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# *The Messenger*

All Saints Episcopal Church, East Lansing, MI

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December 2008

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## Anticipating . . .

### *Celebrating . . . a Season of Hope and Fulfillment*

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By **KIT CARLSON**, All Saints Rector

I have come a long way. I used to be truly captive to the cultural “holiday season,” to the urge to spend beyond my means, the compulsion to make everybody happy and to try to make everything perfect. I used to flog myself into a state of overwork, overstress, and false merriment in order to feel like I had properly celebrated Christmas. In my house, they called me the Christmas Queen. Christmas Nazi was more like it. If everything wasn't perfect and everyone wasn't happy all the time, then somehow Christmas had failed to come.

This is a spiritual journey, to stop listening to the voices of the culture around us, the voices of ancestors and their holiday baggage and expectations. I've been on this journey for years now, and I begin to understand the landscape of the season. I invite you to join the journey this year, of anticipation in Advent and celebration in Christmas. It is a journey into a kind of holy emptiness, the silent waiting that is the hallmark of the first season we celebrate this month, the season of Advent.

Advent is a time to wait. Not just for the day we open presents, or the arrival of Santa Claus, or the visit of the family members. We wait for the fulfillment of God's purposes, for the arrival of a

*(Continued on next page)*

## **ANTICIPATING**

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Kingdom where every tear is wiped away. For four weeks, we pause, while the rest of the world is noisy and crazy and harassed, to wait.

**Slow down. Quiet. It's Advent.** We have those posters again for you to take home from church and hang on your fridge or on the door to the garage, where you can look, remember to stop and breathe and wait. Our worship will be quiet and contemplative, with space for silence, with ancient music. A special Advent Evensong will launch this holy season on the evening of Nov. 30, in conjunction with Canterbury MSU, at 5 p.m. Centering prayer will be offered in the chapel on Wednesday evenings from 6:30 to 7:30, as a counterpoint to the noise and business of the world outside. A Longest Night service on the 21st will provide a safe place for worship for those who because of loss or hardship or sadness don't feel the joy of the season.

Then, after the waiting, after the anticipation, it is time for the celebration. Twelve full days of Christmas joy, as we rejoice that God has always intended to rescue us: that God has entered our limited historical mortal world as a tiny baby, and that God has transformed it. The schedule of Christmas worship is included in this issue of the newsletter, and I ask that you will note a few changes. But suffice to say, our Christmas celebration will be joyous and warm, and it will last for 12 entire days, ending with our traditional Epiphany potluck, de-greening of the church and service on Jan. 6.

So get ready to get ready. To anticipate. To celebrate. To hear once more the angels' song, to share again in the shepherds' amazement. It truly is the most wonderful time of the year -- not because we have to shop and cook and make ourselves crazy -- but because God comes to us once more . . . a light in the darkness.

In God's abiding peace,        - *Kit*

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## What if Christmas doesn't feel so merry?

Not everyone feels joy and cheer this time of year. For those who have lost a loved one, lost a job or lost a dream, this time can feel disjointed and dispiriting.

For those who struggle in darkness for something more, a new life, a second chance, "ho, ho, ho and mistletoe" can feel irrelevant and painful.

All Saints will hold a Longest Night service at 5 p.m. Sunday, Dec. 21, in the chapel, especially for people seeking the time and space to recall the real heart of Christmas ... the light that shines even in darkness, and which darkness cannot overcome.

There will be silence, space for prayer and reflection, and a simple Eucharist.

## **A break from the holiday madness: Centering Prayer**

Instead of Wednesday adult education gatherings in Advent, Pastor Kit will lead three group sessions in Centering Prayer, a form of Christian meditation.

In centering, one sits in silence, saying a mantra like "Jesus" or "Maranatha." The goal is simply to be still and present to God in the presence of God. We will begin with some

shared reflection on a portion of Scripture, followed by 20 minutes of silence. For those who have never tried it, Pastor Kit will provide some guidance on how to begin.

If you want some quiet in your Advent, come for Centering Prayer, 6:30 to 7:30 p.m. Wednesdays, Dec. 3, 10 and 17, in the chapel.

## **You, too, can help make communion bread**

Once again, we are looking for people to make communion bread. This can be done by individuals or families in their home or by a group of people who wish to use the church kitchen.

Depending on the number of people interested in helping and the amount of bread they make, it may only need to be done four to six times a year. For more information, contact Kathy Berry at [keberry313@gmail.com](mailto:keberry313@gmail.com).

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**Alan and Carol Fisher have volunteered to do the December meal for Loaves and Fishes.**

# Celebrating Christmas at All Saints

**B**ring your friends, bring your family members, invite your neighbors to celebrate the birth of Christ at All Saints this year.

After four weeks of Advent, it is always a treat to sing carols, and to celebrate all 12 days of Christmas with glad and generous hearts.

Please note the schedule at right, as there are some changes in our worship schedule this year.

To accommodate family travel schedules, and to provide a less stressful Christmas Eve experience for young children and their parents, the Christmas Pageant will be held as part of our Sunday morning worship on Jan. 4, the Second Sunday after Christmas.

The Christmas season lasts for 12 full days, and this is a way we can continue to remember to celebrate the Incarnation and to teach our children the same. The 5 p.m. service on Christmas Eve will be a family-friendly Eucharist with intergenerational participation and plenty of Christmas carols.

Also, the later service on Christmas Eve will begin with a choral prelude and congregational caroling at 9 p.m., with the Eucharist itself beginning at 9:30 p.m.

We hope this will encourage more people who are not able or willing to be out late at night to join us for our traditional Christmas worship.

The All Saints Choir will sing, and the Feast of the Incarnation will be celebrated with all the dignity and joy we can muster.

## Christmas Eve, Dec. 24

**5 p.m. - Intergenerational Christmas Service.** Gather at the crèche with your children and family to greet the Christ Child at his birth. This service will feature the Cherub and Children's choirs, many carols, a homily and a festive Eucharist.

**9 p.m. - Carols and Choir.** The All Saints Choir offers seasonal music, and the congregation sings carols as we gather for the festal Eucharist.

**9:30 p.m. - Festal Eucharist.** This more formal service features music from the All Saints Choir and instrumentalists, incense, bells, chant, and all your favorite Christmas carols.

## Christmas Day, Dec. 25

**10 a.m. - Quiet Eucharist.** Gather in the chapel to celebrate Christmas Day. The Rev. Sarah Midzalkowski will preach and celebrate, and Dorothea Fields will play carols on the harp.

## First Sunday after Christmas, Dec. 28

**8 a.m. -- Holy Eucharist, Rite I**

**10 a.m. -- Christmas Lessons and Carols with Eucharist**

## Second Sunday after Christmas, Jan. 4

**8 a.m. -- Holy Eucharist, Rite I**

**10 a.m. -- Children's Christmas Pageant with Eucharist**

## Feast of the Epiphany, Jan. 6

**5:30 p.m. -- De-greening of the church**

**6:15 p.m. -- Potluck supper**

**7 p.m. -- Holy Eucharist**

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## *Alternative Christmas Gift Mart*

The Alternative Christmas Gift Mart will be held 10 a.m. to 2 p.m. Saturday, Dec. 13, and 12 noon to 2 p.m. Sunday, Dec. 14. This is at the same time as the pickup of the citrus fruit and greens from the annual Fruit and Greens sale. Please join us and shop for some holiday gifts with a charitable connection.

This sale of crafts, fair trade coffees, teas, chocolates, pottery, baskets, jewelry and other items will support a variety of non-profit organizations committed to helping the poor locally and globally, including the Housing Assistance Fund. The fund, supported by a coalition of Lansing area churches, distributes proceeds to two area homeless shelters: Haven House in East Lansing and Loaves and Fishes in Lansing.

For more information, contact Janet Chegwiddden at [chegwid1@msu.edu](mailto:chegwid1@msu.edu) or 351-9376.

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**Women of All Saints: Save the Date: Set aside the afternoon of Dec. 18 from 4 until 7 p.m. for our annual Christmas gathering. More information on Page 5.**

# Standing or kneeling - some thoughts

**P**aper or plastic? Smoking or non-smoking?  
Standing or kneeling?

This has become an option during the Eucharistic prayer. Different people have different pieties, different ways of connecting with God.

The Prayer Book says after the Sanctus (the "Holy, Holy, Holy") . . . *The People may stand or kneel.* (Except in Rite I it says "The people may kneel or stand." and in Eucharistic Prayer C, it doesn't say anything at all. . . . It assumes everyone will stand through the whole prayer. You can tell what the Prayer Book prefers you to do when there is a choice, by which option is listed first.)

## **Why stand?**

Generally, the committee that prepared the Book of Common Prayer would prefer the people stand during the Eucharistic Prayer. It is the position Jesus would have used to pray, it is the position used by the first Christians for prayer, and it was the position specified by the Council of Nicaea. It reminds us that in his death and resurrection, Christ has made us worthy to stand before him. (The prayer in Eucharistic Prayer B even says that.)

Standing is a position of piety for many people who have grown up with the 1979 Prayer Book. It is more comfortable for some people than kneeling. It strengthens their faith and helps them to feel the celebratory spirit of the Eucharist, to feel thankful for their redemption in Christ

## **Why kneel?**

Kneeling for the Eucharistic Prayer is something that began in the Middle Ages. This was a period when the people did not generally receive the sacrament at all. Only the priests were thought to be holy enough to actually consume the bread and wine. So the people knelt to show their respect for the priest as he offered the mass and received communion.

Kneeling has been a position of piety for many people long after the Middle Ages passed. It reminds them of their humility before God. It focuses their attention on the prayer and the sacrament. It enhances their devotion.

## **Now what? Some are standing and some are kneeling!**

This is fine. People should be able to express their piety in the Eucharistic Prayer by standing OR kneeling, as each person prefers.

But this raises a question of etiquette. If you are standing to pray because that enhances your prayer, you may be standing in front of someone who is kneeling, because that enhances his or her prayer. If you are standing in front of someone who is kneeling, what do they see as they gaze toward the altar? Your backside.

So that everyone's prayer life can be enhanced, if you are a "stander," it would help the "kneelers" if you could sit on the outer edges of the sanctuary, near the windows. That way, as people look up and toward the altar in the center, they will have an unobstructed view. If you are a "kneeler" and a "stander" gets in front of you, please be patient. . . . Try to move to one side or the other if you can. Also, the forward pews and chairs will provide a better line of sight.

Let us be patient with one another, brothers and sisters!

- *Pastor Kit*

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## *Attention, knitters, crocheters and sewers*

Cotton, acrylics, blends, wool, fleece, flannel...the choice is yours.

Two years ago we joined efforts with Save the Children and sent 211 infant caps for distribution to the needy.

This year we are asking for handmade infant caps, blankets and/or clothing to be collected and blessed on Epiphany as a part of the infant layette collection.

If wool is your preferred selection, your knitted or crocheted hats, mittens, scarves, vests or blankets will directly help an Afghani woman, man or child who greatly needs the caring, warm embrace of your personal handmade gifts.

Please stop by the table at coffee hour for more information or call Marjie Koons at 321-6585 or Nancy Spates at 337-7633.

# Parish Life December Events

Parish Life continues to be full this season. The October **Coffeehouse** brought about 30 people together for singing and readings, and the November edition, which ran 30 minutes beyond quitting time, drew even more. We hope to see even more people enjoying themselves at the special Christmas-themed Coffeehouse on Dec. 19.

November's **Second Sunday Breakfast** opened with a long line at 8:45 a.m. **Dan Chegwiddden** and his crew were ready and their swift serving of hot food and sweet rolls gave those attending ample time to visit and to indulge in seconds.

The annual **Progressive Dinner** has been postponed to January or February. Great company and great food have made this event an All Saints favorite, and we expect a large signup in 2009. What better way to find respite from the bleak days of deep winter than with food and friends?

## ***Second-Sunday Breakfast, 8:45-9:45 a.m. Sunday, Dec. 14***

Join your All Saints friends for a hot breakfast between the 8:00 and 10:00 a.m. services. Three dollars brings you eggs and sausages, a croissant or Danish, and juice—all prepared by Dan Chegwiddden and his talented crew.

## ***Christmas Coffeehouse, 7:30-9:30 p.m. Dec. 19***

When the world is turning gray and bleak, hurricane lamps and warm beverages are especially welcoming and cozy. See the undercroft transformed. Join your All Saints' family for an evening of singing, acting and readings centered on Christmas and the winter season. The Coffeehouse is free and children are welcome. Coffee and popcorn provided; snacks and other beverages may be brought to share. Lots of good food is the norm. We hope to see you there.

## ***Greening of the Church, after the 10:00 a.m. Dec. 21 service***

As Episcopalians, we don't officially begin celebrating the Christmas season until the close of Advent; we then go all-out. Welcome the Christmas season to All Saints by helping to green the church. A soup, salad, cheese and bread luncheon will be provided for all volunteers. We also need volunteers to bring soup and the other luncheon items for the meal. Please sign up to bring part of the meal, or inform **Matt Helm** of your intentions at [helmmatt@msu.edu](mailto:helmmatt@msu.edu). Degreening of the church, along with a potluck dinner, occurs at the Epiphany service on Jan. 6; please mark your calendars for this gathering, too.

## ***Wharton Outing, 3 p.m. Sunday, Feb. 15, 2009***

Looking for a Christmas gift for you or loved ones? "**RAIN: The Beatles Experience**" is coming to the Wharton Center, and All Saints bought a block of tickets for interested parishioners. Experience what BEATLEMANIA was all about, from Ed Sullivan to "Abbey Road." The performers look and sound just like the Beatles. All the music and vocals are performed totally live. **RAIN** covers the Fab Four from the beginnings through the psychedelic late '60s and the long-haired, hippie, hard-rocking rooftop days. A multimedia, multidimensional experience, **RAIN** fuses historical footage and hilarious television commercials from the 1960s. Enjoy what the *Denver Post* calls, "the next best thing to seeing The Beatles," and the *Washington Post* describes as "an adoring Valentine to the Beatles." Such favorites as "Let It Be," "Hey Jude," "My Guitar Gently Weeps," "Come Together" and "Can't Buy Me Love" will be among the extensive repertoire. The main floor seating ticket price is \$43. Checks can be made payable to All Saints Episcopal Church. Tickets are available from **Steve Findley**, who can be reached at (517) 853-6046 or [Steve@findley.org](mailto:Steve@findley.org).

*Interested in assisting with Parish Life? Please call **Matt Helm** at (517) 337-0758.*

## Parish women invited as ECW Christmas Tea returns

Women of the parish are invited to drop by for Christmas Tea at the home of Dick Johnson, 1424 Stonegate, East Lansing, between 4 and 7 p.m. Thursday, Dec. 18.

This tea, after a year's hiatus, renews an opportunity for women to share seasonal greetings in a festive holiday setting. It also honors the memory of Sue Johnson, a parish member of this parish who loved hosting this

Episcopal Church Women (ECW) gathering every year. ECW wants to maintain the tradition in her honor.

So, take a break from the daily rush and join others for holiday cheer and friendship. While not necessary, RSVP to Linda Hackett at 351-7727 or [lchackett@comcast.net](mailto:lchackett@comcast.net) to help planning for the event. Also, if you need a ride, leave a message with Linda.

# ECW fall report: Reaching out to help

By LINDA HACKETT

Last year, the board of Episcopal Church Women began to develop a plan for disbursing funds raised through the rummage sale.

It was decided that the group would divide the money between parish needs and outreach to the wider community.

Since then, money has gone to the parish for various building needs, Canterbury MSU for travel and women's fellowship.

In September, the board agreed to fund the outreach portion. Three groups were selected: locally, the Lansing Food Bank; nationally, the Episcopal Relief and Development Fund; and internationally, Cambodian School Kids, through Sharon and Mart Bushue.

Bushue is not a familiar name in this parish. Sharon (Sherry) is my cousin. I reconnected with her this summer after 20 years at a family reunion in Oregon.

She and her husband had been living in Alaska. No matter how you slice it, that is not on the way to anywhere. Thus, the long time between family meetings.

About nine years ago, Mart took a job as an engineer with a company that contracts with the U.S. Department of State to build

embassies and consulates around the world. Since then, they have lived in Europe, Africa and, for the past few years, Southeast Asia.

While on assignment in Cambodia, they became acquainted with a group of children who lived as roving street vendors.

Seeing a future that did not offer much, the Bushues have seen to it that these children are able to get an education by paying for tuition, books and school supplies.

At this time, there are about 20 children in school, some nearing graduation and a high school diploma. That means a great deal in that country, still struggling to recover from the years under the Khmer Rouge.

I was struck by Sherry's passion and commitment to this, but they are beginning to reach the limit of their personal resources and are reaching out for support. The process of becoming a non-governmental organization (NGO) of the United Nations is under way, but it takes time.

While on her trip to North America, Sherry also met with various church groups on the West Coast and Alaska seeking assistance. If you are interested in learning more about this work, visit the Web site [www.cambodianschoolkids.com](http://www.cambodianschoolkids.com)

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## What's new in Sheila's Corner?

Advent is here and we have something every Sunday for you to do in the undercroft during coffee hour. On Nov 30, we will make Advent wreaths. Kits are available for \$5. On Dec. 7, you can join in making Nativity scenes. Dec. 14 is Alternative Mart. The Greening of the church and potluck are scheduled for Dec. 21.

An Advent through Epiphany activity calendar is available for families to get ideas for things to do or talk about during the holiday season. Please see **Sheila Wiitala** for one.

Learning about Communion

The new year will bring a class for parents and children in first through fourth grade on Communion. It will be held at 5:30 p.m. Wednesdays and will last four or five weeks. More information is coming:

Christmas Pageant on Jan. 4

Mark your calendar for Jan. 4 for "People, Look East," a Christmas Pageant for children and youths. It's a time to remind everyone that Christmas is not over on Dec. 25. Help is needed for sets, costumes and helping the children practice. Contact Sheila to volunteer and let her know if your child will participate.

Not getting e-mails?

If you have a child or youth and you have not been receiving emails from Sheila Wiitala, see her or contact her at [allsaintssheila@hotmail.com](mailto:allsaintssheila@hotmail.com). The script will be going out soon and everyone should have a part.

# December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:15 a.m. Staff Mtg.  7 p.m. Prayer/ Study group 7:30 p.m. AA 7:30 p.m. Book group	2  12:15 p.m. Bible Study  7 p.m. Sine Nomine 7:30 p.m. AA	3   5:30 p.m. Cherub Choir 6 p.m. Supper 6:30 p.m. Children's Choir 6:30 p.m. Adult Prayer 7:30 p.m. Debtors A	4 7 a.m. Holy Eucharist with breakfast following   6:30 p.m. ACLU 6:30 p.m. Bell Choir 7:30 p.m. Adult Choir 7:30 p.m. ACOA 8 p.m. AIAnon	5   1 p.m. Duplicate Bridge	6  10 a.m. Advent House
7 8 a.m. Holy Eucharist 9 a.m. Adult Bible Study 9:45 a.m. Children's Sunday School classes 10 a.m. Holy Eucharist 11:30 a.m. Adult Forum 11:30 a.m. Bell Choir 11:30 a.m. Youth Christian Ed classes 2 p.m. Writers Forum	8 9:15 a.m. Staff Mtg.  5:30 p.m. MRC 5:30 p.m. Rite 13 7 p.m. Prayer/ Study group 7:30 p.m. AA	9 12:15 p.m. Bible Study  7 p.m. ECW 7 p.m. Sine Nomine 7:30 p.m. AA	10  5:30 p.m. Cherub Choir 6 p.m. Supper 6:30 p.m. Children's Choir 6:30 p.m. Adult Prayer 7:30 p.m. Debtors A	11 7 a.m. Holy Eucharist with breakfast following  5:30 p.m. MRC 6 p.m. Outreach 6:30 p.m. Bell Choir 7 p.m. Parish Care 7:30 p.m. ACOA 7:30 p.m. Adult Choir 8 p.m. AIAnon	12  1 p.m. Duplicate Bridge	13 10 a.m. - 2 p.m. Alternative Gift Mart, Fruit/Greens pickup  1 p.m. Ass. of American University Women
14 December birthdays 8 a.m. Holy Eucharist 8:45 a.m. Parish Breakfast 9 a.m. Adult Bible Study 9:45 a.m. Children's Sunday School classes 10 a.m. Holy Eucharist 11:30 a.m. Bell Choir 11:30 a.m. Youth Christian Ed classes 12 - 2 p.m. Alternative Gift Mart, Fruit/Greens pickup 2 p.m. Writers Forum	15 Messenger Deadline  9:15 a.m. Staff Mtg.  6:30 p.m. Finance  7 p.m. Prayer/ Study group Council 7:30 p.m. AA	16 8 a.m. Men's breakfast, Coral Gables  12:15 p.m. Bible Study  6:30 p.m. Quilters 7 p.m. Sine Nomine 7 p.m. Vestry 7:30 p.m. AA	17  5:30 p.m. Cherub Choir 6 p.m. Supper 6:30 p.m. Children's Choir 6:30 p.m. Adult Prayer 7:30 p.m. CMSU Bd. 7:30 p.m. Debtors A	18 7 a.m. Holy Eucharist with breakfast following  4 p.m. ECW Christmas Tea  6:30 p.m. Bell Choir  7:30 p.m. Adult Choir 7:30 p.m. ACOA 8 p.m. AIAnon	19  1 p.m. Duplicate Bridge  7:30 Coffeehouse	20 9:30 a.m. Shawl Knitters  10 a.m. POSC
21 8 a.m. Holy Eucharist 9 a.m. Adult Bible Study 9:45 a.m. Children's Sunday School classes 10 a.m. Holy Eucharist 11:30 a.m. Bell Choir 11:30 a.m. Youth Christian Ed classes 11:30 a.m. Greening of the Church 5 p.m. Longest Night	22 9:15 a.m. Staff Mtg.  1:30 p.m. East Lansing Women's Club  5:30 p.m. Rite 13 7 p.m. Prayer/ Study group 7:30 p.m. AA	23  12:15 p.m. Bible Study  7 p.m. Sine Nomine 7:30 p.m. AA	24  5 p.m. Intergenerational Christmas Eve Service  9 p.m. Carols and Choir 9:30 p.m. Festal Eucharist	25 CHRISTMAS DAY Office closed  10 a.m. Holy Eucharist	26 Office closed	27
28 8 a.m. Holy Eucharist 9 a.m. Adult Bible Study 10 a.m. Service of Lessons and Carols, Holy Eucharist 11:30 a.m. Youth Christian Ed classes 11:30 a.m. Bell Choir	29 9:15 a.m. Staff Mtg.  1:30 p.m. East Lansing Women's Club  7 p.m. Prayer/ Study group 7:30 p.m. AA	30  12:15 p.m. Bible Study  7 p.m. Sine Nomine 7:30 p.m. AA	31 NEW YEAR'S EVE Office closed	January 1 New Year's Day Office closed		

AA = Alcoholics Anonymous

ACOA = Adult Children of Alcoholics

AIAnon = Family and Friends of Alcoholics

MRC = Michigan Religious Coalition for Reproductive Choice

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Holy Eucharist Schedule: 8 a.m. and 10 a.m. Sunday;

5 p.m. Sunday for Canterbury MSU student ministry; and 7 a.m. on Thursday

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