



ST. BARTHOLOMEW'S EPISCOPAL CHURCH

News from the Hill

December 2019

Poway, CA

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Festival of Lessons & Carols

Advent Meditation

The Rev. Canon Allisyn Thomas

For those of us involved in the church or God thing, the four Sundays prior to Christmas mark the season of Advent. Considered to be the beginning of the church year, it is a time of preparation for Jesus to enter our lives: heart, body, mind, and soul. We are to move a bit slower, think deeply about things that make life matter, and wait. Wait for the coming of a promise of life, even if the particulars are not ours to know.

It is by and large ignored by pretty much everyone else and frankly even most Christians. The pull of Santa Claus, Christmas presents, Black Friday observances that now begin in July—at least at Costco, is just too much. All these things are at once seductive and anxiety-producing. Who has time to slow down? Who wants to?

While this may seem somewhat sacrilegious to say, especially for a priest, in some ways I've appreciated this overlooking of Advent. Those of us who do observe it are generally left alone to contemplate what, and who, we are

preparing for. To take stock of the last year and ponder what a new year may bring.

Certainly, these musings are not only the providence of Christians. There is something about these longer nights and colder days that seems to invite this kind of contemplation. It is almost as if we

need this time to slow down, be quiet, and just be. Look out and wonder what is possible.

Barbara Brown Taylor in her book *Learning to Walk in the Dark* writes, "I have learned things in the dark that I could have never learned in the light, things that have saved my life over and over so that there is really

only one logical conclusion. I need the darkness as much as I need light."

However, a couple of years ago my peace with this overlooked time was cut short. Looking over a circular for Target in the morning paper I saw an ad for an electronic Advent Calendar in the shape



continued on page 2

Advent Meditation

continued from page 1

The Rev. Canon Allisyn Thomas

of the Christmas tree with little lights for each day leading up to Christmas. Darn I thought. Christmas wasn't enough—now “they” have to have Advent too (whoever “they” are).

And yet . . . of course they do. We all do. We all need Advent. Unless we truly stop, if even for a short time and recall what is important—not what others tell us is important—but what we know in the very depths of who we are is important. What really gives us life; makes us happy; doesn't exploit or harm others or our world; brings us peace, and allows us to see each other with grace rather than envy or suspicion.

So together let us claim this season of Advent as one in which we choose to be kind to each other and ourselves; let us claim this time of preparation to help us look forward to the year ahead, concerned with justice, not revenge, concerned with earth care not accommodation, concerned with helping each other thrive not just get by; let us claim a new beginning with thanksgiving, wonder, and curiosity; let us claim, as followers of Jesus, our pilgrimage of faith.

Blessed Christmas will be here before we know it. For now, let us allow ourselves to dream what is about to be born.

Birthing

By Mark Unbehagen

How does one birth peace. . .
in a world that seems to prefer the profits of war?

How can one birth hope. . .
in a time when devastation is born of poverty and pandemic?

How does one birth love. . .
in a world whose heart is captive to fear?

How can one birth joy. . .

How can one birth joy?

The plastic manger scene on the front lawn
just doesn't do it!

Birthing is so much more!

It is, and requires. . .
radical intimacy,
prolonged patience,
the coming together of pain and ecstasy,
the joining of our deepest hopes and fears.

Face it,
birthing is a messy business.

And yet this process occurs every moment of our lives:
as our bodies birth cell upon cell,
as our minds birth ideas and dreams into the world,
as our spirits birth. . .
in the midst of labor and pain. . .
as our spirits birth.. JOY!



Sunday, December 15
4 p.m. in the Chapel

Join us for an evening of deepening our faith and relationship through praise music, prayer, testimonials, Eucharist, and fellowship.

This is an engaging service for people of all ages.



ST. BARTHOLOMEW'S
EPISCOPAL CHURCH

Celebrate Christmas

Christmas Eve

4 pm Pageant

7 pm Choral Eucharist
with Strings

9:30 pm Choral Eucharist
with Brass

Christmas Day

10 am Holy Eucharist
and Carol-Sing

All are welcome No exceptions!



ST. BARTHOLOMEW'S
EPISCOPAL CHURCH

16275 Pomerado Road
(858) 487-2159
stbartschurch.org

Christmas Carols: Why They Are Our Favorite

John-Luke Addison

“O Come, All Ye Faithful.” “Joy to the World.” “What Child is This?” “Once in Royal David’s City.” “Silent Night.” And the list goes on.

Have you ever wondered why we feel such an emotional connection to Christmas carols compared to other types of sacred music? There seems to be that *je ne sais quoi* factor when it comes to Christmas music, but perhaps it is more quantifiable and physiological than we may think. I certainly consider myself to be a Christmas ‘junkie,’ as I love all things Christmas from tinsel to Tiny Tim. I love listening to King’s College, Cambridge sing their annual Festival of Lessons and Carols, and I always stop in the mall to listen to the beautiful harmonies of carolers. But it’s also in the humanity that we experience during this time of year, where people draw nearer to each other and to the divine, that we find the true magic of the season.

I find that we are instantly drawn to Christmas music for several reasons. First, it “comes but once a year,” so it is not as stale as other types of music that play year-round, and we yearn for the contrast that it provides. Secondly, it is almost exclusively positive in its language, and texts concerning nativity can be very comforting and can resonate with peoples from all walks of life. But there are deeper musicological reasons that can be considered, such as the constancy of diatonic relationships in Christmas carols, meaning that these pieces almost never stray far from predictable harmonic progressions and melodies. There is almost always a consistent key or musical home-base, and almost all are composed in major, or upbeat-sounding, keys. I always refer to G Major as the ‘Christmas key,’ as several of our favorite Carols are composed or oft-utilized in G, and its sonic quality gives a shimmering feel. In fact, individuals who have synesthesia, or who can see colors in music, see G major as green, which complements the commercial color usually used for Christmastide.

I will admit, however, that these musical figures can certainly apply to other types of music as well, but I still think that there is one more argument to consider when it comes to music of the nativity. Because Jesus’ birth is at the heart of our Christian beliefs, I think there is an inherent aura of fascination surrounding music set to texts concerning the story, and our ears and hearts are magnetically pulled toward it. Whether it is a glorious rendition of “Hark the Herald Angels Sing,” with organ, strings, and brass, a choir delicately singing “The Coventry Carol,” or a soloist performing “Mary, Did You Know” with

guitar, I think our core beliefs revolving around the Christmas story create a visceral emotional connection to these sounds that is uncontrollable.

What are your favorite Christmas carols? Do you feel a similar experience when you listen to them compared to other types of sacred music? There may be more to it than meets the ear. Come to our annual Festival of Lessons and Carols on December 22, at 4 p.m. to join in the music of the season, and open your heart once again to the joy of Christmas.

2020 All-Parish New Year's Resolution Challenge

Judy Macemon

Sign up to volunteer with Feeding San Diego at St. Bart's

Help our neighbors by volunteering with St. Bart's Feeding San Diego ministry. St. Bart's is taking on a New Year's Resolution challenge to have every family at St. Bart's volunteer for at least one Sunday afternoon in 2020. When you sign up to help pick up or distribute food rescued from our local grocery stores, you will provide food for people who need our help.

Sign up at the Serve Table or feedingpeople@stbartschurch.org to receive links to the volunteer sign up calendar where you can select the date(s) that work best.



Give Online Through the St. Bart's App

Kristeen Evans

Forgot your checkbook or giving envelope at home? No problem! You can give online through the St. Bart's app.

Download the app to your mobile device from the App Store or Google Play by searching St. Bartholomew's. You'll see our logo.

Tap the Giving button. You'll be directed to St. Bart's online giving mobile web page.

Choose the fund for your donation. Some funds will have sub-funds. For example, tap Christmas to find Christmas Flowers, Christmas Music, and Christmas Offering.

Enter the dollar amount of your donation. Then complete the payment information.

You'll receive a confirmation screen that tells you how much you've donated along with an email confirmation of your donation amount.

If you have questions about online giving through the mobile app, contact Kristeen Evans, news@stbartschurch.org.



Prayer Chain—Requests and New Members Welcome!

Janice Miller

The members of the St. Bartholomew's Prayer Chain have made a commitment to pray daily in private for anyone requesting prayer for themselves, a friend, or a family member. To request prayers from the prayer chain or if you'd like to join the prayer chain team, please contact Janice Miller at janiceRmiller@hotmail.com. Prayer requests can also be submitted on the St. Bart's web site. A commitment to pray daily is all that is needed to join our team, and prayer requests are kept confidential.

Christmas Flower & Music Donations

Kristeen Evans

You can honor your loved ones on our Christmas Remembrance/Thanksgiving list by making an offering to support altar flowers or our music ministry. All donations and names are due to the church office by Monday, December 16 to be included in the Remembrance/Thanksgiving list printed in the Christmas Eve and Christmas Day news insert.



Use the Christmas envelope from the pew to designate your donation to flowers or music. You may also donate online at stbartschurch.org/give or through the St. Bartholomew's app. Contact Lisa Saldamando, lsaldamando@stbartschurch.org, with questions.

Serve

Interfaith Outreach Opportunity

Jill Henderson

Individuals, couples, families, and friends welcome to serve. Interfaith's New Recovery & Wellness Center Needs volunteers to prepare and serve dinner to residents of their sobering program. The Center provides a safe place for homeless and low-income individuals to recover from drug and alcohol abuse in a long-term residential setting. St. Bart's has committed to sending 2-3 people twice a month to help the Interfaith cook prepare and serve meals to this growing population of residents. Please consider helping on one or more of these dates. Contact Jill Henderson, jfh@cox.net, for more information.

*1st, 3rd, 5th Sundays, 4-6 p.m.
Next open dates:
December 1, 15 & 29*

Mark Davis Recognized at the Diocesan Convention

Kristeen Evans

Congratulations to our own Mark Davis for receiving the Bishop's Servant Ministry Award at November's Episcopal Diocese of San Diego 46th Diocesan Convention.

Mark Davis has been a member of St. Bart's for almost 30 years has exemplified servant ministry throughout. He has served as Junior Warden or as vestry person for a total of 16 of those years. Since 2016, Mark has been the foundational visionary for the redevelopment of our campus.



His servant leadership, by the grace of God, grew. This has included two years of an endless stream of professional drawings, facilitating design teams, managing and enhancing our relationship with City of Poway.

This is in addition to managing and presenting to the parish and countless small groups our vision, process, costs and hope. Most

recently, Mark led us into the first phase of our redevelopment, again, leading multiple teams, contractors, City of Poway officials. Our shared vision is a \$14 million redevelopment of our campus.

Our first campaign for \$8 million is nearing completion, with construction for this first campaign being completed in 2023. What drove Mark's vision and leadership? St Bart's goal to defy the decline of sacramental church and enable our campus and grounds to enhance and promote our mission seven days week. We know that God will provide if we follow. We are grateful to God for Mark Davis' sharing of his gifts for the Gospel. Mark's servant ministry has inspired many others to go deeper in their relationship with Jesus Christ and to a fuller appreciation of tithing of one's time, talent and treasure.



*Blue
Christmas*

Wednesday
December 18
12 p.m. & 7 p.m.

 ST. BARTHOLOMEW'S
EPISCOPAL CHURCH

16275 Pomerado Road
(858) 487-2159
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New Youth Leader Named

Kristeen Evans

Join us in welcoming Courtney Burks to St. Bart's as our new Youth Leadership and Formation Coordinator.

"I'm so excited to join the team here at St. Bart's! It's an honor and privilege to minister alongside such a great team and to share the love of Christ with these amazing youth."



Courtney previously worked in our nation's capital as a personal assistant. The atmosphere is very different in Southern California compared to the East Coast, but she's loving it here.

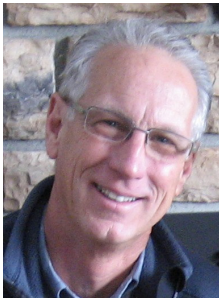
Courtney has been a part of ministries all over the world and worked in youth ministry in Texas and Indiana.

Some fun facts about Courtney: she's a vegetarian, loves rock climbing and doesn't drink coffee.

Welcome Our New Assistant Sexton

Kristeen Evans

St. Bart's is a growing faith community. Because of our growth we have welcomed an assistant sexton to our staff. You may have seen him during our last ReGeneration service. Rob Enfield will be working mostly evenings and weekends to ensure all our program offerings are fully supported.



"I enjoy fixing things, especially challenging projects that take time to figure out, plan and execute. My father taught me how to think through a problem, giving the difficult ones time to coagulate enough to formalize a solution. I am looking forward to using my skill sets to help where I can at St. Bart's."

Rob and his wife Lori have lived in the San Diego area since 1999 and are both native Californians. They share two children, three grandchildren and three great-grandchildren. Rob and Lori enjoy travel and camping and a little off roading in their Jeep. Rob is an avid cyclist and sees riding his bike as a way to set fitness goals. He recently rode his bike 100 miles for the first time (in a single ride!).

Say hi to Rob the next time you see him at St. Bart's!

New Calendar & Facilities Request Form

Kristeen Evans

As you know, St. Bart's is a vibrant, active church (read into that very busy). We are working to streamline the process of reserving church space and providing room set up requests.

When you need to reserve space at St. Bart's, please complete the **Calendar & Facilities Request form** online. You can find the form on the St. Bart's website (stbartschurch.org) under Resource (on the top menu). The Calendar & Facilities Request form is the first form on the list. Once completed, the form is automatically delivered to Beth Dean, Parish Administrator, for review and she will reply back within 48 hours.

You will need to complete the **Facilities Set Up form** if you require a specific room set up, A/V equipment or refreshments. This form needs to be printed, filled out and returned to Beth Dean. You may scan the form and email it to her at bdean@stbartschurch.org.

If you have any questions about these forms, the process, or feel that we should include something else on the forms, please contact Beth Dean, bdean@stbartschurch.org.

Being Mortal: The Discussion of End of Life Issues

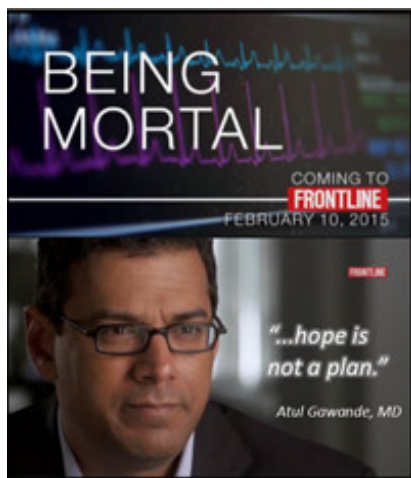
Cindy Campos

On Tuesday, October 29, St. Bart's presented a video entitled *Being Mortal* followed by a panel discussion. This video is based on the bestselling book by Dr. Atul Gawande, a doctor telling his journey in working with patients nearing the end of their life. *Being Mortal* not only shows Dr. Gawande's experiences but also focuses on how untrained and uncomfortable doctors are in talking with their patients about death.

Fifteen people participated in a lively discussion with panel members Arlene Cramer, Nurse Practitioner who works in palliative care, Joe Mayer, a pastoral counselor with experience in hospice work, and the Rev. Canon Allisyn Thomas. The themes that emerged were how difficult it is to talk about end of life issues, why people tend to avoid them, and how important it is to have these discussions with family members while still healthy. Although a difficult topic and often avoided, feedback from the evening was very positive.

St. Bart's is in the process of developing an End of Life program beginning in January. We will start with a reshowing of *Being Mortal* along with a panel since this was so positively received by those in attendance. Other classes will focus on how to have difficult discussions, Advance Directives, the importance of POLST (Planning Your Own Funeral) class, and caregiver support. Other topics will be announced in the near future. Stay tuned for more information on this series.

If you'd like to watch *Being Mortal* on your own, view it online at www.pbs.org/wgbh/frontline/film/being-mortal.



A Christmas Blessing: Angel Tree

Rosalind Duddy

Our Angel Tree Prison Ministry is not just about buying and delivering Christmas gifts. This ministry is really about sharing the Good News of God's love with these kids who are often forgotten, neglected and sometimes just overlooked.

Unfortunately, statistics show that they are far more likely than others to follow in their parent's footsteps and to wind up in prison themselves. We can help by spreading the hope and love of Jesus so that they can have better lives and make better choices. We can make a difference through prayer and sharing the Gospel message one heart at a time.

When we allow God to work in our hearts and minds there is no end to showing His love to our fellow man. Thank you for your faithful participation in this ministry for Jesus said in Matthew 25:40 "anything you did for any of my people here, you also did for me" Is that not a special gift? Also, this year Angel Tree which is a program of Prison Fellowship is making available a free Adventure Bible in English or Spanish.

Peace of the Lord be with you and know that we all are so very blessed! Merry Christmas!

Regular Meetings

SUNDAY

Children's Choir Rehearsal (ages 7-13)

11:45 a.m.-12:30 p.m.

Interfaith Community Services (ICS) - Merle's Place

1st & 3rd Sunday, 4-6 p.m.

Contact Jill Henderson, 760-807-8445

MONDAY

Boy Scouts

7 p.m., Parish Hall

Handbell Choir Rehearsal

7 p.m., Choir Room

TUESDAY

Prayers and Squares Quilt Ministry

Tuesdays (except fifth Tuesday), 1 p.m., Quilt Room

Centering Prayer

5 p.m., Education Building, Room 3AB

Our Space

2nd & 4th Tuesdays, 6:30 p.m., Education Building 1st Floor

WEDNESDAY

Interfaith Community Services (ICS)

Serve breakfast, fourth Wednesday 6 a.m.

Contact Jill Henderson, (760) 807-8445

Thrift Shop Work Night

Last Wednesday at 4 p.m., Thrift Shop

Schola Cantorum Rehearsal

6 p.m., Choir Room

Youth CREW

6 p.m., Youth Room, September-June

String Ensemble Rehearsal

7 p.m., Choir Room

THURSDAY

B.P.U.S.A.- Bereaved Parents

4th Thursday, 6:30 p.m., 3AB

Choir Rehearsal

7 p.m., Music Room

Support Groups

AA MEETINGS

Sundays, 6 p.m., South Parish Hall

Mondays, 9:30 a.m., Parish Hall (Women only)

Tuesdays, 12 p.m., South Parish Hall

Tuesdays, 5:30 p.m., South Parish Hall (Women only)

Wednesdays, 6:45 p.m., Parish Hall

Thursdays, 12 p.m., South Parish Hall (Beginners)

Fridays, 9:45 a.m., South Parish Hall (Women only)

Fridays, 12 p.m., South Parish Hall and 6 p.m., Room 3AB

Saturdays, 9:30 a.m. and 12 p.m., South Parish Hall

AL-ANON

Mondays, 12 p.m., South Parish Hall

Tuesdays, 12 p.m., Parish Hall

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News from the Hill is a monthly publication of St. Bartholomew's Episcopal Church, 16275 Pomerado Road, Poway, CA 92064.

Editor: Kristeen Evans, Communications Manager

Deadline for submission of articles and announcements is the 10th of the month for the next month's newsletter. We welcome your submissions of information for publication. Please contact news@stbartschurch.org.

St. Bart's Social Media & App

Stay connected to St. Bartholomew's where ever you are! Follow us on social media - our handle is [stbartschurch](https://www.facebook.com/stbartschurch). Make sure to download the St. Bartholomew's app too!

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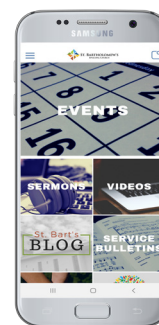
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Worship Services

Sundays: 8 a.m., 10:15 a.m.

Saturdays: 5 p.m.

Office Hours

Monday through Thursday 9 a.m. to 4 p.m.

Friday 9 a.m. to 1 p.m.

Clergy and Staff

Clergy

The Rt. Rev. Susan Brown Snook, Bishop 619-481-5454

The Rev. Mark C. McKone-Sweet, Rector 858-432-7107 | revmark@stbartschurch.org

The Rev. Canon Allisyn Thomas, Associate Rector. 858-432-7114 | athomas@stbartschurch.org

Honorary Clergy

The Rev. Robert Crafts, Priest-in-Residence

The Rev. Roy E. Hoffman, Priest-in-Residence

The Rev. William Zettinger, Deacon-in-Residence

Music Ministry

John-Luke Addison, Director of Music, Principal Organist. 858-432-7112 | jladdison@stbartschurch.org

Jenny Yun, Organist

Christian Formation for Children and Youth

Maureen Hovannesian & Karen Matsumoto, Children's Ministers. children@stbartschurch.org

St. Bartholomew's Preschool 858-487-2140

Cheri Hoffman, Director. preschool@stbartschurch.org

Administrative Staff

Beth Dean, Parish Administrator 858-432-7110 | bdean@stbartschurch.org

Kristeen Evans, Communications Manager 858-432-7104 | news@stbartschurch.org

Lisa Saldamando, Bookkeeper 858-432-7105 | lsaldamando@stbartschurch.org

Treasurer. 858-432-7119 | treasurer@stbartschurch.org

Mike Jewett, Sexton. 858-432-7120

Pastoral Care Coordinator

Cathie Roy pastoralcare@stbartschurch.org

St. Bartholomew's Thrift Shop 858-486-2110

Laurie Wathen, Manager stbarts@att.net

Vestry and Terms

Jim Macemon, Senior Warden 2022

Nancy Petersen, Junior Warden 2022

Pat Blair 2020

Larry Burgess 2022

Elaine Coke 2020

Susan McCormick 2021

Dan Crane 2020

Mark Davis 2020

Costa Dillon 2021

Cathie Roy 2021

Will Smith 2022

George Tynan 2021

Terry McCune, Treasurer

Pauline Getz-Enos, Chancellor

Akiko Tamano, Clerk





ST. BARTHOLOMEW'S
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News from the Hill

December Issue
St. Bartholomew's Episcopal Church
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stbartschurch.org

Change Service Requested



Sunday
December 22
4 p.m.

*Festival
of
Lessons
& Carols*



ST. BARTHOLOMEW'S
EPISCOPAL CHURCH