



The Song of Saint Francis



Saint Francis by the Sea Episcopal Church, Salter Path, NC February, 2025

Parish Office Hours:

Tues-Thurs: 10 a.m.-3 p.m.

Weekly Activities



Prayer Shawl-Wed, 10 a.m.

Celtic Eucharist Service-Wed, noon

"Be Still and Know" Prayer Group-Tues, 10 a.m.

Other Activities

*Sun, Feb 9, coffee hour-Souper Bowl Sunday

*Sat, Feb 15, 8 a.m.-Men of St. Francis Fellowship

*Wed, Feb 19, 5:30 p.m.-First Annual Chili Cook-Off

*Tues, Feb 11, Feb 25 11:00 a.m.-Meals on Wheels Cook Dates



Search Committee Update

Many of you have asked why it has taken so long to start the search process. In reality, a great deal of work has been going on behind the scenes.

Initially, I think we all needed to process what Everett's retirement meant to us. We wanted time to share our memories and time to grieve this loss. His legacy is significant in the short history of St. Francis and we wanted to honor and respect this.

When a few months had passed, the Vestry turned to the work of moving forward. The "work" of running the church has grown and become much more complex. A new way to organize the administration of all that goes on was desperately needed. Past Senior Wardens, both at St Francis and elsewhere who were current members (Frances Jenkins, Elizabeth Sheeks, Stover Morris, Beth Beswick and Marion Youngblood) were asked to form an advisory council along with Ann Grigg, our Parish Administrator and Robin Smith, our Deacon. The group began meeting in the summer and after many sessions, developed written job descriptions for the major roles and a model of operations for the Vestry. The Vestry is being divided into three teams- Worship, Engagement and Finance/Facilities. Each Vestry member selects a team to be on with three members on each team. The senior member is "in charge". This model ensures that everyone understands what is expected of their role and prevents duplication of efforts or gaps that catch us by surprise. Ann did a masterful job of outlining every event, special service, required report, and finance requirements that made this enormous task manageable. Potential Vestry candidates can see what the job entails and new Wardens can pick up where their predecessor left off, hopefully preventing the constant chaos that has existed in the past several years. Many of you might not be aware of the difficulties the Senior Warden, Parish Administrator and other staff have experienced because they always kept a smile on their faces and plowed on, but the burden had become unmanageable. Now we have a great plan that more evenly divides responsibility and encourages clear roles and communication. The Vestry approved this model in November.

You may ask why I have given this long explanation, but we could not move forward with a search until we could describe in writing to all potential clergy candidates how we are organized, what the role and responsibilities of Priest involves and who/ what is there to support them.

Now we just need YOUR input to complete the Parish Profile that describes who we are a spiritual body and what we would like to see in our spiritual leader.

Peace be with you all.

Beth Beswick



Vestry View

The bylaws of Saint Francis state that in the absence of a priest, the vestry nominates and selects the senior warden. At our retreat held 1/11, I was humbled to be elected to this position. I accepted with a willing heart and am grateful for this opportunity to serve.

There are nine members of the vestry, senior warden being one member. We prayed together that day:

Dear Lord, today we are new – new members, new leadership, new year, new sense of vitality. Help us to do the difficult work of embracing the new, allowing new faces into the circle and new energy into our midst. Help us to know you as a God who makes all things new and sees each day as new creation. Help us to know our history, but then to accept your call to leave what we know and to press onward. Help us to sort out our relationships, and then to ground ourselves in your love and not our preferences. Help us to trust our leaders, knowing that a servant's heart will give them stature. All this we ask in the Name of One who took common stuff and made saints. Amen

I want all of you to know that the nine of us come to this with a positive and generous attitude. We believe in, and like, who and what we are leading. We are grateful to be asked to be in this role, we are grateful for each other, we are grateful for the parishioners and their gifts of time, talent, and treasure.

2025 will be a challenging year, a real transition time as we search for a new pastor, for the future direction of our church. It is going to take every one of us in prayer and in execution to be successful. Please engage with us, please speak up!

I know we all agree with Stover Morris who says St. Francis is a gift to its members, a special place that God has provided, and we are fortunate to be the current stewards of its safekeeping.

Pam Ball



Towel and Basin

By Deacon Robin

February may be the shortest month, but there will be plenty of opportunities at St. Francis by the Sea to serve others.

Our **Meals Ministry Team** continues to prepare hearty meals for recipients of Meals on Wheels in Morehead City. On February 11, we will prepare ham, macaroni and cheese, and vegetables with dessert. On February 25, our meal will include hash brown casserole and muffins. We have a great group of volunteers who provide ingredients, help with the meal preparation, and/or deliver meals, and this ministry serves 64 recipients each time we cook. These meals are a blessing to those who receive them, and being involved in this effort is a blessing to those who participate. Newcomers are always welcome to join us at 11:00 AM on the days we cook.



We will celebrate our own **Souper Bowl** on Sunday, February 9, after morning worship service. If you would like to bring a crockpot full of soup to share or a side dish or dessert, please sign up on the sheet on the Meals Ministry table in the parish hall. On this day, we will be collecting three essentials for Martha's Mission Cupboard: **peanut butter (16 oz. size in plastic jars), jelly (in plastic containers), and individually wrapped bar soap.** Bring your peanut butter, jelly, and soap any time and add them to the collection on the Meals Ministry table. Many hungry children in our community will enjoy the best sandwich on the planet - peanut butter and jelly - because of your generosity!



There are more than 30 volunteers at St. Francis who participate now in regular **food recoveries for Martha's Mission** at area grocery stores. In January, we added a new store, Lowes at Cape Carteret, and we could still use a few more volunteers to ensure that there are daily pickups. See me if you have a roomy vehicle and a couple of free hours on Monday, Tuesday, or Friday mornings. This ministry is vital to ensure that fresh produce, bakery items, and meat are available to distribute at Martha's Mission.



Here are two new opportunities to serve!

Soon we will schedule our first visit to Carteret Landing to sing with the residents. One of our own parishioners, Ann Clarke, is a resident there, along with other friends of our parish. This ministry will be open to everyone, not just choir members, and I will include more information in the Sunday morning announcements.

We will soon be part of the regular schedule to provide lunch at Hope Mission for those who need a hot meal in the middle of the day. The Meals Ministry Team will oversee this effort, but we will need additional volunteers. Watch for more information in the Sunday morning announcements.

Thank you!

Thank you for bringing **winter wear items** to share with those in need. Your gifts have already been given to those who needed warm clothing for these cold days we have experienced.

Thank you for bringing **plastic grocery bags** for use at Martha's Mission. We go through them quickly, so this will be an ongoing collection for us. Leave them under the Meals Ministry table, and we will use them to distribute food to hungry families in our community.



St. Francis by the Sea Music Ministry Minute

Craig Everett, music director

*“Shout for joy to the Lord,
all the earth burst into jubilant song with music.”* – Psalm 98:4

It is choir recruitment time at St. Francis by the Sea! As I mentioned last month singing is mentioned **over 400 times** in the Bible, and **at least 50 of those are commands to sing to God.** If that isn't enough motivation, consider that research has shown that singing in a choir has many benefits, musical, physical, social, mental, and spiritual! **Here are some of the reasons you should consider joining a choir at Epiphany:**

1. Singing is good for you physically.

Singing helps to focus on your breathing and posture and strengthens the muscles of your core.

It regulates your heart rate and lowers your blood pressure. It releases neurochemicals such as β -endorphin, a natural painkiller.

It reduces the stress hormone cortisol and boosts the Immunoglobulin A antibody, improving your immune system.

It boosts your energy levels.

A joint study by Harvard and Yale Universities of a choir in Connecticut suggests that **singing in a choir may actually increase your life expectancy.**

2. Singing is good for your brain.

Learning and experiencing new things helps to **stimulate and create new neural pathways in the brain**, improving brain health.

It improves memory.

It improves your listening skills.

When you sing inspirational music, your knowledge and appreciation of music will grow. You will also feel closer to God!

3. Singing is good for you socially.

Our choir is a loving, supportive, and welcoming group, and we all need that in our lives.

Choral singing helps form friendships and does so more rapidly than in other settings.

Being in a choir builds a sense of community as you work with friends toward a common goal.

We call this our *choir family*!



4. Singing is good for your mental health.

Singing decreases anxiety and reduces stress levels.

It improves your mood by releasing positive neurochemicals such as β -endorphins, dopamine, and serotonin.

Learning music and singing it with others gives a sense of achievement, which boosts confidence.

It helps to **provide balance to your life** by providing a pleasurable, stress-relieving activity outside of your regular work and other commitments. No one is ever singled out during choir rehearsals.

5. Singing in our choirs is good for your spiritual life.

You sing great texts of the faith and increase your knowledge and understanding of what it means to be a Christian.

By combining words with music, choral singing can help you to remember scripture and prayers.

Your singing can be a form of prayer.

It can help you personally to connect with God.

You not only benefit from singing sacred music, but ***you use your talents and skills to help others to come into the presence of God.***

6. Singing in a choir is just plain GOOD.

It is fun, and the better you become, the more fun it is!

It engages your body, mind, and spirit.

You get to express yourself creatively.

Singing in harmony with those around you with the common goal of creating something beautiful can create moments of profound awe and satisfaction.

To join the Choir of St. Francis by the Sea, you don't need to be able to read music, and you don't need to be able to sing like Pavarotti! You just need to enjoy singing, want to learn, and to become part of a group committed to serving the St. Francis community by enhancing our worship.

Our choir rehearses each Wednesday from 4:30-5:30 pm and again on Sunday mornings prior to our Morning Worship Service beginning at 9:15 am. If you have any questions, please don't hesitate to contact me at the church or email me at sfbtschoirdirector@gmail.com. **Please come and join our choir family!**





February has both a Feast Day for the Presentation of Our Lord at the temple and Saint Valentines Day for the remembrance of his martyr. Looking at these days reminded me about love. Not romantic love but sacrificial love. The love of Christ was just coming into the world. He was to grow into a man that was to change how the world understood God. He taught the responsibility of each individual to love and care for humanity and all creation. Yet he was kind and gentle and expected each person to simply walk in love and light. Power and control did not exist in his world. He understood the ramifications of the political climate but refused to be drawn into that life.

St Valentine, and there were possibly three of them, gave his life to help protect the Christians that were being persecuted at the time. It wasn't until many years later that our present day holiday came into being. We can look at the celebration and add to our remembrances the many people who are lonely, hungry or sick. This congregation gives much in our outreach programs. I am very thankful for that. Cards and candy are wonderful for the celebration but sometimes a warm coat or meal can be more effective in spreading our love to the world.

The Daughters of the King are doing a discernment class for 3 women who may want to join our group. They will participate in 7 weeks of classes. We hope that they will all join us in our daily prayers for people in need.

If anyone has prayer needs or knows some one that may need prayers please ask one of us to add them to our confidential prayer list.

Blessings

Marion Morris



David Gammon's Pickled Brussels Sprouts

2 boxes/bags of frozen Brussels sprouts

¾ cup apple cider vinegar

1 ½ cups sugar

1 tsp salt

½ teaspoon dry mustard

1 teaspoon oregano

Several shakes of ground cayenne pepper (adjust to your taste)

Remove sprouts from their boxes/bags. If they are clumped together, place them in a colander and run some warm water over them for a moment, to break them up and get an ice off the outside. Remember, they have already been blanched, so there is no need to cook them any further. You will just want to “wake them up” a bit so they can best absorb the pickle juice. Let the warm water drain off.

Prepare the pickle juice with the remaining ingredients. Heat in a saucepan until boiling. Place the sprouts in a bowl or other good container (I used a zip lock bag) and pour the hot pickle juice over them. Stir well to get them all coated. Cover and refrigerate for at least 24 hours. Occasionally, stir them around to make sure all the sprouts get an equal dose of the pickle juice.

Drain the pickle juice off of them and serve. Enjoy!

Libba Shelton



Lay Ministry Schedule

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	February 2	February 9	February 16	February 23
Lector	Frances Jenkins	Marian Goetzinger	Dale Elks	Romaine Riddle
Prayers	Donald Williams	Kathy Driver	Terry Smith	Martha Edwards
Altar Guild	Betsy Randall	Gay Lea	Elizabeth Sheeks	Frances Jenkins
Chalice	Sarah Criddle Martha Edwards	Marian Morris Frances Jenkins	Elizabeth Sheeks Kelly Sheeks	Jami Turner Terry Smith
Crucifer	Kelly Sheeks	Stover Morris	Tim Owens	Dale Elks
Torch Bearer	George Grigg Scott Shelton	Sarah Haigwood Bill Blanchard	Marian Goetzinger Jami Turner	Sarah Criddle Tim Owens
Audio	Stover Morris	Larry Castle	Stover Morris	Larry Castle
Video	John Clarke	Skip Kemp	John Clarke	Skip Kemp
Coffee Hour	Marian Goetzinger/ Jami Turner	<i>Outreach—Souper Bowl Sunday</i>	Geraline/Larry Castle	Betsy/Jay Randall
Vestry of the Day	Terry Parrish	John Clarke	Laura Leslie	Kay Brackins



December Birthdays

10



Tom Bowers—2
Win Perry-2
Holt Perry-2
Joey Mossor—7
Barbara Kyle—10
John Marriott—12

Marian Goetzinger—14
Liam Mossor – 14
Terry Parrish – 18
Tim Owens – 19
Richard Seale—20

* If you don't see your name above and would like to be added to our birthday list, please email or call the church office.

Art and Music Ministries



Our choir rehearses each Wednesday, from 4:30-5:30 p.m., and again on Sundays, at 9:15 a.m. prior to the beginning of our 10 a.m. Worship Service. We are always looking for additional choir members. Please join us at any time with no musical audition. All are welcome!





St. Francis by the Sea Episcopal Church
920 Salter Path Road
Salter Path, NC 28512

First Class Mail

Worship Service begins at 10 a.m. , casual dress welcome
Sunday school for ages 6-12 begins at 9:45 a.m.
Nursery is not available at this time.

If unable to attend, please visit <https://stfrancisbythesea.org/live> at 10 a.m. to view our worship service online or visit our website at www.stfrancisbythesea.org for additional information and viewing options.

St. Francis by the Sea Episcopal Church is a parish in the Diocese of East Carolina
The Right Reverend Robert Skirving, Bishop

Interim Supply Priest

The Rev. Mary Ogus

Priest in Residence

The Rev. Chris Carlin

Deacon

The Rev. Deacon Robin Smith

Vergers

Tim Bradford, Marion Morris

Parish Administrator

Ann Grigg

Treasurer

Dave Phillips

Sexton

George Grigg

Vestry Class of 2025

Kay Brackins

Dale Elks

Lisa Park

Vestry Class of 2026

Pam Ball, Senior Warden

Sharon Birmingham

Terry Smith

Vestry Class of 2027

Terry Parrish, Junior Warden

John Clarke

Laura Leslie

Clerk of the Vestry

Korin Gagnon

Music Director

Craig Everett

Art Gallery Director

Tim Bradford

Communications

Penn Perry



The Song of St. Francis is a monthly publication of
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