



THE ANNUNCIATION

ST. MARY'S EPISCOPAL CHURCH

First Sunday of Advent

December 2, 2018

Nursery

Our nursery is available for infants through 4-year-olds from 8:45 a.m. until 12:15 p.m. The nursery is located in the Sunday School Building. Nursery Director Meg Zehmer and Nursery Assistant Cassie Vestal will be happy to help you get your child settled into the nursery.

Worship bags

We provide worship bags that contain a coloring page based on the Gospel reading of the day. They are in the front of Little St. Mary's and in the wood bins near the entrances to New St. Mary's.

Sermons available

Find past sermons available on St. Mary's website at stmarysgoochland.org/sermons to hear audio and download print versions.

Connect with us

We would love to learn more about you! If you are a visitor, please pick up a **welcome card** from one of our ushers or in the back of a pew.

Would you like to write for us? Contact Ashley Cameron at acameron@stmarysgoochland.org

TODAY'S SCHEDULE

9 a.m. Holy Eucharist Rite One, *Little St. Mary's*

10 a.m. Advent Wreath Making, *New Parish Hall*

10 a.m. Confirmation Class, *Education Building*

11 a.m. Holy Eucharist Rite Two, *New St. Mary's*

Noon Cake and Coffee, *New Parish Hall*

5 p.m. Advent Lessons & Carols, *New St. Mary's*

Do you receive email from us?

Visit stmarysgoochland.org/communications to sign up for weekly updates and news from us.

A WEEKLY REFLECTION

Reverend Bob Hetherington often talks about leaning in, listening and being present, or as I think of it, being mindful. I can get lost in the busyness of Christmas preparation during the season of Advent; the perfect Christmas card with three children, that's a battle. The gifts, the stuff, parties, all of it; it's just too much. The season of Advent is hard, but our family's Christmas gift came early this year.

My father Randy McElroy had heart failure in February. He was doing what he loved, hunting, and, as the story goes, he shot two quail with two shots before collapsing in front of my mother and her family in Thomasville, Georgia. A miracle worker, Thomas, performed CPR but Dad grew bluer and my mother watched and prayed. Thomas then performed the Heimlich maneuver and Dad's heart was shocked into beating. I received the awful phone call about what happened. The days and weeks to follow were difficult, to say the least.

Ten days later, my father had open heart surgery at MCV. Reverend Hetherington showed up at 6 a.m. and prayed with my parents before he went under. Mom and I waited in his room for him to recover but his heart stopped again. We were put in a private room where we prayed with a wonderful nurse and asked God for it not to be the day for Him to take Dad. Christmas came early for the McElroy family.

This year I'm more mindful than ever of God's blessings and so grateful for St. Mary's church. My parents are 83 years old and I've been given a gift. Bob Hetherington says, 'lean in', and this Advent we will live in the moment and appreciate this season, the joyous things, as well as the exhausting ones. Every season with those you love is precious, do all you can to slow down, be present, and say 'thank you.'

Susan McElroy Rhodes

WELCOME! Whether it is your first Sunday at St. Mary's, or your 401st, we're glad that you're with us. Please feel free to introduce yourself to a greeter, an usher, or one of our clergy, and **consider filling out a welcome card**. We invite you to join us on future **Sundays** at 9 a.m. for Eucharist or at 11 a.m. for Eucharist or Morning Prayer, on Wednesdays for **Noonday Prayer** at 12 p.m. in beautiful and quaint Little St. Mary's, for a **class** or **Bible study**, or for many of our other **fellowship** and **outreach** offerings. **Little St. Mary's** and **New St. Mary's** are also **open** Monday through Friday between 8:30 a.m. and 4:30 p.m. and available to you for prayer and reflection. See the back page to get a sense of what we have going on around St. Mary's.

ADVENT LESSONS AND CAROLS

Those of all ages are welcome to **join us for an Advent Service of Lessons and Carols this evening at 5 p.m.** in New St. Mary's. It is one of the **most meaningful and moving expressions** of our great liturgical tradition. Come listen to readings from the scriptures that anticipate the coming of Christ that are coupled with choral music telling of God's promise of salvation. **St. Mary's choir is one of the finest choirs in our area**. This is a wonderful opportunity to experience their gift of music and to raise your voices in song with them.

SPIRITUAL FORMATION AND ADULT EDUCATION

The **men's spiritual practice group** meets weekly **continuing this Tuesday, December 4 through December 18 at 7:30 a.m.** in the Old Parish Hall. Led by Bob Hetherington, the gathering is an opportunity to deepen faith and is open to men of all ages. **Please note there will be no practice on Tuesday, December 25 and Tuesday, January 1.** It will resume on Tuesday, January 8.

Conversations about the liturgy often get derailed by reducing it to a question of 'high church' and 'low church'. **What makes for good liturgy is a more basic question** about the worshipping life of the people of God and is a good one to ask before even getting to considerations of 'high church' and 'low church'. **Please come join David May on Sunday, December 16** in the New Parish Hall for a lively conversation about what makes for good liturgy, whether 'high' or 'low'!

ADVENT

Advent wreaths are a wonderful tradition to incorporate into your family's celebration of the season. **This morning during the 10 a.m. forum**, we will gather to make wreaths together. We will provide oasis rings and candles, as well as a simple prayer service bulletin for you to take home to use when lighting the candles. There is a suggested donation of **\$15 for the materials**. If you have any questions, please contact Amelia McDaniel at amcdaniel@stmarysgoochland.org.

Advent is a time to be quiet and still while we wait for the coming of Jesus Christ. During this season, **Mary Lou Bean and Sydna Street are bringing back the Be Still ministry**. Join them for three weeks of practice of stilling our bodies, minds, and spirits during this typically busy time in our lives. **Beginning this Tuesday, December 4 at 10 a.m.** in the Education Building, **join them for a 1 hour yoga** session for all levels and ages followed by contemplative prayer. All you need to bring is a mat or bath towel and an open heart and mind. For more information, contact Ashley Cameron at acameron@stmarysgoochland.org.

This year to help you celebrate Advent we have two different tools for you to use at home. **Advent in a Mason Jar** is a resource that has tags to pull out from the jar daily (or whenever you can)! There are tags with prayers for each week of Advent, conversation starters, ways to connect, and ways to get moving. **The other resource is a small daily Advent calendar** with prayers and ideas to help share the season with your family and others. Pick up either one in the Café area.

CHILDREN AND YOUTH

The Christmas Eve service is one of our most beloved traditions at St. Mary's. The Children's Lessons and Carols is held on **Christmas Eve, Monday December 24 at 4 p.m.** Please come at 3:30 p.m. for costuming. This year we will follow the retelling of the story of Christmas with a Holy Eucharist. There will be several stations for communion as we do for Easter. Again this year, a **Birthday Party for Jesus will follow the service** in the New Parish Hall. There will be mini cupcakes for all! **Please sign up your child to participate to ensure we have enough costumes.** Contact Amelia McDaniel at amcdaniel@stmarysgoochland.org. And don't forget **music rehearsal continues Sundays, December 9, 16, and 23** during Sunday School classes.

Save the date for the ALL Youth Christmas Party on Sunday, December 16 at 4:30 p.m. in the Education Building. Middle and High School students will gather for a pizza party and white elephant gift exchange. Please bring a \$10 gift and \$5 for pizza.

OUTREACH

The **Giving Tree went up** in the Dover Lounge last week and the ornaments are going quickly! St. Mary's offers the opportunity to **provide Christmas gifts for five families from the Goochland Christmas Mother. Please grab an ornament or two with the gift needs on them.** The wrapped gifts will be **collected by Sunday, December 9.**

How to participate:

1. Choose an ornament from the tree with a wish you can help fulfill and sign it out on the board.
2. When purchasing the wish, please be sure to get a gift receipt.
3. Return the gift wrapped with the ornament and gift receipts attached under the tree in the Dover Lounge.

GoochlandCares Clothes Closet drive begins this morning! Throughout Advent, St. Mary's is collecting clean, gently used or new items for infants, children, teenagers, and adults. Collection boxes are located in the New Parish Hall. A list of needed items can be found on the table in the Café area. **Please bring them in by Sunday, December 16.** For further information or if you have questions, contact Ashley Cameron at acameron@stmarysgoochland.org.

FELLOWSHIP

December's Parish Breakfast is next Sunday, December 9! Join us for a delicious meal for all ages. Serving begins at 9:30 a.m. in the New Parish Hall but service is rolling so come anytime between 9:30 and 10:30 a.m. Suggested donation of \$4/person, maximum of \$15/family. **Menu includes:** cheese grits, scrambled eggs, sweet and savory ham biscuits, sausage, and fruit.

Did you know that therapy dogs and cats can lift spirits, lessen depression, lower blood pressure, and much more through regular interaction? For the next Seniors Lunch, **St. Mary's welcomes Eva Cross, Volunteer Coordinator and three teams of dogs and handlers from the Center Human-Animal Interaction.** The Center is a non-profit organization affiliated with VCU Health that is **"dedicated to improved health and well-being through interaction with companion animals."** Seniors (well, adults of all ages) are invited to this unique and memorable program on Tuesday, December 11 at 12 p.m. in the New Parish Hall. A delicious homemade lunch will be served for a **suggested donation of \$5 per person,** and please call the church office, (804) 784-5678 to RSVP.

CHRISTMAS SERVICES



CHRISTMAS EVE, MONDAY, DECEMBER 24

4:00 p.m. Children's Lessons and Carols with Holy Eucharist in New St. Mary's

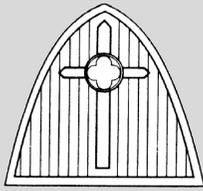
7:00 p.m. Holy Eucharist Rite Two in New St. Mary's

11:00 p.m. Holy Eucharist Rite One in Little St. Mary's



CHRISTMAS DAY, TUESDAY, DECEMBER 25

10:00 a.m. Holy Eucharist Rite Two in Little St. Mary's



ST. MARY'S
EPISCOPAL CHURCH

12291 River Road, Richmond, VA 23238
(804) 784-5678
www.stmarysgoochland.org

| Growing in Faith |
| Building Community |
| Giving Joyfully |

CLERGY, STAFF, AND VESTRY

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Adam Bailey, *Children's Choir Director*
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Deedi Trabosh, *Accountant*
Cassie Vestal, *Nursery Assistant*
Meg Zehmer, *Nursery Director*
Susan Rawls, *Director of St. Mary's Episcopal School*

Vestry Members:

Tracey Ragsdale, *Senior Warden*
Russell Wyatt, *Junior Warden*
Joe Cheely, *Treasurer*
Patsy Simril, *Registrar*
Karen Huennekens, **Fay Lohr**, **Anne McCoy**,
Kim O'Shea, **Doug Pera**, **Al Rider**, **Tom Slater**,
Seth Schaeffer and **Scott Stephens**

This Week at St. Mary's

Sunday, December 2, The First Sunday of Advent

Holy Eucharist Rite One, 9 a.m., *Little St. Mary's*
Advent Wreath-Making, 10 a.m., *New Parish Hall*
Confirmation Class, 10 a.m., *Education Building*
Holy Eucharist Rite Two, 11 a.m., *New St. Mary's*
Cake and Coffee, 12 p.m., *New Parish Hall*
Children's Ministry Committee, 12:15 p.m., *Old Parish Hall*
Lessons and Carols, 5 p.m., *New St. Mary's*

Tuesday, December 4

Men's Spiritual Practice, 7:30 a.m., *Old Parish Hall*
Fellowship Committee, 9 a.m., *Old Parish Hall*
Be Still Ministry, 10 a.m., *Education Building*
Staff Meeting, 2 p.m., *Rector's Study*

Wednesday, December 5

Lectionary Bible Study, 10 a.m., *Library*
Noonday Prayer, 12 p.m., *Little St. Mary's*

Thursday, December 6

Adult Choir, 7:30 p.m., *Choir Suite*

Friday, December 7

Pastoral Care Team 1, 10 a.m., *Rector's Study*

Saturday, December 1

A.A., 10 a.m., *Education Building Classroom*

Sunday, December 9, The Second Sunday of Advent

Holy Eucharist Rite One, 9 a.m., *Little St. Mary's*
Parish Breakfast, 9:30 a.m., *New Parish Hall*
SMES Bake Sale, 9:30 a.m., *Café and Dover Lounge*
Sunday School and Confirmation Class, 10 a.m., *Sunday School Classrooms and Education Building*
Holy Eucharist Rite Two, 11 a.m., *New St. Mary's*
Cookies and Coffee, 10 a.m., *Café and New Parish Hall*

Coming Up

Tuesday, December 11

Be Still Ministry, 10 a.m., *Education Building*
Seniors Lunch, 12 p.m., *New Parish Hall*

Sunday, December 16, The Third Sunday of Advent

Adult Forum: What Makes Good Liturgy?, 10 a.m., *New Parish Hall*

CONNECT WITH US!

- ❖ **New to St. Mary's?** First time or returning visitor? Please help us get to know you by filling out a **welcome card** found in the back of every pew.
- ❖ **Are you following us on Instagram?** We love sharing fun facts, behind the scenes, and our beautiful campus. Make sure to **follow us @stmarysgoochland**
- ❖ **Do you like our Facebook page?** You can find recent sermons, reflections, information about upcoming events, pictures from events, and more by liking us at **facebook.com/St.MarysGoochland**