

ON THE “END OF THE WORLD”

Some thoughts from Father Bill

Why is it that so many people are worried about the end of the World? Periodically some preacher or other will name a date, and a lot of people do downright stupid things in preparation for the great event – or, as it turns out, the little non-event. When the designated day passes, the false prophet sometimes has the grace to admit that he (usually) must have miscalculated. Well, yes, that would seem to be a reasonable proposition.

And then there have been those mysterious mystics who have examined a calendar stone from a Mayan temple, and have calculated that the end of the World will come about on December 12, this year – you know, the twelfth of the twelfth of the twelfth. Of course, the ancient Mayans did not use the same calendar as was created within Christendom, and probably their twelfth of the twelfth fell on a different day than ours since their New Year did not start on the same day as ours. But if you are worried by all these prognostications, well, let me tell you that as the crystal ball dropped in Times Square as 2011 turned into 2012, you had eleven months and eleven days in which to get your act together before the last trumpet is supposed to sound. (Oh, by the way, it has already been said by some who have made their calculations based on the Mayan calendar stone that they miscalculated!)

Many decades ago I heard someone, who claimed to be a scientist, declare that the end of the World would come many thousand of years hence. The Sun would come crashing into Earth and that would be that. Of course, that was before the days when astrophysicists started writing about black holes and supernovae. Nowadays we might think of the Sun burning out as it expends the last of its fuel, and sucking our solar system into the black hole such an event would create. It is probably safe to say that this event, should it take place, will be many millennia away in the future, at a date beyond

our imagination, and that we do not have to worry about it.

For myself, all talk and speculation about the end of the World is a waste of energy, if we only think in chronological terms. Chronologically speaking, the end of the World is a largely meaningless concept.

However, there is another way to think about the end of the World. This demands that we rethink our use of the word, “end”. All too often, the word can mean the last item or event in a sequence. Yet the word has another, and perhaps more significant meaning, and that is “purpose”. When we allow ourselves to think of “end” in the terms of “purpose”, then we begin to ask an entirely different range of questions.

We can ask, what is the purpose of this World? What is the purpose of life on Earth? What is the purpose of my life on Earth? These, I hope you agree, are far more important and far more interesting questions. I could wax theological on these questions, but my wish is that each of us asks these questions for ourselves and finds the answer for ourselves. We can help each other by listening what to what each of us has to say, and supremely we can all find the greatest help by listening to what God has to say to each of us as to what he would have each of us do and be.

And just a little hint for all of us – while January 1 is a day for many to watch college football after recovering from too much revelry before and after the crystal ball dropped, for Christians it is the day on which the Babe of Bethlehem received his name. Today he was named Jesus, which means “Saviour”. That was to be his purpose, his end in life, to be our Saviour. As our New Year dawns, let us all accept him as just that, as our Saviour.

Do have a blessed new year, and do be assured that it will be longer than eleven months and eleven days.

Getting to the Other Side

'..Let us cross over to the other side.' **Mark 4:35 NKJV**

One day Jesus said to His disciples, 'Let us cross over to the other side... And a great windstorm arose, and the waves beat into the boat, so that it was already filling.' **(Mark 4:35-37 NKJV)** The devil doesn't want you to get through this storm and reach the other side. He doesn't mind you going to church, singing in the choir or serving on the board; he just doesn't want you to reach your God-ordained destiny. But what's waiting for you on the other side is worth everything you're going through at the moment. You are up against a formidable opponent who knows God has a plan for your life. But he cannot sink the man or woman who has Jesus on board with them, who prays and stays close to Him. So today make a commitment to stand in God's strength regardless of what you're facing or how hard you've been hit. Spiritual progress doesn't come easy. Paul writes, 'When I was a child...I thought as a child; but when I became a man, I put away childish things.' **(1 Corinthians 13:11 NKJV)** It's time to stop thinking like a child and grow up! If you don't, you won't experience what God has in store for you. What do you need to take a fresh look at today? Your schedule, to make room for God? Your friends, because they're taking you in the wrong direction? Your habits, because they're draining and defeating you? Your words, because you're speaking doubt instead of faith? Turn to God; He'll bring you through this storm and get you to the other side.

Bob Gass – The Word for Today

HAPPENINGS AT HOLY FAITH

On January 8, the Annual Meeting will take place. There will be one service at 10am after which a potluck brunch will be served in the Parish Hall followed by the meeting.

The budget will be presented, and reports from committee heads will also be presented.

Five Vestry members will be elected. One member for one year, one member for 2 years and two members, each for 3 years.

Those running are:

George Adams, husband of our Organist. He is a lay reader and Usher, and decorated our choir room and Harrison Hall.

Bonnie Claren - Bonnie is a member of the Choir, she is a lay Eucharistic Minister/Visitor, and former vestry member and Sr. Warden.

Cecelia Escorbore. Cecelia attends the 12 o'clock service. She is responsible for the Youth Ministry and a Social Services Ministry.

Elias Jansen - Elias attends the 12 o'clock service. He oversees the Greeters Ministry.

Maritza Quintana - Maritza attends the 12 o'clock service. She teaches the children and teens in Sunday School. She is also a greeter.

Trevor Sangster - Trevor attends the ten o'clock service. He is in charge of the Men's Group.

Nominations will be accepted from the floor.

Any member of the Parish 16 years and older may vote for Vestry members.

All members of the congregation are asked to bring a dish to share.

NOTES FROM THE VESTRY

At the last Vestry meeting a draft of the Parish Profile was presented. The Vestry voted unanimously to accept the draft and after a few grammatical corrections it will be sent to the Diocese. The Diocese will review the profile and if it's acceptable, then names of prospective candidates will be sent to Holy Faith and the interviewing process will begin for choosing our next Rector.

The Stewardship letters and Pledge cards have been mailed. If your address has changed please inform the office. Additional cards are in the Narthex. Remember that we will be searching for our next Rector and he/she will be paid a salary together with the other benefits for a Rector. This is in addition to having the funds necessary for paying our bills.

Funds are available for a scholarship to any High School graduate who are members of our Parish and will be attending College. Please obtain the application forms from your Guidance Counselor and submit it to the Office. The funds will come from the Scholarship fund, through profits from the Thrift Shop.

The Annual Diocesan Convention will be held on January 22, 2012. The three delegates are Bonnie Claren, Gertrude McLeod, and George Adams. The three alternates are Aurora Mata, Bruce McLeod and Susan Adams.

A report was given stating that the Men's Group raised \$2700 from their Dinner/Dance affair that was held in November. A vote of thanks was expressed to Trevor Sangster and to the Men's Group.

A dilemma has arisen! There is a leak in the air ducts and the vents in the attic. Should we spend \$550 to fix it or should we wait to see how long it will take to receive the funds to replace the roof?

PASTORAL CARE

BE A LEADER

Hear my cry O God; listen to my prayer. From the end of the earth, I call to you, when my heart is faint. Lead me to the rock that is higher than I.

March up the aisle, out the door, and lead the way. Be a leader who stay close to the heart of God, loves the people of God, and takes them to the goal and plans of God.

How do you do that? Listen to this story from Eisenhower's presidency. He kept a string on his desk, using it to teach an object lesson about leadership. "There are two types of leadership", he would say. "there is the type that always pushing," and would push the string from behind until it ended up in a wad. "Or there is the type that leads by pulling", and he pulled the string along the desk, it would lengthen out and move forward. The best way to lead is to put your hand in the hand of God, get out in front and pull people forward.

Faith, a commitment to something so strong that others find it contagious, is the most important qualification of a leader.

Aquinda Toppin

A Prayer from Day By Day.

Teach us Good Lord, to serve Thee as Thou deserves; to give and not to count the cost; to fight and not to heed the wounds; to toil and not to seek for rest; to labor and not to ask for any reward, save that of knowing that we do thy will; through Jesus Christ our Lord. (1937)

THANK YOU, THANK YOU!

*To: Father Bill & the Members of Holy Faith
Sometimes there just aren't enough words to describe the appreciation. Thank you so much.
From: The Givans Family*

A Thank you note from Ruvina & Graston Moore: To Holy Faith Congregation

Just a note to thank each and everyone for their thoughts and prayer for us during our time of trials. We are holding on with God's prayer and support. Thank you, Ruvina Moore.

Thanks to H.F. family & seasons' greetings.

Merle and Rudolph would like to thank everybody for their prayers, telephone calls, visits, get-well cards and presents. Our recovery to good health is satisfactory. We wish you all a very happy and joyful season.

Thanks to my Holy Faith Family

I wish to thank my Holy Faith family for your thoughts, well wishes, calls, prayers and cards during my recent mishap. Thank you all so very, very much. Thank God nothing was broken, and that I am well on the road to recovery.

May you all have a blessed, happy, and healthy New Year.
Arlene

CONGRATULATIONS

Congratulations to Loriann A. Toppin for her recent achievement.

Loriann has completed two years of volunteer service with AmeriCorps and is a recipient of the President Obama's volunteer Service Award. She also received a certificate from the National Service.

Loriann is publishing her first book of poetry, **Poetic Simplicity 16 Degrees of Emotion.**

Loriann is the daughter of proud parents Aquinda M and Larson L. Toppin.

FYI

On January 6, 2012, the four Episcopal Parishes in St. Lucie will join together for a service to celebrate the Epiphany at Church of the Nativity. The Celebrant will be Fr. Liebler of St. Andrews and the sermon will be given by Fr. Bill. A light meal will be served at 6pm followed by the service at 7pm. All are invited to attend.

LIVING HOLISTICALLY

Health Benefits of Honey and Cinnamon

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Q. What is the only food that doesn't spoil?  
A. Honey  
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It is found that a mixture of Honey and Cinnamon cures most of the diseases. Honey is produced in most of the countries of the world. Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries. Scientists of today also accept honey as a very effective medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.

Weekly World News, a magazine in Canada, on its issue dated 17 January, 1995 has given the following list of diseases that can

be cured by Honey and Cinnamon as researched by western scientists.

HEART DISEASES: Make a paste of honey and cinnamon powder, apply on bread, chappati, or other bread, instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as age the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalizes the arteries and veins.

INSECT BITES: Take one part honey to two parts of lukewarm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two.

ARTHRITIS: Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured.

In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week out of the 200 people so treated practically 73 patients were totally relieved of pain and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

HAIR LOSS: Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before bath and keep it for approx. 15 min. and then wash the hair. It was found to be effective even if kept on for 5 minutes.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one

teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

TOOTHACHE: Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be applied 3 times a day till the tooth stops aching.

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day, any Chronic cholesterol is cured. As per information received in the said journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses

UPSET STOMACH: Honey taken with cinnamon powder cures stomachache and also clears stomach ulcers from the root.

GAS: According to the studies done in India & Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals.

INFLUENZA: A scientist in Spain has proved that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and

3 cups of water and boil to make like tea. Drink 1/4 cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.

PIMPLES: Three tablespoons of Honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS: Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infection.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible.

Dr. Milton who has done research says that a half tablespoon honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3.00 p.m. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH: People of South America, first thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water. So their breath stays fresh throughout the day.

HEARING LOSS: Daily morning and night honey and cinnamon powder taken in equal parts restore hearing.

***NOTE:**The honey used needs to be REAL RAW UNPASTEURIZED HONEY. If it says PURE honey it is most likely pasteurized. It is best to only buy honey that says RAW or UNPASTEURIZED on the label. The difference is that the enzymes are all heated out of the pasteurized honey. Cinnamon and Honey formula for weight loss:

This should be prepared at night before going to bed.

1. Use 1 part cinnamon to 2 parts raw honey.
1/2 tsp cinnamon to 1 tsp honey is

recommended but can use more or less as long as in the ratio of 1 to 2. --- so 1 tsp cinnamon to 2 tsp raw honey is ok too as an example.

2. Boil 1 cup...that is 8 oz of water.

3. Pour water over cinnamon and cover and let it steep for 1/2 hour..(30 minutes)

4. Add honey now that it has cooled. Never add honey when it is hot as the heat will destroy the enzymes and other nutrients in the raw honey.

5. Drink 1/2 of this directly before going to bed. The other 1/2 should be covered and refrigerated.

6. In the morning drink the other half that you refrigerated...but do not re-heat it...drink it cold or at room temp only.

Do not add anything else to this recipe. No lemon, no lime, no vinegar. It is not necessary to drink it more time in a day...it is only effective on an empty stomach and primarily at night.

This works for most people. Inches are lost before any measurement on the scales. This program will cause significant inches lost...but you will reach a plateau and may not lose anymore. This is because the cinnamon and honey cause a cleansing effect in the digestive tract and cleans out parasites and other fungus and bacteria that slow down the digestion...causing a toxic build up. (Lowers pH) Once this is all cleaned out then you will most likely have the weight loss slow down.

Other side effects from a cleansing can occur because of toxins being released...if this occurs, cut back on how much you use or take a break.

Additionally people report increased energy, more sex drive, and feeling happier/mood enhancer.

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It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month ... which we know today as the honeymoon.

*Submitted by Caroline Campbell*

**SERVERS SCHEDULE JANUARY 2012**

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| <p><b><u>LAY EUCHARISTIC MINISTERS</u></b></p> <p>1. 8am - E. Francis<br/>10am - P. Feder</p> <p>8. 10am - B. Claren<br/>A. Mata</p> <p>15. 8am - S. Heath<br/>10am - H. Walcott</p> <p>22. 8am - L. Crossett<br/>10am -L. McCalla</p> <p>29. 8am - P. Feder<br/>10am - H. Walcott</p> <p><b><u>ALTAR GUILD</u></b></p> <p>1. 8am - H. Walcott<br/>10am - H. Walcott</p> <p>8. 10am - H. Walcott</p> <p>15. 8am - H. Walcott<br/>10am - H. Walcott</p> <p>22. 8am H. Walcott<br/>10am - H. Walcott</p> <p>29. 8am - H. Walcott<br/>10am - H. Walcott</p> | <p><b><u>LECTORS</u></b></p> <p>1. 8am - E. Francis<br/>V. Alleyne<br/>10am - L. Crossett<br/>G. Horne</p> <p>8. 10am - J. Stone<br/>I. Duncan</p> <p>15. 8am - S. Heath<br/>M. Wisniewski<br/>10am - B. Claren<br/>G, Horne</p> <p>22. 8am - L. Crossett<br/>A. Anter<br/>10am - I. Duncan<br/>C. Inniss</p> <p>29. 8am - P. Feder<br/>G. Adams<br/>10am - G. Horne<br/>J. Stone</p> <p><b><u>COUNTERS</u></b></p> <p>To be announced</p> | <p><b><u>GREETERS</u></b></p> <p>1. 8am - Volunteers<br/>10. am - “</p> <p>8. 10am - Volunteers</p> <p>15. 8am - Volunteers<br/>10am - “</p> <p>22. 8am - Volunteers<br/>10am - “</p> <p>29. 8am - Volunteers<br/>10am - “</p> <p><b><u>USHERS</u></b></p> <p>1. 8am - C. Upright<br/>M. Upright<br/>10am - J. Guillaume</p> <p>8. 10am - L. McCalla<br/>U. McCalla</p> <p>15.8am - C. Upright<br/>M. Upright<br/>10am - J. Clarke</p> <p>22. 8am - C. Upright<br/>M. Upright<br/>10am - TBA</p> <p>29. 8am - C. Upright<br/>M. Upright<br/>10am - TBA</p> | <p><b><u>FLORISTS</u></b></p> <p>1.. J. Newport<br/>(Water Poinsettias)</p> <p>8. V. Stephenson<br/>P. Smith</p> <p>15. S. Heath<br/>P. Simeon</p> <p>22. E. Francis<br/>R. Malcolm</p> <p>29. A. Toppin<br/>G. Abraham</p> <p><b><u>COFFEE HOUR HOSTS</u></b></p> <p>1. Activities</p> <p>8. Congregation</p> <p>15. TBA</p> <p>22. TBA</p> <p>29. TBA</p> |
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