



Our Saviour's Voice

www.thechurchofoursaviour.org

Pregnant Pause

The words may well make us think of the awkward dialogue between characters in a book. A romance novel maybe, where two young lovers are immovable in the electricity of the moment, caught between propriety and lust. Or perhaps these words come from a suspense novel, where the reader is driven to anxious anticipation for pages and pages, not knowing whether the character will live or die. Maybe the words are plucked from a scene in a murder mystery. The cunning detective has finally caught the murderer in a lie; the truth has come full circle to bind them. What if it is a story about an unmarried teenage girl who finds herself pregnant by what she claims to be the power of the Holy Spirit, even though she is engaged to a much older man? Friends, family and neighbors may well pass *knowing* glances (if you'll pardon the Scriptural pun) even if they could resist the temptation to gossip openly.

The story of Mary, the mother of Jesus, is entirely unique in the history of the world. Yes, Scripture is full of miraculous pregnancies – look at Sarah's, Hannah's, or Elizabeth's stories. Yet each of these conceptions was achieved in the usual way, even though God made the pregnancy possible in the face of obvious physical impediments. However, only Mary's miraculous pregnancy is breathtaking in its implications. For a poor peasant girl from an obscure backwater town to be chosen by the Creator of the universe to be *theotokos*, God bearer, is practically beyond belief, at least in this age of rampant rationalism, and studied skepticism. According to Karl Rahner, "If God's incomprehensibility does not grip us in a word, ... if it does not call us out of the little house of our homely, close-hugged truths... we have misunderstood the words of Christianity." In modern parlance, no one can possibly prove the facts of this glorious gift to Mary, and to the whole world. What we know is that our God is an awesome God, who loves us beyond our wildest imagination, including loving us enough to send His only Son, Jesus Christ, born of the Virgin Mary to be the Word made flesh.

Advent is the season for us all to experience a deeper reality: God's steadfast love, mercy, grace, and constant presence in our lives. This is the season for us all to contemplate the implications of living in God's presence, guided by Holy Spirit that overshadowed Mary, and continues to be present with us. Advent gives us the opportunity to glory in the wonder and mystery of the growing holiness within each of us. Will we say "yes" just as Mary did to our transformation, our spiritual growth, and to a new level of faithfulness being born within and without? In humility of heart, let us all relish the mystery of our Savior's birth.

Peace to all whom God favors. Christ our Savior is born!

Susan⁺

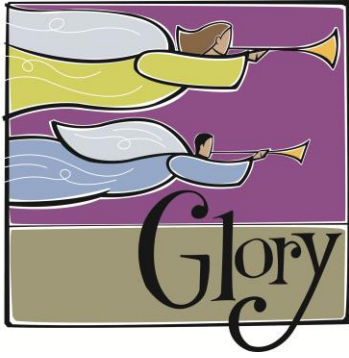
*Join us for Christmas Eve services at 6pm and 8pm;
and Christmas Day at 10am
followed by Christmas lunch with turkey, ham and prime rib at noon!*

Success! Our Annual Gift Fair Raises Money for Charities Near and Far

A big thank you to everyone who helped at the Gift Fair, and to everyone who purchased beautiful gifts. You made this happen, and the great news is that we raised more than \$3500 between each of the featured charities including SERRV; African Team Ministries; Heifer International, Episcopal Relief & Development, Support Our Troops; COS Outreach; and Women, Environment & Health. Here are some pictures of our wonderful volunteers, and the happy shoppers!







Christmas Around the World

The world's cultures have many ways to celebrate Jesus' birth. Explore these customs with your friends and family.

St. Lucia

On December 13th, people in Sweden celebrate St. Lucia. In traditional celebrations, the oldest girl wore a white robe and a wreath of candles on her head. She processed through the home, carrying a candle to represent the light of Christ. She would then serve her family coffee and special buns made for that day. Choose a day when you can serve breakfast to your friends or family or take breakfast to a homebound or lonely neighbor. Remember to share the light of Christ as you give this gift of hospitality.

Prayer: *Jesus, may we bring your light into the lives of others, just as you bring light to the world. Amen.*

Los Posada

In Mexico, a celebration called *Los Posada* reenacts the journey of Mary and Joseph to find a room in Bethlehem. *Los Posada* happens during the last 12 days of Advent. Each night Mary and Joseph go from house to house asking if there is room for them to stay. Some places say there is "no room" just like the innkeeper. But finally, on Christmas Eve, one place welcomes Mary and Joseph to stay.

Reenact the *Los Posada* journey with friends and family by preparing a small picnic. Place a basket inside one room of your house and shut

the doors of all the rooms. Pretend together that you are travelers like Mary and Joseph, looking for a place that will welcome you. Search the house together. At each door ask, "Are we welcome?" Open the door and if the picnic is inside, share the goodies. While you eat, share stories of times when you have experienced hospitality.

Prayer: *Jesus, may we always be ready to welcome all people and share hospitality with them. Amen.*

Babushka

Share some tea together as you take turns reading aloud this Russian fable; then talk about how Babushka might be able to tell whether she would be welcomed at your home.

Babushka was an old grandmother who lived in Russia many years ago. She lived alone on a corner where two roads met. Her days were filled with cleaning and cooking, and even though she hardly ever saw anyone else she was happy.

Late one winter night she was sipping her tea when she heard a knock at her door. She saw some shepherds with their sheep standing outside her house. "What do you want?" she asked them.

"Grandmother," they said, "we have heard that a baby has been born in Bethlehem who will be the Savior of the world. We want you to come with us and see this child."

"Oh no!" said Babushka. "I cannot leave my clean, warm house to travel with you in the darkness. Maybe I'll go tomorrow."

"If you cannot come, could you let us come in and warm up and have some tea?" asked the shepherds.

"I have just enough for me, and you are all dirty. Perhaps my neighbor down the road can help. Goodnight." And she shut the door.

The next day, Babushka decided she would go. She packed a bag and took a gift for the child. She traveled for many days but never

saw the shepherds again, and when she found the stable it was empty.

Babushka returned to her home but she did not feel like she fit there anymore. She wanted to see the Christ child. So, she put a light in her window as a sign to any shepherds – or other travelers – that they could use her home to make themselves a cup of tea. She travels still, looking for those who know and welcome the love of the Christ child.

Prayer: *Jesus, help us to welcome those you send to us and to share the story of your love with others. Amen.*

The Juggler of Notre Dame

A 12th century legend tells about a juggler who became a monk. He loved the Christ child and his mother, Mary and felt badly because he had no gift to bring to honor to the statue of Mary in his church, so the juggler went before the statue and did his best juggling. The other monks laughed and told him he was not honoring Mary, but the statue came to life and blessed the juggler because his gift was so special.

This legend eventually became the song we know as “The Little Drummer Boy.” Sing or listen to this song; then talk about the gifts you have and how you can use them to honor Jesus. Think about the difference between gifts wrapped in paper and gifts of the heart.

Prayer: *Jesus, you are a gift to our lives. Help us to honor you by each day sharing gifts of our hearts with others. Amen.*

– Christy Olson is an experienced Christian educator. Find her resources at www.thefaithgardener.com. Reprinted with permission from *Come Join the Circle*.

Out & About

Our new feature column presents your funny, amazing or unusual pictures from around the area – snapped at home or ‘out & about’. Feel free to send in your pictures to the office at cos5147office@frontiernet.net and we’ll feature one or two each month!

This month, the following picture of this interesting mobile hound motel was snapped in Alpine by the Wilmots. What’s your caption?



Parish Nurse Corner – Pain Management

Pain is a large and complex medical specialty and a huge personal problem for many of us. Pain is one of nature's ways of telling us that something is wrong. One medical textbook defines pain as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage (Dipiro et al 1999)." What does this mean? Knowing a little about pain can help us to help our prescribers' efforts to keep us comfortable.

Pain may feel hot, cold, achy, dull, throbbing, pounding, stabbing, cramping, numb, or tingly – depending on the source: nerves, bone and/or muscle tissues. It may be in a specific area, a nonspecific area, or radiate from an unaffected area. Managing pain well requires knowledge, skill, patience, honesty, persistence and teamwork between you and your health care provider.

Not all types of pain respond to all types of pain medications: certain types of medications work better for one type of pain than another. Nerve pain often does not respond well to opioids, but bone and muscle pain do – prescribers need to know what pain drugs can and cannot do. They also must know how to safely and effectively combine pain medications with all your other medications. Side effects can be uncomfortable, but adverse drug interactions can be deadly.

Pain medications categories – prescription and non-prescription examples:

- a) *Analgesics, local* – Zostrix, Lidoderm, Capsasin, Voltaren gel, Arthritis rubs
- b) *Analgesics, oropharyngeal* – Cepacol, Halls, Chloraseptic, Vicks, Ricola

- c) *Fibromyalgia* – Cymbalta, Lyrica, Savella, gabapentin, Neurontin
- d) *Migraine/headache* – Fioricet, Propranolol, Topamax, Depakote, Maxalt, Cafergot, Excedrin, Imitrex
- e) *Muscle relaxant combinations* – Aspirin/carisoprodol, Soma Compound with Codeine
- f) *Muscle relaxants* – Baclofen, Robaxin, Flexeril, Skelaxin, Soma, Parafon Forte, Zanaflex
- g) *Non-Steroidal Anti-Inflammatory* – Ibuprofen, Ketoprofen, Indomethacin, Diclofenac, Naproxen, Piroxicam, Celebrex, Anaprox, Voltaren, Arthrotec, Ketorolac
- h) *Opioid combinations* – Aspirin/oxycodone, Acetaminophen/codeine, Hydrocodone/acetaminophen, Darvocet, Lortabs, Vicodin, Norco, Percocet, Roxicet, Tylenol #3, Tylenol #4, Tylox
- i) *Opioids* - Darvon, Fentanyl, Tramadol, Morphine Sulfate, Meperidone, OxyContin, Oxycodone, Dilaudid, Methadone, Stadol, Talwin, Duragesic, Kadian, Opana, Ultram
- j) *Other analgesics* – Acetaminophen/tramadol, Ultracet, Ultram, Tylenol, Amitriptyline, SSRI antidepressants
- k) *Salicylates* – Aspirin, Salsalate, Dolobid, Diflusalin, Ecotrin

Non-Prescription pain interventions: cost-effective, safe, available, effective:

Warm or cold packs; rest and/or regular exercise; physical and occupational therapies; elevation; relaxation; massage; analgesic rubs; over-the-counter analgesics; accept help when you need it; and don't over do it – use common sense!

Barbara Stone, FNPC

From the Department of the COS Treasury

We thought you would appreciate an update on where we are with budget. As you may remember, our pledges got off to a slow and low start. Thank you all for praying hard about our deficit. Many of you were able to send in a second pledge card, and one family changed their 2011 designation from a restricted account to the operating fund. While we are still short by just over \$4,500, we are much closer to our goal. Susan⁺, Trish and Sharon have worked separately as well as together to make over \$10,000 in cuts verses last year's budget. This is what we are currently considering:

Budgeted Operating Income	\$137,991
(plate, pledge, and restricted income that can be used to pay operating bills for that designation, i.e., if you donate to flowers that is restricted to paying flower bills only, same for hospitality, etc.)	
Budgeted Operating Expense	<u>\$142,554</u>
Operating deficit (2011)	<u>(\$ 4,563)</u>
Budgeted Restricted Income	
(capital development, memorials etc. that can't be used for paying any operating bills; it can only be used for major building repairs, building purchases, memorial gardens, etc.—whatever else it was designated for.)	
	\$10,740

This budget was presented to our vestry for review and to determine if any further cuts can be made without seriously jeopardizing the function of the church. Some of our bills are fixed and out of our control. (We all had a chuckle at the vision of everyone wrapped in sleeping bags in the pews to cut down on our propane bill). We were unanimous in our agreement that we needed a secretary, and that cutting Susan's salary was not an option at this point. We have a mid-month vestry meeting planned for December 5th to hear vestry members' ideas. At that time, we will finalize the budget for presentation at the annual meeting in January. If you have any thoughts or comments, do not hesitate to share your ideas with Trish, Sharon, Susan⁺, or any member of the vestry.

We are a generous congregation. If we still come up short on the *operating* income vs. expense part of the budget, it is our intention to go forward into 2011 with a small deficit on our budgeted operating income and pray that not only will we grow our congregation, but working together we will all find a way to make it a successful financial year. Thanks for all your support: past, present and FUTURE !

Sharon Dalrymple and Trish Shaffery

p.s. We just received a check for \$31.45 from "GoodSearch", our preferred internet search engine. We heartily thank those who use "GoodSearch" as well as those who signed up for the E-scrip and earn us money each month by buying their groceries at Safeway. The money we earned **FOR FREE** from "GoodSearch" will pay one of our winter month water bills. Isn't that AWESOME? "GoodSearch" is not hard to use or set up, and neither is E-scrip!

Supporting Our Troops



November was a superb month thanks to each and every one of you. We shipped 23 boxes for our Thanksgiving Drive – 9 to Afghanistan and 14 to Iraq. This brings the year-to-date total to 172. The first shipment to Iraq was distributed to the patients on November 11th, Veterans' Day. We now have the names of two contacts in Afghanistan at different hospitals. Jim Fugate has become the invaluable packing and sealing expert, Mary Jane says that there is no space left over for a “pregnant gnat”!

While it's inappropriate to mention individuals, we must commend the Cub Scout Pack #63 in Pinetop, which undertook a baking afternoon and GREATLY helped our Thanksgiving Drive. They deserve much praise for their tremendous efforts. If you know other Girl Scout and Boy Scout troops or packs, perhaps you would encourage them to do another Baking day for the troops.

Our Christmas Drive is now in full swing with a target shipping date of December 7th. This should ensure delivery in good time for Christmas. Please do your utmost to provide some “Love from Home” for our wounded military during their darkest hours when in hospital, so far from home. All our efforts are so appreciated.

In a Newsletter from Afghanistan, many items were mentioned for the latest wish list. Our ministry's efforts have been primarily focused on home baked items as well as other edibles, such as candy. Some magazines have also been sent. Among the wish list items for your generous consideration are: baby wipes, disposable razors, toothbrushes and toothpaste, phone cards, greeting cards, batteries (AA & AAA), duct tape, and sunflower seed. While many items should be available to the units when the wounded are moved to the hospital it is most probable that their clothing, and hygiene items are miles away. In fact, the recent shipment to Afghanistan included three boxes of hygiene items, graciously given to us by a dermatology center in Flagstaff.

Bless you all for everything that you have done. Our troops are fighting for freedom, peace and justice. We are aware, from letters from the Chaplain and staff, just how much your efforts are appreciated. Again, thank you, one and all, keep up the wonderful work!

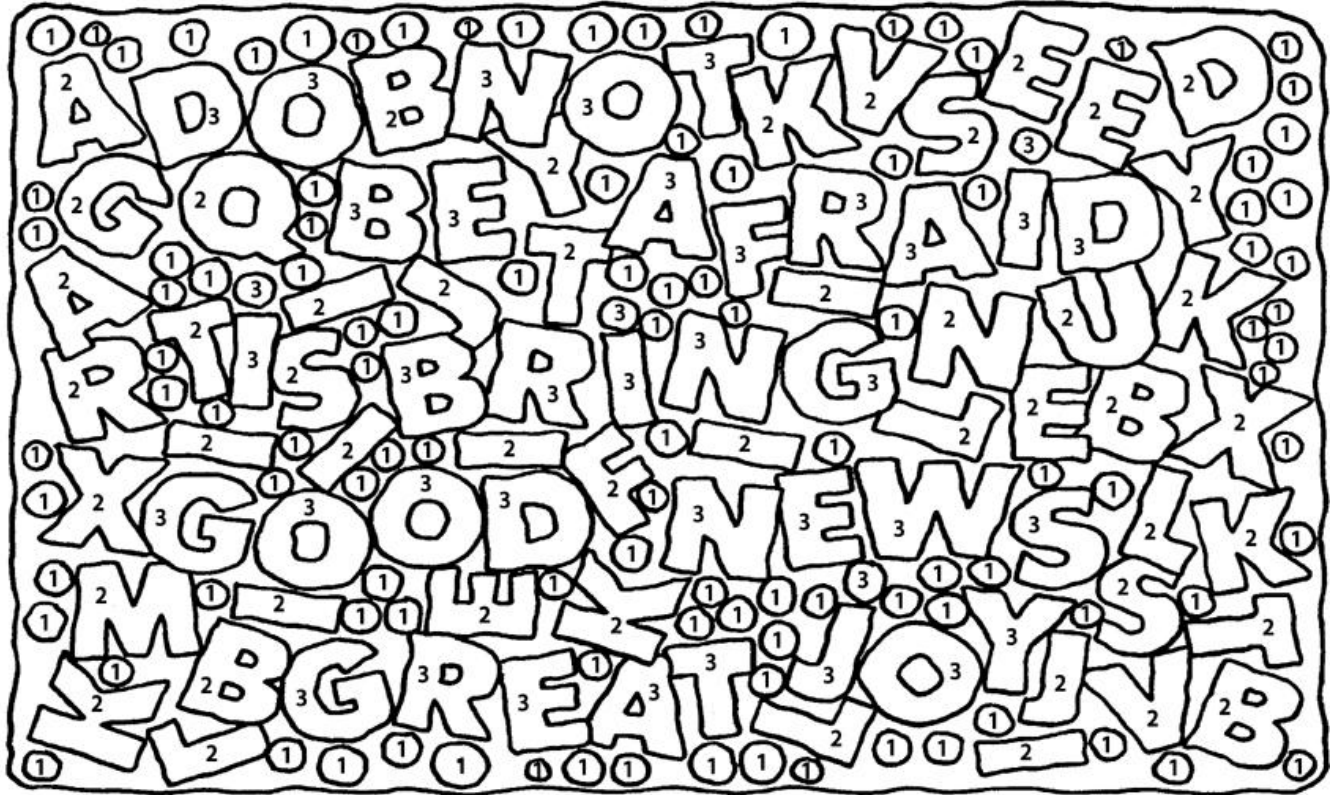
Peter & Mary Jane Bish

Kid's Corner!

Color by Number

Using the color code, color this art to reveal the message from Luke. 1=Red; 2=Green; 3=Blue

Answer: Do not be afraid. I bring good news great joy.



Promise Puzzle

Unscramble the words to find the message from Psalm 91:11-12

“O F R E H I L W L

M C A O N M D I S H G L A E S N

C R O N N I C N E G O Y U O T U R D A G U O Y N I

L A L R O Y U W S Y A . N O H I T R E S H N A D H Y E T

L W I L A E R B O U Y P U .”



Answer: "For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up."

Lutheran World Relief Update

Thanks to everyone who supported our item collection for the LWR health kits! We sent a total of 111 kits to Lutheran World Relief for those in need due to natural disasters or war turmoil.

We also contributed surplus items to the following organizations: Bread of Life Mission in Holbrook, the Apache Nation, Whiteriver, and the Navajo Nation at Leupp.

To all who donated items from our wish list, and to those who packed the kits, what a great blessing you are!

Many Blessings.

Carol Anton, RN

*The Bible is the cradle
wherein Christ is laid.*

- Martin Luther

Advent Bible Study

Pastor Susan+ presents the *Magnificat* from the Gospel of Luke beginning Sunday, December 5th at 9am, and each successive Sunday of Advent! Join us in Polycarp Hall.

You Are Invited!

Please join Pat and Spike Huston in celebration of their 60th Wedding Anniversary at a reception on Saturday, December 11th from 2-5pm at Park Regency Library/Pub, 2555 N. Price Road, Chandler, and/or Sunday, December 12 from 1-5pm Open House at 6422 E. Caroline Drive, Scottsdale. RSVP at 480-478-7420.



Angel Tree 2010

Please return your Angel Tree gifts December 5th. Our Angel Tree Party will be held on Saturday, December 11th.

This is a marvelous opportunity to show Christ's love to the children and families of prisoners, and a whole lot of fun as well!

We welcome donations for Angel Tree to help us purchase food boxes for the families. Please make your check payable to COS with Angel Tree in the memo line.

Marty & Ron LaMar

2011 Church Year Calendars!

Your favorite calendar is here! The Episcopal church year calendars are now available in the office for \$2 each. Supplies are limited so get yours today!

*One of the essential paradoxes of
Advent:
that while we wait for God, we are
with God all along.*

- Michelle Blake from The Tentmaker

Around the Community -- In Short ...

Episcopal Community Services Advent Appeal

Please take a moment to consider Episcopal Community Services in your year-end giving. Last year, ECS was able to provide almost \$10,000 to support Episcopal outreach ministries in the Diocese of Arizona. ECS is a 501(c) 3 non-profit organization and your gifts are tax deductible. Donations may be sent to Episcopal Community Services, 114 W. Roosevelt St., Phoenix, AZ 85003. Thank you all for your generosity.

Christmas is Coming!!!

This year we will have Christmas Day worship at 10am on December 25th, followed by fellowship and Christmas dinner in Polycarp. We will dine about noon with Christmas dinner and all the trimmings! There is a sign up for those who wish to attend: everyone is welcome. Also please sign up if you wish to share a dish. A fun and festive Christmas is promised!! Please contact Vicki Howell or Sandra Rasmussen for more information.

Christmas Poinsettias

Please sign up for your Christmas poinsettias! The cost is \$15 per plant and your check should be made payable to COS with "Christmas poinsettia" in the memo line. The sign up for dedications is on the bulletin board in Polycarp Hall. Thanks for helping to make our sanctuary look beautiful and festive for Christmas!

United Thank Offering

The mission of UTO is to invite people to daily prayers of thanksgiving to God and outward and visible signs of prayers, which benefit others. God calls us to grow in awareness of God, through relationship with Him, and our community. In sharing our thank offerings we seek to address compelling human need and extend the mission of the Church, and deepen our sense of participation in the lives of others. **Our UTO ingathering will be Sunday, December 5th.** Please pick up a box/envelope for your gift today!

Mission Trip

On **December 27th** Barbara and Joe Stone will return to Cameroon with Pastor Carol to work with Women, Environment and Health (WEH). Their primary efforts will be with health clinics in small rural villages, food and mosquito net distribution, and village health education. They need analgesics, vitamins, nausea and diarrhea products, first aid and school supplies, and cash to buy antibiotics and anti-worming agents from the national wholesale pharmaceutical distributor in Cameroon. Your donations to WEH are tax deductible. If you would like more information, please contact Barbara or Joe. Thank you!



Penny Jar Update!

A few pennies make a big difference (we take the folding stuff too!) Most recently your change added up to \$109 for Shepherd's Kitchen in Snowflake. Thanks everyone!

Looking Forward -- 2011 Goals

2011 promises to be an exciting and challenging year for all at COS. Your vestry met in November to discuss our goals for 2011. Here are some of the ideas we are currently considering:

(1) **Modular Building Proposal**

The Horizon Team has been considering the purchase of a new modular building. Our aim is to ensure that the associated costs of the new building can be covered by income. We have been seeking a win-win solution, to maximize facility use and management, as well as to provide us with much needed children's, youth, meeting and storage space. One need in the community is for a nursery and pre-school.

(2) **Nursery & Pre-school**

There is a great need in our community for safe, loving nursery care and a Christian pre-school. This could be a 5 day a week, 52 weeks per year income source for our proposed new building, drawing families to COS, and helping the community.

(3) **Ecumenical Projects**

The new **Christian Community Outreach** non-profit organization (a 501(c) 3) is now up and running. Pastor Susan+ is one of the founding board members and has been working with other pastors in the White Mountain area to organize and fund this group. If you are interested in becoming a member (\$50/month dues –tax deductible); or making a donation of money or skills, please let Susan+ know. Donations may be sent to Christian Community Outreach, PO Box 1502, Show Low, AZ 85902-1502.

(4) **New Children & Family Service**

Beginning January 9, 2011 at 9am, we are introducing a new family and children's worship service to be held once per month at first in the Chapel / Sunday School Room. While the worship, songs, activities, homily, and Holy Communion will be aimed at children and their parents, all are welcome to experience the wonder and awe of children at worship!

(5) **Worship Service Times**

We are looking at changing the times for our worship services in order to expand our Christian formation and fellowship time together – so we are not so rushed!

Parish Leadership

Vestry

Dick Hileman
 Jerry Nansen
 Judy Peterson
 Sandra Rasmussen
 Brenda Roubal
 Heather Steiner

Vestry clerk – Judy Peterson
 Senior Warden – Sharon Dalrymple
 Junior Warden – Jerry Nansen

Altar Guild	Lauren Novy
Budget & Finance	Pastor Susan
Choir	Kathy Degler
Columbarium Board	Vicki Howell
Hospitality Hour	Electra Brooks
Librarian	Joey Nelson
Newsletter	Ron & Marty LaMar
Organist	Juanita Simpson
Treasurer	Sharon Dalrymple
Asst. Treasurer	Trish Shaffery
Webmaster	Joe Stone

Ministry Team Leaders

Children's & Youth Ministries	TBA
Christian Formation & Community Outreach Office	Pastor Susan Karen Utt
Pastoral Care	Marty & Ron LaMar
Welcoming	Heather Steiner
Worship Leader Coordinator	Lynda Klingler

December Birthdays

14	Jean Zagar
16	Juanita Simpson
22	Betty Amos
25	Pat Brower
29	Lou Tate



December Anniversaries

13	Stan & Barbara Gregory
13	Guy & Juanita Simpson
28	Chuck & Irene Hinman
28	Joe & Barbara Stone

Church of Our Saviour Annual Parish Meeting

Our Annual Parish meeting will be held on **Sunday, January 23, 2011** after the 10am service. We will be electing three new vestry members, a junior warden, and other representatives of our parish at that time. Please plan to attend!

After the parish meeting we will have our **annual spaghetti luncheon** – definitely not to be missed!

Church of Our Saviour
5147 Show Low Lake Road
Lakeside, Arizona 85929

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FORWARDING SERVICE REQUESTED

*Join Us for
Christmas at COS!*

Worship the Lord!

**Christmas Eve at 6pm & 8pm
and
Christmas Day at 10am.**

*Glory to God in the highest;
and peace to God's people
on earth.*

Book of Timothy

