



January 2025

Sundays

- 8:00a.m. H.E. Rite I
- 9:15a.m. Adult Christian Education
- 10:30a.m. H.E. Rite II

Wednesdays

- 10:30a.m. Healing Service
- 6:00p.m. Episcopal 101 Classes

Coming Up

- | | | |
|--------|-----------------------------|---------|
| Jan 2 | Office Opens | 8:30am |
| Jan 4 | Men's Club | 8:00am |
| Jan 6 | St. Elizabeth's Guild | 12:00pm |
| Jan 7 | Book Club | 10:00am |
| Jan 9 | Lion's Club | 6:30pm |
| Jan 12 | Annual Parish Meeting | 9:00am |
| Jan 22 | Vestry | 6:00pm |
| Jan 30 | Celebration of New Ministry | 6:00pm |

Out of Habit: Growing in Grace

"It is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by the faith of the Son of God, who loved me and gave himself for me."

- Galatians 2:20

As we embark on a new year, I have been thinking about the power of habits. Habits, both good and bad, shape our daily lives and ultimately, our spiritual journeys. While we often associate habit formation with self-improvement, it is essential to remember that habits can also deepen our connection with God. In fact, in the Episcopal Church, we emphasize habit as a means of spiritual growth more strongly than many of our sibling traditions.

There is an axiom from the early church that runs deep to our approach to spirituality. *Lex orandi Lex Credendi. The way of prayer is the way of belief. I find that to be true, much of my deepest beliefs are what they are, not because I was convinced of a specific argument, but because the words of the prayerbook spoken over and over wore down the sharp edges of judgment and impatience in my soul. It was praying each comma in the collects that taught me to face creation with curiosity and expectation.*

***Continued on page 2**



In the Christian tradition, habits are not merely mechanical routines but spiritual disciplines that cultivate our relationship with God. Practices such as daily prayer, meditation, and Scripture reading can become habits that nourish our souls. These habits, when consistently practiced, can transform us into more Christ-like individuals.

However, there's a common misconception that habits stifle spontaneity and creativity. We may fear that a rigid routine will lead to a dull, joyless existence. But the truth is that habits can free us from indecision and provide a solid foundation for a meaningful life. In his book, Atomic Habits, Clear quotes one of my favorite Eastern religious philosophers: Lao-Tzu.

“Men are born soft and supple; dead they are hard and stiff. Plants are born tender and pliant; dead, they are brittle and dry. Thus whoever is stiff and inflexible is a disciple of death. Whoever is soft and yielding is a disciple of life.” Facing Pilate, our Lord was indeed soft and yielding. A Disciple, not just of life, but of Resurrection. I want to learn to be like that. I want to learn to be like Him. My guess is that, if you have read this far you probably feel the same way. But here is what the Episcopal Church teaches. You can't just snap your fingers, or say one magic incantation to make yourself Christlike. It is a process that is taken one prayer, one bible study, one act of compassion at a time.

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The Episcopal Church encourages us to approach habit formation with grace and compassion. We understand that perfection is an unattainable goal. Instead, we focus on progress, not perfection. When we stumble or fall short, we turn to God for forgiveness and strength.

As we embark on this new year, let us embrace the power of habit. Let us strive to live each day with intention, seeking to align our lives with the will of God. May we become more Christ-like, one small step at a time. May this new year be a time of spiritual growth and renewal. Together let us see what can bloom out of habit.

*Leslie Hall and
Sheryl Love-
Johnson enjoying
Lessons and Carols
at Good Shepherd*



*Merry Christmas from our
Preschool teachers and staff!*

Pageant Rehearsal



St. Elizabeth's Guild

After bag lunches and dessert and prayer with Ramona, Martha Lamm led us through acrylic Christmas gnome painting. It was a joyous time. Lots of talk and laughter! See y'all next year!!



Save the Date!

**Thursday January 30th
6:30 PM**

Rev. Les will be formally installed as our rector, by our Bishop, here at St Andrew's. It promises to be a lovely affair. Put it on your calendars now!

Fundamentals Episcopal Spiritual Structure (Episcopal 101)

Thursdays, Jan 9- Feb 13

6-6:30 Optional Gather for BYOB Dinner

6:30-7:30 Class

7:30-8 Social and Q and A

Ever wonder why we do that thing on Sundays? However you fill in that blank, this is the class for you. This 6 session (including the Rev Installation) will be a deep dive into the worship and structure of the Episcopal Church taught by Rev. Les. It is the perfect class for an adult considering confirmation or membership. It is also a great class for long time Episcopalians who want to rediscover the value and wonder of our tradition. Rev. Les recommends it for anyone who is interested in leadership in our church or diocese. As a supplement to the class students are encouraged to read the book Walk in Love by Gunn and Shobe (details will be given on registration).

The class is open to those who will pop in and out, but if you choose to take the **Extreme Episcopal version** you will get a certificate and gift upon completion. Please note: this makes a great new years resolution.

LAY/LEM READERS

January 5
8:00 Albert Corinth
Tim Knapp

10:30 Matt Smith
Leslie Hall
Michele Richwalski

January 12
8:00 Ramona Orzell
George Earp

10:30 Pete Roy
Elizabeth Pope
Linda Hutcheson

January 19
8:00 Tim Knapp
Tim Knapp

10:30 Sarah Dial
Martha Lamm
Brad Earle

January 26
8:00 George Earp
Tim Knapp

10:30 Paul Stone
Lisa Stone
Jeanie Armstrong

ACOLYTES

January 5
Walker Wells and Jack Lea

January 12
Lauren and Megan Renck

January 19
Mericle Family

January 26
Landon Newcomb and Liam Jenkins

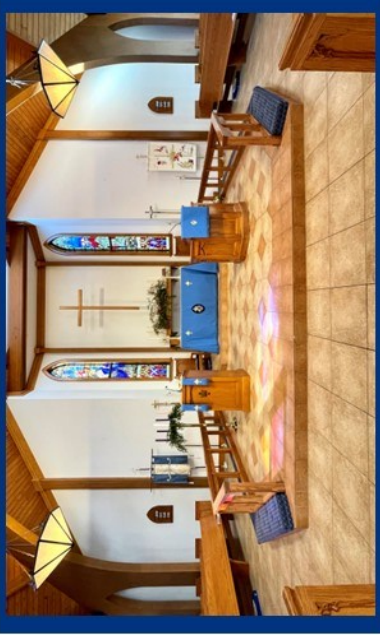


Pantry Distributers

Tuesday—Patty Kennedy
Wednesday—Tommy Parker
Thursday—Elizabeth Hunter

Pantry Volunteers

Lynn Ives
Terry Noble
Linda Hutcheson



“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

~2 Corinthians 5: 17

GREETERS

TBD

USHERS

January 5
Brad Earle
John Lea

January 12
Angela Reid
Tom Jenkins

January 19
Linda Hutcheson
Mike Pitt

January 26
Jan Arnold
Brad Earle



Kitchen Clean Up

Catherine Jancso
Connie Dupree



HAPPY NEW YEAR

DECORATING THE CHRISMON TREE



THE PEOPLE OF ST. ANDREW'S



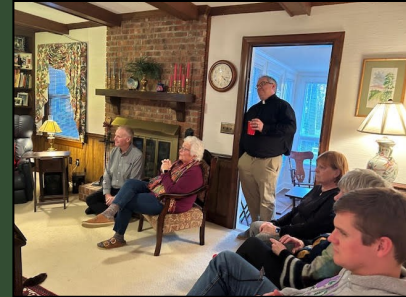
Jingle Mingle—EYC



Jingle Mingle was an adventure with supper, devotions, cookie decorating and mission projects. EYCs attending were Liam Jenkins, Jack Lea, Madison, Sydney and Liam Mericle, Lauren and Megan Renck, and Landon Newcomb. Thanks to Barb Jenkins for helping at the cookie decorating station!



Choir Celebrating St. Andrew's Day Hosted by Polly Beaver



We have continued our support to those affected by Hurricane Helene in Western NC.



Helped build a ramp for a family who didn't have access.



Supplies we have given to families in need as well as Christmas presents for a child that lost everything in the flood!

We did 234 gifts this year for Project Star and paid \$8400 in electric bills. Your monetary donations have helped support low income families all across Ashe county. All 234 people received food boxes!



ST. ANDREW'S EPISCOPAL CHURCH
 301 Circle Drive • Rocky Mount, NC 27804

U.S. Postage
 Paid
 Non Profit
 Organization
 Permit #278
 Rocky Mount, NC

Return Service Requested

Our Parish Family

FUNDAMENTALS EPISCOPAL SPIRITUAL STRUCTURE



(Episcopal 101)
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 6-6:30 Optional Gather for BYOB Dinner
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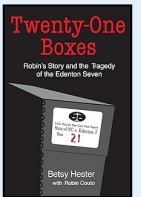
Scan the QR code to register

Annual Parish Meeting will be
 Sunday, January 14th at 9am.
 Breakfast included!

The Men's Club is meeting Saturday, January 4th
 at 8am.

St. Elizabeth's Guild meets on Monday,
 January 6th at 12:00pm.

St Andrew's Book Club will meet on
 Tuesday, January 14th at 10am. We're
 reading Twenty-One Boxes by
 Besty Hester
 Everyone is welcome!



Every Sunday after the 8am
 service, we will be packing
 food bags for the students at
 Winstead Elementary.

On January 19th, we will
 pack bags for the food pantry
 after the 10:30am service.



Christmas Pageant



