

# ANAM CARA

Holy Innocents' Episcopal Church Magazine



# ADVENT

*Photo Taken By: Jon Kownacki*

Volume 1, Issue 3 December 2014

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





WELCOME TO HOLY INNOCENTS



*Photos Taken By: Jon Kownacki*





*Holy Innocents is a community where the best of the Episcopal tradition is honored and creativity, innovation, diversity, and inclusion are embraced.*

We seek to extend the radical hospitality of Christ to all, whether in our buildings or through the web, in the hope that each person's spiritual journey can flourish from individual faith into communal compassion and action. Home to Holy Innocents' Episcopal School, our campus serves on many levels as an engaging, ever-renewing forum for people of all ages to gather, pray, celebrate, mourn, converse, reflect, learn, and teach.

Membership at Holy Innocents is based on desire. If you are baptized (or desire to be baptized), intend to make this parish your principal community of worship, and you will support the ministries of the parish, you may be recorded as a member of the parish. We offer several opportunities throughout the year when new members are welcomed on Sunday mornings. We also offer opportunities for adult Confirmation, Reception and Reaffirmation. For more information on membership contact Caroline Fleming.

## WEEKLY LITURGIES

### SUNDAY

8:00am: Holy Eucharist, Rite II, Christ Chapel  
9:00am: Holy Eucharist, Rite II, Nave  
11:15am: Holy Eucharist, Rite II, Nave  
6:00pm: Celtic Eucharist, Christ Chapel

### TUESDAY

12:15pm: Holy Eucharist, Rite II, Christ Chapel

### WEDNESDAY

7:30am: Holy Eucharist, Rite II, Christ Chapel

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# From the Rector

# Take your Leap of Faith

In October I preached a sermon on keeping “the main thing, the main thing,” focusing on Jesus and the life that is formed in Christ as we pray, love, and serve. Since then, we’ve launched the Leap of Faith brochure, a blueprint for our common life over the coming three years. It is a simple document but a challenging one that asks us how our individual and common lives are a reflection of our faith in Christ. I hope you will take the time to “read, mark, learn, and inwardly digest it.”

It strikes me that Advent is always about keeping Jesus the main thing. We expect this message year after year as we prepare for Christmas, that magical time when we turn to one another with expectant hearts seeking peace on earth. It’s a season about believing in things unseen yet hoped for in our dreams. It is indeed the most wonderful time of the year.

Despite what we know about Advent and its message, I wonder how many of us actually pause to ask how we are keeping Jesus the main thing. Our lives are so cluttered and hurried that we often forget to stop, to just stop and listen for the voice of God in our lives. For me, I’ve often tried to make the pause too dramatic and too spiritual, thinking that’s what God needs to challenge me. But lately, I’ve discovered that just sitting in silence, in a cozy chair or in a grove of trees, is a simple invitation from God. Some days, I take hours to just sit this way, basking in the still small voice of God. Others, I’ve discovered that little things can be as important as the big ones. I don’t have to sit in silence for a couple of hours to immerse myself in a retreat. Holding a favorite cup, formed from the clay of the earth and filled with fresh brewed coffee, can be an invitation to reflect and discern, to pray.

Such discoveries are teaching me that keeping Jesus as the main thing is actually not that hard. Most of time, it’s just paying attention and practicing my prayer, with or without words, with intentionality. I don’t need to be good at it. I just have to do it. So, I make room for it on my calendar because if I don’t, no one else will expect it or carve out that space for me. Attention to God, keeping Jesus central, is really up to me and I have lots more time to do so than I often imagine.

Of course, I need you to do this too. I do not commune with anyone else in the woods. My coffee cup gets lonely. I need times apart but I also need times with you, my community of faith. On days when my faith is weak and faltering, when Jesus seems far away, I find him among others. At a 7:30 Wednesday morning Eucharist, Parson’s Table, Mount Vernon Towers, or in our Oratory, I bump into someone who gifts me with the presence of God, the presence of Jesus breaking into the world.

It’s in those moments that his Advent is near, that I take another leap (it is a daily decision after all), and jump into a life of prayer, love, and service. I am discovering that keeping Jesus the main thing takes lots of practice.

This Advent issue of Anam Cara has loads of invitations for a holy Advent: times for reflection, time with your morning coffee, time for a long walk in the woods, time to come and gather in your community. Don’t worry about being good at it. Just practice it.

And in the process, take the leap to discover God’s Advent, God’s coming near.

Grace and peace,

*Michael +*

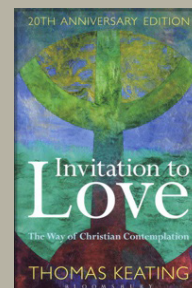
## RECTOR’S BOOKSHELF

Our rector has mentioned the following books recently in sermons or commends them to you for the spiritual journey



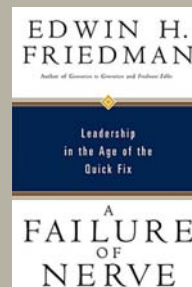
The Jewish Annotated New Testament

Amy Jill Levine Marc Zvi Brettler



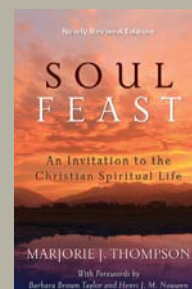
Invitation to Love

Thomas Keating



A Failure of Nerve

Edwin H. Friedman



Soul Feast

Marjorie Thompson



Falling Upward

Richard Rohr





## The Rev. Lisa Zaina

Vicar of Holy Innocents

# Patience

Patience is a virtue, right? That was ingrained in me from my earliest days. So, I always was sitting on the edge of my seat waiting for the next big thing. And, I was patient, of course. We really can't short circuit 365 days, now can we?

So, I remember anxiously awaiting turning 10, and the fact that I would be in double digits. I remember anxiously awaiting that point in time when my older sisters would bring me into their big sister world, but that never quite happened because I was the kind of goofy, nerdy younger sister. It wasn't as though they weren't nice to me (for the most part!) but they were part of the older group of girls in the neighborhood, and I was relegated to the younger group. I remember standing on the cusp of what I envisioned as adulthood as I excitedly prepared to leave for college. Then I remember thinking about how much I couldn't wait to graduate from college, go to graduate school, and get on with my grown-up life. And, as you've guessed, I couldn't wait until graduate school was over in order to step into the vortex that is adulthood! And now, I sometimes can't wait for retirement. But, I'm doing it all patiently, right? Hmmm, that's a good question.

So, was I really that patient? No, not really, and as I said, there wasn't much I could do about the passage of time anyway. But, if wishing that time away could have resulted in the faster passage of time, I would have signed up for that. So, perhaps I am not as patient a woman as I once thought.

The season of Advent is all about waiting. We await the coming of our Savior. And, the passage of time seems to change as the days get shorter, and the night gets longer. Isn't it interesting that the light we await comes during a time when we are spending more time in the dark? And, what does it mean to wait for that light? I would suggest that the birth we await is the evolution of ourselves as the people we wish to become.

This requires true patience, not the pretend patience that I employed as a child. So I turn to the words written by Pierre Teilhard de Chardin, SJ to "[A]bove all, trust in the slow work of God". And, I am very slow work.



# Living into God's Time

## The Rev. Buddy Crawford Senior Associate Rector

*Of the Father's love begotten  
Ere the worlds began to be,  
He is Alpha and Omega,  
He the Source, the Ending He,  
Of the things that are, that have been,  
And that future years shall see  
Evermore and evermore.*

This ancient hymn reminds us that God is boundless, dwelling in the evermore and evermore. Past, present, and future, the constructs of chronological (Kronos) time, are where we humans live, and move, and have our being. God however embraces the creation from beyond time, or more accurately, in Kairos time - the Lord's time. During the season of Advent we are invited to ponder the intersection of Kronos and Kairos time, of eternity and finite existence. It is an intersection made necessary because of two things: human frailty and God's deep abiding love for the creation. And Jesus is the incarnation of this intersection.

This is good news! For Jesus does not shun human frailty; Jesus takes on the form of a human being to show us the love of the Creator for the creature. And in this miracle of God becoming Immanuel, one with us, one of us, we too become bound-less creatures. In the intersection of Kronos and Kairos we find that we are no longer constrained by chronological time and through Jesus we have a way to be eternally present with God.

The season of Advent is a gift of time. Four weeks of remembering and wondering about the arrival of a newborn in a stable in Bethlehem. Four weeks to reflect on Jesus' first coming as we wait for his second coming. Four weeks of waiting and praying and preparing to celebrate his birth that ushers in an unending reign of peace and love. Four weeks of hoping for a world that will embrace the peace and love that Jesus brings. We have a gift of time to ponder where and how we are to help make his Reign a reality.

Advent is here, but the church's invitation to contemplate Christ's appearing is at odds with the world. The stores and malls are filled with clamoring crowds.



Advertisers continually remind us that there are a limited number of shopping days. There are presents to wrap, cookies and cakes to be baked, parties to attend with friends and co-workers, and relatives to be visited. The weeks will pass quickly and Christmas will come whether we are ready for it or not.

Waiting, expecting, anticipating, and longing – the themes of Advent – allow us to be still and enter Kairos time. But soon I will become anxious as I ask myself - Have I purchased the right gifts? Did I buy enough gifts? Will I have enough time to spend with family and friends? And the pressure mounts and Advent waiting is interrupted as the world rushes to celebrate.

There is wisdom in practicing Advent waiting. For in our waiting, in our praying, and in our longing we discover anew the hope and promise of Christmas – that God desires to be with us. This year make time to sit in anticipation of finding a child in a manger, the Eternal One, who comes in flesh and blood. Find your place between the sheep and the shepherds who kneel at the intersection of our time and the evermore and evermore.

*Oh, that birth forever blessed  
When the Virgin, full of grace,  
By the Holy Ghost conceiving,  
Bare the Savior of our race,  
And the Babe, the world's Redeemer,  
First revealed His sacred face  
Evermore and evermore.*









# CHRISTMAS

## The Nativity of Our Lord

DECEMBER 24  
Christmas Eve Services

Christmas Pageant	3:00 PM
Holy Eucharist *	8:00 PM
Solemn Holy Eucharist*	11:00 PM

\*7:30 & 10:30 - Choral Prelude

DECEMBER 25  
Christmas Day

Holy Eucharist	12:00 PM
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DECEMBER 28  
First Sunday after Christmas

Holy Eucharist	8:00 am
Lessons & Carols	10:30 am
Celtic Service	6:00 pm

JANUARY 4  
Second Sunday after Christmas

Holy Eucharist	8:00 am
Holy Eucharist	10:30 am
Celtic Service	6:00 pm

There will be no Sunday school  
December 28 and January 4



SUNDAY, DECEMBER 14, 2014 AT 7:30 PM

# FRIENDS OF MUSIC CONCERT



THE ATLANTA SINGERS,  
DIRECTED BY DAVID MORROW





# Anglicans invited to ‘celebrate Advent using your camera phones’

Members of Anglican Communion Churches worldwide are being invited to celebrate Advent through prayer, meditation and by contributing to a global Advent calendar on Instagram.

Advent is the season when Christians observe a time of expectant waiting and preparation for the celebration of the birth of Jesus at Christmas.

The Anglican Communion Office and the Society of Saint John the Evangelist (SSJE) are teaming up to offer Anglicans and Episcopalians around the world a daily word, meditation and beautiful image sent to their e-mail inboxes.

## Playing around with time

The brothers use technology that allows their daily Advent e-mail to arrive in people's inboxes at 5:00am wherever in the world the recipient is.

*“5:00am is about the time we get up to pray,” said SSJE’s Brother Jim Woodrum. “Of course you can look at your e-mail after 5:00am, but we want to make sure it’s there when you wake up.”*

Though people are used to the idea of monks involved in prayer and meditation, they might be surprised to know that monks have camera phones too.

“We are hoping that people will join us in praying with their phone this Advent,” said Woodrum. “After reading the meditation, we’d love for people to snap a picture that reflects the theme or their response to it and post it to Instagram.”

## #Adventword

Participants are invited to take a photo with their phone or tablet to share their interpretation of the word for that day – these include #Abide, #Thrive, #Become, #Imagine – and post the picture to Instagram adding the day’s tag plus #Adventword.



*“People need help with their daily spiritual practice,” said Brother Geoffrey Tristram, SSJE Superior. “During Advent, we anticipate the coming of Christ, an event that awakens our deepest desires and longings. This Advent, we are inviting you to join us in looking clearly and honestly at our lives and taking action.”*

Jan Butter, director for communications at the Anglican Communion Office, said, “It’s all too easy for Christians to be consumers in today’s world — especially during the Advent season. Here we have a chance to not only receive during Advent, but also take part in a global action; to give back to other Anglicans and Episcopalians worldwide by sharing our photos with each other.

“This is also a chance for people who might never have connected with an Anglican religious community before to benefit from the deep thought, meditation and prayer that emanates from such communities all around the world.” (Visit <http://communities.anglicancommunion.org/> for a list of other Anglican Communion religious communities.)

To be part of this global Advent initiative, sign up at <http://www.aco.org/adventword.cfm>. The initiative starts on Nov. 30. To learn more about SSJE visit [www.ssje.org/adventword](http://www.ssje.org/adventword)

# “Soli Deo Gloria”

## David Brensinger

Organist/Choirmaster

We begin each of our Sunday morning liturgies with an Opening (Organ) Voluntary. Our musicians at the Celtic Eucharist also play music prior to the service. The great preacher Henry Ward Beecher, pastor of Plymouth Church, Brooklyn, from 1847 until his death in 1887, wrote considerably on the organ; but perhaps none of his prose was as astute or so applicable regarding the organists' weekly performance as the excerpt below. The sentiment, while organ-centric, is apropos to the Celtic music as well. Here 'tis:

What is the use of the opening organ piece? Is it amusement – a musical luxury?

“When people enter the house of God upon the Sabbath, they come from care, from business, from secular pleasures and duties. And the two things needed at the beginning of public worship are, first, a transition from ordinary thought and feeling into a higher and more devout frame of mind; and, second, a unity of feeling, a fellowship in the whole assembly. Now, it is in the power of music to arrest the attention, to change the current of feeling, to draw off the thoughts from common things, and to give to the mind, if not a religious tone, yet a state higher than before, and from which the transition to worship will be easy and natural. Nothing will bring worshippers into a state of feeling common to all sooner than fit organ music. This, then, is the object of the opening-piece. Upon entering the house of God, there is, as it were, a screen of sound rolled down between the [congregation] and the outward world. Every susceptible nature is drawn out from sordid or sad thoughts, the careless are interested, and the attention of all is attracted to a common influence that is molding them gently to holy thoughts and feelings. Of course, this object will determine the fitness of an opening-piece.

It may be slow and soft; it may be grand and majestic; it may be persuasive and soothing; or it may be jubilant, as celebrating the incoming of Christ's Day! But the end to be gained is in the hearts of the audience, not in the ears of connoisseurs. That is good which gains the audience to a preparation for worship, and only that is good. No organist who knows the almost omnipotent power of association will greet the audience with marches or opera airs, which take the thoughts right back to the world. No organist either, who has religious sensibility, will take such a time laboriously to perform intricate pieces that are, perhaps, masterpieces of skill, but which are about as fit for the church as Paradise Lost would be for a hymn. This opening organ-piece admits of as great a range of usefulness as any service of music in the church. And it is a thing to be studied and remedied. If organ playing is but organ diversion in church, if it is only gratifying the taste, the organ had better be silenced. But if organists feel the power of the Sabbath day – if it lists its light upon them as the day that brought salvation to the world, and fills their soul with rejoicings and gratitude – they will be able upon so stately an instrument to pour forth strains that will win the audience to sympathy with them.”

— Henry Ward Beecher, “The Organ,” New York Music Review and Gazette 10, no. 12 (June 11, 1859)

The above is as true today as when it was written in the mid-1800s. The organists and Celtic musicians at Holy Innocents strive to provide an offering of artistically significant music, on behalf of the congregation, which enhances the entire worship experience. Our motto is the same as that which the great composer Johann Sebastian Bach wrote on his manuscripts: Soli Deo Gloria—Glory to God alone.

## CHOIR MEMBER SPOTLIGHT

*Each issue we highlight some members of the HIEC choirs. We hope that these highlights will help you connect names to faces. We also hope you'll remember them, and the ministry in which they engage, in your prayers.*

Ferrell Moultrie

Ferrell Moultrie joined the choir in 1989. He is S/W Engineer with IBM Security Division and also a Boy Scout Scoutmaster. He enjoys backpacking, camping, running and being a Boy Scout Leader. People might be surprised to know that he has walked the entire Appalachian Trail, Georgia to Maine, 2180 miles, in sections over 10 years. Currently he is attempting to hike it again in sections, this time north to south. He says he “literally wandered into the parish and choir/music program at All Saints Episcopal in 1971 after starting at Ga Tech, just down North Avenue. Loved the music, the liturgy and the people I met, have stayed in the Episcopal church ever since.”



Sara Rodriguez

Sara Rodriguez joined the Parish Choir in 2010 as a stipendiary singer. She's a stay-at-home mom during the day. In the evenings, she teaches private voice and beginning piano lessons, and also directs the Children's Choir at Transfiguration Catholic Church in Marietta. She writes that “I have thoroughly enjoyed singing in this choir over the last 4 years. Even with two degrees in music, I can honestly say that David challenges me each week to improve my musicianship while still selecting pieces that touch my heart on a deeply spiritual level.”









# Questions from the Chancel Rail

*Each month, we'll offer a short lesson about liturgy. Some of them might be about something you see in church while others might give a short reason we do something or say something. If you have a question you'd like answered here, just email any of the priests on staff! We'll do our best to answer it.*

***Purple, Blue, Rose or White – which candles are appropriate for an Advent wreath?***

During the long dark days of winter, pagans brought evergreen boughs into their homes to preserve a remnant of green as the ground became barren. Eventually, candles were added to the evergreens in increasing numbers in anticipation of the return of the sun in springtime fullness.

Christians in Germany appropriated the use of evergreen wreaths in the home for domestic devotions. Our advent practices today are tied to the 17th century Germanic practices of using four white candles indicating the four weeks of Advent leading up to Christmas. Each week families gathered for prayer and fellowship, lighting successive candles to mark time. Advent wreaths were rarely used in liturgical settings, and it only became common to see them in church in the middle of the 20th century.

In the 1950's the season of Advent had a more penitential tone as the faithful prepared to celebrate the Nativity and purple candles were used to identify this motif. However, on the third Sunday of Advent a rose colored candle was lit, the fasts lightened. This third Sunday was called Gaudete Sunday (the Latin word for Rejoice which was the first word of the introit on that day).

With the 1979 Book of Common Prayer the season shifted from being penitential to a time of waiting and anticipation – of longing – for the birth of Jesus and blue candles replaced the purple and rose - blue being the color associated with the Virgin Mary. A white candle called the Christ Candle is often added on Christmas day and burns during the twelve days of Christmas. Some liturgists have suggested that we return to using only white candles for the wreath. The choice is yours. The color is not nearly as important as the spiritual practices of prayer and yearning that ready us for the arrival of the Christ child.



# A NEW MONASTICISM

SHANE CLAIBORNE

FAITH FORUM    INGLETT HALL    SUNDAY, FEBRUARY 1, 2015

Hear one of the leaders in this movement challenge us as we begin to live into our own Rule of Life.



# SUNDAY FAITH FORUM SCHEDULE

Our Sunday Faith Forums are an incredible line up of speakers who will address faith in everyday life. You'll want to take advantage of each opportunity to continue to grow in faith, individually and as a member of this supportive community. Join us each Sunday after the 9:00am service to hear these fantastic speakers.

December 7

The Rev. Michael R. Sullivan & The Rev. Joshua Case  
Conversation with the Youth Confirmands

Join the Rector with The Reverend Joshua Case as they talk with this year's class of youth confirmands. They will not only ask them about what they have learned but how they wish to challenge us as the people of God at Holy Innocents.

December 14

The Rev. Michael Sullivan  
Rector of Holy Innocents  
Annual Meeting

In celebration of Holy Innocents' 142nd year, join us for the Annual Parish Meeting as we receive reports, hear about our future, and elect new vestry members. An energizing and life-giving morning is planned, always with a wonderful twist.

December 21

The Rev. Michael Sullivan, The Rev. Lisa Zaina,  
The Rev. Buddy Crawford, & The Rev. Joshua Case  
The Clergy of Holy Innocents  
"Christmas to Us"

The priests of the parish will talk about Christmas in their lives, the customs and practices they celebrate as well as what it's like to be among so many people celebrating the Nativity of Our Lord. Come with your questions!



# What is Pastoral Care to you?

What is pastoral care to me? Simply put, it encompasses the notion of Biblical authority, wounded healer, and community. Here is a verse that illuminates that belief:

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in our entire affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. 2 Cor. 1:3-4*

The verse above demonstrates the very nature of Biblical authority in the practice of pastoral care, emphasizes the role of wounded healer, and reveals that it is God's very heart to care, and that it should be the Christian community's intent to actively care.

Although I believe Biblical authority and wounded healer are significant components of pastoral care, to me by far, community is of the utmost importance. I see evidence of this in the dictionary definition of pastoral care which states it is "where Christians offer help and caring to others in their church or the wider community". So, it is mainly in the community itself where pastoral care provides a platform for listening, supporting, encouraging, and befriending those who are in need.

Further importance of community in pastoral care can be seen in Christopher Bryan's book "*And God Spoke, The Authority of the Bible for the Church Today*." Bryan says that "it is impossible to be a complete human being alone. Human beings find their identity in the community of which they are a part of". This statement alone embodies the very need for pastoral care, for it is the community, or in this instance, the wider or extended community where volunteers are available for those who welcome a visit, who are experiencing difficult circumstances, or those who are encountering a time of transition in which they could use some confidential, non-judgmental, on-going support.

Ultimately, the purpose of pastoral care is to provide a sustaining ministry of hope and caring so that body of Christ, His community, need not suffer or struggle alone through life's hard times. For primarily it is the Christian community where individuals are exhorted to love one another, especially as the Lord God has loved us. This is pastoral care to me.

-Tammy Conaway-

# Pastoral Care



# “Are we there yet?”

Wynn Henderson

Director Of Children's Ministry

Every year as soon as school was out, my family packed up and moved to the beach for the summer. This was no easy feat as there were four kids, two big dogs and two cats along with my two parents in a station wagon. It took a lot of planning and preparation to accomplish this move and my father was always very busy packing the car just so – spatial relations – and securing things on the top so they wouldn't blow off on the highway. He was always really cranky until we hit the road, but as soon as we were outside of Atlanta, the sun would magically come out and all was well, we were off.

The four of us would literally be bouncing in our seats at the thought of the beach and summer vacation. We were good for about two hours before it started. “He touched me.” “Quit breathing on me.” “Do not cross this line.” “Are we there yet?” And my personal favorite – “Mom, he's looking at me.” How did they stand it? About this point in the trip is when Mom pulled out the sandwiches that one of us had made for our lunch. We couldn't stop along the road to eat because there wasn't the

plethora of fast food choices back then, there were four kids, and there were the animals. Plus who wanted to waste time stopping – we had to get on down the road. After lunch Mom would open the glove box to pull out and distribute the little packets of hand wipes that she always had stashed in there along with extra napkins.

When lunch was over we knew that we were about halfway there. We would play games – I Spy, find the license plates from different states – read or nap. Then all of a sudden one of us would notice that the quality of the air had changed. It smelled and felt different. Salt. Marsh. Sulfur from the paper mill. This was our clue to start looking for the bridge and there was always a competition to see who could spot it first. The bridge meant that we were almost there – we were leaving the mainland and it was only another 20 minutes or so to get to the house on the other side of the island. Oh the joy!

All of the anticipation, preparation, and waiting were about to be rewarded. All arguments and

bickering were forgotten in our mutual excitement and glee. The arrival at the beach was our Advent.

Advent is a noun and is defined as the arrival of a notable person, thing, or event. It means “coming” or “visit.” In the season of Advent, we prepare for the “advent” of Christ at Christmas.

Just like all of the preparations my family undertook for our summer move, we need to get ourselves ready for the birth of Jesus. In the waiting for Christ and Christmas we need to ask for forgiveness of our sins; we need to focus on the coming of Jesus; we need to get ourselves ready. We need to stop – and remember the real reason we celebrate in December. We need to remember the Christ in Christmas. Oh the joy!!

“Are we there yet?”







# Children's Ministry

[www.holyinnocents.org](http://www.holyinnocents.org) 19

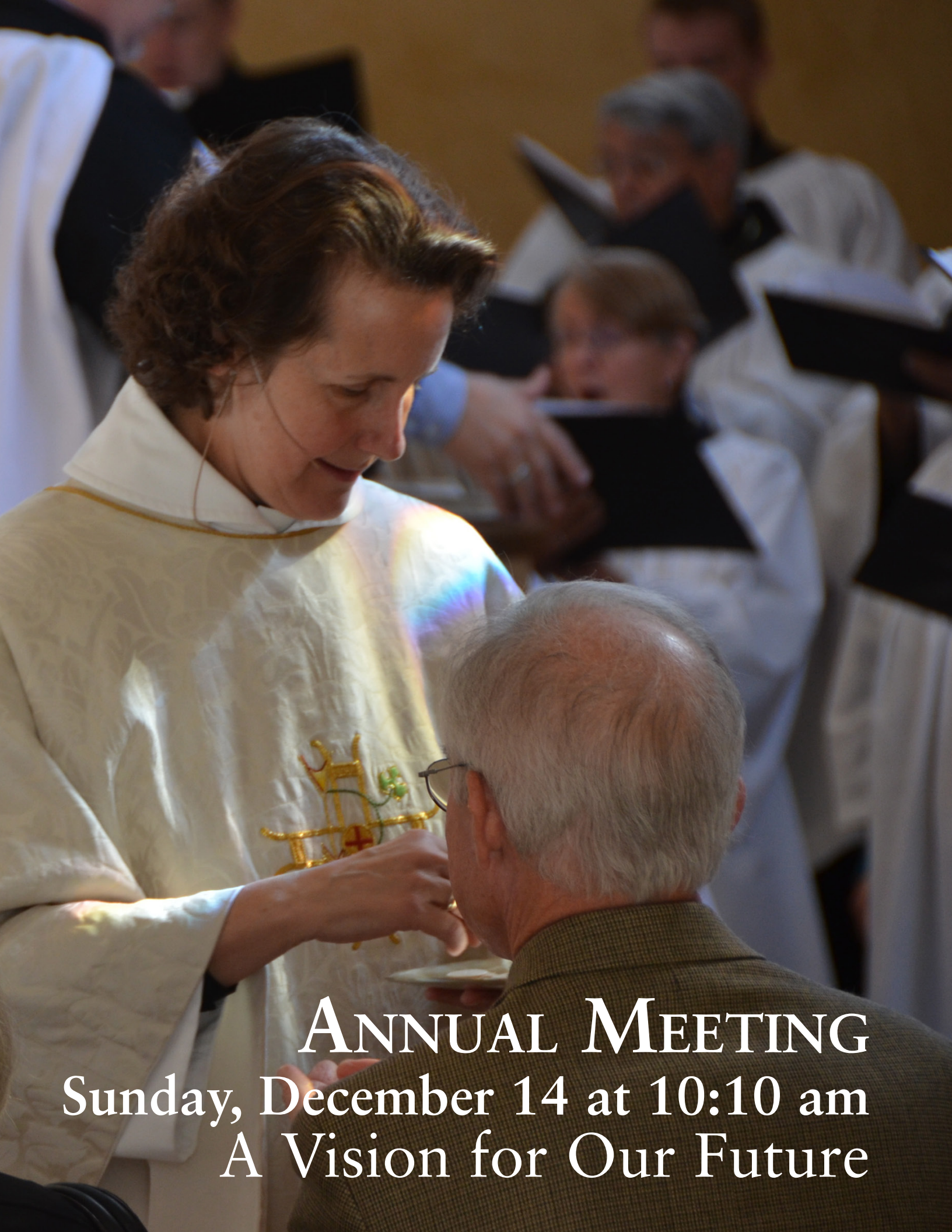




HOLY  
INNOCENTS'  
EPISCOPAL  
CHURCH

YOUR PLACE FOR FAITH





ANNUAL MEETING  
Sunday, December 14 at 10:10 am  
A Vision for Our Future





# Youth Ministry





# A Public and Confirming Faith

## The Rev. Joshua Case

Assitant to the Rector for Formation

In his book *"We Make the Road By Walking,"* Brian McLaren insists that the Christian journey is deeply marked by two interconnected thoughts. First, McLaren suggests that Christians are always "in the making" - a thought which he insists is necessary for humility to be central to our exploration of faith. Second, he posits that the "quest for aliveness is the best thing about religion". For McLaren, the journey towards a personal-communal faith (that is alive) is made over time and through intentional action, prayer, and reflection.

Over the course of the last seven weeks a group of about 20 youth confirmands have been making the road by walking. During Sunday mornings, confirmands have been invited to converse, study, pray and disagree with one another. Our topics have ranged from the Bible, the Eucharist, to worship style, to the gender of God. During each of our sessions catechumens have been challenged to mix healthy and generative dialogue with genuine prayer and community.

One of the highlights of this confirmation cycle was the "Youth Sunday" which occurred during the 9am service on November 16, 2014. In the days leading up to this service, students were challenged to take roles in the liturgy that they had not held before. Students explored new ways of ushering, greeting, preaching and serving in the service. For the first time in a long time, youth even occupied roles like verger and intercessor. On the whole, over

25 students from the youth group at Holy Innocents tried on a new role in or around the liturgy.

One of the biggest pieces of learning from the Youth Sunday was best expressed by a student who found comfort from an adult usher when she had made a mistake. "I walked us the wrong way, turned around and realized everyone had followed. We were all jumbled up and a bit scared. We messed up bad." She continued, "but when we got outside, the other adult ushers were kind of laughing with us, saying, 'It's ok. Way to go, you didn't freak out even when you did not get it perfect!' That was really comforting to hear!"

It is often really easy to forget how daunting participation in liturgy can be until you try it on. Much like the aspirational aspects of a faith rooted in humility, justice and compassion, one never really knows how the road will go until you choose to walk it. And that is always the most dangerous part of our Christian faith. As youth and adults, having a confirming faith means being willing to make the road by walking with God- in community, in public, mistakes and all, where-ever one goes!

On December 14 at 4pm our group of 20 youth confirmands will be confirmed at the Cathedral of St. Philip. On this day many of them will choose to make a "mature and public affirmation of their faith and responsibilities to their Baptismal vows" (BCP 412) and take the next step in their journeys of faith. Make them feel welcomed in a new way by joining their families for this special occasion! All are invited. Comfirmands will also be recognized on December 21 at Holy Innocents at the 9am service.





*imagination*  
**inspired**



## Cultivating Creativity at HIEC



# Fan your Creative Spark

Vanessa Lowry

Artist in Residence



It only takes a spark to get a fire going . . . so says the song we sang at church camp during the summers. The same is true of your creativity. A spark can ignite new ideas and add warmth to every area of your life.

Consider these five ways to fan your creative spark:

**1. Doodle** - Studies have shown that doodling while listening helps you retain the information more readily than if you didn't let your pen wander—participants in the study remembered up to 29% more than those who didn't doodle. In addition, doodling with no specific result in mind becomes a meditation and allows fresh ideas to bubble up.

After taking my Doodling as a Meditation class, business coach Martha Carnahan said, "I find doodling relaxing and peaceful, yet stimulating in a very fulfilling way."

**2. Write** - Dedicate twenty minutes and write in a notebook or journal, about anything or nothing in particular. Your ramblings should be written by hand as the kinesthetic action of writing helps ground you in your body and tap more easily into your creativity.

I use lined spiral-bound notebooks that are inexpensive which I won't worry about "messing up." Even writing a few times a week helps me focus my thoughts and clears creative logjams.

**3. Walk** - Taking a walk, especially in nature, is a way for your creative muse to meander to the surface. I'm fortunate to have two parks within a few miles of my home, both bordering Lake Lanier. I walk the trail at the furthest park several times a week and sometimes stop on my way home to walk through the woods at the second one.

**4. Play** - Once a week, do something that gives you a positive zing and anything that fills your creative well counts. It may cost very little or nothing at all.

Purchasing a few markers to add to my art supplies charges me up, as does ambling through a store like Tuesday Morning and snapping photos of cool patterns I can incorporate into future doodles. Soaking in the art at a festival or flipping through a lovely art book fills my well with images and ideas.

**5. Learn** - Curiosity is a characteristic of creativity. What sounds interesting? Take a class or find a mentor to dabble in a new skill and explore interesting territory.

Some of my best memories are learning something totally unrelated to the main priority at the time. In fifth grade, my teacher Mrs. Nelson taught me how to do embroidery during recess. I have a quilt that my mom and I made together using squares I embroidered connected with colorful borders she pieced.

As an adult, I've trained in martial arts, received certifications in massage and reflexology, and taken classes to learn improvisation and drumming. I believe these varied skills and divergent information make me a better graphic designer and more valued marketing consultant.

Let's get creative together. Go to <http://www.holyinnocents.org/get-involved/imagination-inspired--hiee/> and join me for one of the upcoming Imagination Inspired classes or workshops. Want a class or workshop other than what is scheduled? Let me know.

Learn more about me, Vanessa Lowry, at [www.holyinnocents.org/about/clergy-staff-and-vestry](http://www.holyinnocents.org/about/clergy-staff-and-vestry). I look forward to creating and collaborating with you.

# U.K.'s Anglican Church Will Enable Women To Become Bishops



The Church of England moved toward ordaining its first female bishops Monday November 17, as its governing body voted to enable women to become bishops. The move comes two decades after the church first ordained women as priests, in 1994.

"Today we can begin to embrace a new way of being the church and moving forward together," Archbishop of Canterbury Justin Welby said after the vote. "We will also continue to seek the flourishing in the church of those who disagree."

The new policy comes several years after the Church of England first voted to approve the idea of ordaining women as bishops. Earlier attempts to make the change were largely undone by disagreements over how it should be enacted.

In the end, the historic change was executed fairly simply; for instance, in one portion of the Anglican Church canon a section was amended to begin with a new paragraph: "A man or a woman may be consecrated to the office of bishop."

Announcing the new policy, the church also noted that it currently has openings for bishops in four dioceses, and for assistant bishops at five.

The broader Anglican Communion has undergone several shifts in recent years, largely over issues related to the roles of women and homosexuals in the church. And not all of the changes have occurred at the same pace, or with universal approval.

In 2006, the U.S. Episcopalians elected a woman, Katharine Jefferts Schori, to head their denomination of more than 2 million members. But at around the same time, some conservative churches sought to leave the American Episcopal Church over its ordaining of an openly gay man as a bishop.

We seek to live into our love of God and love of neighbor and are excited about the opportunities that abound in our church.

## From the Diocese



+PRAY  
LOVE  
SERVE



SAVE THE DATE  
HOLY INNOCENTS'  
2015 PARISH RETREAT  
February 13 - 15, 2015



## CAC CHRISTMAS ADOPTION

It's time to support CAC families for Christmas. Starting November 22, there will be envelopes available in baskets at the reception desk with information about children who may not otherwise receive gifts this Christmas. These UNWRAPPED gifts will be due back to Holy Innocents by Sunday, December 7. For more information contact Nicole Rash.

Contact: Nicole Rash (770-262-3089)

## ADVENT WREATH MAKING

Come join us on November 30 to make an Advent wreath for your home. This fun family activity will take place in the parish hall during the formation hour. It cost \$15 to participate and it includes an oasis form, candles, and beautiful basic greens to make your wreath. Please bring additional greens from your yard such as herbs, magnolia leaves, holly and pittasporium to personalize your wreath and to share with others. If you wish to use berries in your wreath, please add those at home to avoid extra cleanup in the parish hall. We will also have an art table with ceramic ornaments available to be decorated. We can't wait to see you there!

## THE MAGICAL INFLUENCE OF LISTENING

A book signing event to launch "*The Magical Influence of Listening*" will be held December 3 from 6:00pm to 8:00pm after the Parson's Table. All proceeds from the book signing will be donated to the church's Innocents of Our Day Fund and help at-risk children in Georgia. Holy Innocents' head rector, The Rev. Michael R. Sullivan, and Artist in Residence, Vanessa Lowry, along with Rebecca Ewing, Dr. Robin Kirby, Ricia L. Maxie, Dr. Tim Morrison, and Émile Paradis will briefly discuss their contribution to the book during a presentation at 6:45pm in Christ Chapel. You can pre order your copy online at the Holy Innocents' website.

## 2ND HALF LUNCHEON

Join us Thursday, December 4 at 11:30am for a 2nd Half Luncheon. Come and listen to The Rev. Buddy Crawford's story and his call to priesthood. Make sure to reserve your spot online at the Holy Innocents' website. We hope to see you there!

## HIEC QUIET DAY

On December 6 from 9:00am - 1:00pm we will gather to reflect on what we are awaiting for and how we might prepare our hearts for the coming of Christ. Please bring a brown bag lunch. Drinks will be provided.

## ANNUAL MEETING NOTICE

The Annual Parish Meeting will be held at 10:10 am, December 14, in Inglett Hall. Nominees for vestry will be presented by the Nominating Committee along with reports by the Senior Warden, Treasurer, and Rector. Photos and biographies of the vestry nominees will be announced in HI Lights the week before the meeting. We look forward to seeing you there as we continue to discern how God is calling us to pray, love, and serve in Christ's name.

## HOLY EUCHARIST OF HEALING:

Following Parson's Table on December 17, at 6:30pm. A service of Eucharist and Healing for rest, comfort and peace offered for all who experience pain, loss, isolation and grief in the Advent season. We know the paradox of the Advent and Christmas seasons – when we celebrate hope, love, joy and peace, and yet the time can also be full of depression, sadness and grief. This Eucharist offers recognition of the struggles that many people face and also testifies to the struggles of Mary, Joseph and Jesus that are often overlooked. By offering this service of worship we acknowledge the struggles that we all face while providing a safe place of rest, comfort and peace.

## 2015 YOUTH SKI TRIP

Come and join us for the 2015 Youth Ski trip. We will be going to Cataloochee, North Carolina from January 16 through 18. The price of the trip is \$195 which includes all lodging, meals, lift tickets and rentals for one day of skiing, a youth ski trip signature t-shirt, and all the fun you can imagine! Spaces are limited to the first 25 registrants. Hurry and reserve your spot online at the Holy Innocents' website.

## "SAVE THE DATE" PARISH RETREAT

Join your fellow parishioners for a weekend you won't forget. All ages, shapes and sizes! Joseph Mole, Executive Director of Emmaus House will help us further explore our theme of "Pray, Love, Serve". You will not regret it! Join us February 13 – 15, 2015 at The Kanuga Conference Center. (You won't have to worry about Valentine's Dinner, and we will have roses available for purchase).

## ALL PARISH

**Saturday Brewing**  
1st Saturdays, 10:00am - 4:00pm in  
Frost Youth Center  
Contact: Timothy Sommer  
(tsommer@holynnoccents.org)

## 20/30 SOMETHINGS

**Something for Brunch**  
Every 1st Sunday, immediately following 11:15am  
worship at a restaurant nearby.  
Contact: Timothy Sommer

**20/30 Something's Social**  
Every 2nd Tuesday, 6:45 - 9:00pm  
Contact: Timothy Sommer

**Lessons & Lager**  
3rd Tuesday, 6:30 - 9:00pm  
Youth Frost Center  
Contact: Timothy Sommer

## MEN

**Men of HI Dinner and a Book**  
2nd Tuesdays, every 2 months, 6:30 - 9:00pm  
Contact: Jeremy Webber  
(jwebber@us.ibm.com)

**Men of HI Third Fridays**  
3rd Fridays, 7:00 - 8:15am in  
Frost Youth Center  
Contact: John Hedrick  
(jthedrick@aol.com)

## WOMEN

**Prayer Shawl Ministry**  
1st Tuesdays, 10:30am - 12:30pm  
Parlor  
Contact: Lizzy Avery  
(liza.avery1@gmail.com)

**Reading Connections (Women's Book Club)**  
2nd Mondays, 6:00 - 7:00pm  
Bishop Commons  
Contact: Alesa McArthur  
(agmcarthur@gmail.com)

**St. Monica's Guild**  
3rd Tuesdays, 10:30am - 12:30pm  
Inglet Hall C  
Contact: Carolyn Yost  
(tyost27@bellsouth.net)

# Upcoming Events





## The Parson's Table & Market

### December Parson's Table Menu

**Wednesday, December 3**  
Sweet Auburn BBQ Food Truck

**Wednesday, December 10**  
Soup Supper

**Wednesday, December 17**  
(h)erban Flavors

**Wednesday, December 24**  
No Parson's Table

Don't forget to RSVP online at the  
Holy Innocents' website  
each week.

#### FARMER TIM'S MARKET

In addition to the Parson's Table, you can come early and shop with Farmer Tim from 2:30pm to 6:00pm every other Wednesday. He will be offering a variety of vegetables and farm goods such as fresh eggs, home-made jellies, assorted hot and sweet peppers, and much more.

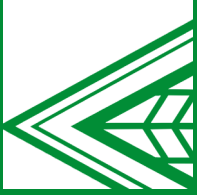




HOLY  
INNOCENT'S  
EPISCOPAL  
CHURCH

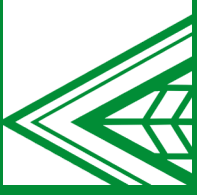






# MONTHLY EVENT CALENDAR

## December 2014



	1 Women's Wisdom Circle Yoga Class	2 Musikgarten Prayer Shawl Ministry	3 The Parson's Table The Magical Influence of Listening Book Signing Sustainability Committee St. C. & N. & Junior Choristers	4 2nd Half Luncheon	5	6 The Incarnation: Communing with the Divine Saturday Brewing
7 Something for Brunch Church of the Common Ground	8 Women's Wisdom Circle Reading Connections Yoga Class	9 Musikgarten Doodling Class Creative Boost Class Needlepoint Stitchers 20/30's Something Social	10 The Parson's Table Doodling Class St. C. & N. & Junior Choristers	11 Venturellert Gallery Presents "Ethereal Abstraction, Inspired By An Angel" Opening Reception	12	13
14 Puppet Show for Children Confirmations at the Cathedral Annual Meeting Friends of Music Concert	15 Women's Wisdom Circle	16 Musikgarten Lessons & Lager	17 The Parson's Table Liturgy of Loss Reclaiming the Center St. C. & N. & Junior Choristers	18	19 Men of Holy Innocents' 3rd Friday FRIDAY NIGHT CROWD	20
21 Lessons & Carols	22 Women's Wisdom Circle	23	24 3:00 pm Christmas Eve 8:00 pm Services 11:00pm The Church Office will be closing at Noon	25 Merry Christmas! Christmas Day Service 12:00pm The Church Office will be closed	26 The Church Office will be closed	27
28 8:00 am - Holy Eucharist 10:30 am - Holy Eucharist 6:00pm - Celtic Eucharist	29	30 12 Steps for the Rest of Us Creating a Vision Board	31 Happy New Year's Eve The Church Office will be closing at Noon	We wish you all a Merry Christmas from Holy Innocents' Episcopal Church For more information on Church events, please visit the Holy Innocents' Website.		



Engage yourself in our  
Community online!



## What is the City?

The City is a new way for HIEC members to communicate and engage in life beyond Sunday. It is an incredible way for the church to connect, share, and grow together in our very own online community. The City is our place for everything Holy Innocents including communications about all events, registrations, and groups.

## Why the City?

The City is critical to our ongoing growth and development as a parish of the 21st century. The City gives us an on-line home for parishioners to connect in the following ways: view the church calendar and events, access member directory, online giving and statements, as well as make event reservations, all in real time.

## How the City Helps?

The City is a powerful platform for making communication faster, easier and more effective. It creates a space for our church to connect with each other by sharing information, creating and maintaining connections in groups and supporting each other in Our Place for Faith.

## Join the City!

“Holy Innocents on the City” has launched! Join by emailing Caroline Fleming or look for an invitation in your email. All you need is an email address to create a login and password. See you in the City!





# HOLY INNOCENTS' STAFF

## Bishops

The Most Rev. Katharine Jefferts Schori,  
*Presiding Bishop*  
The Rt. Rev. Robert C. Wright,  
*Diocesan Bishop*  
The Rt. Rev. Keith B. Whitmore,  
*Assistant Bishop*

## Rector

The Rev. Michael R. Sullivan  
msullivan@holynnocents.org  
Carol Johns, cjohns@holynnocents.org  
*Executive Assistant to the Rector*

## Clergy & Chaplains

The Rev. Lisa Zaina: lzaina@holynnocents.org  
*Vicar*  
The Rev. Buddy Crawford: bcrawford@holynnocents.org  
*Senior Associate Rector for Liturgy, Prayer and Community*  
The Rev. Joshua Case: jcase@holynnocents.org  
*Assistant to the Rector for Formation*  
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*Head Chaplain & Upper School Chaplain*  
The Rev. Wendy Porter-Cade: wendy.porter-cade@hies.org  
*HIES Pre-School and Middle School Chaplain*  
Timothy Sommer: timothy.sommer@hies.org  
*Lower School Chaplain and HIEC Youth & Young Adults*

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*Assistant Organist*

## Vestry 2014

Colin Kelly, <i>Sr. Warden</i>	Janet Clark
Chris Protos, <i>Jr. Warden</i>	Johnny Foster
Rick Shunnarah, <i>Treasurer</i>	Michael Rhea
George Abney	Rachel Shunnarah
Greg Binney	Andy Toledo
Harry Boone	<u>Youth Vestry:</u>
David Calhoun	Erin Ernst
	Joseph Stockert

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VENTULETT GALLERY PRESENTS

MELISSA PAYNE BAKER

# ETHEREAL ABSTRACTION

INSPIRED BY AN ANGEL

REPRESENTED BY  
HUFF HARRINGTON  
FINE ART GALLERY

OPENING RECEPTION  
THURSDAY,  
DECEMBER

11

6:00PM - 8:00PM





# Journal



