

Join in on
Daily Morning Prayer
services over the
telephone. Simply dial
(339) 209-4611 be-
fore 8:00 am, Monday
through Friday to join
in. The service is easy
to follow and is about
twenty minutes long.
We may not be able
to meet face-to-face
safely, but we can
pray together as one,
every day of the
week. **Please join us!**



The Season of Advent

Brother Rick Lorino shares some insights on how to prepare ourselves during this holy season of reflection.

On November 28th, the Sunday after Thanksgiving, we began the beautiful season of Advent, the beginning of the Church year. Much happens during this time, most of which is subtle, but there are changes afoot and clues everywhere that we are preparing for Christmas. First and foremost, we begin a new cycle of readings, this year moving from Year B to Year C, which means we end reading the Matthew gospels and begin reading from Luke. You will notice that the church hangings and liturgical vestments are blue. Some churches use purple during Advent, but many, if not most Episcopal and Anglican churches, have returned to the use of “sarum blue”, a custom dating back to the 13th Century and Salisbury Cathedral (*Sarum* is the Latin name for Salisbury), since Advent is not really a penitential season like Lent. While the deep blue conveys a feeling of solemnity, because of its association with the Blessed Virgin Mary, it also conveys the Advent themes of *hope* and *expectation*. Each week, as we gather for worship, a candle is lit on the Advent Wreath which stands

prominently in the sanctuary, thus marking off the four weeks before we can celebrate Christ’s birth. (Unlike the secular world, we don’t begin celebrating Christmas until December 25th ...and the Christmas season officially ends with The Baptism of Our Lord January 9th, 2022, not on December 26th!)

On the Third Sunday of Advent, we will see hints of pink on the vestments, and we will light the Pink candle, marking that Sunday as *Gaudete (rejoice)* Sunday, reflecting the opening words of the ancient introit appointed for the day: *Rejoice* in the Lord, always! And finally, on Christmas day, the center candle, the white “Christ Candle” is lit and remains lit throughout the Christmas season, to show that the Light has come into the world.

Advent is an often overlooked time of year, mostly because we are so busy preparing for Christmas. But Advent is a time of patient waiting, deliberate reflection, and meaningful preparing of our spiritual home, making us ready to receive the Guest of all guests,

Continued on page 2

Jesus. While Christmas commemorates the actual birth of Jesus, Advent readies us to celebrate what has already occurred (Jesus' physical birth as a fragile, helpless human baby) as well as what will occur (Jesus' coming again in power and glory). I often hear folks say "There's so much to do...I'll never be ready in time for Christmas!" Of course, they are usually talking about shopping, decorating, wrapping, cooking, and all the rest. Advent beckons us to spend as much time (maybe more?) readying our hearts to receive Jesus as much as we ready our homes. A theme that runs through this holy season is to watch, to stay awake, because we don't know the day or the hour that the master will come, or as Luke says, "the Son of Man will come at an hour when you do not expect him." If friends told me they were going to drop by for dinner sometime while they're in town, and I didn't know when they'd be in town, I'm sure I'd want a little more information and maybe a narrower time-frame so I could be prepared. Time is very different for God, so right now, all we can know is that when God's plan calls for Jesus' return, sometime, whenever...maybe now, maybe later... then it will happen...and if we're not ready, we'll

be caught by surprise, unprepared, or worse, maybe not even be at home when He comes to visit. So let's all use these days to get ourselves ready.

Here are a few ideas: **Pray** (perhaps join us for morning prayer each day at 8am via telephone from the comfort of your home); **Reflect** (take a few minutes each day to read a daily scripture reading or meditation); **Make space** (just as we clear things out to make our homes look "christmassy", let's take a spiritual inventory and perhaps work on getting rid of old hurts, feelings or whatever takes up space that could be used to receive Jesus more fully into our hearts); **Worship** (come to church to learn more about God's word and plan for us, and to be inspired to bring that message out to the world.

Christmas is a gift of Love from God, a gift that we receive by faith. Advent is our time to prepare to receive that gift by making room in our hearts, our minds and our souls. Only then will Christmas be truly "merry" and "happy. I hope you enjoy these coming weeks to the fullest!

Br. Rick Lorino, BSG



Angel Tree - Thank you!

Thanks go once again to our AMAZING parishioners - this time for all who contributed to our Angel Tree outreach! All of the tags were selected in record time during the first weekend the tree was up. The gifts that were so generously donated will go to needy boys and girls in our community who would not otherwise be able to receive gifts for Christmas - thanks to YOUR generous support!





Welcome back to our returning parishioners! It is so nice to see our church filling up with more folks each Sunday.

We are now saying “thank you and so long” to yet another beloved leader! Though it has been for a short time, we have truly appreciated the time, talent and tutoring that Judith Taylor has shared with our choir and congregation in these past few months. We will miss you, Judith and wish you many blessings as you return to your well-deserved retirement.

Save these dates:

Wednesday, December 8th - The ECW will be serving home made baked treats with eggnog and/or apple cider in the Goldberg Parish Hall after the Candlelight Remembrance Service at 5:30 pm.

Saturday, December 11th – Join us for our “Very English Christmas Tea” at 2 pm in the Goldberg Parish Hall. Please bring a wrapped gift for our annual gift outreach for the residents at St. Francis Manor and mark it accordingly, ie: lady, gent or either. [Please sign up in the Narthex or call/text Carol at 772-579-0315 to make a reservation.](#)

Saturday, January 15th – ECW meeting: Eucharist at noon followed by lunch (soup, salad, roll, dessert & beverage.... free will offering will be appreciated.) and “Round Table Discussion” rescheduled from November. Please sign up on the in the Narthex or call/text Carol at 772-579-0315 to make a reservation.

Please watch the bulletin board in the Goldberg Parish Hall for updates for the E.C.W., D.O.K., Health & Wellness Team and other Church ministries information and news.

Wishing you a blessed & joyous Advent and Christmas Season.

Carol Paris



Stuff's gettin' fixed!

Gary's Corner

If you have been around the church on a week day this past month, chances are you have seen Gary outside power washing all the sidewalks, thanks to a brand new pressure washer that was just purchased for the church!



A Note from the Receptionist

Hello everyone, just a couple of small house-keeping details.

1. Bulletins are printed on Thursday mornings, so all announcements or prayer requests must be received **by Wednesday at the latest**. If a need comes up after that, it can be announced or read in the POP but will not be in print.

2. I understand that there are folks who are not receiving emails, phone calls or "snail mail". If you or someone you know is not receiving regular communications like the bulletin, updates from Father Wes or the newsletter by email, please take a few minutes to call the office at 772-770-3494 or send an email to office@staugustinevero.com. Please give us the following: name, current home address (es), phone number, and email address. As always, thanks so much for your support and for helping us to stay connected!



Save the date!

Potluck Supper

Wednesday,
December 15, 5:30pm



Join us for food and fun to celebrate getting together again!

Let's Talk About Our New Website!

St. Augustine's is in the process of redesigning its website. We are soliciting ideas, rants, raves, etc. to improve the look and functionality of our site. If you would like to have some input, Barbara McGowan has set up a special table at Coffee Hour and would love to talk to you! She will also have a short survey form for all to complete ... the more input we get, the better our new website will be.



Meet Barbara McGowan— our new Communications Specialist

Barbara has recently joined our St. Augustine's family earlier this year and brings with her considerable talent and expertise in the communications field which she will now be sharing with us! Barbara will redesign our new website and will be our new Webmaster and Newsletter Editor, as well as continue to share Audio/Visual duties on Sunday mornings with Laura and Emma Shields.

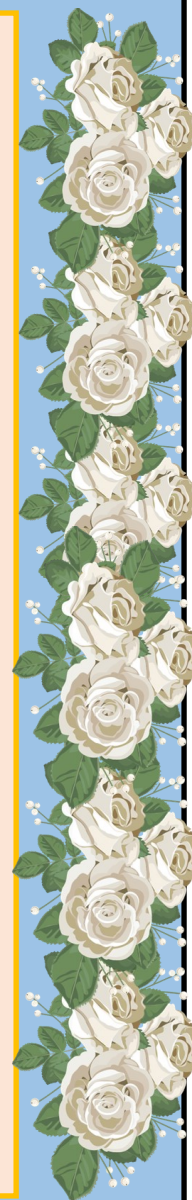


Candlelight Remembrance Service

Wednesday, Dec 8th at 5:30pm Article by Laura Shields

In December of 2009, our second daughter, Mattie, died of SIDS at 2 ½ months old. The following year we were invited to a memorial service. Part of the service included the reading of names of loved ones who had died. That service is a moment I can recall, in the months and years following her passing, that I found strength and courage to move forward. I then lost my Dad in 2016 and as the years passed there came a time where I found myself called to turn this tragedy, grief and healing process into action. It was at that time that Wes and I began offering a Candlelight Remembrance Service...

We will be holding this service at St. Augustine's on December 8 at 5pm. This is a special service to remember our loved ones who are no longer with us. It is intended to be a time of healing for our church family and neighbors, especially during the holidays, which are often a difficult time for many. The service will have a contemplative and peaceful feel. We will have meaningful music and readings, and a reflection by Wes. We will then read the names of those you wish to remember aloud, and a quiet time to remember those not listed, and lighting of candles. Invite your friends to join us at this lovely service.



New Caregiver's Support Group to begin at St. Augustine's



Are you concerned about the health and well-being of a loved one? Have you been helping an aging relative or friend with health and life tasks, even just a little? If you've answered "yes" to either of these questions, then you are a *caregiver*.

While helping another person is a wonderful thing to do, it's often taxing and emotionally draining. If you've been feeling weighed down by your caregiving worries or responsibilities, you might be interested in coming to our Caregivers Support Group which will begin meeting at Saint Augustine's on the last Tuesday of each month at 2pm, beginning January 25, 2022. Connecting with other caregivers is great for emotional support, and for practical advice on managing the challenges that often arise in caregiver relationships. So if you (or someone you know) might benefit from this group, please plan to join us and/or help spread the word. We look forward to seeing you on January 25th!

Month of December

Merry Christmas!

Saturday, December 25

Sundays

8am - Holy Eucharist Rite I
10am - Choral Eucharist Rite II
Coffee Hour follows both 8am and 10am services.

Mondays

1:30pm - Christian Education
Wing Prayer Group Christian Ed wing
7pm - Vestry Meeting 12/20

Tuesdays

9am - Garden Angels (outside)
10am - Finance Meeting 12/21
Every 3rd Tuesday

Wednesdays

9am Christian Meditation
10am - Healing Eucharist Service
11am - Bible Study w/Fr. Wes



Bible Study Resumes!

After a long hiatus, we are having Bible Study again! There is sure to be lots of fellowship and thought provoking discussion. Come and see! Wednesdays, 11am with Fr. Wes after the Healing Service.

Thursdays

2:45-4pm - Choir Rehearsal

Saturdays

5:30pm - Holy Eucharist Rite II

Calendar and Events



Saturday, December 4 10am Parish Hall
Daughters of the King Meeting



Wednesday, December 8 at 5:30pm
Candlelight Remembrance Service

Please come and experience an opportunity to be blessed with God's healing love as we remember our loved ones in this special service. Bring a friend!



Saturday, December 11 at 2pm Parish Hall
ECW Ladies Christmas Tea



Wednesday, December 15
Potluck Supper

5:30pm in the Parish Hall



Sunday, December 26
Normal Service times

8am - Rite I 10am - Rite II

December 27-31
OFFICE IS CLOSED
Monday- Friday



Friday, December 24
CHRISTMAS EVE
5:30pm - Family Service
9:30pm - Choral Eucharist

Friday, December 31
New Year's Eve



Saturday, January 1, 2022



Saturday, December 25
Christmas Day

10am Service - No 5:30pm!



January 23, 2022
Annual Meeting





NEWS FROM THE HEALTH AND WELLNESS TEAM COORDINATOR:

Managing the Holidays

The holidays, although filled with family, friends and celebration, can be a stressful time of year under normal circumstances. For those who are alone, have lost a loved one or gone through a recent crisis, it can be emotionally difficult. Here are a few tips to get through the holidays if you are grieving or feeling “blue”:

Acknowledge that the holidays will be different and may be emotional.

Be honest and tell people what you want to do for the holidays and what you don’t want to do. Listen to yourself and communicate with friends and/or family what works for you.

Decide which traditions you want to keep and which you want to change. Maybe create a new tradition.

Don’t feel guilty about skipping events if you are on overload. At the same time, if you are feeling lonely, reach out to a friend or fellow parishioner. Generally, people want to be of help.

Practice self care whether it be meditation, a walk, a massage; whatever soothes your soul. Try to get plenty of rest, eat healthy and limit alcohol intake.

Remember those you have lost. Sharing memories can often be therapeutic.

Consider volunteering by doing something kind for someone else, such as helping at a soup kitchen, delivering presents to the disadvantaged. It may lift your spirits by helping others.

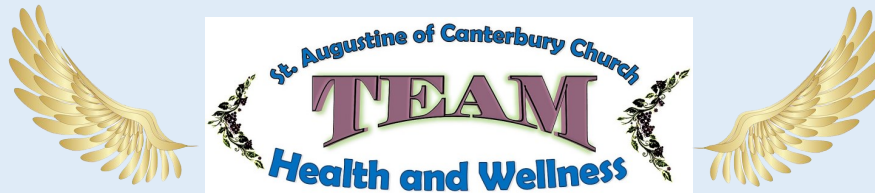
Seek help if you are struggling. It may be helpful to join a support group or see a counselor or health professional. Don’t be afraid to say YES to people who want to help and may offer their support.

St. Augustine of Canterbury prides itself in being a welcoming and caring faith community. If you know of someone who is in need of support, reach out to them. It’s the best gift you can give!

Sally Munson, RN

Health & Wellness Team Coordinator

(material taken from palliativecare.org.au/youre-not-alone-tips-managing-grief-holidays)



The Spiritual Companion Corner...Angels

By Yvonne Tso, spiritual companion/director and member of the Health & Wellness Team

When I think of Christmas, I often think of angels. They figured prominently three times in the traditional Christmas stories – Angel Gabriel’s annunciation to Mary and later angels in the heavenly host proclaiming the Messiah’s birth to the shepherds. And an angel also appeared to Mary’s betrothed, Joseph, to tell him it was ok to take Mary as his wife even though she was already pregnant.

Traditionally angels are seen as messengers of God. In our Christmas examples, they have a specific message for specific people. I do not know much about angel theology, but in my own life there is no doubt I have met angels on my path, especially recently. I think angels can also act as guides or provide evidence of God’s love. My angels smoothed our path in remarkable ways, said just the right thing during a crisis situation, guided us to solutions when we thought there were none. Some of those angels have actual names, like the doctor angel who led us to great cancer care at MD Anderson over a weekend, or faithful friends who have sustained us with prayers and acts of kindness. Some names I never knew, like the Southwest ticket agent who got us on a better flight home despite Southwest cancelling ours and almost 2000 other flights that weekend. Most angels didn’t even know they were being angels at the time...

Have you encountered angels in your life? If so, that experience must have inspired gratitude in your heart towards God.

But here’s another question. Have you ever **been** an angel for God? I think every time you are inspired by love, you can be an angel to someone. It might be participating in the Angel Tree project, saying a kind word to a stranger, bringing a meal to a bereaved family...

This season I hope you will be open to noticing the angels in your life but also open to the opportunities to be an angel yourself. You may experience feelings of gratitude as well as feeling gratified, extra but intangible and precious Christmas gifts.

May you have a blessed Christmas!

For questions about Spiritual Companions/Direction or a referral for an appointment with a trained spiritual companion/director, contact Yvonne Tso at 772-643-2538.





Episcopal Church Women



“A Very English Christmas Tea”

Saturday, December 11th at 2 pm

Goldberg Parish Hall



Please bring a wrapped gift for our annual gift outreach for the residents at St. Francis Manor and mark it accordingly, ie: lady, gent or either.

Please sign up in the Narthex or call/text Carol at 772-579-0315 to make a reservation.

Invite a guest!

Moe & Steve Connell at Vero Beach Elementary



Another round of Thank You Cards were delivered - this time to Principal Lyndsey Methany at Vero Beach Elementary School. She and the front office staff were very appreciative! Thanks again to all who participate in this ministry that serves our community.



Music Update

Thank you Judith!

It is time to say goodbye to Judith Taylor who has been such a wonderful blessing to our music ministry and to our congregation by providing expert musical leadership with her positive, upbeat energy—she truly is such a JOY to work with. We could not have gotten through this challenging time without her and the choir will miss her very much. Special thanks to Michael Murray who will be filling in as our Organist on December 5th.





Happy Birthday

DECEMBER

- | | |
|----------------------------|-------------------------|
| 01 – Doug Anderson | 19 – Vanessa Lowry |
| 02 – Terry Lurgio | 19 – Joe Lurgio |
| 05 – Glenda Altman | 19 – Nancy Whitcomb |
| 09 – Yvonne Tso | 19 – Julianna Guancione |
| 09 – Ronald Grayson | 21 – Nancy Eagan |
| 10 – Kathleen Warren | 23 – Caroline Taylor |
| 13 – Verity Isaacson | 23 – Pam White |
| 14 – Dakota Bennett | 24 – Kay DeMola |
| 15 – Shelba Bobet | 28 – Carol Paris |
| 16 – Leigh MacDougall | 31 – Dick Davis |
| 17 – Ronda Grayson–Seymour | 31 – Kathryn Wideman |

Happy Anniversary!

- 09 – Ronda & Terry Seymour
- 12 – Mary & Michael Breglia
- 20 – Craig & Pat Waskow
- 23 – Mary & Lockwood Rianhard
- 28 – Bill & Linda Beardslee
- 30 – Fr. Wes & Laura Shields



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The Vestry

Chuck Covarrubias
Senior Warden

Steve Connell
Junior Warden,
Interim Treasurer

Clarence Clarke
Nancy Hernandez
Guy McKenzie
Sharon Rayner
Tony Tulumello
Cris Vaccaro
Pat Waskow

Dana Clearwater,
Clerk of the Vestry



St. Augustine of Canterbury
Episcopal Church
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Vero Beach, FL 32968

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Church Staff

The Rev. Wes Shields, Rector
Financial Manager- Barbara Maher
Receptionist - Dana Clearwater
Sexton - Gary Attanasio

Schedule of Services

Wednesday	Healing Eucharist Service	10:00 am
Saturday	Holy Eucharist Rite II	5:30 pm
Sunday	Holy Eucharist Rite I	8:00 am
Friday	Christmas Eve	Rite II 5:30/9:30pm
Saturday	Christmas Day	10:00 am
Sunday	December 26	8am/10am