

# *THE GOOD NEWS*

**Holy Faith Episcopal Church  
6990 South Federal Highway  
Port St Lucie Florida 34952**

**A congregation of many  
nationalities worshipping  
together in joy.**

**DECEMBER 2012. Vol. 13 No. 12**



**This *GOOD NEWS* is  
especially for**

*You*

**HOLY FAITH EPISCOPAL CHURCH  
Office Telephone 772-464-4570  
Email [holyfaithpsl@aol.com](mailto:holyfaithpsl@aol.com)  
Website: <http://holyfaithpsl.org>**

## **Clergy**

**Assistant Priest – The Rev. Jose P. Fernandez (Spanish) 340-4910  
Associate Priest – The Rev. Burnet Cherisol (Haitian) 672-1310**

**Organist – Susan Adams 873-9493  
Email [eyequilt@bellsouth.net](mailto:eyequilt@bellsouth.net)**

## **Services**

### ***Sunday***

**8 am Rite I with music  
10 am Rite II with Choir  
Noon Rite II Spanish  
Sunday School at 10 am and noon**

### ***Wednesday***

**10 am Holy Communion and Healing Service  
7:30 pm – Spanish Prayer Meeting**

**THE GOOD NEWS** is published monthly by Holy Faith Episcopal Church

6990 S. Federal Highway, Port St. Lucie, FL 34952

**Leadership**

**Vestry**

Senior Warden: Olga Chavez (2013)  
Junior Warden: George Cleary (2014)  
Bonnie Claren (2015)  
Elias Jansen (2015)  
Aquinda Toppin (2015)

Wayne Griffin (2014)  
Janet Clarke (2013)  
Juan Gomez (2013)  
Carmen Mendoza (2014)

Treasurer: Elias Jansen/ George Adams  
Assist. Treasurer: Fay Edwards Taylor 879-4557

Recording Secretary: Marilyn Coffey  
Parish Coordinator: TBA

**Committee Chairs**

Acolytes: Ginny Williams – 873-9428  
Aurora Mata – 561-704-3495  
Activities: Aquinda Toppin – 237-2501  
Adult/youth Ed: Terri Mullins – 465 - 4184  
Carmen Mendosa  
Altar Guild: May Thomas - 871-1740  
Jocelyn Newport – 879-7920  
Buildings & Grounds: George Cleary  
Coffee Hour: Aquinda Toppin  
Daughters of the King: Ethlyn Moody – 344-4777  
Florists: Paula Smith - 337-4887  
Finance: Wayne Griffin -  
Lectors: Linda Crossett - 343-9777/ Aurora Mata  
LEM: Linda Crossett/ Maria Publito Barrios  
Mens Group: TBA

Music/Choir Director, Spanish: Miguel Pena  
Newsletter: Editor-in-Chief - 464-4570  
Editor - Arlene Mighty - 879-3071  
Organist/ Choir Director: Susan Adams - 873-9493  
Outreach: Jennifer Gardner - 408-6699  
Pastoral Care: Shirley Heath - 344-5043  
Publicist: Allan Anter - 468-8560  
Search: Terri Mullins - 465-4184  
Stewardship: TBA  
Thrift Shop: Ethlyn Moody - 344-4777  
Ushers/Greeters: Martha Hovsepian - 460-8777  
Leo McCalla - 871-9621  
Vision: TBA  
Web Mistress: Carole Gooden - 336-0329  
Youth Group: Bonnie Claren - 621-9803  
Cecilia Escorbore -

Episcopal Church Women/ St. Margaret's Guild/Happy Talk : Janet Clarke – 878-2140

**HAPPY BIRTHDAY**

12/02 Inga Duncan  
Jose Molinuevo  
12/03 Peggie Everett  
Doris Huggins  
12/04 Joyce Griffith  
Shirley Butts  
Joe Williams  
12/06 Julia Campbell  
12/12 Edward Bass  
Robert Chavez  
TerriAnn Gooden



12/12 George Adams  
12/14 Hazel Walcott  
12/15 Gerry Murray  
12/18 John Penyige  
12/22 Lincoln Smith  
Theodore Coulter  
12/24 Iris Vaceannie  
12/25 Beatrice Jokines  
12/27 Melrose Sangster  
12/28 Stanley Windoloski  
12/29 Yvonne Cleary  
12/30 Linda Crossett  
12/31 Sylvia Molinuevo

**HAPPY ANNIVERSARY**

12/04 Stanley & Barbara Windoloski  
12/18 Basil & Elaine Pennycooke



12/18 Edward & Fay Taylor  
12/20 Larson & Aquinda Toppin

## PASTORAL CARE MINISTRY

**BURDENS:** I compare the troubles which we have to undergo in the course of the year to a great bundle of sticks, far too large for us to lift. But God does not require us to carry the whole at once. He mercifully unties the bundle, and gives us first one stick, which we are to carry today, and then another, which we are to carry tomorrow, and so on. This we might easily manage, if we would take the burden appointed for each day; but we choose to increase our troubles by carrying yesterday's stick over again today, and adding tomorrow's burden to our load, before we are required to bear it. –John Newton.

*Submitted by Shirley Heath.*

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To the Pastoral Care Ministry:

A thank you note;

Great works are performed not by strength, but by perseverance.

I thank you all very much for your tireless efforts through your prayers, visits to the sick and shut-ins with the sending and/or sharing of comforting words by mail or in person, submission of inspirational articles for the Newsletter, and other shared responsibilities for the welfare of our parishioners.

OUR DEEDS are seeds of fate, sown here on earth, but bringing forth their harvest in eternity.

Have a blessed Christmas and all the good fortunes for the New Year.

Shirley Heath.

## **Draw on His Power Within You**

**'To Him who is able to do immeasurably more...'**

**[Ephesians 3:20 NIV](#)**

There are words in your Bible with so much power in them that they're more effective than any therapy. God can illuminate a Scripture that goes back into the past and heals your wounds, gives you direction in the middle of despair and provides hope for the future. Satan will try to fill your mind with so much junk that you don't have an appetite for God's Word. That's because he knows the Scriptures unmask him, and release the potential lying dormant within you. Before Jeremiah rose to national prominence as a prophet, God told him two things:

**(1) '*Before I formed you in the womb I knew you...*'**(**[Jeremiah 1:5 NIV](#)**) Your parents didn't get the first look at you, God did. Nothing about you surprises Him. In spite of what you've been through, He hasn't changed His mind about who you are or what you're destined to become.

**(2) '*Before you were born I set you apart...*'** (v5 NIV) You say, 'I've always felt different.' That's because you are. Celebrate it! Stop looking for acceptance where you don't belong. You're on a mission for God; that's why the enemy has tried so hard to take you out. Once you understand that, your struggle will begin to make sense. As you study God's Word you'll begin to experience the mind-renewing, life-changing power He's deposited within you. 'Now to Him who is able to do immeasurably more than all we ask or imagine, *according to His power that is at work within us.*' So start drawing on that power today.

Bob Gass – The Word for Today

## HAPPENINGS AT HOLY FAITH

On November 10<sup>th</sup> the Fall barbeque was held. An estimate of \$800 was realized. A good time was had by all. A huge THANK YOU to George Cleary for organizing this event. Thank you also to all who assisted.

On November 15<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup> a total of sixty Families had their photographs taken for the Pictorial Directory. In about three weeks you should receive your free 8x10 along with any pictures that you purchased. The Directory should be ready in about three months or longer, depending on when the other items to be included in the Directory are submitted. Thank you to all who assisted in any way.

On December 15<sup>th</sup> Holy Faith will hold a Christmas Party for its Congregation. Your entry ticket is a covered dish to share. Please add your name to the sign-up sheet in the Narthex.

Volunteers are needed for Hanging of the Greens on Friday December 21<sup>st</sup> at 5pm. Many hands make the work light.

A combined Service will be held at 11am on Sunday December 23<sup>rd</sup>. The children will present their Christmas Pageant. A celebration will be held in the Parish Hall to bid farewell to Fr. Pepe and Olga in thanksgiving for their many years of service to Holy Faith.

On Monday, December 24<sup>th</sup> a Celebration of Our Lord's birth will be held at 11pm. There will be no Service on Tuesday 25<sup>th</sup>, Christmas Day.

The date for the Annual Meeting has been rescheduled for Jan.20<sup>th</sup> 2013. There will be a combined service at 10am, immediately followed by the meeting. Terms have expired for three members of the Vestry

Six members of Holy Faith are needed to attend the Annual Convention in Winter Park on January 26, 2013. Three as Delegates and three as Alternates. Please let the Senior Warden know if you are interested.

## NOTES FROM THE VESTRY

### **Special Vestry, Search Committee Meeting**

November 7, 2012

A special meeting of the Vestry was called by Bishop Brewer to expedite the search process for our parish priest. Bishop Brewer and Canon Bennett asked that the Search committee and Vestry join together to determine the best way to resolve this issue on Tuesday November 7, 2012

All members of the Vestry and the Search committee were present and given opportunities to express their concerns and ideas about the situation. In order to meet the various concerns expressed by the Vestry, Search committee and the Congregation, a suggestion was made by Bishop Brewer and detailed by Canon Bennett. That suggestion was to return Holy Faith to a Mission status, temporarily.

A discussion followed with the points made that this solution could be for as short a period of 12 to 24 months, or longer if needed. The Diocese would send us a Vicar who would be a fulltime presence at our Church, and would be bilingual for English and Spanish languages. The Diocese would also help pay for this Vicar's service, and the Vicar would be ultimately responsible to the Bishop.

Because this issue is of such importance to our congregations and because the entire Vestry was in attendance at this meeting, our Senior Warden, Olga Chavez called a special meeting of the Vestry and a motion was made and seconded, then passed unanimously to approve this suggestion made by Bishop Brewer and Canon Bennett. More details will be available at the regularly scheduled Vestry on November 14<sup>th</sup>, 2012.

The Vestry meeting ended and after a brief discussion, the Search committee was released with no further action required. Thanks to Bishop Brewer and Canon Bennett for their attention to the needs of Holy Faith.

Respectfully submitted  
Marilyn Coffey  
Recording Secretary

## Christmas Poinsettias

Once more, the end of the year is upon us and it's time again to think about celebrating another anniversary of the birth of our Lord. Bright red poinsettias around the altar and throughout the sanctuary help to create the festive mood. So please be as generous as possible this year in donating in memory of, or in thanksgiving for a love one. Gratitude for the many blessings with which our God has showered us this year is another reason for donating. The result of your generosity will be evident at Christmas.

Many thanks!

Holy Faith Florists



## UNITED THANK OFFERING

Holy Faith has been invited to participate in UTO. Janet Clarke is the point person.

United Thank Offering (UTO) is a ministry of the Episcopal Church for the mission of the whole church. Through United Thank Offering, men, women, and children nurture the habit of giving daily thanks to God. These prayers of thanksgiving start when we recognize and name our many daily blessings. Those who participate in UTO discover that thankfulness leads to generosity. United Thank Offering is entrusted to promote thank offerings, to receive the offerings, and to distribute the UTO monies to support mission and ministry throughout the Episcopal Church and in invited Provinces of the Anglican Communion in the developing world. (Taken from the UTO website).

Suggestion: Keep the blue box in your automobile and add whatever change you receive from your purchases. It adds up in no time!



## LIVING HOLLISTICALLY

Why Is Coconut Oil For Skin So Beneficial?

Coconut oil for skin is simply the best. Despite the quantity of facial cleansers, toners, anti-aging serums, anti-wrinkle creams, and skin lotions that flood the marketplace today, nothing seems to rejuvenate skin quite like pure, virgin, coconut oil. Unless you already use the oil yourself or have been witness to its results in others, you might not understand the truth of that statement.

Traditionally, people of many island and southeast Asian cultures have used coconut oil on their skin every day. In spite of living in tropical regions where the sun burns bright and hot all day long, these people have skin that is perfectly healthy and beautiful.

How is that possible?

The use of coconut oil for skin works to nourish, protect and heal this organ just as it does for the rest of the body. It effectively remedies dry or cracked skin and helps keep connective tissues strong and supple thereby reducing the appearance of fine lines. Ray Peat, Ph.D., physiologist and biochemist, believes the use of coconut oil helps to reduce the need for antioxidants such as Vitamin E because the oil itself is considered to be an antioxidant. (1) It helps to restore skin's youthful glow and is able to penetrate deeper into the skin layer effectively strengthening underlying tissue.

It's also used successfully to treat skin conditions or injuries as they arise. According to Bruce Fife, N.D., "there isn't a skin condition that coconut oil can't help." "Whether the injury comes from a cut, scrape, burn, bruise, sprain, or insect bite the application of the oil to the injured site will speed healing and prevent scarring."

Various skin conditions, like the ones mentioned below, are a few that are soothed and cleansed by using coconut oil.

- acne
- athlete's foot
- jock itch
- ringworm
- rashes (includes diaper rash)
- thrush

One of the best reasons to use coconut oil for skin is that it contains medium-chain fatty acids (MCFA's). These unique fatty acids are known to have special anti-microbial properties that mitigate the effects of viruses, bacteria and fungi.

Here are some important benefits of using coconut oil regularly on your skin:

Applied topically helps to form a chemical barrier on the skin to ward off infection

By applying coconut oil right after you shower or bathe benefits the whole body. Not only do you get the obvious benefit of softer and more beautiful looking skin, but you are doing something even greater for yourself. You are helping the skin fight off germs and parasites. As Dr. Bruce Fife says, "every time you bathe with soap and water, you wash off the skin's natural protective layer. After a bath when you feel the cleanest, you are actually most vulnerable to infection. The protective acid layer and MCFA's have been removed. Applying a thin layer of coconut oil will help to quickly reestablish your body's natural chemical barrier."

In the same manner, the application of coconut oil for skin injuries like scrapes, cuts, burns, and insect bites does the same thing. It protects the tissue from outside contaminants including air and heals the tissue swiftly and painlessly. However, for optimum results, the oil must be kept on the injury continuously until it is healed. If coconut oil is used on the skin prior to an infection or injury, it will heal even faster.

Reduces symptoms associated with psoriasis, eczema, and dermatitis

Using coconut oil for skin condition's like psoriasis, eczema or dermatitis works wonderfully. In no time, the oil penetrates the tissue and begins to heal symptoms of flaking, itching and blistering.

Supports the natural chemical balance of the skin

The skin naturally contains a thin layer of good bacteria that work to protect us from harmful viruses, bacteria and fungi. When this layer has been disturbed, coconut oil can help reestablish the delicate balance of bacteria by resupplying the skin with this much needed protective chemical barrier.

Softens skin and helps relieve dryness and flaking

Coconut oil for skin soothes and heals dry, flaking skin because it's a natural emollient. It also makes skin smoother by exfoliating dead skin cells.

Prevents wrinkles, sagging skin, and age spots

The high level of antioxidants and MCFA's in coconut oil helps to prevent the development of wrinkles, sagging skin and age spots. The use of coconut oil for skin care needs increases the turnover of collagen (skin's primary structural protein). Skin repair occurs more quickly with an increased rate of collagen turnover.

Promotes healthy looking complexion

Coconut oil improves one's complexion because it is healing and restorative. It encourages shedding of old skin cells and at the same time naturally detoxifies the skin and gives it a smooth and radiant appearance.

Provides protection from the damaging effects of ultraviolet radiation from the sun

Coconut oil is one of the best sunscreens known to man. For a long time, it was the main ingredient in many commercial suntan and sunscreen lotions. Use just enough that it coats the skin surface but not so much that it rubs off on clothing. Per Dr. Bruce Fife, "the effectiveness of coconut oil in protecting you from sunburn depends also on your diet. If you eat or have eaten a diet rich in unsaturated fats (e.g. soybean, corn, canola, safflower oils) you will be more prone to burning. A diet rich in coconut oil and other saturated fats will protect you."

In the European Journal of Pediatrics there is a study which reveals how coconut oil benefits skin in yet another important way. A combination coconut oil-anise spray has been found to be an effective treatment for head lice infestation.

There are several key ways that you can use coconut oil to benefit the look and feel of skin:

- The most obvious way that coconut oil for skin is beneficial is to apply it externally from head to toe.
- A second way that you can positively affect your skin's appearance is to take the oil internally. By consuming coconut oil daily the entire system benefits. Clear, radiant skin on the outside is often a sign that the body is strong and healthy on the inside.

Besides the option of using pure coconut oil for skin, there is also coconut oil soap available which can be used on the body and for many other purposes around the house.

For more information on all the ways you can use coconut oil, [click here](#).

Using coconut oil for skin is the healthiest choice. After all, wouldn't you rather put something pure and natural on your skin instead of products full of chemicals?

This healing tropical oil is really and truly the secret to the fountain of youth!

Try it today. Your skin will love you for it!

*Submitted by Carolline Campbell*



# SERVERS' SCHEDULE - DECEMBER 2012

<u>LAY EUCHARISTIC MINISTERS</u>	<u>LECTORS</u>	<u>USHERS/ GREETERS</u>	<u>FLORISTS</u>
2. 8am – E. Francis 10am – G. Williams	2. 8am - E. Francis A. Anter	2. 8am – E. Francis A. Francis	2. D. Huggins I. Vaceannie
9. 8am S. Heath 10am – L. McCalla	10am – M. Sangster G. Horne	10am - L. McCalla U. McCalla	9. S. Heath J. Newport
16. 8am – L. Crossett 10am – H. Walcott	9. 8am – S. Heath M. Upright	9. 8am - E. Francis A. Francis	16. A. Toppin G. Abrahams
23. 11am – L. Crossett	10am – D. Moehl I. Duncan	10am – J. Guilleume L. Mullings	23. P. Smith E. Hunt I. Colon
24. 11pm - TBA	16. 8am – L. Crossett V. Alleyne	16. 8am - E. Francis A. Francis	24. M. Stephenson P. Smith E. Francis A. Creary
30. 8am - L. Crossett 10am - H. Walcott	10am – R. Malcolm B. Claren	10am – J. Guilleume	30. E. Hunt D. Huggins
<u>ALTAR GUILD</u>	23. 11am – TBA	23. 11am – J. Clarke	<u>COFFEE HOUR HOSTS</u>
2. 8am - H. Walcott 10am – H. Walcott	24. 11pm – TBA	24. – TBA	2. Greeters/Ushers
9. 8am - H. Walcott 10am - H. Walcott	30. 8am. – L. Crossett V. Alleyne	30. 8am – E. Francis A. Francis	9. Florists
16. 8am - H. Walcott 10am - H. Walcott	10am – C. Inniss J. Stone	10am – D. Huggins E. Hunt	16. DOK
23 8am - H. Walcott 10am - H. Walcott			23. Congregation
30. 8am - H. Walcott 10am - H. Walcott			30. Vision Committee

**IF YOU ARE UNABLE TO SERVE PLEASE ARRANGE FOR A SUBSTITUTE**