry Mtg 7 p.m. | 11 | 12 Centering Prayer 9 a.m. Chapel Sanctuary (rsvd) 10 a.m. - noon |
| 13 3 Advent 8 a.m. Rite I 9:15 a.m. Becket Choir Outreach Comm Mtg 10:30 a.m. Rite II Sunday Sch / Youth Ch Finance Comm Mtg Spiritual Parenting Mtg Newcomers' Coffee Hour Becket Arts! 3 p.m. | 14 | 15 | 16 Noon Eucharist in Chapel | 17 Women's Grief Support Group 6 p.m. | 18 | 19 |
| 20 4 Advent 8 a.m. Rite I 9:15 a.m. Becket Choir 10:30 a.m. Rite II Sunday Sch / Youth Ch Hanging of the Greens Sunday School Sandwich Sale | 21 | 22 | 23 Noon Eucharist in Chapel | 24 Christmas Eve <i>Family Service</i> 5 p.m. <i>Festive Service</i> 10 p.m. | 25 Christmas Day <i>Christmas Day Service</i> 10 a.m. | 26 Centering Prayer 9 a.m. in Chapel |
| 27 1 Christmas 8 a.m. Rite I 9:15 a.m. Becket Choir 10:30 a.m. Rite II Sunday Sch / Youth Ch St. Thomas à Becket feast day (transferred) | 28 | 29 | 30 Noon Eucharist in Chapel | 31 New Years' Eve | | |

Our Worship Schedule

The Rev. Julie B. Murdoch, Rector
The Rev. Dn. Al Prichard



Sunday

8:00 a.m. (Rite I, spoken)

10:30 a.m. (Rite II, with music)

Nursery care and Sunday School with children's worship are offered during the 10:30 a.m. service.

Tuesday - Saturday

Morning Prayer, 8:30 a.m. *(except in the Rector's absence)*

Wednesday

Holy Eucharist, 12:00 noon (Chapel)

Please contact us at

St. Thomas à Becket Episcopal Church

75 Old Cheat Road

Morgantown, WV 26508

304-296-0270 (emergencies: 304-282-4241)



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