

## The Fourth Sunday of Advent Sunday 22 December 2024

### Welcome



The Cathedral Church of St. Luke
in the
Episcopal Diocese of Maine
and the
City of Portland

Whoever you are, and wherever you may be on the journey of the spirit, The Episcopal Church welcomes you.

Holy Eucharist, Rite II
10:00AM in the Nave & Livestreamed

#### Welcome to St. Luke's Cathedral!

We are a faith community with ancient worship and modern thought, catholic traditions and progressive theology. We proclaim a Biblical perspective for thinking people, a respect for reason, science, and a diversity of perspective. This empowers compassion and care for both the wider community and one another. Our commitment to welcome and inclusion is central to our mission modeled on the Kingdom of God and proclaimed by Jesus Christ. We are part of the 1.7 million-member **Episcopal Church** in the United States, and the 85-million-member worldwide **Anglican Communion**.



**New to St. Luke's?** We are delighted to welcome you to the cathedral and are grateful for your presence with us today. We invite you to fill out our visitor's register at either entrance of the cathedral nave.

Our Mission: St. Luke's welcomes every person to share in the Episcopal Church's mission "to restore all people to unity with God and each other in Jesus Christ." As a cathedral, St. Luke's is the seat of the bishop and the chief mission church of the Diocese and people of Maine. St. Luke's first service was held on Christmas Day in 1868, and continues over 150 years of reaching out to the city and people of Portland.

How we worship: Throughout the bulletin, the congregation is invited to say all **bolded** text aloud, and to sing all music printed in the order of service. There are also times when it is customary to make the sign of the cross by touching your forehead, chest, left shoulder, and right shoulder. If you wish to do so, the  $\mathfrak{B}$  indicates that. Instructions for how to receive communion are provided later in the bulletin, at that point in the liturgy.

Where are the restrooms? There are four restrooms in the parish house, through the doors at the front left corner of the church. Men's and women's restrooms are across the large room at the top of the ramp: walk straight across, through the double doors and to your left. On the lower level, there are two accessible, single-stall (non-gender) restrooms, one on either end of the large room. If you need help finding them, please ask an usher.

Visit our child-friendly gathering space: beside the baptismal font on the east wall of the nave, a place where children and their guardians can move around and engage with soft toys, books, yet still participate in worship.

**Worship Resources:** Except where otherwise indicated, all spoken texts used in worship are from *The Book of Common Prayer* (1979). And, except where otherwise indicated, all music not in the public domain is reprinted and streamed with permission under OneLicense.net #A-713087 and/or RiteSong.

Sunday parking for St. Luke's: Off-street parking is available in two locations for those attending Sunday services: our lot adjacent to the Parish Hall, accessed from Park St.; and the Cumberland Club's (Spring Street between Park & High Sts.). We are grateful to the Cumberland Club for sharing their space with us (except on Easter and Mother's Day). In addition, limited handicap parking is available in the traffic circle in the State Street churchyard.

#### St. Luke's Territorial Acknowledgement

St Luke's acknowledges that we are worshiping on "unceded territory taken by force and previously occupied by the **Wabanaki people**." (Amended City Charter, Portland, Maine). Some of the resources that built this cathedral came from industry related to the slave trade in the Eighteenth and Nineteenth Centuries. We join our fellow residents in honoring the Wabanaki knowledge and culture that continues to thrive in the Tribal Nations. We ask for Blessing and Peace upon all indigenous peoples that have called, and always will call, this place—"The Dawnland"—HOME.

## We invite you to pray this morning for... members of our parish family

Sarah Braik, Maggie Gardner, Karen Perry, Larry Roadman, Ray & Heather Murdoch Curry

#### members of our extended parish family

Pam Stolte (sister of Gail Swanton), Elizabeth Christy (mother of Kate Leschey), Pat Anderson (sister of Gail Swanton), Jan Giroux (colleague of Gail Swanton), Basil Siavelis (uncle of Rita Siavelis), Joe (son of Jeri Edgar), Susan Yandell (friend of Jeri Edgar), Janice (sister of Terry Foster), Will Oliver (friend of Sallie Smith), Steven & Denise Kuziel (brother & sister-in-law of Stan Kuziel), Matt & Liz Schott (parents of Avery Levesque-Schott), Kim Strepka (aunt of Avery Levesque-Schott)

Please silence your electronic devices before worship begins.

Prelude

chorale prelude on Nun komm, der Heiden Heiland BWV 659

Music: melody from Erfurt Enchiridia, 1524; setting Johann Sebastian Bach (1685-1750)

Welcome

The Reverend George Stevens, Interim Dean

Please stand as you are able.

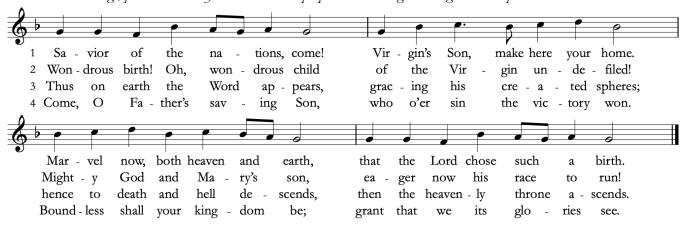
#### Lighting of the Advent Candle

Leader

On this fourth Sunday of Advent, as we think about the coming of Jesus Christ, we light the candle of love. How great is the love the Father has lavished on us! This is how God showed His love: He sent His one and only Son into the world that we might live through Him. A new command I give you: Love one another. As I have loved you, so you must love one another. All men will know that you are my disciples if you love one another.

#### The Word of God

When the tower bell rings, please stand as you are able. The people are encouraged to sing all music printed in the bulletin.



The Hymnal 1982 - #54 "Savior of the nations, come"; Words: Martin Luther (1483-1546) after Ambrose of Milan (340-397); tr. William M. Reynolds (1812-1876) and James Waring McCrady (b. 1938). Sts. 3-4 Copyright © 1982, James Warring McCrady. Music: Nun komm, der Heiden Heiland, 77. 77, melody from Erfurt Enchiridia, 1524; harm. Melchior Vulpius (1560?-1616)

#### An Opening Acclamation for Advent

from Enriching Our Worship

Celebrant Blessed are you, holy and living One.

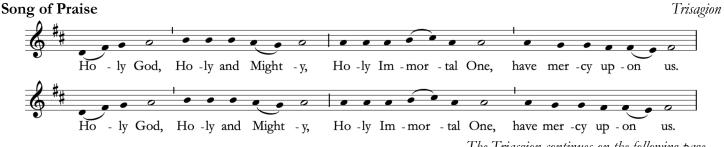
You come to your people and set them free. Amen. People

#### **Collect for Purity**

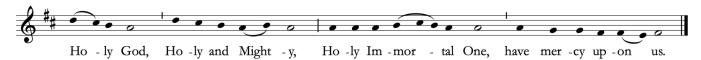
People

Almighty God,

to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Savior. Amen.



The Triasgion continues on the following page...



Music: from New Plainsong, David Hurd (b. 1950), Copyright © 1981 G.I.A. Publications, Inc.

Celebrant May God be with you.

People And also with you.

Celebrant Let us pray.

Collect of the Day

Celebrant Purify our conscience, Almighty God, by your daily visitation, that your Son Jesus Christ, at his

coming, may find in us a mansion prepared for himself; who lives and reigns with you, in the unity

of the Holy Spirit, one God, now and for ever.

People Amen.

Please sit.

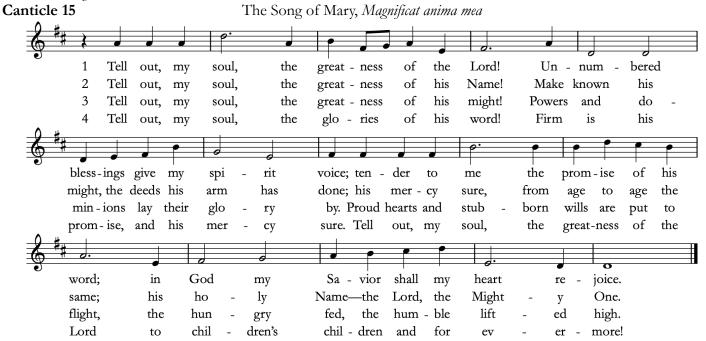
First Reading Micah 5:2-5a

Reader A reading from the fifth chapter of Micah

You, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days. Therefore he shall give them up until the time when she who is in labor has brought forth; then the rest of his kindred shall return to the people of Israel. And he shall stand and feed his flock in the strength of the LORD, in the majesty of the name of the LORD his God. And they shall live secure, for now he shall be great to the ends of the earth; and he shall be the one of peace.

Reader The Word of the Lord. **People** Thanks be to God.

Please stand as you are able.



The Hymnal 1982 – #438 "Tell out, my soul, the greatness of the Lord"; Words: Timothy Dudley-Smith (b. 1926); based on The Song of Mary. Copyright © 1962 by Hope Publishing Company. Music: Woodlands, 10 10. 10 10, Walter Greatorex (1877-1949), alt. By permission of Oxford University Press

Please sit.

#### Second Reading

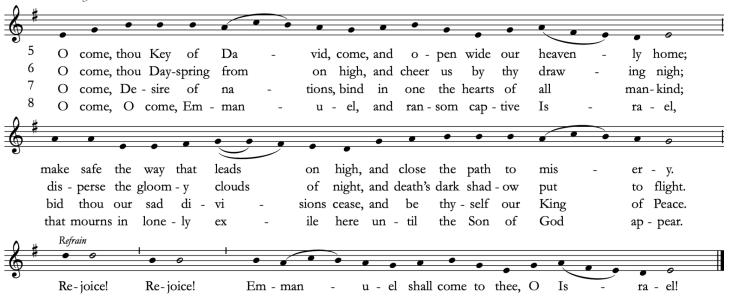
Hebrews 10:5-10

Reader A reading from the tenth chapter of Hebrews.

When Christ came into the world, he said, "Sacrifices and offerings you have not desired, but a body you have prepared for me; in burnt offerings and sin offerings you have taken no pleasure. Then I said, 'See, God, I have come to do your will, O God' (in the scroll of the book it is written of me)." When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. And it is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.

Reader The Word of the Lord. **People** Thanks be to God.

Please stand as you are able.



The Hymnal 1982 – #56 "O come, O come, Emmanuel", stanzas 5-8; Words: Latin, ca. 9th cent.; ver. Hymnal 1940, alt. Copyright © The Church Pension Fund Music: Veni, veni, Emmanuel, LM with Refrain, plainsong, Mode 1, Processionale, 15th cent.; adapt. Thomas Helmore (1811-1890); acc. Richard Proulx (1937-2010)

At the below, you are invited to trace crosses over your forehead, your mouth, and your heart.

Deacon

The Holy Gospel of our Savior Jesus Christ according to Luke.

Deacon 

The Holy Gospel of our S

People Glory to you, O Christ.

Gospel

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord." And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his

Luke 1:39-55

Deacon The Gospel of our Savior.

People Praise to you, O Christ.

descendants forever."

### Sermon

Please stand as you are able.

Nicene Creed

from Enriching our Worship

People

We believe in one God,

the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,

the only Son of God,

eternally begotten of the Father, God from God, Light from Light,

true God from true God, begotten, not made,

of one Being with the Father;

through him all things were made.

For us and for our salvation he came down from heaven,

was incarnate of the Holy Spirit and the Virgin Mary and became truly human.

For our sake he was crucified under Pontius Pilate;

he suffered death and was buried.

On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father,

who with the Father and the Son is worshiped and glorified,

who has spoken through the prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,

and the life of the world to come. Amen.

#### Prayers of the People

Form IV, The Book of Common Prayer

Leader

Let us pray for the Church and for the world.

Leader

Remembering especially St. Mary, Falmouth; and our neighbors in the United Methodist Church; grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

Leader Lord, in your mercy **People** Hear our prayer.

I eader

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good, remembering especially Joseph, our President; Donald our President-elect; Janet, our Governor; Mark, our Mayor; and all members of local, state, and national government.

Silence

Leader Lord, in your mercy **People** Hear our prayer.

Leader Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the

service of others and to your honor and glory.

Silence

Leader Lord, in your mercy **People** Hear our prayer.

Leader Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and

love one another as he loves us. We offer prayers of healing and comfort for members of our

congregation and those dear to us, especially those we now name.

The Leader reads the names from the parish prayer list, printed on the inside cover of your bulletin.

Following the reading of names, you are invited to add names, silently or aloud.

Silence

Leader Lord, in your mercy **People** Hear our prayer.

Leader Comfort and heal all those who suffer in body, mind, or spirit, remembering especially those facing

homelessness and their advocates; and individuals struggling with anxiety, depression, and other forms of mental illness. Give them courage and hope in their troubles, and bring them the joy of

your salvation.

Silence

Leader Lord, in your mercy **People** Hear our prayer.

Leader We commend to your mercy all who have died, remembering especially Victor Wakefield, that your

will for them may be fulfilled; and we pray that we may share with all your saints in your eternal

kingdom.

Silence

Leader Lord, in your mercy **People** Hear our prayer.

**Concluding Collect** 

Celebrant O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look

with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls,

and to you we give glory, Father, Son, and Holy Spirit, now and for ever.

People Amen.

Confession of Sin

Deacon Let us confess our sins against God and our neighbor.

People Most merciful God,

we confess that we have sinned against you in thought, word, and deed,

by what we have done, and by what we have left undone.

We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent.

For the sake of your Son Jesus Christ, have mercy on us and forgive us;

that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Celebrant May Almighty God have # mercy on you, forgive you all your sins through our Savior Jesus Christ,

strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

People Amen.

Peace

Celebrant The peace of Christ be always with you.

People And also with you.

#### Announcements

#### The Holy Communion

Celebrant

Walk in love, as Christ loved us and gave himself for us, as an offering and sacrifice to God.



A free will offering in support of the mission and ministry of the Cathedral is taken at this time.

All quarters in the offering plate go to support lunches for the school children in Duny, Haïti.

Online giving is available at <stlukesportland.org/give/>; or scan the QR at left.

#### Voluntary

chorale prelude on *Es ist ein Ros'entsprungen*, Music: mel. from *Alte Catholische Geistliche Kirchengesäng*, Op. 122, No. 8 1599; setting: Johannes Brahms (1833-1897)

Please stand as you are able.



The Hymnal 1982 – #248 "To the Name of our salvation"; Words: Words: Latin, 15th cent.; tr. Hymns Ancient and Modern, 1861 Music: Oriel, 87. 87. 87, Caspar Ett (1788-1847)

#### The Great Thanksgiving

Celebrant May God be with you. **People** And also with you.

Celebrant Lift up your hearts.

*People* We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

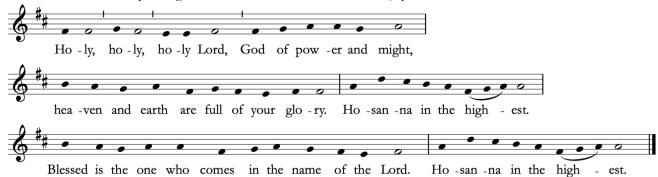
People It is right to give our thanks and praise.

8

Eucharistic Prayer III, Enriching Our Worship

Celebrant

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; you brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; and so as the morning stars sing your praises we join the heavenly beings and all creation as we shout for joy:



Music: from New Plainsong, David Hurd (b. 1950), Copyright © 1981 G.I.A. Publications, Inc.

Please stand or kneel as you are able.

Celebrant

Glory and honor are yours, Creator of all, your Word has never been silent; you call a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me." After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the New Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

People

Dying, you destroyed our death. Rising, you restored our life. Christ Jesus, come in glory!

Celebrant

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice, and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with the blessed Virgin Mary, with Luke, and all your people into the joy of our true eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise. Blessed are you now and for ever.

People

AMEN.

Celebrant

As our Savior Christ has taught us, we are bold to say,

People

Our Father, who art in heaven, hallowed be thy Name,

thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

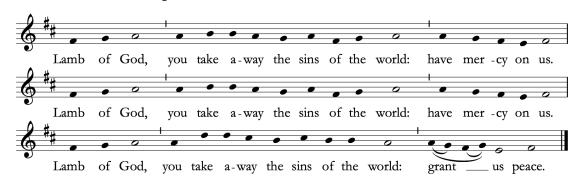
#### Breaking of the Bread

Celebrant

Christ our Passover is sacrificed for us;

People

Therefore let us keep the feast.



Music: from New Plainsong, David Hurd (b. 1950), Copyright © 1981 G.I.A. Publications, Inc.

Celebrant

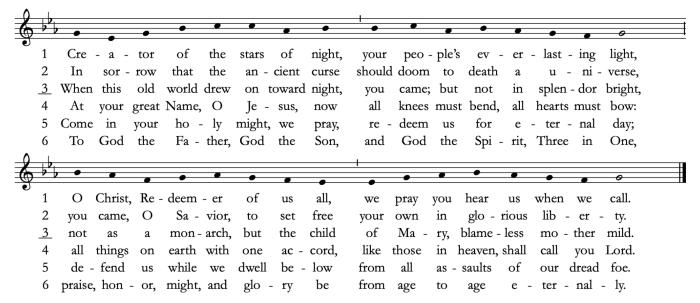
The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

#### Communion of the People

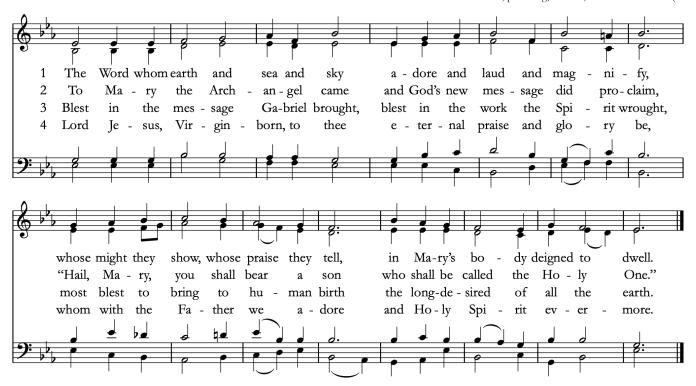
All are welcome to receive Holy Communion. As the Iona Community says, "Come to this table, you who have much faith and you who would like to have more; you who have been here often and you who have not been here in a long time; you who have tried to follow Jesus and you who have failed. Come. It is Christ who invites us to meet him here."

Ushers will assist you to approach by the center and return by the side aisles. You are welcome to receive the bread and/or the wine when presented; we believe that the divine presence is fully present in both the bread and the wine, and you may refuse either. For example, you may choose to receive only the bread, and then walk away; or, if you would like, you may touch the chalice with your hand, and not actually consume any wine. If you would like to receive the blessing of the Church, but not communion, indicate to the clergy by crossing your arms when approached. If you are not able to come forward, please motion to an usher, and communion will be brought to you. Per Diocesan guidelines, the cathedral does not practice intinction (dipping the bread into the wine) at this time.

**Prayers of Healing** are offered in All Saints Chapel (to the right of the kneeling rail). Members of the prayer team will assist you in offering prayer of healing for yourself or a loved one.



The Hymnal 1982 – #60 "Creator of the stars of night"; Words: Latin, 9th cent.; ver. Hymnal 1940, alt. Copyright © The Church Pension Fund Music: Conditor alme siderum, plainsong, Mode 4; acc. Bruce Neswick (b. 1956)



The Hymnal 1982 – #264 "The Word whom earth and sea and sky" Words: Latin, 7th-8th cent.; sts. 1 and 3-4, tr. Hymns Ancient and Modern, 1861, after John Mason Neale (1818-1866); st. 2, tr. Anne K. LeCroy (1930-2016). St. 2, Copyright © 1982, Anne LeCroy. Music: Song 34, LM, melody and bass Orlando Gibbons (1563-1625); harm. The English Hymnal, 1906, alt.

Please stand as you are able.

#### Post Communion Prayer

Celebrant Let us pray.

People

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue forever in the risen life of Christ our Savior. Amen.

#### A Seasonal Blessing for Advent

Celebrant

May the Sun of Righteousness shine upon you and scatter the darkness from before your path; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

#### People Amen.



Voices Found – #64 "Mary, when the angel's voice"; Words: Carol Goodwin King, Copyright © 1997 Carol Goodwin King, Church Publishing, Inc.

Music: Tempus adest floridum, 76. 76. D, mel. Piae Cantiones, 1582

The Deacon dismisses the people with these words

Go in peace to love and serve our God.

People Thanks be to God.

#### Service Participants

Preacher & Celebrant The Reverend George Stevens, Interim Dean

Assisting The Reverend Rebecca Grant, Deacon

Music Leader & Organist Christian M. Clough, Canon for Liturgy & Music

Verger Randi Hogan Crucifer Liam Coy

Advent Wreath Prayers Leader Louisa Radtke-Rowe

Reader Peter Bingham
Prayers Leader Mary Linneman

Ushers Bob Parshley, Melissa Coy, Susan McCuller, Deb Marcoux

Live Streaming Jack Swanton, Sam Allen
Eucharistic Ministers William Hoyt, Joseph deKay

Contributing Ministries Acolytes, Vergers, Flower Guild, Altar Guild, Kneeler Guild, Healing Team

#### HAPPENING TODAY

Coffee Hour: Please join us after the 7:30 and 10<sub>AM</sub> service for fellowship and refreshments in the Upper Hall, through the doors to the left of the altar. All are welcome. Interested in hosting? This important part of our common life provides us with a time for connection. Hosting is fun and easy; it requires only bringing in a baked good and brewing coffee. Please consider volunteering; a lot of gratitude comes with it. Thank you! Check the hosting schedule by visiting <a href="http://tinyurl.com/coffeeatstlukes">http://tinyurl.com/coffeeatstlukes</a>, and choose a date, then contact Meredith Cough <a href="mailto:meredith.cough@gmail.com">meredith.cough@gmail.com</a>. This morning's coffee hour is hosted by the Building and Grounds Committee.

Christmas Festival of Lessons & Carols: Join us at 4PM this evening for our first liturgical celebration of Christmas. Please tell friends, neighbors, and family! Especially for folks away for Christmas, this is an excellent opportunity to celebrate in our beautiful space and tradition!

Contact: ChristianClough<a href="mailto:CClough@cathedralofstluke.org">CClough@cathedralofstluke.org</a>.

#### ANNOUNCEMENTS

**Looking for Ushers for Christmas Day:** The cathedral ushers are looking for three volunteers who would be willing to serve on Christmas Day for the 10:00AM Eucharist. If you are interested, please email Anna Messmer <aemessmer@maine.rr.com>

Nominations Open! Annual Meeting 11:30AM Sunday 2 February in the Cathedral Nave: Nominations for Vestry, Senior Warden, and delegates to Diocesan Convention are being received by the Nominating Committee of the Lesser Chapter. Members of the Nominating Committee are: Sam Allen, Catherine Hyde, Dan McDonald and the Rev. George Stevens. At our Annual Meeting, we'll elect a Senior Warden for a two-year term, three vestry members for three-year terms, and five delegates (as well as alternates) for Diocesan Convention. For 'job descriptions', or to nominate yourself or someone else, contact George Stevens: <gstevens@cathedralofstluke.org>
\* Please have permission of the person you'd like to nominate before submitting their name.

**Ad-Hoc Preparedness Committee:** At its November meeting, the Lesser Chapter unanimously approved the formation of an *ad hoc* Preparedness Committee. Chaired by Linda & Peter Carleton and Ruth Roemer, the committee's purpose is to help St. Luke's prepare for threatened mass deportations and the growing number of transgender people fleeing from hostile states. In the coming days, the Committee will gather information on what ideas and actions are being considered by the State of Maine, the City of Portland, the Maine Council of Churches, the Episcopal Diocese of Maine, and local immigrant and transgender rights groups, and then will present findings to the Lesser Chapter and the congregation, and will give suggestions for ways St. Luke's and its members might participate in these efforts. Contact Linda Carleton lindacarleton01@gmail.com> with any questions or to join the effort.

Celebrate Twelfth Night (and share your Christmas sweets) at our hymn-sing and potluck coffee hour in the Upper Hall following the 10<sub>AM</sub> liturgy on Sunday 5 January. Bring goodies to share and be prepared to request Christmas hymns and carols on the last day of Christmastide. If we need to copy your selections for distribution, please e-mail them by 9<sub>AM</sub> Friday 2 January to Christian @ <CClough@cathedralofstluke.org>.

#### Eco-Tips from the Public Policy and Environmental Action Team: avoiding consumerism at Christmas

- 1. Question your purchases: Are you spending money just because of sales? Are you buying gifts out of obligation? Is buying more toys for a child the best thing for him or her?
- 2. Focus on people and not presents: Being fully present to another is the best gift you can give. Children will remember your loving attention, presence and memories, not all the stuff purchased for them.
- 3. Rethink your traditions: Keep traditions that make the holidays meaningful. Leave out traditions that create stress, debt, and fatigue.
- 4. Consider "no-cost gifts": Be generous with your time by spending it with a loved one, having friends over for coffee or tea, going for a walk or to a movie or museum.
- 5. Donate to a charity in honor of a loved one.

  Interested in learning more? Visit < www.nosidebar.com> to read in greater depth.

**PPEAT Book Discussion Group:** The Public Policy and Environmental Action Team (PPEAT) would like to host a 6 to 8-session book discussion on *Citizen: Faithful Discipleship* in a Partisan World, by Andrew Doyle, an Episcopal bishop from Texas. It would begin in mid to late January. *Citizen* provides a biblically and theologically grounded guide to how we can be both citizens of the kingdom of God and citizens of our community, state and country. The discussion will be led by Sarah Braik. If you are interested please email <sbraik642@gmail.com> and indicate your preference for Monday or Wednesday evening, and whether you would prefer in-person or Zoom.

## A Note from the Interim Dean regarding the departure of Parish Administrator, Avery Levesque-Schott

Dear Friends,

Last week I received word that our beloved Parish Administrator, Avery Levesque-Schott, will be leaving the Cathedral for a position with the University of Southern Maine Foundation. Avery joined the staff in June of 2022. Since that time, he has generously shared his gifts with this community. He is a great listener and clear communicator, has brought organization and technical skills to the office, and possesses a keen attention to detail. But his most important gifts are his patience, warmth and sense of humor. I am truly grateful for his work among us. Avery will be working through the end of December, but has agreed to be thanked publicly on Sunday 5 January at Coffee Hour following the 10:00AM service. There will be more to say later about hiring a new Parish Administrator. Until then I hope you will join me in sharing appreciation for all Avery's hard work. — George Stevens

#### OPPORTUNITIES & COMMUNITY RESOURCES

**Prayers of Healing** are offered at the 10AM service each Sunday, during or after communion and to the end of the postlude. Two members of the Healing Team offer these healing prayers in All Saints' Chapel (the small chapel to the right of the communion rail.) The following team members will offer healing prayers for upcoming services:

22 December Gail Kesich, Elise Magnuson

29 December no healing prayers

24 December Sara Schmalz, Judd Hume

The Biblical Study Group meets in the Conference Room on the ground floor Sundays 8:30–10:00AM. In January, we will learn about the development of Jesus. We will look at how he grew from being a rural peasant apocalyptic preacher to later become the son of man, the son of God, the Risen Christ, the person of God, and finally the sovereign Ruler of the Universe. In February, we will consider how to live the vital life of Christ. Stay tuned! We are led by Bob Hanson, retired university professor, Episcopal priest, author, peace activist, and Jungian analyst. Contact Bob at (207) 405-8250.

Contemplative prayer meets every Thursday at 4:30pm on Zoom (please see the E-pistle for the link). Please join us for a half hour of silent meditation followed by a brief conversation about our experience. No experience necessary! Contact: Sarah Braik <sbraik642@gmail.com>.

**Soul Talk** is a monthly coffee and conversation group in which we talk not so much about our beliefs but about our faith and experience of God. It meets at 10 AM on the 4th Thursday of each month. Please join us once a month or once in a while. Contact Linda Carleton <a href="mailto:sindacarleton01@gmail.com">sindacarleton01@gmail.com</a> if you'd like to receive an email with material for reflection before each meeting.

**Volunteer to serve on the Altar Guild:** We love volunteering on the Altar Guild, and think you would, too! Volunteering with Altar Guild is fun and rewarding. Together, we can work to enable our congregation to engage in worship that is filled with order, beauty, peace, and tranquility. Contact: Kate Leschey <a href="cleschey@gmail.com">cleschey@gmail.com</a> or Rita Siavelis <a href="ritasiav@hotmail.com">ritasiav@hotmail.com</a>

Join the Kneelers Guild and Prayer Shawl Knitters every Tuesday 2:30–4:30pm in the Upper Hall. Everyone is welcome, whether you are curious or want to begin. Kneeler kits cost \$75, which include directions, yarn, needles & canvas. Novices are welcome; we will teach you as needed. Prayer Shawls: 20" x 60"; select your yarn & needles. Coffee & tea are available.

Join the Young and the Restless, St. Luke's 20s-30s-year-old ministry, which hosts events both at CSL and outside the church. Join us as we hike, ice-skate, play trivia, or just enjoy each other's company! If you are new to us, welcome! We meet 6-8PM each Tuesday at Maine Beer Company in Freeport for trivia. Other events happen sporadically throughout the month, though trivia is a wonderful opportunity to meet us, if you're joining us for the first time.

#### **COMMUNITY NOTES**

**To reserve space for a group, meeting or event,** fill out a space usage form, and check with the cathedral calendar first! Thanks! Contact: Avery Schott (207) 772-5434 or <office@cathedralofstluke.org>

Thank you in advance for your offering today. You can donate to St. Luke's through our new and secure "Give and Text" feature. Please text "TEXTCSL" to 73256. Our 2025 Pledge Campaign is ongoing. Pledge materials and information are available at <www.stlukesportland.org>

The parish prayer list: Names remain on the prayer list for 3 consecutive weeks unless otherwise requested. If you wish for a name to be added, contact Avery Schott, Parish Administrator <office@cathedralofstluke.org>.

Access your Realm profile: The Cathedral's online database, Realm, is a useful tool for parishioners to manage their contact and pledging information. Realm helps our community by improving our record keeping in a more streamlined fashion. When joining Realm you can sign-up to be a part of the online directory. To activate your Realm profile, please contact Wendy Kopera, St. Luke's Bookkeeper at <br/>bookkeeper@cathedralofstluke.org>. Wendy will assist you with the few steps necessary to access your profile.

#### The Cathedral Church of St. Luke

143 State Street, Portland, Maine 04101 (street address) P.O. Box 4141, Portland, ME 04101-0341 (mailing address)

Website: stlukesportland.org E-mail: office@cathedralofstluke.org Phone: (207) 772-5434

#### Leadership

#### Staff

Bishop of Maine
The Rt. Rev. Thomas J. Brown

Interim Dean
The Rev. George Stevens
<GStevens@cathedralofstluke.org>

Parish Administrator & Communications Specialist
Avery Levesque-Schott <office@cathedralofstluke.org>

Canon for Liturgy & Music
Christian M. Clough < CClough@cathedralofstluke.org>

Deacon

The Rev. Rebecca Grant < RGrant@cathedralofstluke.org>

Bookkeeping
Wendy Kopera
<bookkeeper@cathedralofstluke.org>

St. Luke's Food Pantry Executive Director

Mary Brighthaupt <a href="mailto:mbrighthaupt@cathedralofstluke.org">mbrighthaupt@cathedralofstluke.org</a>

Sexton
Curtis Maurand

Housekeeping Donna Cirriello

#### Volunteer Clergy

The Rev. Christopher Worthley <a href="mailto:christopher.worthley@aya.yale.edu">christopher.worthley@aya.yale.edu</a>

#### Lesser Chapter

Wardens

Senior Warden Sam Allen (2025) Junior Warden Jamie Cough

Treasurer
Randi Hogan
<treasurer@cathedralofstluke.org>

Clerk
John Bancroft

Vestry Members
Class of 2025

Dan McDonald, Catherine Hyde

Class of 2026 Nancy Brain, Jamie Moore, Randi Hogan

Class of 2027 Stanley Kuziel, Eleanor Roberts, Mary Linneman



# THE CHOIR OF THE CATHEDRAL CHURCH OF ST. LUKE PRESENTS

## A CHRISTMAS FESTIVAL OF LESSONS & CAROLS

Featuring an evening of music from the Christmas Season



## 22 DECEMBER 2024 | 4:00 PM THE CATHEDRAL NAVE



THE CATHEDRAL CHURCH OF ST. LUKE
143 STATE STREET
PORTLAND, ME 04101



For More Information Visit stlukesportland.org/events office@cathedralofstluke.org 207-772-5434

## Join Us for Christmas at St. Luke's Cathedral





## Worship Service Schedule

Christmas Eve Family Service with the Bishop of Maine | 5pm

Candlelit Christmas Service
with the Bishop of Maine | 10pm
(prelude with organ and brass at 9:30pm)

Christmas Day Service | 10am

The Cathedral Church of St. Luke 143 State Street Portland, ME 04101 stlukesportland.org | (207) 772-5434