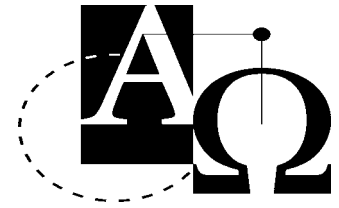


The SPIRIT of GRACE

JANUARY 2009

GRACE EPISCOPAL CHURCH
820 Howard Street PO Box 596
417-358-4631
gracechcar@sbcglobal.net

Carthage MO 64836
fax 417-358-6775
www.gracecarthage.org



Regular Events...

Sunday

- Holy Eucharist 8 & 10:30
- Acolyte Practice 9:15
- Christian Education 9:15
- Spanish Eucharist 12 pm

Monday

- Morning Prayer 7
- Quilting Group 6:30 pm
- Narcotics Anonymous 7 pm

Tuesday

- Morning Prayer 7
- Men's Social, St Luke's 10
- Exercise 10 am & 6 pm

Wednesday

- Holy Eucharist 6 pm, with Adult Ed, Youth Group & Dinner

Thursday

- Holy Eucharist, St Luke's 2 pm
- Friends Anonymous 4 pm
- Exercise 10 am & 6 pm

Friday

- Holy Eucharist 10

January Coffee Hosts Bill & Libby Wilson

SAVE THESE DATES...

Jan 9-11 YAC
Jan 17 BBQ Dinner
Jan 18 Annual Meeting
Jan 30-Feb 1 All Church
Women's retreat

ANNUAL MEETING

Noon, Jan 18 is the annual meeting. All guilds and groups should have their printed reports no later than Jan 11 in order to print the annual reports!

From the Rectory: The Rev. Steven C. Wilson

Every January, named after the two-faced Roman god who oversaw doors (*like modern moms, Janus had eyes in the back of his head*), starts the same. With resolutions. It's all going to be different this year...I'm going to lose 25 pounds, take up figure-skating, be nicer to my neighbor who never returns the tools he borrows, and do my taxes before February's finished. But somehow, resolutions seem to languish in the dark, and the wind whips them up and blows them away, to Iowa I suppose. If I'd kept all my resolutions, I'd now weigh 4 ounces sopping wet and know how to tango.

Resolutions are a kind of "self-help," which is a popular aisle at the bookstores. Self-help excels at looking at the past—what did I screw up on last year?—and then assumes that we can build a different future—where do I want to be in 2010? Like Janus, self-help is always looking ahead and behind, but never sees today very clearly.

Our is an historically oriented faith—the stories of Jesus are not myths, fictional tales revolving around eternal truths. They are his-

tory, which only has meaning if it happened in (*more or less*) the way it is told. If Jesus didn't die on a Cross, if he wasn't the insignificant baby of an ordinary family, then our Gospel is a lie. *And* it is a forward-pointing faith, proclaiming future in which God makes all things right, a future which we, if faithful, can help to build.

Still, this is not a Janus faith. Unlike paganisms of past and present, Christianity *insists* we see our present truly. No romanticizing the past—yes, it may have been more churchgoing, but it was also bigoted, ruthless and unkind. Nor can we hang our hats on the future, pining for the Rapture. We must look at the world of the here and now, and *love* it. Love can be tough and demanding; it is rarely easy, and on occasion it is met with scorn and hatred.

But if we want to be more like Jesus, and less like Janus, then we are called to love. Which is far more likely to actually leave 2009 transformed than all our resolutions. Love where you are: God will use the love to fix what He deems necessary. Which may not include me losing 25 pounds at all...

WEATHER QUESTIONS?

Our policy is simple and clear. We NEVER cancel worship due to weather. NEVER. Activities (*Bible study, youth group, choir practice, dinner*) are another matter entirely. If in doubt, call the person in charge of the event (*your youth mentor, the choir director, etc*). And please do not feel obligated to attend worship if you feel it is unsafe to drive! The rector only lives four blocks away—it would take a tsunami to make that commute unsafe. But your personal commute is something you need to assess responsibly.

JANUARY BIRTHDAYS

- 2 Bill Phelps
- 3 William Dunaway
Lanceton Pettie
Santos Lopez
Eugenia Pivaral
- 4 Harry Rogers II
- 5 Susan Bewick
Longan McGinnis
- 6 Claude Newport
Michael Robertson
Rollin Frink
Sydney Harlin
- 7 Barbara McPheeters
Amy Taylor
Trenton Lynch
- 8 Micah Grigsby
Tom Simmons
- 9 Nancy Adams
- 10 Charlie Rogers
Suzanne Baucom
- 11 Rich Williams
Greg Kester
- 12 Roni Seaman
Mercedes Palma
- 13 Bill Wilson
Eli Cornman
- 14 Sharon Burwick
- 15 Nicholas Wilkowski
- 17 Hans Ytell
Alexis Christy
- 18 Clay & Marley Hansley
- 19 Isbella Christy
- 20 Jennifer Hamilton
- 21 Jack Slates
Taylor Grimes
- 22 Cynthia Ulmer
- 23 Jay Lonham
- 24 Carolyn Phelps
Wyatt Hettinger
- 25 Margaret Hatfield
- 27 Del Flanigan
Jerry Sample
Marilyn Kelley
John Conrace
- 30 Hartford Patrick
- 31 Samanta Ovalle
Wendy Watson

ANNIVERSARIES

- 1-3 Eric & Yolly Ferrell
- 1-4 Loren & Glenda Erwin
- 1-4 Ron & Diann Ferguson
- 1-8 Austin & Jennifer Rhymer
- 1-8 Jerry & Kathy Gilpin
- 1-25 Dale & Jinny Hopp

OUTREACH

QUARTER TUBE

During the month of September our Quarter Tube reached a goal of \$2,500 or the 10,000th quarter. Thank you for your generosity towards this ministry. Animals have scampered through the barnyards of five continents due to your commitment!

ST LUKE'S NEEDS

Join us for men's fellowship each Tuesday morning at St. Luke's Nursing Center at 10 a.m. See Chuck Erwin or Dale Hopp for details. **Each Sat morning, we need volunteer bingo callers** to help with the social highlight of the weekend at St. Luke's. See Richard Roske for details.

NEARLY NEW

Many of our outreach projects are funded by the sale of gently used clothing at the Nearly New Shop. We encourage you to speak to Cindy Chilton or Carolyn Cole about donations (you can receive money back on consignment or make a tax-deductible contribution) or to volunteer for a 3-hour shift once a month. This shop provides many in our community with clothing that would otherwise be unaffordable.

Millennium Development Goals (MDG's) and the Diocese of West Missouri

During 2008 our diocese appropriated \$12,000 to churches participating in outreach beyond the U.S. Grace Church received \$500 this summer for a health clinic in Guatemala and The School of the Deaf in Salt, Jordan---old news. Recent news is that all but \$1,300 of projects were awarded funds by late November. The Diocesan Council voted in December to send the remaining funds to Episcopal Relief and Development (ERD), zeroing out the budget line item. Next year's appropriated amount is \$13,000. I assure you that Grace Church will apply once again for \$500 during 2009. Recommendations for overseas outreach are welcome and greatly appreciated. Please let me know what organization you have in mind. *Deacon Galen*

Many thanks to all of you for your generosity and thoughtfulness at this holy day season. The warmth and love of this parish are the greatest gifts imaginable.

Fr Steve, Fr Jose, Deacon Galen,

The Parish Prayer List

Betty Carpenter, Jean Berry, Amanda McClanahan, Mary Helen Dunaway, Muriel Hallam, Dorothy Taylor, Dorothy Solomonson, Carolene Kelly, Juanita Pence, Harley Madsen, Kay McNew, Evelyn Jackson, Glynn Evans, Lois Raschke, Michelle Short, Patty Fasken

Jim, K. C. Hagensieker, Stacey Chapman, Marsha De-laney, Gail Ross, Fred Campbell, Carmen Lee, Frank Lane, Ann Geisert, Sam, Chloe Chaiyoj, Debi Sierra, Judd Lackey, Connie Hobart, Bob Erwin, Shirley Canter, Sam Ford, Karen Swingle, Leeann Paine, Rev. Joy Wallace, the Steve Harris family, Jenna Calhoon

(Military) Ethan Feurborn, Gary Welch, Eric Leek *(Iraq)* Web Feurborn, Jake Douglas, Randy Ayers, Ben Killman, Gary Pieschel, Darrel Cude, Joe LaTendresse, Trevor Shields, Jason Kuykendall, Grant Stevens, Jake Evans, *(Afghanistan)* Rich Jones, Rick Frink, Jason Reynolds

The Diocesan Cycle of Prayer

- Grace, Chillicothe: The Rev William Bellais, Rector
- West Missouri School for Ministry (deacon's school)
- St Paul's, Clinton: The Rev Rolf Leed, Vicar
- Postulants and Candidates for Priesthood: Cinthia Barnes, Nila Bishop, Bradley Chance, Grafton Cook, Kathleen Hall, Greg Hoover, Nancy Smith-Leach, Diane Pike, and for the Diaconate: **Susana Gonzalez**, Greg Morgan, Nancy Nevins, Sherrill Russell, Helen Whitsitt
- St Luke's, Excelsior Springs: The Rev John Coil, Vicar
- St Mary's, Fayette/NERM: The Rev. Canon Bill Fasel, Missioner

The Anglican Cycle of Prayer

Liberia (West Africa), Lichfield, Lincoln, Liverpool, London, Manchester (England), Limerick & Killaloe (Ireland), Litoral Ecuador, Long Island, Los Angeles, Louisiana, Maine (USA), Llandaff (Wales), Lokoja, Maiduguri, Makurdi (Nigeria), Luapula, Lusaka (Central Africa), Lucknow (North India), Lui, Malakal (Sudan), Luwero, Madi & West Nile (Uganda), Lweru (Tanzania), Machakos (Kenya), Madhya Kerala, Madurai Ramnad (South India), Mahajanga (Madagascar, Indian Ocean), Makamba (Burundi), Malaita (Melanesia), Mandalay (Myanmar)

Transitions, November 2008

New Addresses/ Directory Changes

Monica & Jairo Puerto, & Jairo, 909 Poplar
Eugenia, Cristian & Kimberly Pivaral, 1627 W. Oak St #26

Andy & Sabrina Lynch, Tristan & Trenton, 1122 Wilson, Webb City 64870

Mike & Latoyia Robertson, 117 Katey Lane, Oronogo 64855 673-4167

Miao Miao & Jo Jo Nelson, 1426 E. Kimberly Lane 237-0077

Justin Slates, 1410 N. Main, Apt E, Webb City 64870 793-2807

Visitors

John & Deborah Bradley, 1166 E. Oak St, La-Grange, TX 78945

Faithful Departed

Keith Curtis departed this life Sun, Nov 30, buried from the church Sat, Dec 6.

Helen Hart, mother of **Gloria Gubser**, departed this life Tues, Dec 16.

Arthur Collard, great-grandfather of **Ashleigh Wilson**, departed this life Wed, Dec 17.

Kenny Ray Watts, cousin of **Rayella Lindsay & Debbie Jones**, departed this life Sun, Dec 21

Carl Gilpin, cousin of **Jerry Gilpin**, departed this life Wed, Dec 24

Jean Mansfield, grandmother of **Scott & Blake Mansfield & Trish Charleston**, departed this life Fri, Dec 26

Congratulations

...on the birth of **Leonardo Gonzalez**, son of Amalia, grandson of Susana Gonzalez, on Wed, Nov 28.

...to **Fr. Ted Estes** on his ordination into priesthood on Wed, Dec 10

...on the birth of Natalie Marie Erdman, daughter of Nathan & Rachel and granddaughter of **Fr. Dan & Susan Erdman**, born on Fri, Dec 12.

...on the birth of Fallon Ferguson, daughter of **Blake & Molly**, granddaughter of **Ron & Diann**, great-granddaughter of **Twila**

...to Dane Bell, nephew of **Deacon Jeff Bell**, and Katie Wood, granddaughter of **Kenny Johnson**, wed on Dec 27

...to Tammy Dunkle & Jeff Anderson, son of **Bob & Sue Anderson**, wed on Dec 27

...to Joshua Peacock & Libby Hauser, daughter of **Paul & Kathy Hauser**, wed in Florida on Dec 29

EUCCHARISTIC MINISTERS IN JANUARY 2009

Christmas II: Jan 4, 8:00 a.m.

Chalice: Wayne Ytell
 Subdeacon: Larry Ross
 Lector: Kelly Roske
 Server: Richard Roske
 Sacristan:
 Home Communion: Ytell/Ross-L Orr

10:30 a.m.

Chalice: Brad Cameron
 Subdeacon: Margie Tucker
 Lectors: Bonnie Jones
 Julie Anderson
 Acolyte Mentor: Brad Cameron
 Servers: 1 Ian Kyger (Capt)
 2 Jackie Spencer
 Cross: 1 Sam Wiedemann
 Torches: 1 Jay Simmons
 2 Tom Simmons
 3 Quincy Charleston
 4 Emma Charleston
 Ushers: Jim Wakefield
 Chuck Erwin
 Sacristan:
 AV Team: Mike & Ryan Robertson
 Greeters: Kevin Curtis

Epiphany 1: Jan 11, 8:00 a.m.

Chalice: Larry Ross
 Subdeacon: Wayne Ytell
 Lector: Wayne Ytell
 Server: Michele Sexton
 Sacristan:

10:30 a.m.

Chalice: Bonnie Jones
 Subdeacon: George Platt
 Lectors: Scott Stone
 Dana Cameron
 Acolyte Mentor: Michele Sexton
 Servers: 1 Ashley Heidlage (Capt)
 2 Deandra Sexton
 Cross: 1 Carlie Wakefield
 Torches: 1 Ashleigh Wilson
 2 Sarah Wilson
 3 Lanceton Pettie
 4 Matt Goolsby
 Ushers: Steve Erwin
 Mike Robertson
 Sacristan:
 AV Team: Jim & Colby Wakefield
 Greeters: Michael & Jennifer Cartright
 Home Communion: B Jones/Snodgrass-R Wilson

Epiphany 2: Jan 18, 8:00 a.m.

Chalice: Wayne Ytell
 Subdeacon: Larry Ross
 Lector: Bill Lee
 Server: Brad Cameron
 Sacristan:

10:30 a.m.

Chalice: Rayella Lindsey
 Subdeacon: Don Gass
 Lector: Chuck Edds
 Mark Sponaugle
 Acolyte Mentor: Kevin Curtis
 Servers: 1 Mariah Marsden (Capt)
 2 Madeline Marsden
 Crosses: 1 Ellen Salchow Stiles
 2 Julio Ovalle
 Torches: 1 Chase Taylor
 2 Will Mansfield
 3 Katie Mansfield
 4 Taylor Mansfield
 Ushers: Steve Friede
 Jeff Dymott
 Sacristan:
 AV Team: Elisa & Audrey White
 Greeters: Joel & Melissa Erdman

Epiphany 3: Jan 25, 8:00 a.m.

Chalice: Wayne Ytell
 Subdeacon: Larry Ross
 Lector: Wayne Ytell
 Server: Nancy Dymott
 Sacristan:

10:30 a.m.

Chalice: Bill Putnam
 Subdeacon: Tom Flanigan
 Lector: Marty Griffin
 Rosalie Griffin
 Acolyte Mentor: Elaine Wurst
 Server: 1 Cecile Washburn (Capt)
 2 Haley Kester
 Crosses: 1 Drew Schesser
 2 Oliver Sprengle
 Torches: 1 Elle Lanham
 2 Sydney Harlin
 3 Evan Sexton
 4 David Sexton
 Ushers: Richard Ralston
 Larry McGuire
 Sacristan:
 AV Team: Joel Erdman
 Greeters: Troy & Liz Salchow
 Home Communion: Snodgrass-C
 Courtade

WEDNESDAY EUCCHARIST

6:00 p.m.

Jan 7 (Epiphany)

Chalice: Ron Ferguson
 Reader: Julie Anderson

Jan 14

Chalice: Margie Tucker
 Reader: Kelly Roske

Jan 21 (St Peter)

Chalice: Scott Stone
 Reader: Mark Sponaugle

Jan 28 (St Paul)

Chalice: Bonnie Jones
 Reader: Glenda Erwin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 The HOLY NAME of JESUS	2	3 9 am St Margaret's
4 CHRISTMAS II	5	6 The EPIPHANY 6:30 pm St Catherine	7	8 Harriet Bedell, 1969	9 Julia C. Emery, 1922 YAC	10 Archbp. Wm. Laud, 1645 YAC
11 BAPTISM of OUR LORD YAC	12 Aelred of Rievaulx, 1167	13 Bp Hilary of Poitiers, 367 6 pm Stewardship	14	15	16 6:30 p.m. Fiddler on the Roof with borscht!	17 Anthony Abbot, 356 BBQ DINNER 5-6:30
18 EPIPHANY II ANNUAL MEETING Noon	19 CONFESION of ST PETER	20 Bp Fabian of Rome, 250 7 pm Vestry	21 Agnes Martyr, 304	22 Vincent Martyr, 304	23 Bp Philips Brooks, 1893	24 Ordination of Florence Li Tim-Oi, 1944
25 EPIPHANY III	26 CONVERSION of ST PAUL	27 Archbp John Chrysostom, 407	28 Thomas Aquinas, 1274	29	30 Parish Women's Retreat	31

Sunday
8, 10:30 am
Holy Eucharist
9 a.m. Acolyte Practice
9:15 a.m. Sunday School
12 pm Spanish Eucharist

Monday
6pm Quilting Group
6:30-8 pm
7 pm NA

Tuesday
10 am Men's Social Hour, St Luke's
Exercise 10 am & 6 pm

Wednesday
5:30 p.m. Choir
6 pm Holy Eucharist
7 pm Dinner, Youth Group & Bible Study

Thursday
2 pm St Luke's Eucharist
Exercise 10 am & 6 pm

Friday
10 am Holy Eucharist

Saturday
.

EDUCATION

ADULT FORUMS: SUN at 9:15 a.m.

Sun, Jan 4: New starts & old habits—some tips for living out repentance and conversion of heart

Sun, Jan 11: Baptism: A basic theology of the basic sacrament

Sun, Jan 18: The ecumenical movement: What's going on in inter-denominational relations?

Sun, Jan 25: Candlemas: What does it mean to be a light in the darkness?

SUNDAY SCHOOL

Ages 3-K, Grades 1-4, 5-7, & 8-12

WED BIBLE STUDY at 7 p.m.

The Letter to the Hebrews

WED YOUTH GROUPS at 7 p.m.

Grades 1-4, 5-6, 7-8, & 9-12

FELLOWSHIP & PARISH LIFE

ALTAR FLOWERS

If you would like to give altar flowers in memory or thanksgiving of family or friends, please call the office 358-4631. We have available Sunday dates on May 31 or Aug 16.

PARISH WIDE WOMEN'S RETREAT

Mark your calendars our next Parish-wide Women's Retreat to be held the weekend of Jan 30-Feb 1, 2009. A sign up sheet will be posted on St. Catherine's Bulletin Board in the Garden Hallway shortly after Christmas! Look for more information as the date approaches!! If you have any questions, see Elisa White, Debbie Jones or Rayella Lindsay.

ST. CATHERINE'S GUILD

The ladies of St. Catherine's would love donations of fresh baked breads that can be frozen and used for newcomers to Grace Church on Sunday Morning. Anything homemade would be great!

BBQ DINNER

Brisket, Boston butt, and chicken, Cajun-style beans, cole slaw and potato salad! A fantastic menu for only \$10 (adults) or \$6 kids, from 5-6:30 p.m. on Sat, Jan 17. Join us for this delicious fundraiser for our youth travel fund! And bring some friends too!

FELLOWSHIP & PARISH LIFE

(continued)

YOUR BODY—HIS TEMPLE

Presently we offer exercise 4 times each week. We are planning a variety of workshop and/or special programs dealing with health and wellness. Plans are in the works to offer a tap dancing class beginning in January. This class will be for adults of all ages, male and female. All dancing is athletic in nature, and tap incorporates exercise with a mental workout also, in learning the routines. We will offer the class in 6 week segments. The classes will be limited to 15, only pre-requisite—tap shoes. Lessons will be \$45.00 for the 6 weeks. Need more info—call the Parish Nurse

MOVIE NIGHT

Join us on Fri, Jan 16, for *Fiddler on the Roof*—in February, *Chocolat* and *My Big Fat Greek Wedding* in March. To celebrate the mitteleuropaisch nature of this classic film, we'll have a big hot bowl of borscht—beet, cucumber, apple and sour cream soup (far better than it sounds, especially as our sausage, bacon and ham enhanced version is decidedly NOT kosher!).

WED NIGHT CHANGE

Due to our tight budget, we were faced with the prospect of either cutting mission work or restructuring Wed night expenses. The Vestry chose, appropriately, changes on Wed! Starting Jan 7, 2009, we will institute a "Dollar Value Menu." Every diner on Wed nights is asked to contribute \$1 to help defray the costs of these dinners, which is still the biggest bargain in the 4-States.

SODA SITUATION

Of late, soda pop has become a drain on our budget. While priced "at cost," or only a quarter, we consistently run a deficit in carbonation! Not that much, a few dollars a week—maybe \$10 or \$15, but that adds up over the year. In order to make sure that church funds are used most appropriately, we will stop purchasing sodas effective Jan 1. If your group or activity wish to have soda available for an activity, please remember that you will need to pick them up—they won't just be waiting here for you!



Left: Fr. Jose Palma and his wife Mercedes and daughter Stephanie. Mrs. Palma and the children will move to Carthage after the school year ends in Austin, TX. They will also be here for a visit in March. We look forward to them joining our parish family!



*The Palma Kids:
Back: Christopher, age 14, Jose Jr., age 13
Front: Stephanie 20 months & Jonathan, age 6*



Posadas is a nine day Hispanic celebration in which "the Holy Family" goes to different homes seeking shelter. Our Posadas ran from Dec 16 to 24 and included dozens of parishioners hosting and participating!



Our congratulations to the newly-minted Father Ted Estes, rector of All Saints', Nevada, who was ordained at priest at Grace Church on Wed, Dec 10. Fr. Estes stands here with wife Mindy in his beautiful new chasuble. A climatic moment of the ordination ceremony was when Mindy, their three boys, Theo, Marshall and Dren, and Ted's mother Marie "vested" Ted in the stole and chasuble appropriate to the priestly order.



FROM THE DESK OF THE DEACON: The Rev. Galen Snodgrass

Knowing the Reach of God's Love

I have a collection of CD's from the Monks of Weston Priory in Vermont that are close at hand and are becoming a favorite in the chapel at McCune Brooks Regional Hospital (MBRH). This time of year one of my favorite songs is "Feast of Beauty," from the recording, Pilgrimage of the Heart, words by Brother Philip. A portion of one of the verses is, "We know the reach of God's love in sending Christ in our flesh to be God's 'yes' without end." Now that the season of waiting (advent) is over we can celebrate the joy and hope of the seasons of Christmas and Epiphany; rejoicing over the birth of Jesus. It seems appropriate to examine the phrase of this song, breaking it into two parts for the purpose of researching joy and hope.

Part one: We know the reach of God's love in sending Christ in our flesh. In Biblical history God is always reaching out to humans through Abraham, Moses, Isaiah, and Jeremiah (naming only a few) so we can see more of whom we are becoming as a people of God. He continually promises to each one that someday He will fully reveal the depth of His love for all humanity. Christ in the manger shows the eternal, everlasting, and timeless, length of God's reach. The joy and hope for us in this action causes me to pause for a time to consider how valued we are as humans. In our imagination God has provided the Christ child and us a barn full of sweet smelling hay to roll in. This kind of knowledge encircles mind and spirit into one blissful encounter with Father and Son. Now our heads and hearts feel the union of God and Son, of which we are invited to join for a lifetime.

Part two: to be God's 'yes' without end. God saying 'yes' to us conveys joy to the entire world. His 'yes' pushes away the cold and dark of the past, and if we accept 'yes' can grant us the glow of a genuine hope; a realistic hope that comes in the union of Father and Son; an optimism that is reliable and true. One 'yes' from God relieves all the waiting, letting us breathe fully and deeply once more for days to come.

This Christmas and Epiphany season, we like the Israelites have been saved from the Egyptians of our lives to a good and broad land, a land flowing with milk and honey. Now jump to the song (in Luke 1) that the elderly Zechariah was moved by the Spirit to sing upon the birth of his son, John, the one known to us as John the Baptist: "Blessed be the Lord God of Israel, for he has visited and redeemed his people. And has raised up a horn of salvation for us in the house of his servant David, as he spoke by the mouth of his holy prophets of old, that we should be saved from our enemies, and from the hand of all who hate us; to perform the mercy promised to our fathers, and to remember his holy covenant, the oath which he swore to our father Abraham, to grant us that we, being delivered from the hand of our enemies, might serve him without fear, in holiness and righteousness before him all the days of our life." This is the hope and joy of being redeemed by God through Jesus His son.

Nicholas Wolterstorff writes, 'Every human endeavor that is not coerced requires, as a minimum, the hope that its goal will be achieved. Optimism is not required-optimism being understood as the expectation that one will achieve what one endeavors. As long as humans see hope, they will try — as long as there's a chance. If he thinks there is no hope, he gives up and stops trying.'

Christmas and Epiphany are a season of hope, one of the major Christian messages. In the year ahead, what ministerial hope has God called us to carry out in the name of his son? What ministries are we involved with that bring joy and hope to those we serve that may need expansion? What new ministry is God calling us to begin? These are not questions to coerce anyone into doing more, but as members of Christ body we should always be listening and watching for needs and those who we should be serving. I know someone is asking, "How will we pay for this considering our tough economic times?" God's call to the faithful, like those mentioned above, rarely comes with a provided endowment. People give treasure to ministries that first produce hope and joy and fill a need. It's our response **to act on God's call to ministry** first. I believe these last three sentences with all my heart, mind, and soul; most especially during this recession. Our non-committed neighbors who speak poorly about the institution of the church will come into relationship with us because they see the Church (The People) acting differently than the world. Most of our neighbors are tired of the world, looking for something or someone to be different. I believe now is the best time to take on new ministry (defining new as what we aren't doing now). Sustainable ministries often begin small, manned by volunteers, whose desire is to include others. Inclusiveness is what makes ministries grow. Now, more than ever, outreach of any kind that requires us **to act** will grow us in faith with our neighbors; if we view faith as our response to the Person of God. If we are brave enough to act we will see a better tomorrow.

Yes, there is hope and justice for a better future, as long as we remember it is our covenant to share the good news of Jesus with our neighbors. Sharing what Christ birth means to us in our lives today is a joy that brings hope. The joy and hope I've attempted to communicate is authentic because Jesus became human over 2000 years ago. It's the original joy and hope of God loving reach as so eloquently stated in Brother Philip's lyrics. I invite you to allow this phrase to envelop you this month and the year to come; aware that an action on our part is a vision God has for us. *Amen. Deacon Galen*

FROM the PARISH NURSE:

Barbara Mountjoy RN

“Your Body - His Temple”

As we begin the new year it is an American tradition to want to begin new things. Perhaps a new diet, or a promise of exercise on a regular basis, or to use less salt...anyone of these and a hundred more similar to these might be in your New Year's Resolutions. Well I want to help you keep **those** resolutions and maybe add just one more - adopt a healthier lifestyle beginning in January of '09. Those of you who would like to be a part of a total overhaul might want to sign on to our Grace Church Health and Wellness program.

I believe that support for a healthier you in body, mind and spirit can begin right here. I am planning on small support teams that can encourage and challenge each one of us to make a commitment and accomplish the goals we set for ourselves. We are going to have a variety of activities that can also help each of us. Exercise 4 times a week, tap dancing lessons once each week, accurate scales available, jigsaw puzzle library, discount blood work up, monthly informational meetings and most of all a commitment to others that you will reach your goals. So please consider signing up and joining our 2009 adventure in health and wellness. The major outline for the program is as follows:

Guidelines for Grace Church Health and Wellness Program

AIM FOR FITNESS

- Aim for a healthy weight
- Be physically active each day

BUILD A HEALTHY BASE

- Let the food Pyramid guide your food choices
- Choose a variety of grains daily, especially whole grains
- Choose a variety of fruits and vegetables daily
- Keep food safe to eat

CHOOSE SENSIBLY

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat
- Choose beverages and foods to moderate your intake of sugars
- Choose and prepare foods with less salt
- If you drink alcoholic beverages, do so in moderation

Just a note about water, our most essential nutrient. We tend to take water for granted, and yet our lives depend on it. Water is our most important nutrient, second only to oxygen in providing what our bodies need to survive. It is the basic medium in which all life sustaining biochemical processes occur. As water enters, moves through the, and exits the body, it is transformed into dozens of fluids that perform a multitude of critically important functions. Here are a few of the ways water works in the body: A catalyst for digestion and absorption, blood, composed primarily of water, works as the expressway for nutrients and waste, regulator of body temperature through sweating, it is a universal lubricant without which we would be like the Tin Man in *The Wizard of Oz*, and through the volume of blood plasma helps regulate blood pressure.

If you are older... Older women need the same amount of water every day as younger women. But because our thirst centers are less acute than when we were younger, they must learn to drink more than our body tells us we need. By the time we actually begin to feel thirsty, mild dehydration has begun, and we are, in a sense, running on empty. We should all drink 8 glasses of fluid spaced at intervals throughout the day, even if they don't feel the thirst.

Please consider how helpful it will be to have a team mate praying for your success, even as you pray for hers or his, and to get an email giving you encouragement in keeping up with your new lifestyle. Sign up, get involved, we can work towards the very best temple in which our Savior will reside.

VESTRY UPDATE

At the December 16 meeting, the following was discussed:

Rector's Report: Fr. Palma had a good meeting with the Diocesan Council on Dec 13 and his position is now officially in the diocesan budget. He will be in Austin with his family Dec 25-Jan 1. We will arrange service coverage during that time. The Nursery has a new trial worker, Miao-Miao Nelson, who has been with us three weeks. All Saints' Church in Nevada has asked for 22 pew cushions from our supply of old ones (moved, and passed). Welcome to Keri Kirby, who begins her Vestry term for the next 2 years and one month with tonight's meeting!

Deacons' Report: Deacon Galen was with Fr. Estes in Nevada last Sunday, and Deacon Jeff will be with his this coming Sunday, to allow that congregation to experience the fullness of the Church's ministry.

Senior Warden's Report: Thank you to Jeanne Goolsby for hosting a very important and productive budget meeting at her home last week! In early Feb we will plan an activity to help acclimate the new Vestry members to their tasks.

Junior Warden's Report: The parking lot hallway is nearly complete. Debbie is compiling a list of projects completed and pending for the next Junior Warden. Vestry nominees for next year are Gary Cole, Carolyn Phelps, Sandy Swingle and Mike Thompson.

Treasurer: November was pretty good, with a year-to-date deficit so far of \$2600. Quarterly statements have been mailed. Fire alarm and labyrinth costs have been paid. The telephone bundle has been renegotiated, saving nearly \$1200 next year.

New Business: The budget was approved for the annual meeting. The 2009 budget shows flat income from pledges and other non-pledged income, and a significant reduction in investment income. With this decrease in income, several items have been reduced, but the overall budget is still \$14,000 in deficit. We do have surpluses from last year which will cover this amount. Any increase in income due to economic turn-around will lead to a restoration of the items cut, starting first with mission and outreach work. It is important to note that our budget, *even with reductions*, still dedicates 20% of income to outreach and mission.

Next Vestry meeting is Tues, Jan 20.

"GALETTE des ROIS"

Serve and celebrate on Tues, Jan 6!

The French Epiphany cake

2 circles puff pastry 30 cm diameter (or square, in which case cutting out a circle becomes your problem)

125gm butter (1 stick)

2 or 3 eggs (one to glaze the top, the rest defines how rich and "nourishing" the marzipan filling will be)

125gm sugar (1/4 lb)

125gm powdered almonds (1/4 lb)

2 tsp rum, kirsch, amaretto or other spirit.

1 or more dried beans, metal charms, or antique porcelain figurine.

Preparation

Take the puff pastry out of the fridge and let it warm up to room temperature before using it. Butter a suitable round baking tin and lay one circle of puff pastry in it.

Cream the butter and sugar, then add the eggs - leaving one for the glaze. Add the powdered almonds (and the optional liquor) and mix the paste thoroughly. Lay it on the pastry base, leaving 1/2 inch all round. Bury one or more beans or charms in the paste.

Lay the second circle of puff pastry on a work surface and cut decorative patterns into it with the point of a sharp knife.

Brush egg over the outer rim of the base, then place the decorated puff pastry on top, pressing down the edges gently to seal them.

Place the cake in an oven pre-heated to 450 and bake for 25 to 30 minutes (check the color of the glaze, which should be golden).

The galette tastes delicious warm (NOT hot from the oven!), but can also be eaten cold.

This is the Parisian version. You can also get fancy and Loire-valleyish and make pastry cream and a second layer...but that's too much effort, in our humble opinion. Hispanic versions often include small plastic babies— whoever finds the babies provides tamales at the Candlemas service on Feb 2.

Vestry nominees & appointment for 2009



Keri Kirby:

Appointed by the Vestry to fill the unexpired term of Susana Gonzalez who is ineligible, now that she has been admitted to the ordination process, to serve. Keri will serve for 2009-2010. She has been very active in our youth and health ministries, and is a "lifelong" member of the Episcopal Church, much of that time at Grace. (Keri is a 10:30 & Wed night worshiper).



Mike Thompson:

My parents joined Grace Church in the early 50's when I was a young boy. I was baptized here; confirmed here in 1960 and married here in 1968. I care about Grace Church and its future, and welcome the opportunity to serve the Vestry. (Mike is mainly 8 a.m. worshiper but can also be seen making popcorn on movie nights...)



Gary Cole: I have lived in Carthage since 1960. Carolyn and I have three children, five grandchildren and one grand-dog. I am Vice President, Secretary and the managing partner of Four States Supply, Inc. Joplin. I have been a member of Grace Church almost 40 years. I have been a vestry member in previous years and served as Jr. Warden and Sr. Warden during those terms. I would be pleased to serve again in any capacity which would be helpful to the church. (Gary is primarily an 8 a.m. worshiper)



Carolyn Phelps: Pat and I have lived in Carthage all our lives. We have three children and seven grandchildren. Our community has always had a special place in our hearts. I am a lifelong member of Grace Church. In the past I have served as Jr. & Sr. Warden for the Vestry. Also, I have been on Diocesan Council & Standing Comm as well as serving as deputy to General convention. Presently, I am on the Altar Guild and a financial sec for the parish. (Carolyn attends primarily at 10:30 but frequently at 8)



Sandy Swingle: I joined Grace Church in 2002, after growing up a Methodist in Independence, across the street from Harry T. I taught Sunday School forever, working mostly with teens, I am director of the Family Literacy Center, the hardest thing I have ever done, is replacing Kim Snodgrass. I am very active member in St. Catherines', and the community Pre-Christmas services. I deliver the flowers after the church services on Sunday and come to the movie nights on Friday. I am my children's number one Fan and always will be God and my church and children are first in my life. (Sandy is a Wed night worshiper and "moves around" to both Sunday services)

Métodos Efectivos de Disciplinar a los Niños de Edad Escolar

La disciplina ayuda a los niños a llevarse bien con los demás, enseñar a los niños a comportarse y ayudar a los niños a controlar su comportamiento. El tipo de disciplina que los padres utilizan influye el tipo de persona en que el niño se convertirá. Los métodos de disciplina positiva ayudan que los niños sepan distinguir el bien del mal. Ellos desarrollan su autoestima y habilidades importantes de la vida. Cuando los niños desarrollan el dominio de sí mismos saben lo que hacer sin requerir ayuda de los padres y proveedores de cuidado. El autocontrol ayuda a los niños a sentirse seguros y tener confianza en sí mismos para que ellos piensen por sí mismos. Trate los siguientes métodos de disciplina positiva para descubrir cuales funcionan mejor para su familia.

Establezca reglas claras y consistentes.

Los niños pondrán a prueba y con frecuencia olvidarán las reglas. Sea específico. Pídale al niño su opinión sobre las reglas para que pueda cooperar mejor si piensa que está contribuyendo a hacer las reglas. Afirme las reglas positivamente. Trate de utilizar un enfoque positivo ("Haz esto") en vez de un enfoque negativo ("No hagas eso"). Asegúrese que las reglas sean apropiadas para la edad de su niño. Cuando los niños desobedecen las reglas, elimine privilegios (videojuegos, mirar la tele, etc.) o haga una pausa de descanso. Asegúrese que los niños sepan que sus acciones tienen consecuencias o las reglas que usted ha establecido no serán efectivas.

Hable claramente

Usando un tono de voz firme, afirme lo que el niño tiene que hacer en términos/palabras que pueda entender. Por ejemplo, en vez de gritar, "¡Limpia tu cuarto!", explíquelo claramente que necesita colgar su ropa y guardar sus juguetes. Demuéstrele a su niño que usted respeta y entiende sus sentimientos mientras que se mantiene firme con respecto a sus expectativas. Asegúrese que su niño escuche lo que dice. No use demasiadas palabras y utilice el contacto de cara a cara cuando habla con su niño.

Recompense comportamiento positivo

¿Con que frecuencia "observa" a sus niños portándose bien? Póngale atención a todas las cosas positivas que sus niños hacen y recompense sus comportamientos con alabanza y cariño. Los niños están ansiosos por complacer. Quieren hacer la cosa "correcta" para que logren captar la atención de aquellos individuos que son importantes para ellos. Los niños a menudo se portan mal para que se les preste atención – aun si la atención obtenida resulta en su castigo. pegue.

De un buen ejemplo

Ensene a sus niños a comportarse. Sea usted mismo un ejemplo de los valores que desea inculcarles. Tarda tiempo para hablar con sus niños sobre por que ciertos comportamientos no son apropiados. Sirva de ejemplar positivo. Los niños aprenden de su ejemplo. Si quiere respeto, Si usted le dice al niño, "no grites o pegues", entonces no le grite o pegue.

Pida ayuda si la necesita.

Ser padres ofrece desafíos. Sería ventajoso para usted para buscar recursos en su escuela y en su comunidad para ayudarle a confrontar los retos relacionados con la crianza de los hijos. Recuerde que los métodos de disciplina necesitarán cambiar a medida que su niño crezca.

FINANCES IN AN UPROAR?

Statistics tossed about in the media paint a worrying picture of the nation's personal finances. A record number of people have record levels of debt, much of it unsecured.. Whatever desperate straits someone is in, though, there is always a way to escape 'bad debt', the kind of debt experienced when borrowing gets out of control. This article borrows from the Church of England's homepage to set out the basics of how to do just that. By taking simple steps, debit cards, credit cards, loans and mortgages can be managed more effectively in future, too.

Do the math but don't panic

First things first, the best starting point is to sit down with a piece of paper and a calculator, and add up all of the amounts owed, including credit card bills, mortgage or rent, short term loans, etc.

Put an escape plan in place

Take back financial control - which means *cutting spending*, and *putting a repayment plan in place*. Create a set of priorities in terms of how debt on cards and loans will be repaid; in most cases it is best to pay off credit cards first. No one should ever consider options like bankruptcy or credit consolidation without speaking to a money-management professional, but if you find yourself in financial hot water, inaction is the worst possible course of action. Set up an appointment to talk with your banker or a money manager this week—financial problems will not “go away” if ignored!

Take three 'action steps' to better finances

Planning future spending is necessary via three common sense action steps - to ensure the hard work put in to get personal debt under control is not cancelled out by more over-spending.

1. Cutting spending even for a few months leads to healthier patterns of spending, as decisions are made as to what is essential and what isn't - the end result being a tried-and-tested budget.
2. If something is too expensive now it is quite likely it will be in future too. Develop an understanding of the true cost of “interest free credit” before making a big purchase; it often just delays the process of sinking deeper into debt.
3. Understand that financial institutions and banks are there to make a profit no matter how compassionate their advertising campaigns; think about what is in it for them when arranging credit, *especially* when paying off bills with credit card cheques - which often have high charges.

Increase your income

Borrowing from the future, by getting into 'good debt', is probably essential for most people in the 21st century, especially during certain life-stages, for example, for those buying a house on a mortgage, or going through university. However, the only way to pay for that debt is to have enough money to be able to afford the repayments. Part-time jobs, garage sales, eBay sales—whatever you can do to raise a little extra cash can help pay off bills.

Generosity is not the problem

One suspects very few people in financial straits today are there because they were too liberal with their giving to the Church, the poor or the community. It is our *self-indulgence*, not our generosity, which is the problem. Don't try to cure the sickness by amputating what isn't broken! In hard times such as these, we need to curb our appetites, not our virtues!

Common Sense from the Bible

Romans 13:8—*Get out of debt if at all possible.*

I Timothy 5:8—*Take care of your responsibilities, starting with your family!*

I Timothy 6:7-8—*Learn to be content with what you need, rather than letting your wants become needs.*

DAILY BIBLE READINGS IN JANUARY

Thurs, Jan 1, Holy Name: Numbers 6:22-27; Philippians 2:5-5-11

Fri, Jan 2-Sat, Jan 3: Genesis 12:1-7, 28:10-22; Hebrews 11:1-22; John 6:35-51, 10:7-17

Sun, Jan 4: Jeremiah 3:7-14; Ephesians 1:3-6, 15-19a; Matthew 2:1-12

Mon, Jan 5: Joshua 1:1-9; Hebrews 11:32—12:2; John 15:1-16

Tues, Jan 6, The Epiphany: Isaiah 60:1-9; Ephesians 3:1-12; Matthew 2:1-12

Wed, Jan 7-Sat, Jan 10: Isaiah 52:3-6, 59:15-21, 63:1-5, 65:1-9; Revelation 2:1-29, 3:1-6; John 2:1-11, 4:46-54, 5:1-15, 6:1-15

Sun, Jan 11, The Baptism of Our Lord Jesus Christ: Genesis 1:1-5; Acts 19:1-7; Mark 1:4-11

Mon, Jan 12-Sat, Jan 17: Isaiah 40:12-31, 41:1-29, 42:1-17, 43:1-13; Ephesians 1:1-23, 2:1-22, 3:1-21; Mark 1:1-45, 2:1-23

Sun, Jan 18: 1 Samuel 3:1-10; 1 Corinthians 6:12-20; John 1:43-51

Mon, Jan 19, The Confession of St Peter: Acts 4:8-13; 1 Peter 5:1-4; Matthew 16:13-19

Tues, Jan 20-Sat, Jan 24: Isaiah 44:9-24, 45:7-25, 46:1-13; Ephesians 4:17-32, 5:1-33, 6:1-24; Mark 3:19b-35, 4:1-41; 5:1-20

Sun, Jan 25: Jonah 3:1-5, 10; 1 Corinthians 7:29-31; Mark 1:14-20

Mon, Jan 26, Conversion of St Paul: Isaiah 45:18-25, Philippians 3:4b-11, Ecclesiasticus 39:1-10; Acts 9:1-22

Tues, Jan 27-Sat, Jan 31: Isaiah 48:12-21, 49:1-23, 50:1-11, 51:1-8; Galatians 1:18, 2:10-21, 3:1-29; Mark 6:1-56, 7:1-23

Patronal Feasts

Please pray for the congregations below on their "name days."

Christ Church (Jan 1): Boonville, Lexington, St Joseph, Springfield, Warrensburg

St Peter's Church (Jan 19): Harrisonville, South KC

St. Paul's Church (Jan 26): Clinton, KC, Lee's Summit, Maryville

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