



GRACE CHURCH BULLETIN

December 16, 2008

God's grace sustains us as we strive to know, love, and serve others in our daily lives. Wherever you are on your faith journey, you are welcome at Grace Episcopal Church.

Dear Members of the Parish,

This past Sunday, we celebrated the third Sunday of Advent, also known as *Gaudete* Sunday. *Gaudete* means "rejoice." We rejoice this week, because we know that Christmas is drawing near -- Emmanuel, God with us, is drawing near.

It is fitting that we began this *Gaudete* week with our service of Lessons and Carols. Our thanks to Linda Clark for the immense planning and hard work she put into the service. Her work with the Choir has formed us into a beautiful ensemble, not just a band of singers, but liturgical leaders whose aim is to praise God and enhance the worship experience of the whole parish.

Thank you, Frank Pesci, who stepped in at the last minute to direct the Choir during Linda's illness. The Choir rose to the occasion and gave their best and along with Rob Humphreville, offered a beautiful selection of anthems that complimented the beautiful readings. Thanks to our readers: Wellington Scott, Carol Robinson, Jonathan Downs and Diane Sakakini Rao.

So as you go through your week, rejoice and give thanks for the many blessings of this life. Give thanks for the gift of the Word made flesh and the beautiful music that tells the story better than any words could ever express.

Peace and Blessings,
Miriam

P.S. For the Third Week of Advent prayers, follow this link:
<http://www.creighton.edu/CollaborativeMinistry/Advent/thirdweek.html>



Those In Service, December 21st

Altar Guild:	Nancy Sharby, Jenny Rosser
Eldredge Chime:	Dawn Dreisbach, Kate Martenis
Acolytes:	Madeleine Aquilina, Kayla Spangenberg Patrick Aquilina, Ben Galgano
Hospitality:	Perugi/Saltus, Tieszen
Greeters:	Ken and Mary Carpenter
Lectors:	John Heywood, David Adams
Lay Reader:	Lisa Tieszen
Chalice Bearers:	Margaret Umbsen, Scott Aquilina
Counters:	Lisa Tieszen, Marian Bruins
Nursery:	Kathy Gould



We ask your prayers for all those who serve our country and local communities, especially Brendan Bowen, David DiCicco, Michael Gould, Sean Hoyt, Brad Leitch, Darnell Lyman, and Adam Sacchetti. We also ask your prayers for those in need of healing: Alan Snyder. Alice MacDonald,

Barbara Beinhocker, Alison Feeney, Kat Sacchetti, Frank Garcia, Martha Grant, John Mayfield, Grace Murphy, Sally McAlpine, Tom Gerlach, Sr., June O'Brien, John, Judy Borowicz, Barbara Baerg, Gardner Holmes Rollins, Zack McLeod, Sue Wilkins, Paul, Marty Hackett, Richard Borowicz, Kate MacDonald, Cindy Connaster Barbara Karlin, Paul DiCicco, Mateo Singer-Torres, Tim Clancy, Carson Johnson, Liz Hunting, George Chapman, Trudy Kontoff, Frances Ellsbree, Harry Snyder, Anthony Waterman, Greg Bolster.

Grace Discussion Group

- December 21, An Informal presentation and discussion by J2A about their recent visit to Sandra's Place, family shelter in Waltham, where they put together a holiday party for the women and children on Sunday, Dec. 14.
- December 28, Hearing The Word
- January 4, We will be having our second annual Newcomer's breakfast instead of GDG. This will be an opportunity for new folks to mingle with longer time Grace folks over coffee and delicious baked goods.



For Christmas we will again decorate the altar with poinsettias. If you would like to donate in memory or in honor of someone and have not yet done so please email or call the office by **Wednesday, December 17th**. Donations in any amount welcome - \$20.00 is appreciated. Please note on the check "Christmas Flowers". Any money not used goes into our flower fund to assist throughout the year.

Thank you

Music for this Sunday and for Christmas Eve:

On Sunday the Senior Choir will sing the anthem "Lo, in the time appointed" by Healey Willan, a Canadian organist, composer and church musician.

Lo, in the time appointed the Lord will come;
The mountains and the hills shall break forth into singing,
And all the trees of the field shall clap their hands:
For the Lord God shall come into his everlasting kingdom:
And upon the throne of David shall he reign forever. Alleluia!

From a Sarum Antiphon

On Christmas Eve at the 4:00 PM service, there will be carols and the Junior Choir singing.

At the 10:30 PM service, the Senior Choir will do a variety of music:

"Break forth, O beauteous heavenly Light" by J. S. Bach

"Psallite" by Michael Praetorius

"The Shepherd's Farewell" by Hector Berlioz

The anthem at the Offertory will be Frank Pesci's setting of Christina Rossetti's poem, "Carol we and worship we." George Attisano will join us with the guitar and will play a piece as we gather to worship.

A baby is a harmless thing and wins our hearts with one accord.
And flower of babies was their King, Jesus Christ our Lord.
Lily of lilies, He, upon His mother's knee.
Rose of roses soon to be crowned with thorns on leafless tree.
A lamb is innocent and mild and merry on the soft green sod;
And Jesus Christ the Undefined is the Lamb of God;
Only spotless He upon His mother's knee
white and ruddy soon to be sacrificed for you and me.
Nay, lamb is not so sweet a word, nor lily half so pure a name;
Another name our hearts hath stirred, kindling them to flame:
Jesus certainly is music and melody: heart with King, Jesus Christ our Lord:
Lily of lilies, He, upon His mother's knee.
Rose of roses soon to be crowned with thorns on leafless tree.

Saving Heat and \$\$\$ on Sundays...

Last winter our monthly bill for gas heat was about \$5,000. **This winter we can save considerable heat (and money) by entering the church through the driveway door to the church office.** Please try to use this handicapped-accessible entrance, instead of entering the door near the back pews of the Sanctuary. When the worship service ends at 12:15, it is OK to exit near the back pews, as the thermostat-timer then will be on its lower setting. During the heating season, we will not be using the entry doors by the bell tower. We hope to be as "green" as possible, conserving resources.

Thank you for your cooperation

Marian Bruins and Don Kennedy for the Property Committee



The office will be closed for Christmas Break, December 24th, reopening on January 5, 2009. The Last Bulletin for 2008 will be published December 23rd. If you have notices you wish included please have them to the office by Noon on December 22nd. The next Bulletin will be sent on January 5, 2009.

Happy Holidays,
Susan

More Alternative Christmas Ideas

From a recent [news story](#): "Giving More by Giving Less"

It takes only a bit of creative thinking to come up with alternatives to excessive consumerism. Some ideas:

- Perhaps an alternative to department stores is [Ten Thousand Villages](#) which provides vital, fair income to Third World artisans by marketing their handicrafts and telling their stories in North America.
- Make a sweater from yarn found at goodwill/used clothing store.
- Look through your (and your kids') old clothes, cut out squares of fabrics they will remember, and make a little wall hanging or pillow or stuffed toy or whatever. Pick a nice quote or scripture verse and write it up in calligraphy.
- When i was little my parents always recorded a tape of me singing Christmas caroles and/or reading stories for my grandparents and other family that lived far away. When I got older I started to make little comics for my friends, that were about us and things we had done. always with an added twist and some inside humour. This is totally fun to do- even if you're drawings are crappy. I think that this year I will write stories for my friends and family telling them why I love them!
- Make pillows or stuffed animals. Cut out soft pieces of felt and hot glue them on to the pillow to personalize them with messages or make cute faces.
- **Give something you don't use any more.** A sweater that you only wore once; a set of drinking glasses you forgot you owned. Clean them up and give them as gifts. I have found all sorts of things in my apartment that I have no need for, but know someone who would appreciate and enjoy it!
- When someone asks what I want for Christmas I tell them, "Peace on Earth. Goodwill for all". If they explore the idea further (usually with, "No, really. What do you want?") I tell them to pick a charity and give to them whatever they would have spent on me. It makes me feel good that someone who really needs it is getting something. And ... It always fits!
- **Babysitting coupons** for the new parents. Grow your own veggies, can or freeze them and give them away at Christmas/Solstice. Spend more time with your family and friends...when you're dead you won't be able to. Decide as a family to work less hours, spend less and have more time together. Shovel the sidewalk for your neighbour. Plant trees.
- Make a small drawing of your select person's living room or other room in their house and give it to them.
- I have been giving more gifts that consist of certificates of gift from the [Heifer Project](#). This year the only exception is my 9 year old granddaughter.
- I am making several batches of biscuits ("cookies" your side of the pond!) and boxes from some lovely dark red recycled card.
- Plant **plants**, now, to give for Christmas. Herbs, in particular. This is one way to always be present in your loved one's days for a while to come.
- Buy a used book and in the inside cover explain why you chose the book for that person.
- Make tree ornaments out of old CDs.
- Purchase gifts at a fair-trade shop, garage sale or thrift shop.
- Make hand-made soap or candles.
- If you are skilled in a particular area, **offer a lesson or class**.
- Make a birdseed ball.
- Make a soothing, herb pillow filled with lavender, rose, etc.
- Collect **quotes** that make you think of someone.
- For the elderly people in your life, research newspaper and magazine articles from their youth and present in a creative fashion.
- Make a calendar with pictures of family members and/or scenery.
- Wrap gifts in newspaper, maps, scarves or interesting clothing.
- Make a puppet from a sock.
- Give away a valued possession.
- Frame a piece of your artwork.
- Fill a basket with home-made goodies.
- Paint an empty wine bottle with non-toxic paint and fill with olive oil. Top with an oil pour spout that can be found at a gourmet cooking shop.
- Videotape and interview your elderly parents about childhood memories, how they met, etc., and give to siblings or children.
- Do something exciting and challenging together (e.g., long walk, bike ride, hike, art course).
- Write and illustrate a book for the young people in your life.
- Create coupons for a massage, spring cleaning, child-minding, manicure, etc.

Christmas Dinner



One of the wonderful traditions at Grace is our Christmas Eucharist and Dinner. After spending the day opening presents and being with family, why not join us for a festive dinner on Christmas night? You bring your favorite Christmas side dish or dessert. Imagine having to cook only one item and yet enjoy a sumptuous meal at the end of a hectic day!

It is a wonderful time for all of us as a church family to gather and give thanks and enjoy each other's company! Helping hands are need for set up and clean up. Sign-up sheet is in the office.

Questions, call Mary Swezy (617-969-5158) or Peggy Heywood (617-969-2196)

Come at 4 PM for an informal Eucharist in the Church with carols and guitar followed by dinner at 5 PM in the Large Hall.

YOUTH AND SUNDAY SCHOOL PREVIEW



GROWING INTO THE FULL STATURE OF CHRIST

Class Meeting Times and Places, December 21, 2008,
the Fourth Sunday of Advent

Nursery Care by Kathy Gould is available from 9:45 A.M.

<u>10:00 AM</u>	Junior Choir Rehearsal J2A	Grades 9, 10	Choir Room Miriam's Office
<u>10:45 AM</u>	Children's Chapel Godly Play	Grades 2-8 Pre-K, K, Gr.1	Chapel Chapel

For the Sundays of Advent, Godly Play & Grades 2-8 gather in the chapel, and then lead members of the congregation into the church for the lighting of the Advent wreath.

<u>11:00 AM</u>	Firelight 1 Firelight 2 Rite-13	Grades 2, 3 Grades 4, 5 Grades 6-8	Chapel Chapel Small Hall
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11:45 A.M. (approx.) Sunday School Classes enter the Church Service.

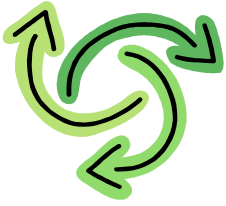
For Safety, children leaving church during the service should always be accompanied by an adult.

PAGEANT! Parents, please let Ed Pease know if you and your children will be involved in the pageant (if you have not already done so). Rehearsal is Dec 21 during Sunday School time, and at 3:15 on Christmas Eve for the 4 p.m. Service.

No Sunday School Classes on December 28th. Classes resume on January 4, 2009!

GRACE GREEN TIPS

Inspired by the leadership of Religious Witness for the Earth, the Social Action Committee provides weekly recommendations for environmental preservation.



Tip 52: Flush less water down your toilet

The average single family home uses 69 gallons of water per day, or 25,000 per year. About 6,500 gallons of this is flushed down our toilets. Toilets account for about 27% of our indoor water use, compared to 22% for clothes washers, 17% for showers, 16% for sink faucets, and 14% for leaks, which will be the subject of a later green tip.

There are several major ways to reduce the amount of water that we use in our toilets. If you have a conventional toilet, the best way is to switch to a low flow model. Conventional toilets installed before 1980 used a 5-7 gallons of water per flush. Most toilets installed in the 1980s use 3.5 gallons. In 1989, Massachusetts became the first state to require all new toilets to be 'ultra low flow' models, which use 1.6 gallons per flush. However, these toilets have been the subject of many consumer complaints due to poor flushing capacity and a tendency to clog. More recently, some brands, such as Toto, have used new technologies and better bowl designs to offer ultra low flow toilets that have scored high in consumer satisfaction. An excellent website that provides detailed product ratings and recommendations is maintained by plumber Terry Love at www.terrylove/crtoilet.htm Apparently, Mr. Love is considered by many to be the 'guru of toilets'. This site also includes one model, manufactured by Caroma, with a 'dual action' feature. This enables you, with a push of a button, to use less water (.8 of a gallon) when flushing for urine and more (1.6 gallons) when flushing solid matter.

The Massachusetts Water Resource Authority has a website that shows how much water, and money, an average family of four will save annually by replacing a conventional toilet with a low flow model. They estimate an average payback period of 3.3 years on the purchase and installation of common brand low flow models, such as American Standard and Kohler, which can be purchased for under \$300. Based on the City of Newton's current water/sewer rate, a family of four (that makes 16 flushes per day) will save about \$104 per year. If you purchase one of the better low flow model toilets, which range from \$400-600 in price, the payback period would be 4-7 years.

Short of switching to a low flow toilet, another way to conserve water is to install a 'toilet dam' in the tank. This device will displace about 40% of the water. It can be purchased for about \$10 at most hardware stores and comes with easy to understand instructions. One even cheaper alternative is to put a water-filled half gallon plastic jug in the tank, though this option will displace just 12.5% of the water drawn into the tank.

Even without resorting to these measures, you should check to see if your toilet is leaking water from the tank into the bowl. A good way to do this is to put a drop of food coloring in the tank, wait about 30 minutes, and then check to see if the dye has seeped into the bowl. A common source of leaks is a worn flapper, which is the flush valve closure device in the tank. These have an average lifespan of five years.

As a final recourse, there's always the 'when it's yellow, let it mellow.....' option.

Submitted by David Adams

COMMUNITY NEWS

THIS IS AN OPPORTUNITY FOR INDIVIDUALS 55 AND OVER

SOAR 55 has an immediate need for "Friendly Visitor Angels" in Newton.

Visit our elderly isolated neighbors during this holiday season and provide companionship and friendship to someone that really needs your support. Please contact Jan Latorre-Stiller at 617-969-5906, ext.120 or at jlatorre-stiller@ncscweb.org