

HOLY HAPPENINGS

Volume 27 Issue 2

February, 2019

Something to Think About...

I usually make every attempt possible to stay away from politics when writing articles, and for good reason, but with the increasing animosity, anger and arrogant tone displayed in our nation's political atmosphere I felt that some things need to be said.

It is apparent that since the election of Donald Trump, members of both parties Republican and Democrat refuse to agree on anything. The bickering and insulting seem to be nothing more than a grandstand of immaturity displayed by both sides. Regardless of whether you're Democrat or Republican, you must admit that this nation has never seen, at least in my lifetime, so much animosity and hatred toward one another and this degree of behavior has been caught up by the trickle-down effect from Washington to the media and on to the people.

Most recently there was a news story about restaurants in the Washington D.C. area helping to feed and support the Federal workers who have been affected by this most recent shutdown. Meanwhile, elected Representatives in Congress continue to get paid and seemingly with not a worry in the world while leaving the caring task of their fellow Americans to hardworking



CHURCH OF THE HOLY NATIVITY SCHEDULE OF SERVICES

Holy Eucharist
Sunday - 8 & 10 a.m.
Most Tuesdays - 11:30

OFFICE HOURS
Mon. thru Fri.
9 a.m. - 12:00 p.m.

Parish Office 781-335-2030
Rector 781-974-7392

E- Mail:
office@holynativityweymouth.org

WEBSITE:
www.holynativityweymouth.org

The Rev. Harold G. Birkenhead, Rector
The Rev. Brad Hultman, Asst. Priest
Casey Hannan, Organist & Choirmaster
Maryann Gurney, Director of Christian Ed
Peg Driscoll, Secretary
Tim Birkenhead, Sexton
Ron Russo, Warden
Steve Williams, Warden

restaurant owners who have extended their hand to help those in need.

After viewing the cold atmosphere in Washington, especially in the Capitol Building I have, like many others become disenchanted with the lack of leadership, morality, and empathy we find ourselves constantly being subjected to by those who claim to represent the interests of the people of this nation.

Many years ago I read a Pulitzer-Prize winning book written by President, then-Senator John F. Kennedy called "Profiles in Courage. In Profiles in Courage Kennedy articulates and argues for the importance of "political courage" in American political history. The late President presents short biographies of eight United States Senators who displayed acts of bravery and integrity by defying the opinions of their own party, fellow Senators and Representatives to do what they felt in their heart was God's will and right for the people they represented. As a result of their dedication to God and their conviction to the people of this nation, they suffered severe criticism and losses in popularity because of their actions.

The eight former American senators are: John Quincy Adams of Massachusetts, Daniel Webster of Massachusetts, Thomas Benton of Missouri, and Samuel Houston of Texas. Edmund Ross of Kansas, Senator Lucius Lamar from Mississippi, Senator George Norris of Nebraska

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Rector's Letter continued

and Ohio Senator Robert A. Taft, In a play on Kennedy's own inaugural words this collection of heroic Senators is a stirring look at people *who rarely thought about what they could do for themselves, but always about what they could do for their country.* Something severely lacking in today's political atmosphere.

Today, I believe our Founding Fathers would be appalled to see those principles they so valiantly risked and gave their lives for, those very same principles incorporated into the American Constitution are being disregarded and ignored by what seems to be a nation lacking in self-control, compassion, and love for each other.

What are those principles I speak of?

Here are at least three principles our Founding Fathers saw as so important to our country's ultimate purpose:

1) As a country (and as individuals) we are called to put God first. This was the major principal upon which our country was founded and the principle that would help America become a shining light to the world. What may be most unique to putting God first is that it is not really about religion; instead, it is about how we act toward one another as channels for the God's love in the earth.

2) Ultimately we need to be about the principles that unite us, not politics which can divide us.

Our politicians need to begin living the principles as outlined in the Declaration of Independence instead of pigeonholing Americans into factional groups. This act of

placing principles before politics is perhaps best illustrated by our Nations Founders when they told us what we are called to do both as individuals and as a country when they wrote: "... all men are created equal, that they are endowed, by their Creator, with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness. Maybe those in Washington D.C. need to open their hearts and understand that just because they are housed upon a hill doesn't necessarily mean they are above the rest of us.

3) Our country and its politicians need to find ways to be of service to those who are in need. We were challenged as a nation to put the principles of God's love in action with one another, resulting in compassion and equality for all. Our Founding Fathers knew that if this new nation followed the principles outlined in our Constitution and Declaration of Independence, God's light would guide us into all blessings. However, if America did not live up to the promise for which it had been founded, then the same darkness and anarchy from which a freed people escaped would enslave them, not from the outside but from their own selfish ways.

May I suggest all of us together as a group, regardless of political affiliation or conviction, pray for our nation and meditate upon the words from the prayer on social justice found in the Book of Common Prayer;

A prayer for Social Justice:

Grant, O God, that your holy and life-giving Spirit may so move every human heart [especially

those of this land], that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. *Amen.*

Blessing,
Fr. Harry

To our parish family,

Thank you for the prayers, concern, always being there and also the cards that you have sent to Rocky. It will be two years on January 24th since he left our home and became a resident at the Bedford VA.

He is still holding his own and has received wonderful care at the VA. Now that winter is upon us, we take many trips through the tunnels for his haircut, lunch at the canteen, the library, Starbucks and a Pow Wow last Saturday. I am so grateful for that. However, the disease has taken a toll on him - he is unable to walk and putting words together is difficult for him. Loves listening to music and playing ball and his reflexes are still good. The sense of humor is still there though and some recognition of those he loves. Just seeing him comfortable, relaxed and content means the world.

Rocky still enjoys receiving mail - his address is: Dominic (Rocky) Ruggiero , 200 Springs Street, Bldg. 62-A, Bedford, MA 01730. .

Blessings,
Carol Ann Ruggiero



February 3rd is Superbowl Sunday. We will be talking about "God's Game Plan" and participating in some fun "drills" & activities during Sunday school.

For a Valentine's Day lesson the older kids will be using their Bible's to look up passages about love while the younger kids will be making "God Is Love" crosses.

And we will end the month designing our "Say goodbye to Alleluia" poster.

There will be no Sunday school On February 17th for the long weekend.

Home Communion

If you or a loved one is unable to get to church to celebrate the Eucharist at any time during the year, please call the office at 781-335-2030 to schedule a Home Communion with Fr. Harry or Fr. Brad. The visit will be arranged at your convenience.

Newsletter Deadline

The deadline for MARCH Holy Happenings will be Thursday, February 14. Articles may be submitted via snail mail, dropped off in the bin on the office door or sent by email to the church office.

Emotional Freedom Techniques

Aligning with your Resolutions

**Date: Feb. 12, 2019
6:30-8:00**

Common Room

EFT, also called Tapping, is a process that resolves stuck emotions. It is a simple, self-administered acupressure technique that has been scientifically proven to calm the amygdala (the fear center of the brain) and reduce stress hormones in the bloodstream.

One taps lightly with the fingertips on key energy points on the face, hands and torso, while focusing on emotional challenges, physical pain, stress, illness, etc.

The great thing about EFT is that it can be used on absolutely everything and is extremely easy to learn.

Facilitated by Kathryn McGlynn, certified hypnotist.

Contact Kathryn at 781-340-2146 to reserve your spot.

Tickets \$35.00 or early bird for \$30.00 (payment by 2/8/19)

Food First Sundays

Food First Sunday is February 3. The Weymouth Food Pantry would appreciate donations of pasta sauce.



As a Parish, We pray for:

- Anders Eriksson
- Anne
- Barbara C.
- Bill
- Billy Dunn
- Brooke & family
- Carly
- Carol
- Casey K.
- Corinne
- Devin
- Dot
- Ewen
- Frank
- Ginny Blanchette
- Hazel Brunelle
- Helen Holbrook
- John & Billie Greene & family
- John
- John Murphy
- June Sutcliffe
- Marcia
- Michael Crampton
- Mike
- Myrtle Perkins
- Nelson Harris
- Paige
- Patty Murphy
- Peggy Cinotto
- Phil Stephan
- Ray Thorne
- Rick
- Rocky
- Sophia
- Tommy Chadbourne.



Recipe Corner

From "Favorite Recipes Cookbook"

LEEK AND POTATO SOUP

1 bunch leeks
 2 stalks celery
 3 tbsp. butter
 1 c. water
 2 ½ c. decided potatoes which have been peeled
 2 ½ c. milk
 Salt
 Pepper
 Cayenne

Slice very fine leeks and celery. Saute in butter for 10 minutes. Stir constantly. Add water and cover and cook for 10 minutes. Add diced potatoes, cover and cook 10 minutes more. Add milk and simmer until potatoes are tender. Season to taste.

Serves 6

Submitted by Dale Critchley

Adult Study: The Book of Joy

The Adult Study on "The Book of Joy" began on January 13. At present, there are 15 people studying and learning techniques to cultivate a more joyful soul.

"The Book of Joy" is a compilation of discussions between the Dalai Lama and Archbishop Desmond Tutu. If there is one central point put forth, it is this. In life, the more we relate our life to others, the more we embrace the joys and sufferings of others. Seeing in all people our common human condition, the more joyful life will become.

Also, cultivating a joyful soul takes practice and is possible for anyone who understands that we need not be victims of our feelings and dominated by emotions. Both Dalai Lama and Archbishop Tutu hold that a solid spiritual discipline gives us more control over our emotions, and how people express them.

As times goes one and this adult study continues, I will report further on the thoughts express in "The Book of Joy".

Fr. Brad



Wardens' Report

Happy New Year!!

As we are currently working on our annual report for the Annual Meeting on Feb. 3rd, this update will be very short. Please remember to turn in your pledge card if you have not done so already. If you are new to the parish and not sure how it works with the pledge campaign, feel free to reach out to a Vestry member, the Wardens, the Treasurer, the Parish Secretary or Carol Ruggiero and Paul MacPhee of the Stewardship Committee. Thank you, as this will help us balance and forecast the annual budget for 2019.

We hope you had a chance to attend one of the many services here on Christmas Eve. Services were great and the Church was beautiful as usual. Many thanks go out to all, especially the Altar Guild for getting the church ready for all the activities. Thanks to Frs. Harry and Brad, the Choir, the Church School, Lay Readers and Acolytes along with Peg Driscoll for all their contributions to making it a great season and to all others who participated.

Steve Williams and Ron Russo
 Co-Wardens

Coffee Hour Hosts Needed

Church Coffee Hour Ministry provides a warm and welcoming gathering each Sunday morning. Old friends and new are welcomed each week with a hot cup of coffee and some goodies to sustain us during our visit. Members of this ministry serve as hosts and/or /hostesses. This is an easy and fun way to support the life of the parish.

Coffee, tea, milk, cream, sweeteners and cups are all provided. All you need to do is bring something to serve, whether it is homemade or something you bought and a smile.

Please sign up on the bulletin board by the Common Room door.

Annual Meeting

2018 Parish Annual Meeting is Sunday, February 3 at 11:45., following a pot lunch brunch. Please bring something to share.

For the first time, this year's annual report will be distributed electronically, with a limited number of hard copies. You are encouraged to review the report the week before the meeting. Feel free to print all or part of the report at home. If you plan to follow along on your electronic device, please download the report at home, as the church's network will not be able to support so many users at once.

Given the time of year, please consider signing a proxy ballot to ensure that there is a quorum.

Q

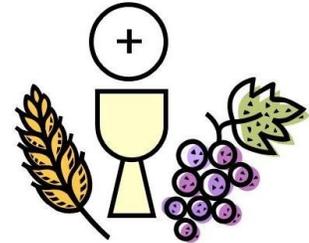


Vestry Meeting

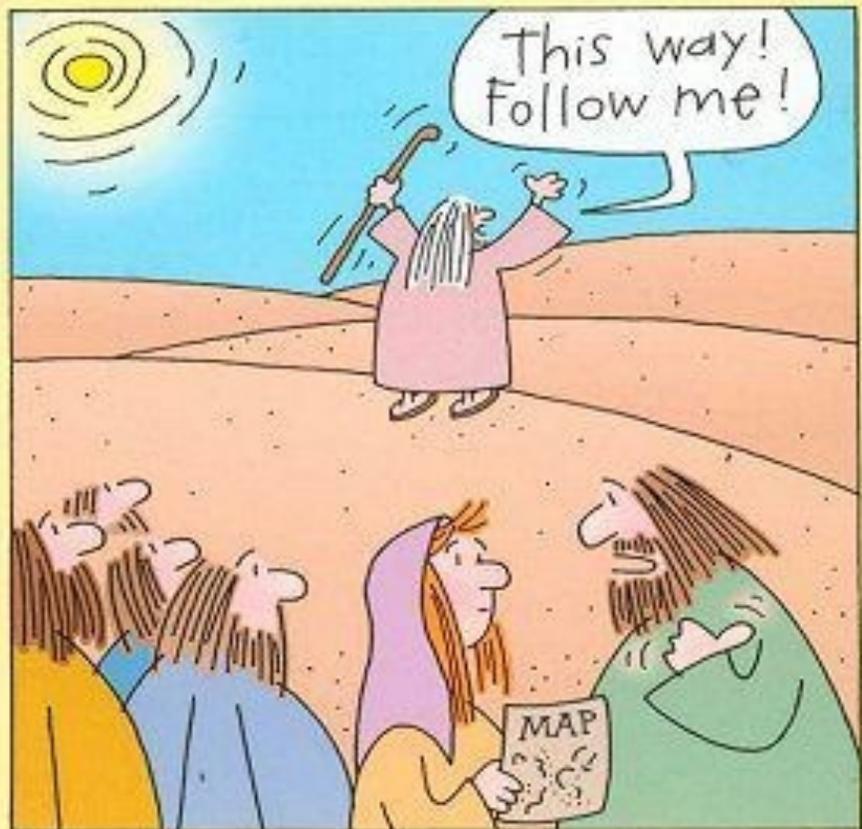
Vestry

No vestry meeting in February. The next Vestry meeting will be Wednesday, **March 13** at 7:30 in the Asher Stoddard Hall, following a service of compline at 7pm in the Sanctuary

Tuesday Morning Eucharist and Luncheon



Please join us on Tuesdays at 11:30. This quiet service has become a favorite with many people, even if they are only able to attend occasionally. There's always lively conversation and fellowship to go with luncheon



After 39½ years of wandering in the desert, Mrs. Moses secretly asks for directions.

HOLY HAPPENINGS

Church of the Holy Nativity
8 Nevin Road
South Weymouth, MA 02190

RETURN SERVICE REQUESTED

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<p>MAILED January 28, 2019</p>

<p>Important Dates</p> <p>February 3 Annual Meeting</p> <p>February 9 Weymouth Garden Club</p>

<p>Mission Statement</p> <p>The family of the Church of the Holy Nativity is called to be a caring community, committed to spiritual development; encouraging growth in each member's personal relationship with God, through Christ; by providing educational opportunities for youth and adults as well as Christian Formation for all, going forth to share God's message of love and forgiveness.</p>
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<p>Important Dates</p> <p>February 14 Holy Happenings articles due</p> <p>February 18 Presidents — office closed</p> <p>February 24 Book Sale</p>

