



# PAUL'S LETTER

## ST. PAUL'S EPISCOPAL CHURCH

*St. Paul's Episcopal Church in Cary is home to an active, caring, and diverse congregation of the Episcopal Diocese of North Carolina. Through corporate worship, spiritual development, fellowship, and service we continue to grow together in faith. We strive to be Christ's welcoming, reconciling, and transforming presence in the world through our many and varied ministries.*



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**Next Newsletter  
Deadline:  
MONDAY  
November 19  
at 10:00 a.m.**

[newsletter@stpaulscary.org](mailto:newsletter@stpaulscary.org)

Dear Friends:

I recently was asked by someone to share who has been influential in my spiritual journey. Over the next few months I'd like to share with you some of those who have shaped and formed me. This month it is Br. David Steindl-Rast. I first met Br. David in 1976 at a Maryknoll Seminary in Ossining, New York, as he presented a talk on spirituality. It was one of those moments in my life that was transformational. Br. David was to become someone who, to this day, would feed and nurture my spiritual life. Br. David is a monk of Mount Savior Monastery and has spent most of his life engaging with those in other faith traditions. Along with Thomas Merton, Br. David opened dialogue with eastern faith traditions, particularly the Buddhist tradition. A few years after first meeting him it was a wonderful opportunity for me to spend time with his Benedictine monastic community at Mount Savior Monastery for two summers. As we enter this month of November, the month of Thanksgiving, I want to share Br. David with you and refer you to some of his thoughts and teachings on

gratefulness, which define his approach to life, and feed and nourish me deeply. The best way to do that

is to refer you to his

web site:

[www.gratefulness.org/](http://www.gratefulness.org/)

[index.htm](http://www.gratefulness.org/index.htm) and

specifically to a couple

videos found at

[www.gratefulness.org/](http://www.gratefulness.org/brotherdavid/)

[brotherdavid/](http://www.gratefulness.org/brotherdavid/thanksgiving-video.htm)

[thanksgiving-](http://www.gratefulness.org/brotherdavid/thanksgiving-video.htm)

[video.htm](http://www.gratefulness.org/brotherdavid/thanksgiving-video.htm) and

[www.gratefulness.org/](http://www.gratefulness.org/brotherdavid/a-good-day.htm)

[brotherdavid/a-good-](http://www.gratefulness.org/brotherdavid/a-good-day.htm)

[day.htm](http://www.gratefulness.org/brotherdavid/a-good-day.htm).

As we prepare for our celebrations of Thanksgiving this month I'd like to share a poem written by Br. David.

## Letter From The Rector

*The Rev. George Adamik*

*In thanksgiving for life, I pledge*

*to overcome the illusion of ENTITLEMENT  
by reminding myself that everything is gift  
and, thus, to live GRATEFULLY.*

*In thanksgiving for life, I pledge*

*to overcome my GREED,  
that confuses wants with needs,  
by trusting that enough for all our needs is given to us  
and to share GENEROUSLY  
what I so generously receive.*

*In thanksgiving for life, I pledge*

*to overcome APATHY  
by waking up to the opportunities  
that a given moment offers me  
and so to respond CREATIVELY to every situation.*

*In thanksgiving for life, I pledge*

*to overcome VIOLENCE  
by observing that fighting violence by violence  
leads to more violence and death  
and, thus, to foster life by acting NON-VIOLENTLY.*

*In thanksgiving to life, I pledge*

*to overcome FEAR which is the root of all violence  
by looking at whatever I fear as an opportunity  
and, thus, COURAGEOUSLY to lay the foundation  
for a peaceful future.*

George

## Warden's Corner



Warden's  
Corner

Thank you to all of you who have participated in our "Envisioning St. Paul's" effort by attending one of the Listening Circles. All of the discussions appear to have been dynamic, lively, and helpful. The vestry of St. Paul's is grateful for your input.

If you were unable to attend a Listening Circle, you will still have a chance to make your voice heard by filling out one of the surveys that is being developed from the input at the Listening Circles. Surveys will be available as a mailing, as handouts in the narthex, and as a download from the St. Paul's website. When they are available, please take the time to respond and give us your opinions -- your vote. Your input will be used to Focus the Vision for our community together. We want -- NO, we *NEED* to -- hear from you!

In addition to the "Envisioning St. Paul's" effort, your vestry is working to put the administrative efforts of the

church on a more formal footing. A governance committee is looking at how the vestry can function like a board of trustees and how the vestry can better empower committees to carry out the work of St. Paul's. A human resources committee of the vestry is also looking to update the church's human resources manual, to establish job descriptions for all clergy and staff, and to formalize some of the administrative functions that all organizations, including churches, need to operate smoothly and efficiently.

Please join the vestry, the clergy, and the staff as, together, we move forward to know Christ better and to make Him known in our own lives and in the community around us.

Love in Christ,  
*Larry Cupitt*  
Senior Warden, 2012

## Hospitality, Parish Life, and Pastoral Care

### About Our Church



**We rejoice in the baptisms of** Cooper Thomas Jones, son of Chad and Alyson Jones; and John William Pouring, son of Rick Pouring and Helen Carpenter.

**We express our sympathy** to Denise Franz for the death her father-in-law, Charles Franz; to Lois Reardin and Vickie Bradley for the death of their friend Betty Harris; to Anne Kohler for the death of

her friend, Frances Katz; to Pat Quick for the death of her mother, Clarissa Quick; to Melanie Fairbrother for the death of her Aunt Elsie Hinnant; and to Annette Smith for the death of her friend Gordan Ackley.

*Submitted by Melanie Fairbrother  
Office Manager*

### Elderberries



The Elderberries will not meet in November, but look forward to finishing the year with their annual holiday luncheon. They will gather at Biaggio's Ristorante Italiano following the 11:15

service on Sunday, December 2nd. The restaurant is located at 1060 Darrington Drive in Preston Walk. It's not too early to get it on your calendar!

*Submitted by the Rev. Lois Reardin*

## Women's Study Group

The Women's Study Group will meet next on November 13th from 12-1:30 to discuss *Bel Canto* by Ann Patchett. This is a book about a hostage situation set during a dinner party in South America. One reviewer said, "Joined by no common language except music, the 58 international hostages and their captors forge unexpected bonds. Time stands still, priorities rearrange themselves. Ultimately, of course, something has to

give, even in a novel so imbued with the rich imaginative potential of magic realism." Come discuss this wonderful book with us!

Upcoming books include: December 11th - *The Cloister Walk* by Kathleen Norris

For more information, contact Leah Dail ([LeahDail@nc.rr.com](mailto:LeahDail@nc.rr.com)).

*Submitted by Leah Dail*



## The Fellowship Events Team Reports...

Most recently the Fellowship Events Team led the event of the Blessing of the Animals on September 30. What a success! The Reverend Lauren M. Kilbourn gave a blessing to 44 dogs, 4 cats, 1 rat, and 1 turtle. Each animal owner received a certificate and a medal for their pet's collar. Also more than \$70 was collected for the animal shelter as well as lots of food and toys for pets. Many of you may have seen the picture and article in the Cary News. Be sure to visit the St. Paul's website and view the pictures of the animals receiving their blessing.

On **November 10** there will be a tour of Replacements, Ltd. in Greensboro, NC. Check out the sign-up poster in the narthex. See the story on page 5 for details. Come join the group for some fun.

**December 2** we will be sponsoring the annual *Cookie Exchange* in the parish hall during coffee hour. Kick-start your Christmas holiday season by participating. Bake 3-dozen of your favorite cookies and bring them to the exchange. You get to pack your box with

a variety of 3-dozen cookies of your choice. Bring your recipe and we may publish a recipe book of all the entries. There will be prizes for several categories.

**December 16** is the Children's Christmas Pageant. The Fellowship Events Team will be coordinating the coffee hour on this day. We are requesting parishioners contribute food items for this coffee hour. Drop your food off by the kitchen and we will take care of the rest. There will be a reminder poster in the narthex closer to the date of the pageant.

The Fellowship Events Team would like to invite any and all interested people to **come join our team**. We need you!!! We are a small group that incorporates and encourages social gatherings. In other words we are social and we have FUN! Contact Sheila Reilly, chairperson at [snickerdoodle1@nc.rr.com](mailto:snickerdoodle1@nc.rr.com) if you would like more information.

*Submitted by Elaine Hunt*



## In Honor Of Our Veterans

On November 11th our country celebrates those who have served our nation in the armed forces.

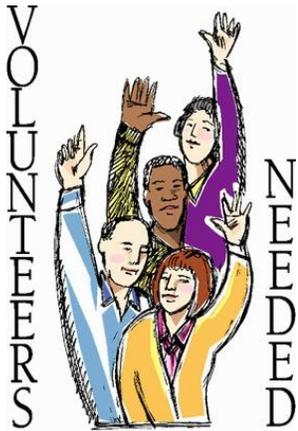
Please join us at St. Paul's as we honor our fellow parishioners and their

commitment to our country at our Sunday services. More details will follow in the weekly bulletin.

*Submitted by the Sue Remavich*



## THE ST. PAUL'S VOLUNTEER POSTINGS



Have you been looking for a way to get involved? The Ministry Leaders Resource Committee (MLRC) presents... **THE ST. PAUL'S VOLUNTEER POSTINGS!**

The following opportunities range from a few minutes each week to one-time events. Read on and see where you are being called!

**Lectors needed for 7:30 service:** Do you attend the 7:30 service? We are looking for lectors to read the lessons and lead Prayers of the People at that service. We provide training. To volunteer or for more information, email Bill Bystrynski at [bbystrynski@kirby-holt.com](mailto:bbystrynski@kirby-holt.com).

**Bread Deliverers Needed:** Could you deliver just one loaf of bread on the way home from church on the occasional Sunday that someone near your home visits St. Paul's? We would enjoy having lots of folks at the ready to deliver bread on any given Sunday after either the 9:00 or the 11:15 service. Simply meet at the newcomer desk in the narthex after the service to see if any pew cards were turned in from folks who may live near you! Contact [newcomers@stpaulscary.org](mailto:newcomers@stpaulscary.org).

**Greeters Needed:** Do you enjoy meeting fellow parishioners? Excited about seeing new faces turning up at St. Paul's each Sunday? Are you an "early bird" and can arrive at church 20 minutes before the service begins? Then we could use your smiling face at the front door to serve as a greeter. Contact [newcomers@stpaulscary.org](mailto:newcomers@stpaulscary.org).

**Callers Needed:** Do you enjoy a quick chat with our fellow parishioners? The Pulse committee is in need of callers for a very short survey. Perfect at-your-own-home ministry to pleasantly talk with others. Only requires about 2-3 hours per quarter. Call or email Chris Schaubach at 919-454-5116 / [ChrisSchaubach@gmail.com](mailto:ChrisSchaubach@gmail.com).

**Coffee Hour Scheduler:** Do you have an hour a week to coordinate from the comfort of your home? The MLRC (Ministry Leaders Resource Committee) is seeking a well-organized individual comfortable with e-mail communication to large groups. Schedules are developed quarterly with ministry leaders. Notices are sent to the bulletin coordinator and reminders to the hosting ministries. For more details contact Sue Remavich at [remavich@bellsouth.net](mailto:remavich@bellsouth.net).

**USO Collection Coordinator:** Want to support our troops in a tangible way? The position of coordinator for the USO Collection is open. Two - four times a year you would collect bottles of water and snacks for our troops who are passing through RDU, and deliver them to the airport. To inquire contact: [annempilgrim@gmail.com](mailto:annempilgrim@gmail.com).

*Submitted by Sue Remavich*



### MINISTRY LEADER REMINDER OF THE MONTH

#### Check your dates, please!

When submitting items for the newsletter, bulletin, or website, please be sure to have the correct date and time. Even double-check, to be sure! Printing incorrect information is frustrating for readers and hurts the credibility of our publications. We want all our media resources to offer up-to-date and reliable information about St. Paul's. Thanks for your help with this!

*Sponsored by the Ministry Leader Resource Committee: Our goal is to help support the mission of St. Paul's through supporting its leaders.*

### Ministry of the Week



Nov 4	All Saint's - Memorial Garden Committee
Nov 11	Veteran's Day - Music Ministry
Nov 18	St. Nicholas Ministry
Nov 25	Inter-Generational Advent - Children's Ministry

## Trip to Replacements, Ltd.

The St. Paul's Fellowship Team is sponsoring their annual trip to Replacements, Ltd., near Greensboro, NC. on Saturday, November 10th. We will gather at the church at 11:00 a.m. and leave from the church parking lot by 11:15 a.m. We will stop for lunch along the way. There is no cost for the trip (other than buying lunch.) We will return to St. Paul's around 4:00 p.m.

Replacements, Ltd. is a company that sells china, crystal, flatware, and collectibles. They sell both used and new pieces, and have over 100,000 china

patterns in stock in their huge warehouses. Chaperoned tours of the warehouses are offered, where you can see the floor-to-ceiling shelves loaded with all types of china, and can watch craftsman creating custom-made pieces of china and flatware. We will also have a chance to spend time in the huge and beautifully decorated showroom, where we can shop for all kinds of beautiful holiday and daily-use pieces. A sign-up sheet will be in the narthex for those who would like to join us on this fun excursion

*Submitted by Mimi Pomeroy*



## CHH Update

*"All I want for Christmas is a Certificate of Occupancy!!!!"*

The August Hearing before the Town Council gave the church "permission" (after an appointed 30 day waiting period) to use Epiphany House for "special use" instead of a residence. The next task is to apply for a building permit and show what safety upgrades we will place in the house to make it safe for the public to enter the house. This means exit signs, fire extinguishers, all new door knobs that are levers versus knobs, and we hope no structural changes. HVAC and plumbing systems must pass an inspection. A qualified architect has to make drawings and show the details of the house and tell why the house does meet code for public gatherings. A qualified contractor must recommend and install the fire safety items. These qualified professionals do come with a price tag : modestly estimated at \$10K. The CHH Board and other volunteers are working to obtain grant funding for these expenses.

Pray and hope that we get our Christmas wish!!!!

\*\*\*\*\*

Thursday, Nov. 8, 11:00 a.m.-12:30 p.m.  
*Dealing with Losses: A group*

discussion will follow a 20 minute video on the universality of grieving - Facilitated by Melissa Hueimmer, Clinical Director of CHH.

Thursday, Nov. 8, 7:00 p.m.- 8:30 p.m. *Dilemmas of Divorce: Divided time at Holidays, Guilty Feelings, Unanswered Questions: Designed for TEENS AND TWEENS* who are struggling to deal with the changes divorce has brought to their lives. More information in purple brochure and on our web site. Led by Melissa Hueimmer.

Tuesday, Nov. 13, 7:00 p.m. - 8:30 p.m. Repeat of *Dealing with Losses* class (see above). Led by The Rev. Nancy Titus.

Thursday, Nov. 15, 6:30 p.m. - 8:30 p.m. *Anxious, Active, Antsy or Apathetic? Understanding Children's Temperament and How it Impacts Behavior: Why do some children "push our buttons" and others seem so easy?* Led by Edla of Flip Consultants.

More information on our website and in the purple brochure in the church lobby.

*Submitted by Rev. Dr. Sally L. Harbold*



## Lobster Fest - It Takes a Community



St. Paul's first Lobster Fest six years ago began with the Men's Group chasing parishioners on Sundays to buy tickets, and on the "day," a Men's Group crew in the kitchen fixing meals, one outside cooking lobsters in large pots over home grills, and the Fellowship Events Team taking care of the parish hall. A fun start.

This year saw Lobster Fest season begin with 25 St. Paul's magnetic mothers (plus George!) driving around Cary with Lobster Fest signs on their cars (watching people copying down the website, engaged by folks in parking lots, Barb Magee reported being "chased" into Target as someone saw her sign and wanted information - while her daughter cringed thinking mom had taken that person's parking spot!). Other ladies helped on Sundays with sales, many forwarded website information to friends, and an incredible number helped with food prep that week, in the kitchen and parish hall, cleanup and guest reception during Lobster Fest. Although sponsored by the Men's Group, this is truly a **ST. PAUL'S COMMUNITY** event. *A couple of comments, below:*

"Lobster Fest was fun, amazing and impressive----This is the first time we have been involved other than eating. What a wonderful testament to people coming together for a single huge project!!!! I'm so impressed with all that goes into this FEST! I feel that many St. Pauls folks could be drawn into this if they "only knew" what a great fellowship event this is. I for one was jazzed to see all the community folks come onto our campus for LOBSTA! It was a fun day!"....*from a parishioner.*

"Your church does a magnificent job in every way and there was never any question but what I would be back every year. ... just coming to the event is very special, everyone is so helpful and happy. And the "energy" everyone feels is marvelous. I am a hospice and Cary Sr. Center volunteer and I appreciate how hard you all work."....*from a guest in Cary.*

Now, for anyone interested in

numbers:

1,000 lobsters, including 230 meals, 420 others cooked (a combined 650); 335 live (including 80 delivered under the "Party Pack" program). Approximately 75 adult / kid's chicken meals were provided, for a total of over 300 lobster and chicken meals. Lobsta Rolls jumped to 650 rolls mixed, packaged, and served (mostly take out). From our *tiny kitchen* the Inside Crew headed by Bill and Nancy Fierke, with Candy Snively and about forty adults and youth, produced / dished up / cleaned up almost 1,000 meals and rolls! And the entire "staff" was both **efficient and friendly!**

Jeff Kager's Outside Crew moved and cooked 650 lobsters, packed and handed out 335 live, working with five cookers and using about 60 gallons of propane, while finding time to smile and laugh with guests.

Lauren Kilbourn escorted youth with signs to Kildaire and Cornwall, where they jumped / danced / pointed and directed people to Lobster Fest!

Guest reception, under director of "Sails" Brent Wood, was five-star, quickly handling more than 700 transactions (including 90+ walk-ups), always with **smiles and courtesousness**. (Brent's record keeping throughout Lobster Fest was mind boggling). The Kintz *family* greeted and checked guests in the *entire* day!

Total sales exceeded \$27,000, with profits around \$11,000 (which will go to outreach, youth, and church projects). IN ADDITION, we added an opportunity for folks to support the NC Food Bank online and at check-in: Mike McInerney and Dave Lindquist report that, with some appreciated help from Pepsi, we collected 556 lbs. of food and \$473 in donations!

So many more to thank, so little space, but please know that whether you purchased, told others, and /or put in some elbow grease, *your* Lobster Fest is **GRATEFUL** for the tremendous support of the St. Paul's Community,

*Submitted by Ted Straub*



## Lobster Fest

## Pilgrimage Planned by St. Michael's: Paul & the Mediterranean, Corinth, and Olympia

"I'm walking where St. Augustine walked!" I thought to myself last summer as I walked on the paving stones of the ancient road through the ruins of Ostia, the old port city of Rome. It was a thrilling moment! St. Augustine of Hippo, who lived from 354 AD to 430 AD, was one of the greatest Christian theologians. He tells us in his Confessions that he not only traveled through this port but that he and his mother saw a vision of God there just before her death.

There is something powerful when you walk in the footsteps of a great saint or go to a holy place. Jesus was a pilgrim, traveling to Jerusalem to celebrate the Passover. Christians in the last fifty years have rediscovered the ancient spiritual practice of the pilgrimage. People today want more than knowledge about their faith; they want to experience it. They want in some way to encounter the risen Christ as did the two disciples on the road to Emmaus and the apostle Paul on the way to Damascus. Our encounters with Christ on these pilgrimages are perhaps more modest than the two disciples or Paul but no less real. They often come in the form of an "ah ha" insight, a feeling of peace, or a sense of community with fellow pilgrims.

Next year a group of pilgrims from St. Paul's and St. Michael's, Raleigh will walk in the footsteps of St. Paul. After Jesus, the apostle Paul was the most influential person in Christian history. His letters, or those attributed to him, make up almost half of the books of the New Testament. Paul was a tireless missionary, who endured beatings, imprisonment, shipwreck, and martyrdom to proclaim the Good News of Jesus Christ.

Our pilgrimage will go to Athens, where Paul spoke in the Areopagos. We will also travel to Thessaloniki, home of the second church founded by Paul in Europe. We also will see the ruins of the

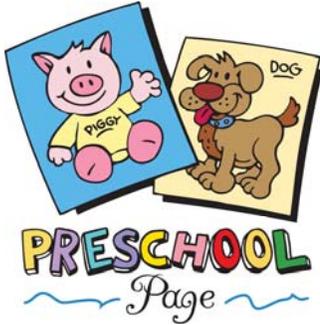
ribald ancient port of Corinth, where Paul lived, taught, and worked as a tentmaker for two years. His challenging letters to the wayward Corinthians are some of the longest in the New Testament. Our pilgrimage also cruises to Ephesus, where Paul started a near riot among the silver smiths of the goddess Artemis. We also stop at the island of Patmos where the apostle John spent his final years in exile and where he wrote Revelation, the final book of the Bible.

In addition to walking in the steps of Saints Paul and John, we will visit the oracle of Delphi, the Olympic stadium in Olympia, the Parthenon on the Acropolis in Athens, and the palace of Knossos on the island of Crete, the reputed home of the legendary labyrinth for the half-man and half-bull minotaur. Our stops will not all be historical. We will also stroll through the village of Oia on the charming island of Santorini and have a full day for shopping and exploring Athens.

Casterbridge Tours will arrange this pilgrimage. Ron Blake of Casterbridge and John Gibson, senior associate rector at St. Michael's, former assistant to the rector at St. Paul's, and leader of this pilgrimage, will discuss it during Sunday School November 4 in the Chapel. You can find out more at [www.casterbridgetours.com/greece2013.html](http://www.casterbridgetours.com/greece2013.html), or contact John Gibson, [Gibson@holymichael.org](mailto:Gibson@holymichael.org).

*Submitted by Rev. John Gibson*





## Preschool has Fabulous start to Fall!!

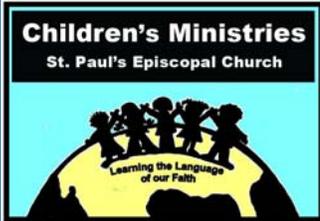
October was a fast, fun-filled month of fall festivities for our preschoolers. Donuts for Dads was a nice way to start the day as the children were proud to show off their classroom to their dads. We also started chapel and the children are loving that they get to light and snuff out the candles. The 4 year old classes went on a field trip to Philips Farm for a corn maze, pumpkin patch, and cute games. A favorite is the 3 and 4 year old Halloween parade—I love when the super heroes and princesses grace the halls of St. Paul's with their presence.

November is also going to be a crazy busy month as well as we prepare for Thanksgiving and our traditional feast. Mark your calendars— School is closed for Teacher Workday on November 6th and Monday, November 12th, Picture Day is November 7th or 8th and Thanksgiving Break is November 21-23. Preschool has openings in our 2 and 4 year old programs— pass the word!

*Love In Christ,  
Mary Catherine Troxler  
Preschool Director*



## Children's Ministries



Christine Ingram  
Children's  
Ministries Director  
467-1477, ext. 19

## Sunday School Update

We are so excited to have continued growth in Sunday school attendance! Our kindergarten class was so large that it needed to be split into two classes. We are so thankful to Katie Childers, Cynthia Baron (and her daughter



Abigail), Elizabeth Sliker and Thea Craft for answering the call for more Sunday school teachers. Adding these 5 women brings our Sunday school teacher army count up to 37 volunteers! Thanks to all of you that teach our children each Sunday

## Pre-EYC

Pre-EYC has gotten off to a great start this year, welcoming over 26 children to our meetings. Pre-EYC is a gathering for all 4th and 5th graders. We meet on the 2nd and 4th Sundays of each month from 4:00pm to 5:45pm in the parish hall. You can join us at any time.



We focus on food, fellowship, fun, and outreach, so join us! Our next meeting is November 11, 2012. We will not meet on November 25th, however -- the Sunday after Thanksgiving. Please visit the St. Paul's website for more information.



## Intergenerational Advent Craft Event- November 25, 2012

The Children's Ministries Committee will host it's annual Intergenerational Craft Event on Sunday, November 25 during coffee hour. There will not be Sunday school or children's chapel that

day so everyone is welcome to attend. We will enjoy freshly baked chocolate chip cookies and make an ornament for your Christmas tree.

## Christmas Pageant-Dec. 16, 2012 at the 9:00 a.m. Service

Calling all Christmas pageant enthusiasts (age 3 to 5th grade)! It is time to brush off your acting skills (although no prior experience is necessary) and get ready for our annual Christmas pageant. We'll be performing our rendition of "The Story of Christmas" for the congregation at the 9:00am service on December 16.

We will need angels, innkeepers, shepherds, narrators, the holy family, and, of course, a whole menagerie of animals. Time commitment for the pageant is minimal and children may choose to have a speaking part-or not. All children should be prepared to attend a rehearsal on the morning of December 15, from 10am-12pm. Children with speaking parts should be prepared to attend an extra rehearsal on Friday night, December 14, and an extra hour of practice on Saturday morning

and should practice their speaking lines at home.

Pageant interest forms will be distributed during Sunday school on October 28. Please complete the form and return to the file folder located on the Sunday school bulletin board (first bulletin board on the left as you proceed up the education building hallway). We must have all forms completed and turned in by 10am on November 18. Speaking parts will be assigned (by seniority and random drawing) at 10:15am on November 18.

Adult helpers will be needed as well! Please complete the volunteer interest form that will be attached the pageant participation form. Volunteering for the pageant is a great way to spend time with your child during the busy holiday season. Stay tuned for more information about the pageant



## VBS 2013

We are already making plans for next year's VBS which will be held July 8-12, 2013. We are writing our own VBS curriculum again this year so join us for the fun! Our theme this year is Lent! Group leader positions are already filling in, so please email Christine Ingram as

soon as possible if you are interested in storytelling, crafts, science, games, or snacks. Regular VBS planning meetings will begin in January. Craft meetings are starting now!



### Children's Ministries Upcoming Events / Dates

2012	Event
Oct 28	Pumpkin Carving at 5:00 p.m. and Christmas Pageant Participant Forms released
Nov 11	Pre-EYC Meeting at 4:00 p.m.
Nov 18	Drawing for Pageant Speaking Roles
Nov 25	Advent Craft Event (No Sunday School or Children's Chapel)
Dec 9	Pre-EYC Service Project Meeting at 4:00 p.m.
Dec 14	Christmas Pageant Rehearsal (speaking roles only)
Dec 15	Christmas Pageant Rehearsal (9:00 a.m. - 12:00 noon)
Dec 16	Christmas Pageant at 9:00 a.m. No Sunday School or Children's Chapel
Dec 23	No Sunday School or Children's Chapel
Dec 30	No Sunday School or Children's Chapel
Jan 6	Clergy Forum for Kids at 10:10 a.m. - No Sunday School
Jan 13	Annual Meeting (No Sunday School)
Jan 20	Sunday School Resumes

# Episcopal Youth Community

## Youth

Rev. Lauren M. Kilbourn  
Associate Rector for Youth  
youth@stpaulscary.org

**Thank you** to all who came out to support Lobster Fest! We had 12 youth help us out, and it was a great success. You guys rock!



### Acolyte/Reader/Chalice Bearer Training!

Ever wanted to be an acolyte or a reader in church? Ever wondered what it was like to offer someone the cup of wine? Want to learn or have a refresher? Come to the church from 1:00-3:00 p.m. on Sunday, Nov. 4! This course will give you all the pointers for how to acolyte, and will certify you as a reader or Eucharistic minister (or both, if you want). You can learn one, two, or all three! This course is open to youth AND adults.

### “Shoes” (A Haiku)

Shoes protect your feet  
But not when you don't wear them.  
So wear them. For real.

*We have recently had quite a few people decide to take their shoes off at evening EYC programs. And while most of you know how much I don't like to keep my shoes on, I wear them at EYC. Why? Because we are crazy and like to run around a lot. PLEASE wear shoes to EYC programs that not only will stay on your feet but will protect them while you run (in other words, no flip flops or heels, please).*

## Upcoming Events:

### Nov. 4: Halloween Candy Poker Night

Bring your leftover Halloween candy for a night of card games-n-sugar! (If you do not have candy, some will be shared with you)



### Nov. 11: Middle School Dinner Out! (No HS EYC)

Meet at the church at 5:00 (not 4), and we will have a group outing to Jason's Deli for dinner! Bring some cash. (If money is an issue right now, just email Lauren and let her know. We'll cover ya!)

### Nov. 9-11: High School Happening Retreat

A diocesan retreat for high schoolers. Register online. To find the link for diocesan events, click on "Youth" on the church website, and scroll all the way to the bottom.

### Nov. 25: No EYC

Happy Thanksgiving!

### Nov. 18: Paintball day!

*This even is for people who have already RSVP'd.*

Meet at the church at 12:45 p.m.. Don't forget to eat lunch before you arrive!

### Dec. 2 Babysitting Night!

Both groups: come to set up at 3:45 p.m., and stay 'til 7:30! (More info in next month's newsletter)

### Bishop's Ball is coming up! Have you registered yet?

To find the link for diocesan events, click on "Youth" on the church website, and scroll all the way to the bottom. *Please let Lauren know once you register. That way we can work out transportation.*

## Food Drive Results

Urban Ministries and the Outreach Committee want to thank those who contributed to the recent food drive. We have collected 450 pounds of food, which will help families whose food budget doesn't always cover the whole month.

Thanks, too, for the grocery bags, which are gratefully used as soon as they are received.



**URBAN MINISTRIES**  
OF WAKE COUNTY

*Submitted by Anne Pilgrim*

## St. Nicholas Day will soon be here!

### Dec 9

*"We're makin' a list,  
and checking it twice."*

*St. Nicholas' visit to St. Paul's is gonna' be nice.*

St. Nicholas will make his annual visit on December 9th this year. His annual visit is a wonderful opportunity to be a part of the giving spirit of Christmas.

The Advent tree will be up on November 18th, the Sunday before Thanksgiving, and will be loaded with tags identifying needy children in our community.

We are gathering the names for our list from local area ministries that support families and children in need: CommWell Health supports seasonal farmworkers; Thompson Child and Family Focus Ministry is an Episcopal-sponsored program providing comprehensive education, treatment, and care for children in need; the Episcopal Housing Ministry provides affordable housing in our community; The Healing Place is a non-profit recovery and rehabilitation facility for homeless people with alcohol and drug dependency in Raleigh; the Caring Place teaches homeless, working families with children life skills for independent living while providing short-term housing and support; and PLM Families Together is an ecumenical organization that helps homeless families with housing and learning the skills needed to remain housed.

You are invited to take one or more tags from the tree and purchase a gift for each child. Some of the tags will be grouped together by family, since some

parishioners have asked for tags of multiple children in the same family.

Bring your gifts to our St. Nicholas service on December 9th. St. Nicholas will visit both our 9:00 a.m. service and our 11:15 a.m. service on that day to gather the gifts and then deliver them to the children. It is an exciting day at St. Paul's, and we hope you will be a part of the event.

The gifts will be delivered to the participating agencies on the afternoon of St. Nicholas Sunday. If you cannot attend service on December 9, please drop off your gifts before that date. Gifts dropped off after noon on December 9th will not get to the child.

The tags on the Advent tree are actually self-sticking labels, so after you have purchased your gift (and wrapped the gifts children of seasonal farmworkers, Episcopal Housing Ministry, and Caring Place), remove the backing from the tag and stick it to the gift. In this way the gift and the tag will not be separated. The tags help us sort the gifts for the various families and allow us to ensure that each child has received a gift.

The St. Nicholas ministry members really appreciate contributions of money to the ministry: Such donations allow us to look for after-Christmas bargains and be prepared with gifts for any child whose tag may be lost. Checks should be made payable to St. Paul's and designated "St. Nicholas Fund."

*Submitted by Mary Marsha Cupitt*





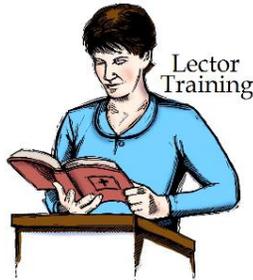
## Training for Acolytes, Lectors, and Eucharistic Ministers

On Sunday, Nov. 4 at 1:00 p.m. there will be a training session for NEW and returning ACOLYTES, EUCHARISTIC MINISTERS and LECTORS.

We would LOVE to invite adults to join in the Acolyte Ministry and to invite youth to join in both the Eucharistic Minister ministry and Lector ministry.

Anyone interested in any of these 3 liturgical ministries please plan to come for this training. And anyone who would like a refresher is also welcome to participate. Sessions will be led by our clergy and lay liturgical ministry leaders.

*Submitted by Rev. Dr. Sally L. Harbold*



### Music Ministry Program News

**Rob Varner, Minister of Music & Director of Music Ministries**

## Music in Worship – The GLORIA



As I started thinking about the role of music in worship, particularly focusing on the singing of the service music, I was drawn to the Gloria. As the scripture calls and tells us to be a singing people, ones who offer prayers of thankfulness for the blessings we receive, it is then only right to sing praise to the Lord our God. As the church musician, the minister of music, one takes the call of engaging the Church's song by leading the congregation in raising their voices together in collected praises and songs of faith. While reading in the Book of Ephesians, I was astounded to find this text where we are called "...but to be filled with the Spirit, as you sing psalms, hymns, and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God at all times and for everything in the name of our Lord Jesus Christ." What a powerful message on how to be filled with the Spirit of God...to be filled is to sing songs of praise.

While looking and reflecting on the service music of the church, I was first

drawn to the Gloria – Gloria in Excelsis Deo – Glory to God in the Highest, a song of praise, a song of thanksgiving, a song that pronounces our faith and joins all of our voices as one. We praise God for who He is and we glorify God because He is glorious. We sing praise to the only –begotten Son of God, Jesus Christ the Lamb of God, because of the sins He has taken from the world. As we continue to glorify God and praise His name, we still ask God for mercy because we are so drawn to God for He is the highest in the Glory of God the Father for it is by the grace of God that He has offered and given everything to us so that we can be secure in His presence and greatness. In the Gospel lessons, we focus on the so many ways Jesus has redeemed us and we remember week after week all that God has done by reconfirming the Gloria over and over again, glorifying and praising God's name in majesty.

The Gloria is also known as the Greater Doxology and the Angelic Hymn with "earliest witness to the actual Latin text of the Gloria in Excelsis and the Te

## Music in Worship – The GLORIA *(continued)*

Deum is the Bangor Antiphony of about 690" (The Hymnal 1982 Companion, Glover).

This Fall the choir and congregation has been introduced to a new Gloria in a setting of plainsong chant from Mode 7; Mass 13 of the 12th Century and was adapted by Mason Martens (b.1933). Recognized as a new Gloria by our St.

Paul's Family, it is one that I would like to encourage you to learn and sing together. As we move through this fall season together, let us open our ears, lift up our voices and open our hearts as we praise God's name in song.

*Rob Varner  
Minster of Music*



## An Open Music Invitation

A few weeks ago I had the opportunity to lead the clergy forum with Rev. Lauren and Christine with each of us talking about all of the wonderful programs St Paul's is offering our young people, children and youth. One of the questions that I was asked that morning was "I was unable to enroll my children and participate in the music ministry program this fall due to sport conflicts with my children's schedules...once the sport is finished by chance can we still register?" The answer to this question and I am happy that this mom brought this up is YES!

Anyone interested in singing with the St. Paul's Choir, Jubilate Choir, Youth Choir or Children's Choirs this Advent - Christmas season is invited to join and explore the fellowship and wonderful music of this beautiful season. The Advent-Christmas season is a time to reflect on the joy of the true meaning of what Christmas truly is about... a great way to share and tell one of the greatest stories interpreted through the art of music. Contact Rob Varner, Minster of Music at 919 467-1477 or [music@stpaulscary.org](mailto:music@stpaulscary.org).

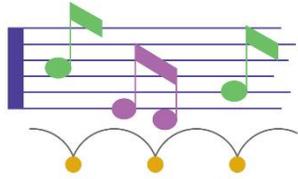


### Music Ministry Leaders

Mr. Michael Taranto – Drama Ministry "The St Paul's Players"  
 Mr. Earl Barber & Mr. David Crow – Guitar Ministry  
 Mrs. Denise Franz & Mrs. Heather Gates– Proclamation Handbells  
 Mrs. Olive McKrell, Ms. Christa Magee, and Ms. Krista Gilewicz– Epiphany Choir  
 Mr. Rob Varner, Ms. Sue Harrison, & Mr. Matt McKrell – Junior Choir  
 Mrs. Ann Lockhart & Mr. Rob Varner - Canterbury Handbells  
 Mrs. Susan Gilbert – Jubilate Choir & the Jubilate Band  
 Mr. Rob Varner – Youth Choir, St Paul's Choir, and the Bells of St Paul's  
 Mrs. Sue Harrison – Music Librarian  
 Be sure to visit our Music Homepage at [stpaulscary.org](http://stpaulscary.org) where you will find descriptions and news about each music group, their calendar, and contact information.

### Music Ministry Schedule

Tuesdays	5:45-6:45 pm	Canterbury Handbells (6 <sup>th</sup> -12 <sup>th</sup> grades)
	6:45-7:45 pm	Youth Choir (6 <sup>th</sup> -12 <sup>th</sup> grades)
Wednesdays	5:45 pm – 6:30 pm	Epiphany Choir (K- 2 <sup>nd</sup> grades)
	5:45 pm – 6:30 pm	Junior Choir (3 <sup>rd</sup> -5 <sup>th</sup> grades)
	6:30 pm – 7:15 pm	Proclamation Handbells (3 <sup>rd</sup> -5 <sup>th</sup> grades)
	7:30 pm – 9:30 pm	St Paul's Choir (adults)
Thursdays	6:00 pm – 7:00 pm	Guitar Ministry (6 <sup>th</sup> -12 <sup>th</sup> grades)
	6:00 pm – 7:00 pm	The Bells of St Paul's (adults)
	7:15 pm – 8:45 pm	Jubilate Choir & Band (adults)



**St. Paul's  
Musical Events**

# Music Ministry Calendar Dates To Remember

**WASSAIL NIGHT**, Sunday evening, December 9th at 7:00 p.m. in the chapel. An evening of storytelling, caroling, and sharing holiday cookies with hot apple cider for the entire family. Sponsored by the Music Ministry Program and St Paul's Players, let the joy of the holiday season fill your hearts with the sounds of music...



bring holiday cookies to share as we gather to celebrate the holiday season. Your stories, songs, and participation make the evening very special, creative, and fun.

**A VALENTINE CABARET**, Saturday evening, February 9th at 7:00 p.m. in the parish hall. Enjoy the songs of the Broadway stage that have touched our hearts as we celebrate Valentine's day.

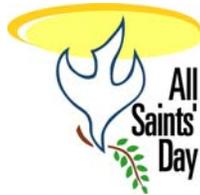


## Cabaret

This festive evening will begin at 7:00 p.m. in the chapel and will continue until 8:30 p.m. We are asking that each family

## Dates to Remember in November

Nov. 1 -- All Saints' Day



Nov. 4 -- All Saints' Service



Nov. 4 -- Daylight Saving Time Ends



Nov. 6 -- Election Day



Nov. 11 -- Veterans' Day



Nov. 18 -- St. Nicholas' Tree / Tags



Nov. 22 -- Thanksgiving Day



Nov. 25 -- Christ the King Sunday

## Sunday Schedule

7:30 a.m. Eucharist Rite I  
 8:45-12:30 Kids' Club  
 9:00 a.m. Eucharist Rite II  
 9:00 a.m. Children's Chapel  
 10:00 a.m. Fellowship-Coffee  
 10:10 a.m. Education Hour

11:15 a.m. Eucharist Rite II  
 11:15 a.m. Children's Chapel  
 4:00 p.m. Pre-EYC (2nd & 4th Sunday)  
 4:00 p.m. Middlers EYC  
 5:15 p.m. Senior EYC

# November 2012

## Wednesday Schedule

10:30 a.m. Prayer Stitchers  
 12:15 p.m. Liturgy Meeting  
 5:45 p.m. Epiphany Choir  
 5:45 p.m. Junior Choir  
 6:30 p.m. Proclamation Bells  
 6:30 p.m. Skills Club  
 7:30 p.m. St. Paul's Choir

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>4 SUNDAY SCHEDULE</b> ALL SAINT'S DAY SERVICE DAYLIGHT SAVING TIME ENDS 10:10am CLERGY FORUM: PILGRIMAGE 1:00pm Training for Acolytes, Lectors, EMs 4:00pm EYC	<b>5</b> 7:00 pm Care and Share 8:00pm AA	<b>6 ELECTION DAY</b> 5:45pm Canterbury Bells 6:00pm Youth Committee 6:30pm Book Club 6:45pm Youth Choir	<b>7 WEDNESDAY SCHEDULE</b> 10:30am Prayer Stitchers 12:15pm Liturgy Meeting	<b>8</b> 6:00pm Bells of St. Paul's 6:00pm Guitar Ministry 7:00pm Prayer Stitchers 7:15pm Jubilate Choir	<b>9</b> 8:00am AA 11:00am Fellowship Events Trip	 <b>10</b> 8:00am AA
<b>11 SUNDAY SCHEDULE</b> VETERANS' DAY 10:10am Clergy Forum 4:00pm Pre-EYC 5:00pm EYC	<b>12</b> 7:00pm Finance Committee 8:00pm AA	<b>13</b> 12:00noon Women's Study Group 5:45pm Canterbury Bells 6:00pm Youth Committee 6:45pm Youth Choir	<b>14 WEDNESDAY SCHEDULE</b> 9:15am Julian Gathering 10:30am Prayer Stitchers 12:15pm Liturgy Meeting	<b>15</b> 6:00pm Bells of St. Paul's 6:00pm Guitar Ministry 7:00pm Prayer Stitchers 7:15pm Jubilate Choir	<b>16</b> Diocesan High School Happening Retreat	<b>17</b> 8:00am AA
<b>Happening Retreat</b> 18 SUNDAY SCHEDULE ST. NICHOLAS TAGS/TREE 10:10am Clergy Forum 12:45pm EYC	<b>19</b> 7:00pm Vestry 8:00pm AA	<b>20</b> 5:45pm Canterbury Bells 6:00pm Youth Committee 6:45pm Youth Choir	<b>21 WEDNESDAY SCHEDULE</b> 10:30am Prayer Stitchers 12:15pm Liturgy Meeting	<b>22 THANKSGIVING</b> 	<b>23</b> OFFICE CLOSED 7:00 pm Treasure Keepers	<b>24</b> 8:00am AA
<b>25 SUNDAY SCHEDULE</b> CHRIST THE KING SUNDAY ST. NICHOLAS TAGS/TREE NO SUNDAY SCHOOL: ADVENT CRAFT EVENT 10:10am Clergy Forum 4:00pm Pre-EYC NO EYC	<b>26</b> 8:00pm AA	<b>27</b> 5:45pm Canterbury Bells 6:00pm Youth Committee 6:45pm Youth Choir	<b>28 WEDNESDAY SCHEDULE</b> 9:15am Julian Gathering 10:30am Prayer Stitchers 12:15pm Liturgy Meeting	<b>29</b> 6:00pm Bells of St. Paul's 6:00pm Guitar Ministry 7:00pm Prayer Stitchers 7:15pm Jubilate Choir	<b>30</b>	

# ST. PAUL'S EPISCOPAL CHURCH

Sunday Services: 7:30 a.m., 9:00 a.m. & 11:15 a.m.



## ST. PAUL'S EPISCOPAL CHURCH

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### THE PEOPLE OF ST. PAUL'S

Church Phone: 919-467-1477

Fax: 919-467-0152

Web Site: [www.stpaulscary.org](http://www.stpaulscary.org)

#### Clergy

**The Rev. George Adamik, Rector**

x 13 | [rector@stpaulscary.org](mailto:rector@stpaulscary.org)

**The Rev. Dr. Sally L. Harbold, Associate Rector**

x 37 | [rector2@stpaulscary.org](mailto:rector2@stpaulscary.org)

**The Rev. Lauren M. Kilbourn, Associate Rector for Youth Ministry**

x 23 or 467-0976 | [youth@stpaulscary.org](mailto:youth@stpaulscary.org)

**The Rev. Lois Reardin, Priest Associate**

[rector3@stpaulscary.org](mailto:rector3@stpaulscary.org)

**The Rev. Antoinette Wike, Priest Associate**

[rector4@stpaulscary.org](mailto:rector4@stpaulscary.org)

**The Rev. Candy Snively, Deacon**

[Candy.Snively@att.net](mailto:Candy.Snively@att.net)

#### Sunday Service Schedule

7:30 a.m.	Eucharist Rite I
8:45 - 12:30	Kids' Club
9:00 a.m.	Eucharist Rite II
9:00 a.m.	Children's Chapel
10:00 a.m.	Fellowship-Coffee
10:10 a.m.	Education Hour
11:15 a.m.	Eucharist Rite II
11:15 a.m.	Children's Chapel
4:00 p.m.	Middler EYC
5:15 p.m.	Shared EYC Dinner
5:45 p.m.	Senior EYC

#### Staff

**Melanie Fairbrother, Office Manager**

x 10 | [stpauls@stpaulscary.org](mailto:stpauls@stpaulscary.org)

**Chris Lewis, Financial Manager**

x 21 | [financial@stpaulscary.org](mailto:financial@stpaulscary.org)

**Mr. Robert Varner, Minister of Music**

Minister of Music Office 467-6241

x 15 | [music@stpaulscary.org](mailto:music@stpaulscary.org)

*Susan Gilbert, Music Associate: [music3@stpaulscary.org](mailto:music3@stpaulscary.org)*

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Preschool Office 467-3788

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**Christine Ingram,**

**Director of Children's Ministries**

Church School Office 467-2578

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**Laura Gorman, Nursery/Kids Club Director**

[kidsclub@stpaulscary.org](mailto:kidsclub@stpaulscary.org)

#### Vestry

Senior Warden: Larry Cupitt

Junior Warden: Sue Remavich

Charlotte Heath, Beverly Hope, Brad Williford;

Susan Coulter, Bill Holmes, Glenda Swann; Frank Bricio,

Heather Gates; Tad Richard; and Katie Robinson

Treasurer: John Goehrke — Clerk: Lanny Wase