

ON THE LETTER X

Some random thoughts from Father Bill

Just how do you pronounce the letter X? This thought is prompted by signs that we see every December about keeping Christ in Christmas. I recall one very devout elderly lady whom I knew six decades ago getting very upset about the “word”, Xmas. It did not help very much when an equally devout elderly lady suggested that the X was really a cross, and that we were being reminded that in all the glitter of the events of December 25 the little baby we sang about in the carols would go on to be crucified. The first lady said that the X was not the right shape for the cross of the crucifixion, and off they went in opposite directions, each of them muttering under her breath about the other, and probably not in very flattering terms.

The letters we use are only symbols to indicate how a word should be pronounced. The trouble is that the letter X is used to represent different sounds in different languages. In English it is usually pronounced like a combination of K and S. But in the written form of other languages it may represent other sounds entirely. We who speak English usually talk about Meksico and Teksas, but ask someone whose family is of the original stock of those places how to pronounce those places, and they will make very different sounds. When the first Europeans came to these places, they were confronted with people who did not use the Roman alphabet, and as those first Europeans came from the Iberian Peninsula and used a language spoken in part of the Iberian Peninsula, they transliterated the native words with Roman letters, but pronounced in the way which was the practice back in their homeland.. Had those first Europeans come from an English-speaking country, then the names might well have been transliterated as Mayhico and Tayhas, which is closer to the sound of the names in the native languages but is still not exactly the sound.

So the letter X does not always represent the English sound eks, but neither does it always represent the Castilian sound heu. In Greek, which

has a totally different symbol for eks (Ξ, as the capital letter, and ξ as the lower case letter – and it comes between N and O in the Greek alphabet instead of W and Y in the Roman), the letter X is pronounced as an aspirated K, rather like a K with an extra puff of air.

There is a similar sound in Hebrew and in Scottish English. We just do not have a letter to represent that sound in the Roman alphabet. That is not strange. There are several sounds for which there is no letter in the Roman alphabet. To try to capture the sounds of the Greek and Hebrew letters in written form, the writers of Latin or languages using the Roman alphabet would insert an H after a letter that was pronounced without the added puff of air. So we have sounds in English that are represented by two letters rather than just one – “th”, “ph”, “sh” and “ch” – and “ch” is one of those “letters” that has to do double duty as we see in, for example, Christian Church. The “Ch” in Christian represents the X, pronounced kh, of Greek. It also represents the similar kh sound of Hebrew. (A gentle reminder to those reading at public worship: if there is a “ch” in a proper name, whether in the Old or New Testament, read it as kh!)

So back to my devout little elderly ladies. Both were so set in their opinions that they probably would not agree that the X in Xmas does stand for Ch, the initial letter of Χριστος, the Greek word that becomes Christos in Roman characters, and so Christ in English. I would wish you a happy Xmas, but I am not sure how that word would be pronounced by others. Instead, let me wish you all joy as we celebrate the birth of the Babe of Bethlehem.

Meanwhile, ponder over another Christian symbol, the ghoti! You can easily work that out if you catch enough women's attention!

PASTORAL CARE MINISTRY

FORGET

It is better to forget the things that hurt us,
And to live each day and take whatever
comes,
With the hope that by tomorrow
There will be a balm for sorrow
And help to master life's important sums!
There's a strength comes to us every time
we suffer,
And our will grows stronger every time we
fight,
Let us then be doubly grateful
For the things that disappoint us;
They only come to lead us to the light.

--Helen Stork

FORGET IT

Forget the slander you have heard,
Forget the hasty, unkind word:
Forget the quarrel and the cause,
Forget the whole affair, because
Forgetting is the only way.
Forget the storm of yesterday,
Forget the chap whose sour face
Forgets to smile in any place.
Forget you're not a millionaire,
Forget the gray streaks in your hair
Forget the coffee when it's cold,
Forget to kick, forget to scold.

--Anonymous.

Shirley Heath

To the Pastoral Ministry Team:

I thank you very much for your sincere support during yet another year. I truly appreciate your kind and gracious efforts. Your inspirational articles in the Newsletter give us food for thought. You have made several visits and phone calls to sick and shut-ins. You who are lay ministers have shared the Eucharist with those unable to attend services. You have brought comfort and solace to the many that you have touched throughout your special ministry. You have been a companion and a prayer warrior for them and their families. Your goodness conditions your usefulness. Therefore, never be afraid of giving up your best, since God will give you His better. Let's continue to keep each other in prayer, not forgetting Peggy Everett who is unable to labor with us as she did before. Have a wonderful Christmas and may you continue to find God's joy in the New Year. FACE the New Year with the Old Book. FACE the New Needs with the Old Promises. FACE the New Problems with the Old Gospel. Face the New Life with the Old Remedies.
Shirley.

Honor the Lord with your substance and with the first fruits of all your produce;
then your barns will be filled with plenty,
and your vats will be bursting with wine.

Proverbs 3 v9-10.

Live, as God Intended

'His divine power has given us everything we need...' 2 Peter 1:3

NIVThe Bible says, 'His divine power has given us everything we need for life and godliness... For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities...they will keep you from being ineffective and unproductive...' (2 Peter 1:3-8 NIV) Here are ten Scriptural principles to help you live, as God intended:

- (1) Guard your tongue. Always say less than you think and others will respect you.
- (2) Make promises sparingly, keep them faithfully, and people will trust you.
- (3) Never let an opportunity pass to say a kind word, and some day you will look back with joy and not regret.
- (4) Be genuinely interested in others; show it by listening attentively and expressing your appreciation.
- (5) Be cheerful. Don't dwell on your aches and pains; everybody has trouble. There are people in the nearest hospital who would gladly swap places with you.
- (6) Keep an open mind and try to get all the facts. Discuss, but don't argue. Learn to disagree without being disagreeable. Give other people the benefit of the doubt.
- (7) Discourage gossip; it's destructive.
- (8) Be sensitive to the feelings of others. If you do, people will consider you to be wise.
- (9) Pay no attention to ill-natured remarks about you. Live so that nobody will believe them.

(10) Don't worry about getting the credit, just keep giving your best and be patient. God records and God rewards!

Bob Gass – The Word for Today (Ed.)

HAPPENINGS AT HOLY FAITH

On November 12th The Men's Group of Holy Faith held their First Annual Fund Raiser. It was a resounding success. It was well attended. There was good food and music and a good time was had by all. The Group wishes to thank all who helped to make this affair the success that it was.

The Outreach Committee will hold its Annual Christmas Breakfast on December 3, at 9am to 11am, in the Parish Hall. This event is a fund raiser for Holy Faith and also to support Mustard Seed Ministries.

Christmas falls on a Sunday this year. A Service to celebrate the birth of Our Lord will be held on December 24th at 11pm.

On Christmas Day Services will be held at 10am in English and 12noon in Spanish.

On December 10th at 2pm, there will be a Requiem Service to celebrate the life and death of Trevor Givans, who died on November 10, 2011. He was a long-standing member of Holy Faith, attending the 8 am Service.

NOTES FROM THE VESTRY

*The Stewardship Campaign will begin, the first week of December. Letters and pledge cards will be handed out or mailed. A response will be expected by the second week of December so that the budget can be finalized before the Annual meeting. Offering envelopes for 2012 will be available, the third week of December.

*The Annual Meeting will be held on Sunday January 8, immediately following the service. One Service will be held followed by a potluck brunch and the meeting. The budget for 2012 will be presented and new members of the Vestry will be

elected. Five members will be needed to replace the five whose terms have expired. One person will be elected for one year, one for two years and three for three years.

*Starting soon, appointments will be scheduled to have pictures taken for the Pictorial Directory. Each person or family that has their picture taken will receive a directory and an 8x10 photograph at no charge. Additional photographs will be available for purchase.

Photographs will be taken on February 2, 3, 4, 2012.

*Arlene Mighty has stepped down as the Recording Secretary of the Vestry. The new secretary is Susan Adams.

O Come All Ye Faithful!

It's that time of the year again! The Advent season is a time during which we wait with expectancy and prepare for the joyous celebration of the birth of our Lord Jesus Christ.

Poinsettias also seem to celebrate, because this is the time of year that they exhibit their vibrant, scarlet blooms. They will adorn our worship space in all their radiance. We have the opportunity to play a special role in the celebration by donating towards one or more **poinsettia** plants in memory of, or in thanksgiving for a loved one, a prayer answered or just to celebrate and marvel at the Christ child.

May your generosity be in proportion to your blessings.

Paula Smith

CONGRATULATIONS TO:

Denise Abrahams, daughter of Clarence and Gloria Abrahams on receiving a Special Commendation Award from the Justice Management Division (JMD) in the US Department of Justice. This award is given annually to individuals who have made significant contributions to the Department of Justice and JMD missions.

LIVING HOLISTICALLY

Celery

Celery has long been native to marshy regions extending from Sweden southward to Algeria, Egypt, and Ethiopia. Ancient Oriental people gathered wild celery and brewed it as a medicinal herb for stomach maladies and for a general tonic. Wild celery has a bitter flavor and pungent odor. The early physicians seemed to think that the worse a concoction tasted, the better it was for the patient. The ancient Greeks valued it highly, and awarded celery as a prize to **winners** in many of their sport contests.

There is mention of a cultivated variety of celery grown in France in 1623, and in 1776 celery seed was sold in England for the growing of plants to be used in flavoring soups and stews. Celery has been grown commercially in the United States since about 1880.

Celery belongs to the same plant family as carrots, parsley, fennel, caraway, and anise. The characteristic flavor of these plants is from the volatile oils found in the stems, leaves, and seeds.

California and Florida are the two leading celery-producing states, but celery is also grown in many other states in the eastern and western United States. Celery is available all year, but its peak season is November through May. Study the market in your state and plan to use celery in abundance during the months when celery is in season.

The most desirable celery is of medium length, thickness, and solidity. The stalks should be brittle enough to snap easily. Pithy or stringy celery is not good to eat and probably has less vitamin and mineral content.

The pithiness of a celery stalk can be detected by pressing or twisting the stalk, and stringiness can be detected by breaking the stalk. Celery that has formed a seed stem probably has a poor flavor and may be bitter.

Celery is highly perishable, and should be kept refrigerated. To prepare for eating, scrub and wash thoroughly to be sure all poisonous sprays are removed. Before the tops of celery are used, they should be separated, and washed several times. If you are [cooking](#) celery tops, douse them in water that is slightly warm to insure a thorough washing.

If you are cooking celery, steam it only long enough to break down the fibers, or cook it a few minutes in a vessel with a tight lid. Use very little water. Cooked celery takes only about three hours to digest. Celery is also delicious in soup and as a seasoning in almost all cooked food.

Benefits of Celery

Celery is fairly high in roughage and low in [calories](#). Its high water content makes it an especially good food to eat with foods that are more concentrated, particularly heavy starches. It is an alkaline food and should be classified as a protective food. The greener stalks of celery are an especially good source of [vitamin A](#), and celery is also a good source of vitamins B₁ and G. It is rich in chlorine, sodium, potassium, and magnesium.

As an all-around maintainer of good health, celery juice gets top billing. It is good by itself or mixed with other [vegetable juices](#), and goes best with carrot, carrot and parsley, or [apple](#). Celery can be juiced with fruits, vegetables, or nuts for a complete, easily digested meal.

Celery is generally known as a sodium food, and sodium is what we call the youth maintainer in the body. Sodium helps keep us young and active, and the muscles limber and pliable. Whenever there is stiffness in the joints and creaking or cracking in the knees, we know we are lacking in sodium. Sodium is the one element that most people lack.

When the tissues, joints, and arteries get hard, there is too much calcium in the body, and a softer element is needed. The element that counteracts calcium best is sodium. It helps keep calcium in solution.

Celery should be eaten often because it is one of the best foods for keeping the body well. It neutralizes acids and is a good blood cleanser. It has protective properties that are beneficial to both the brain and the nervous system. Celery is an excellent food for people suffering from arthritis, neuritis, and [rheumatism](#). It can help to clear up high blood pressure.

Sodium is one of the chemical elements needed so much in the walls of the stomach and in the intestinal tract. Celery is particularly good for these parts of the body. However, many times celery can be very irritating to a sensitive stomach because it contains a great deal of fiber. If irritation results, celery juice should be substituted. It is also best to avoid using raw celery leaves if there is any stomach irritation. Broths made of celery leaves, with other vegetables and milk or cream added, are good to take for stomach disturbance. The milk or cream has a wonderful soothing effect on the stomach, especially when there is excessive acidity. A broth made with celery and other vegetables is also good in an elimination diet.

Celery aids digestion, counteracts acidosis, halts fermentation, and purifies the bloodstream. Celery juice can be handled and tolerated by most people, especially children. However, many people prefer diluted celery juice, and it is very good when combined with pineapple or apple juice. Apple and celery juice combined is great for neutralizing the rheumatic acids in the body. Combine celery, parsley, and asparagus juice for kidney disorders; celery and papaya juice for asthma; celery and grapefruit juice with a pinch of pure cream of tartar for colds or sinus troubles; celery and parsley juice for fevers, gout, or arthritis; and, if the condition of the teeth is poor, combine beet greens, parsley, celery juice, and green kale. It is a nonstarchy vegetable.

Celery is best eaten raw, preferably in the form of combination vegetable salads. Use it as a balance in high protein salads such as chicken, tuna, or shrimp. Celery is particularly flavorful when cooked with tomatoes or green peppers. Its pot liquor is especially good as a base in soups and sauces.

The leaves of celery are rich in potassium, sodium, and sulfur. The raw leaves or tops are excellent in the treatment of diabetes. Because they are so tough, they should be chopped, liquefied, and added to other vegetables to lessen their strong taste. When eaten raw, the leaves are beneficial to the nerves and disorders resulting from nervous conditions. Celery leaves are also good for all acid conditions of the body.

Nutrients in one pound (one pound of celery contains 93 percent water)

Calories	218	Iron	2.7 mg
Protein	1.8 g	Vitamin A	182 I.U.

Fat	3.18 g	Thiamine	.13 mg
Carbohydrates	51.4 g	Riboflavin	.09 mg
Calcium	63.5 mg	Niacin	0.45 mg
Phosphorus	50 mg	Ascorbic acid	55 mg

Submitted by Caroline Campbell

PASS ON TO EVERYONE YOU KNOW

I received a telephone call last evening from an individual identifying himself as an AT&T Service Technician (could also be Telus) who was

conducting a test on the telephone lines. He stated that to complete the test I should touch nine (9), zero (0), the pound sign (#), and then hang up.

Luckily, I was suspicious and refused. Upon contacting the telephone company, I was informed that by pushing 90#, you give the requesting individual full access to your telephone line, which enables them to place long distance calls billed to your home phone number.

I was further informed that this scam has been originating from many local jails/prisons. DO NOT press 90# for ANYONE...

The GTE Security Department requested that I share this information with EVERYONE I KNOW.

After checking with Verizon they also said it was true, so do not dial 90# for anyone !!!!!

Rhona Malcolm

SERVERS SCHEDULE DECEMBER 2011

**LAY EUCHARISTIC
MINISTERS**

4. 8am - E. Francis
10am - G. Williams
11. 8am - L. Crossett
10am - B. Claren
18. 8am - S. Heath
10am - H. Walcott
24. 11pm - L. McCalla
25. 10am - P. Feder

LECTORS

4. 8am - E. Francis
V. Alleyne
10am - G. Horne
M. Sangster
11. 8am - L. Crossett
M. Upright
10am - D. Moehl
I. Duncan
18. 8am - S. Heath
A. Anter
10am - G. Murray
C. Inniss
24. 11pm - G. Adams
B. Claren
25. 10am - P. Feder
M. Wisniewski

ALTAR GUILD

4. 8am - J. Stone
10am - J. Stone
I. Vaceannie
11. 8am - J. Stone
10am - J. Stone
I. Vaceannie
20. 8am - J. Stone
10am - J. Stone
I. Vaceannie
27. 8am - J. Stone
10am - J. Stone
I. Vaceannie

GREETERS

4. 8am - M. Wisniewski
10. am - J. Clarke
E. Alves
11. 8am - J. Fithian
10am - M. Sangster
18. 8am - S. Heath
10am - C. Campbell
J. Gardner
25. 10am - J. Stephenson
I. Vaceannie

USHERS

4. 8am - G. Adams
J. Newport
10am - L&U McCalla
11. 8am - G. Adams
J. Newport
10am - R. Hudson
- 18.8am - G. Adams
J. Newport
10am - TBA
- 25.10am - J. Stephenson
P. Stephenson

FLORISTS

4. D. Huggins
I. Vaceannie
11. A. Toppin
G. Abrahams
18. M. Stephenson
S. Heath
25. P. Smith
M. Stephenson
A. Creary
R. Malcolm
(Arrange and water
Poinsettias)

**COFFEE HOUR
HOSTS**

4. Ushers
11. Outreach Committee
18. Vision Committee
25. Greeters