



# St. Paul's ePistle from McHenry

December 16, 2015

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**St. Paul's  
Episcopal Church**

3706 W. St. Paul Ave.  
McHenry, IL 60050

Holy Eucharist  
and Laying on of Hands for Healing  
tonight at 6:30 p.m.

All are Welcome!



## Thoughts from Lori

Fear is an insidious thing. I know my mother meant well, bless her, but she instilled innumerable fears in me. Danger was everywhere. Life was fragile. Safety was illusive. So naturally as a teenager, I rebelled and did all kinds of crazy things, most of which she never knew about. Even well into my adult life, she would warn me not to go out alone at night or travel by myself or a million other things. "I'll be careful," I'd tell her and go about my business. Over the years, I've worked hard to resist her fearfulness. Nevertheless, her imprint is still there in my psyche.

We can be fearful for many reasons besides overly protective, anxious mothers. Whatever the sources, fear holds us back. It eats away at our

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## Quick Links

St. Paul website

## Vestry Minutes

January 2015

February 2015

March 2015

April 2015

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confidence and makes us hesitant; turns hope into anxiety and curiosity into suspicion. I repeat: fear is an insidious thing.

Now, as if that kind of generalized fear wasn't enough, we are awash in fearfulness of another kind. Fear of terrorism. Fear of violence. Fear of the stranger. "It" can happen anywhere, anytime, we're told. Be afraid! There are voices telling us to stay at home, don't travel, batten down the hatches. And those thoughts creep into our collective psyche.

I don't know about you, but I don't want to live that way. I won't be stupid or reckless. I will lock my doors and drive carefully. But I want to throw my arms open to the world. I want to stride through life, not tiptoe. And the only way I know to do that is to root myself deeply in faith. Faith that God is in charge. Trust that love and goodness will win in the end. That my little life is part of something much bigger than I can imagine. That pain and sorrow will not only be healed, but redeemed, made sacred.

Maybe such faith is the ultimate rebellion! Are you game?

Faithfully (*faith full*),

*Lori*



## **"Make a Joyful Noise"**

This Sunday after the service the choir will be practicing the music that we will be singing on Christmas Eve. If you enjoy singing traditional Christmas Carols and want to get in the "spirit" of the season, please stay and join us as we sing some of our favorite Christmas hymns. We will also be practicing new service music that will be sung on Christmas Eve; however, if you would like to stay and just be an active "listener" to become familiar with the new service music, you are very welcome to join in the fellowship of our dedicated choir members.

After the service, please join in the coffee hour briefly, if you wish, and Lori will excuse us to go practice. I am anticipating about a half an hour rehearsal. I think you will enjoy the music and this time together with fellow parishioners. We are going to "Make a Joyful Noise" here at St. Paul's!

~ Julie Sundin, Music Director



## ***"What's a Christmas Carol, Anyway?"***

*Excerpts of this article were taken from The  
Anglican Digest -  
All Saints' Church, River Ridge, Louisiana*

*~ Julie Sundin, Music Director*

A tender lullaby? A Hymn? Yes, now it is, but it wasn't always that way.

Originally, a carole was a circular space. Corral, a circular space for horses, comes from the same root. A carol was a song for circle-dancing. Carols had a certain form, which many of them still retain: a refrain (called a "burden") and a verse which everyone might sing, and which might be improvised by a soloist.

There were carols for every holiday. They made little distinction between sacred and secular. Some move, in one verse, from asking for more beer to asking for God's blessing. Some (called "macaronic" carols) mix liturgical Latin with everyday speech. The best embody a precious insight, that Christ is Lord of all people and all life and giver of joy.

Mostly, however, they are good tunes with heart-catching words, which capture the unique joy of the season so aptly that it is not wrong to call them gifts of grace."

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### ***A message from Julie Sundin, Music Director:***

The music you will sing and hear during the next few weeks will tell the story of Jesus in a multitude of ways - from Advent, a season of preparation, to Christmas, the fulfillment of the Advent expectations and Epiphany, which serves as a bridge between the birth of Jesus and his passion. Their tunes come from almost every country in Europe as well as folk tunes from America. The music dates from prior to the 9th century (O Come, O Come, Emmanuel) to the contemporary hymns found in our hymnal.

Each Sunday in Advent, the organ prelude will be a different setting of the chorale "Nun Komm, der Heiden Heiland" (Come now, Savior of the Nations) by such composers as Paul Manz, Max Reger, John Eggert and Johann Sebastian Bach. The congregation will sing this hymn on the last Sunday of Advent in urgent expectation of Christ's birth.

May the music we share help us experience more fully, together as the body of Christ and, individually in our own way, the celebration of Christ's birth.



### **Poinsettias for Christmas**

Please take part in the beautification of the church for Christmas by donating \$25 (each) for Poinsettias. Your donation may be given "in memory of" or "in thanksgiving for" someone in your life, or simply for this parish. A sign-up sheet is available in the narthex. **The deadline is this Sunday.**

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### **Servants needed for Christmas services**

There are still a couple of slots left for people to serve at the Christmas Eve and Christmas Day services. Sign-up sheets are on the table in the narthex.

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### **Advent Baby Baskets**

Again this year, our Advent outreach project will be in the form of filling "Moses baskets" with new items needed for mothers who are without extended resources for all those many baby products that most of us took for granted. Start collecting (and/or making) baby things for the Advent Baby Baskets. Last year, we filled four to overflowing, so this year we'll have six! They will be in the narthex all four Sundays in Advent, after which we will ask the Diaper Bank to distribute them to participants in their New Mothers program. In addition to the list below, we would love to include a handmade (knitted, crocheted, or otherwise) blanket in each basket. Here is the list of items needed:

- Onesies
- Burp cloths
- Changing pads
- Receiving blankets
- Soft toys for newborns
- Baby bottles for water, juice, formula
- Wet wipes
- Baby lotion
- Diaper rash ointment
- Etc., etc.!



Vestry- Tonight, 7:15 p.m.  
"Blue Christmas" Service - Wed., Dec. 23, 7:00 p.m.  
Christmas Eve Service - 9:00 p.m.  
Christmas Day Service - 10:00 a.m.  
Office closed - Dec. 31/Jan 1  
Open House at the Rectory - Jan. 3, 4:00-6:00 p.m.  
Women's Wednesday - Jan. 6, 7:00 p.m.  
Men's Breakfast - Saturday, Jan. 9, 8:00 a.m.  
Annual Parish Meeting - Jan. 24

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## Lessons and Hymns

Sunday, December 20, 2015

Advent 4 - Year C

by the Rev. William P. McLemore

### THE SCRIPTURE LESSONS:

**The Old Testament:** Micah 5:2-5a. The prophet promises that God is sending a ruler for Israel who will "stand and feed his flock in the strength of the Lord."

**The Psalm:** Psalm 80:1-7. The psalmist seeks God's restoration as a shepherd for Israel.

**The Epistle:** Hebrews 10:5-10. The writer spurns the old offerings of Israel and affirms that Jesus is God's offering "once for all."

**The Gospel:** Luke 1:39-45 (46-55). Here Elizabeth greets Mary with her blessing and Mary responds by offering her joy, saying, "My soul magnifies the Lord, and my Spirit rejoices in God my Savior."

### THE HYMNS:

**Processional Hymn:** No. 56. "O Come, O Come, Emmanuel." This hymn is based on the seven great Antiphons which were said on successive days before and after Vespers between December 17th and the 23rd inclusive (mostly among Eastern Christians). Each of the Antiphons salutes the coming Messiah under one of the many titles ascribed to him in Holy Scripture, and closes with a petition based upon the salutation. The tune is reputed to be from a French missal and the refrain is almost identical with the opening phrases. The seven titles in this text are: Emmanuel; Wisdom from on High; Lord of Might; Branch of Jesse; Key of David; Dayspring; and Desire of Nations.

**Sequence Hymn:** No. 54. "Savior of the Nations Come." As

attested by Augustine in 372, as well as by other early writers, Ambrose wrote this hymn in Latin in the fourth century. Martin Luther (1483-1546) translated this text into German in 1523. Consequently "Savior of the Nations" has become possibly the best known of the Lutheran Advent hymns. The tune, "Nun Komm Der Heiland" is a chorale derived from a chant and is among the simplest of the Lutheran repertoire.

***Presentation Hymn:*** No. 268. "Ye Who Claim the Faith of Jesus." This hymn was written by an Anglican priest named Vincent Stucky Stratton Coles (1845-1929). He was the author of three hymns "O Shepherd of the sheep", "Ye who own the faith of Jesus", and "We pray thee, heavenly Father." This hymn tells the story of the Annunciation to the Virgin Mary and is found in the Holy Days section of our Hymnal. The tune, "Julion," was composed by a Professor of Sacred Music at General Seminary, Dr. David Hurd (born 1950).

***Communion Hymn:*** No. 712. "Dona Nobis Pacem." These three words are Latin for "Grant Us Peace" and the hymn is an old monastic canon of unknown authorship and composing. As we approach the altar for Holy Communion, we want to pray for peace in our hearts and souls and these words are a wonderful preface to receiving this sacrament.

***Recessional Hymn:*** No. 437. "Tell Out My Soul" is a hymn paraphrasing the "Magnificat" written by Tim Dudley-Smith in 1962. The words also form a spirited plea for evangelism, "Tell out my soul, the greatness of his Name! Make known his might, the deeds his arm has done; his mercy sure, from age to age the same; his holy Name-the Lord the Mighty One." The tune, "Birmingham," is from Francis Cunningham's Selection of Psalm Tunes (1834).

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### ***December 20th Servants***

Ushers: Rick Carlstedt, Don Jaworski

Lector: Jim Lukas

Intercessor: Terry Jaworski

Eucharistic Ministers: Deb Lang, Pam Dietmeyer

Vestry Person of the Day: Rick Carlstedt

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From the cartoons created by  
*the Rev. William P. McLemore*



"Here's my Christmas list, Daddy...  
Remember what our rector says every Sunday,  
'It's more blessed to give than to receive!'"

Church  
Bulletin  
Bloopers



"Miss Charlene Mason sang '*I will not pass this way again*'  
giving obvious pleasure to the congregation."