



Christmas at Truro

Christmas Pageantry

Interested in participating in this year's dramatic processions for Christmas Eve or Epiphany? Shepherds, Holy Families, Canopy Bearers, and Angels are needed for services on Thursday, Dec. 24th at 3:00 pm, 5:00 pm, 7:30 pm & 11:00 pm. The Epiphany Sunday pageant (January 3rd) will need star bearers, canopy bearers, and Holy Families for the 8:30 & 11:15 am services. Also seeking non-dramatic volunteers to help coordinate the proceedings! Contact Tina Owens for more information and rehearsal times tinaowens@cox.net. This is a fun way for your family to celebrate the Christmas season and serve together!

Services

Christmas Eve Services—Thursday, December 24

Family Services:

3:00 pm & 5:00 pm, Church

Holy Eucharist with children's & youth choirs, handbells, dance, & pageant.

Festival Eucharist:

6:45 pm prelude, 7:30 pm service, Church

Holy Eucharist with full choir and brass featuring a musical prelude of beloved Christmas carols and Poulenc's Quatre Motets Pour le Temps de Noel.

Noche Buena en La Comunidad Hispana

7:00 pm, Upper Room/Aposento Alto

Santa Eucaristía

Festival Eucharist

7:40 pm, Chapel

Holy Eucharist

Festival Eucharist:

10:15 pm prelude, 11:00 pm service, Church

Holy Eucharist with full choir and brass featuring a musical prelude of beloved Christmas carols and Poulenc's Quatre Motets Pour le Temps de Noel.

Christmas Day Service

Friday, December 25, 10:30 am, Church

Holy Eucharist for Christmas Day

Holy Innocents Services

Sunday, December 27

Weekend worship services focus upon the sanctity of human life from the perspective of the Christian narrative and calendar

New Year's Eve Service

Thursday, December 31

11:00 pm (Chapel)

Epiphany at Truro

Epiphany Celebration and Pageant

Sunday, January 3, 8:30 & 11:15 am (Church)

Special dramatic presentation of the visitation of the Kings to the Baby Jesus.

Live Nativity on Christmas Eve



Holy Innocents Sunday

The Holy Innocents services are on Sunday, December 27th. Dr. John Bruchalski of Tepeyac Family Center (TFC) will be the guest preacher at the 8:30 and 11:15 Holy Innocents services. There will be a forum at the 10 am discipleship hour to tell the amazing story of Divine Mercy Care (DMC) whose principal programs are The Tepeyac Family Center (TFC) and DMC Pharmacy. TFC is a pro-life non-profit OB-GYN medical practice that provides services to women regardless of race, creed, culture, or income level. DMC Pharmacy is a pro-life pharmacy located in Chantilly, VA. Truro was thrilled to learn about "the best of modern medicine with the healing presence of Jesus Christ while assisting the poor".

NEW BEGINNINGS DIVORCE CARE—January 9–March 27, 2010. DVD Seminar Series and support group meetings, Saturdays 5 pm–7 pm, Conference Room. Explore life after divorce. Learn coping, healing, and recovery from renowned Christian experts. Free Seminars, Workbook price \$15.00. Contact: Don Emery, Tel: 703.401.0295, E-mail: donemery@aol.com, or Kekelwa N.Dall, Tel: 571.337.4821, E-mail: kenyad@cox.net.

TRURO RECYCLES—Please note the recycling bins on the Truro campus and think carefully before you pitch your trash. The blue bins are for office paper only—no tissues, food wrappers, napkins, etc. The green bins are for plastic, aluminum, and glass—no Styrofoam, paper cups, or other trash. Using these bins carefully can help reduce landfill use and conserve our resources. Being good stewards of the earth is one of our commitments as Christians.

TITHE ENVELOPES—Labeled tithe envelope booklets are located in the covered walkway. The booklets are displayed in alphabetical order by last name. Please pick your tithe envelope booklet up this week or next week. If you want a tithe envelope booklet and you don't find one with your name on it, please contact Suzanne Driscoll at 703.273.1300 ext 120 or at sdriscoll@trurochurch.org.

TRURO PARISH RETREAT—May 21–23, 2010. It will be held at Canaan Valley Resort in Davis, WVA. (www.canaan-valley-resort.com). The Falls Church went here for their retreat the past couple of years. Registration details to follow. Hope to see you there!

Note of Thanks

Many thanks to all who attended the Gifts That Give Hope alternative gift fair on Saturday, December 12. Over 20 exceptional nonprofits were present and happy to explain their mission to shoppers. All purchases/donations were greatly appreciated and will allow the nonprofits to provide more hope and help to others.

If you were unable to attend, online shopping is available through December 21 at www.giftsthatgivehope.org/fairfax. For each gift purchased in honor of a friend or loved one, a custom card with a gift description will be mailed to you so that you may present it to the recipient.

Will December Be Good For Your Life? by Tim Teague

The season surrounding Christmas and New Year brings added stress to all and an unwelcomed pain to those who have lost someone who is now missing. At this time of year, many people take their already overly stressed lives and add more stress on top with shopping, cooking, parties, visiting relatives, spending, debt, weight gain, and insufficient exercise.

Even the social, fun events add stress to our lives. Have you considered what it must feel like to a person who is not invited to any parties? For others, have you ever wondered how much less stressful the holidays would be if we did not exchange gifts, and if we attended no parties? Since those are not options for most adults and certainly not children, we must implement other means for surviving the stress and pain that comes with the holidays.

“Holiday blues” and feelings of tension or loneliness, poor sleeping, or associated excessive eating or drinking are commonly experienced before we make it to January 2, and the eventual arrival of credit card bills. Stressful feelings often center around loneliness, unresolved family issues, or anniversaries of past unhappy events. Additional time and financial demands also contribute.

For those who have lost loved ones in years past there is often a cloud over the holiday season—a hole that nothing seems to fill. For those whose children are away for the first time there is a severe void and sense that “something isn't right”. Within many parents hearts, the Christmas season is only right when the kids are home, but after college, marriage, and especially, kids of their own, getting home for Christmas isn't always manageable. Therefore, we all need to develop ways to make the best of our situations and celebrate God's gift of Jesus Christ entering the world in our behalf.

Stress is the nonspecific response of the body to any demand. Good stressors are things such as a promotion or a marriage; they help people grow and achieve life's goals. Bad stressors are more negatively perceived and result in feelings of distress. One of the common stressors is too much to do and too little time—which seems like an epidemic in our culture. The body may respond to stress with measurable increased blood pressure and heart rate. Mentally, stress may result in feelings of anxiety, depression, and withdrawal. People may sleep poorly, lose concentration, and feel worn out or chronically tired. Common symptoms associated with stress are headaches, muscle tension, and back pain.

So how can you feel better through this holiday season?

Spiritually, you can purpose to **practice the discipline of solitude** to gather your thoughts and prioritize your days and weeks ahead. Purpose to live one day at a time and not over-schedule your life. As you pray and read the Scriptures, **continually seek not what is good but what is best** for your life and the life of your family.

Physically, **eat correctly**—balanced meals without over-indulgence. **Exercise** regularly to reduce stress and feel better as you lower your blood pressure, heart rate, and cholesterol levels. **Sleep** an adequate amount, which means at least seven hours per night for most people. And speaking of seven, you can remember to make one day per week more restful and restorative to your body as you observe a Sabbath rest.

Mentally, only you can choose to **manage your time** in such a way that you are not in a continual state of feeling overwhelmed. If life feels like it is too much to manage, then seek help to establish priorities and realistic goals. Many of us tend to find self-worth in busyness and leave little time to be still and reflect on the glory of God.

Relationally, make time for your family and friends to talk with and enjoy them. Plan as a family what everyone wants to do to make the season special. Listen closely as well as asking for what you need from your loved ones. Perhaps it is time to leave the hurts of the past behind and focus on the present to discover what you can have in a relationship. **Forgiveness** is an incredible gift to another. **Fix your mind on the things that are good** and praiseworthy and avoid getting stuck on the negatives. Look for the humorous parts of the holiday chaos.

If you lost a loved one, can you find time to celebrate his or her life, pull out pictures and share good memories? If your children cannot make it home, can you find a way to celebrate with others and look forward to when you will be together again as well as avoid any “guilting” messages for them not making it home this year?

The holiday season is stressful, as is life, but we can choose to manage life or we can allow it to overwhelm us. By God's grace, may we be lights to others in the stores and on the highways, and even to our families, especially through the Christmas season as we live it well.

Life Management Study

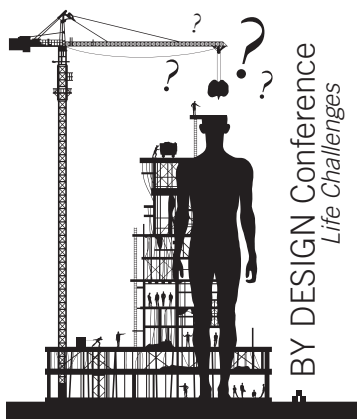
Do you want to discover more of God's plan for your life? Reduce stress and anxiety? Acquire the life management tools that will enable you to overcome procrastination, over-commitment and sleep deprivation? Register for this 13 week class to be held on Monday or Tuesday evenings beginning January 4 or 5. Registration fee is \$95.00 (\$75 for Truro members). Partial scholarships may be available. Satisfaction guaranteed or money back to anyone who completes the course. Call Christian Stewardship Ministries at 703.591.5000, or E-mail Ken@csmin.org

Lenten Study For Home Groups

Looking ahead to Lent, which begins February 17, Truro will continue the tradition of building up home groups. Our church-wide study for Lent this year will focus on "Irresistible Invitations." Once again we will support the formation of new home groups and the growth of current ones so that everyone who attends Truro will have an opportunity to participate in our spiritually enriching Lent program.

Home groups are an important part of our church life at Truro because they provide each of us an opportunity to: 1) Pursue a deeper understanding of God's Word in the company of fellow believers; 2) Care for one another in a more personal way; 3) Deepen our connection to our church by pursuing a common purpose in an environment of worship, prayer and fellowship; 4) Invite visitors to experience life at Truro outside of the church sanctuary.

Please begin to prayerfully consider hosting a home group for the 40 days of Lent as we pursue our study of "Irresistible Invitations." Stay tuned for more information in the weeks to come.



Save-The-Date

**BY DESIGN Conference,
Life Challenges**
Fri. January, 15, 6:30–9 pm and
Sat. January, 16, 8:30 am–1 pm

This year's focus at the 2nd Annual BY DESIGN Conference will be on **Life Challenges** including conflict, depression, and suicide. We also will be offering sessions on the following topics: *Men, Women,*

Parents of Special Needs, and *Parenting & Marriage.* Speakers include: Mary Yerkes, Jama Thurman, Penelope Hayes, Steve Tees and Ronald C. Zabel.

This conference is for teens and adults. Children's programs and childcare will be available.

Contact Alice Hunt, ahunt@trurochurch.org or 703.273.1300 ext. 312, for more information.

When December Turns To May

Dear Truro Friends,

The fourth Sunday in Advent! What a wonderful time of year, as we anticipate all that's to come this week...

Recently I read a poem by Robert Herrick, and English writer of the 17th century. His words, describing the wonder of Christmas and the Incarnation, have stayed with me ever since:

Dark and dull night, fly hence away.
And give honor to this holy Day
That sees December turned to May.

Why does this chilling winter's morn
Smile, like a field beset with corn?
Or smell, like a meadow, newly-shorn,

Thus, on the sudden? Come and see
The cause, why things thus fragrant be:
'Tis He who's born, whose quickening birth

Gives life and luster, public mirth
To heaven, and the under-earth!

We see Him come, and know Him ours
Who, with His sunshine, and His showers
Turns all the patient ground to flowers.

The Savior of the world is come,
And fit it is, we find a room
To welcome Him.

What, in fact, is it that "sees December turned to May?" and "all the patient ground turned to flowers?" Herrick's happy answer is crystal clear; "'Tis He who's born!..."

The Apostle Paul sums up the miracle of Christmas in reminding us of "the grace of our Lord Jesus Christ: that though He was rich, yet for our sake He became poor, so that we through His poverty might become rich" (II Cor. 8:9). Yes, He who was all-mighty became a nursing infant. He who was all-wise took on the innocence of a newborn. He whom the heavens couldn't contain was enclosed in a teenage girl's womb. He who was Life was born to die—as a common criminal on a cruel cross. Can there be a greater mystery? Can there be a greater love?

In this holy season and the coming New Year may you know in quiet, but compelling ways this love—a love that "came down" to reach the likes of you and me. And may this love motivate us to go forth into a world in need—to proclaim with the angels, "To YOU has been born a Savior, who is Christ the Lord!"

God bless you and yours this Christmas season.

Grateful for you,

Coleman Tyler

Associate Rector—Director of Worship

sun 07:30 am, Worship
08:30 am, Worship
20 10:00 am, Worship (en español)
10:00 am, Rector's Forum
11:15 am, Worship
05:00 pm, Alive @ 5

mon 06:30 am, Men's Group
21 04:00 pm, Handbell Rehearsal
07:00 pm, AA Meeting

tue 09:30 am, Women's Bible Study
22 11:30 am, Military Prayer
04:30 pm, Hosanna and Praise Dance
06:00 pm, Worship Dance
06:45 pm, Young Adults
07:30 pm, Vestry Meeting
07:30 pm, Boy Scouts

wed 06:30 am, Men's Bible Study, (Truro)
23 11:00 am, Holy Eucharist, Chapel

thur **Christmas Eve—Parish Offices Closed**
24 03:00 pm, Family Service
05:00 pm, Family Service
07:00 pm, Noche Buena en La
Comunidad Hispana
07:30 pm, Festival Eucharist with
Special Music at 6:45 pm
07:40 pm, Festival Eucharist
11:00 pm, Festival Eucharist with
Special Music at 10:15 pm

fri **Christmas Day—Parish Offices Closed**
25 10:30 am, Holy Eucharist for Christmas Day

sat 07:30 am, Men's Fellowship
26

sun **Holy Innocents Sunday**
Special Guest Speaker: Dr. John Bruchalski
27 07:30 am, Worship
08:30 am, Worship
10:00 am, Worship (en español)
10:00 am, Rector's Forum
11:15 am, Worship
05:00 pm, Alive @ 5

read ahead

December 27

Epiphany —
How to Invite Others to Jesus

God as Guest
Matt. 2:13-18, Ex. 1:8-22

when you visit

Fill out a Welcome Card—Please join us immediately following the 11:15 service for a Welcome Reception in the Gunnell House Parlor. The Gunnell House is the historic home located just to the right of the main church as you enter by the ramp.

what about children, teens, young adults, and families?

Our KidZone Team wears green shirts and will help find the right place for your child.

Nursery: Nursery available on Sundays during 8:30 & 11:15 am worship for ages 3 and younger.

Nursing/Cry Room: For nursing moms and upset infants/toddlers, located in the "Fellowship Room" off the Undercroft beneath the sanctuary.

Pre-K to Grade 6 AND Teens: No WEE or WOW Worship, Small Groups, or Youth Group, on Dec. 20, 27, or Jan.3. Programs will resume on Jan. 10. There are no scheduled Wed. night Ministry Dinners and Training on Dec. 16, 23, 30, and Jan. 6, we will resume on Jan. 13. Thanks so much!

Young Adults: We meet Tuesday nights for dinner and fellowship from 6:45–9 pm (Gunnell House Parlor). Anyone and everyone from late teens to mid thirties is welcome to join! Contact: Family Ministry at 703.273.1300.

needs & blessings

NEED: Truro parishioner in need of a live-in caregiver. Please contact Tim Teague, Ph.D. 703.273.1300 ext. 420 or e-mail tteague@trurochurch.org.

NEED: Looking for two volunteers who are 55 or older to become friends of residents in one of the Brain Foundation's homes in Fairfax City. Meet once a month to develop friendship. Bring them to church events as appropriate. For more information, contact Trudy Harsh at 703.830.8852 or trudy.harsh@cox.net.

BLESSING: Ikea, steel bunk bed frame—\$50. Call Anna at 703.273.1300, ext. 515.

BLESSING: Great holiday deal—time-share in Orlando, 6 miles from Disney, the week after Christmas—\$500! Wonderful family gift! Money goes to the youth "Journey to Jerusalem" trip. Call Anna at 703. 273. 1300. ext. 515.

BLESSING: Pyramid Commercial is Looking to hire a part-time person to answer our phones and do light office work at our office in Fairfax, Va. Pay \$10/hr. Contact: Brendan T. Murphy, Mobile: 703.727.3187, e-mail: brendan@pyramidcommercial.com

BLESSING: For business owners, free IT assessment performed by OSOM Solutions a premier IT service provider. In these difficult times, know that a company based in integrity and competence can be there for your business. Please contact Amir Bayati at 703.395.5840 or amir@osomsolutions.com.

NEED: Former Turkish Missionary and son are in need of housing for three months starting December 20, while here in the US. Looking to house-sit. Please send any information or questions to Frances Blanchard, 859.514.3542, francesblanchard@yahoo.com.

LOOKING FOR HELP OR A JOB? If you are an employer or know of positions in your company, please check out the resumes on Truro's web site. Contact information can be obtained through Tim Teague, 703.273.1300, ext 420. If you would like to post your resume on Truro's website, please contact Truro Communications at communications@trurochurch.org, or ext 127.

truro family news submissions

The *Truro Family News* is published weekly by Truro Church. Submissions are due two Mondays (10 business days) prior to the requested weekend to be featured. Submissions are subject to editorial review. Preference is given to Truro members and not-for-profit organizations affiliated with Truro. Truro Church does not necessarily screen, recommend, or endorse any advertisements. E-mail submissions to communications@trurochurch.org. *Needs & Blessings Requests:* Truro member requests will be published for 1–2 weeks max. All submitted requests must include the member's first and last name, along with an e-mail address and/or daytime phone number and 35 words max. Incomplete information may result in the delay of your submission being featured. Questions? Pls. contact communications@trurochurch.org, ext. 127, or www.trurochurch.org/TFN.

Truro Church

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Associate Rectors: Marshall Brown, Coleman Tyler,

Hispanic Pastor: Carlos Pellot

Adjunct Clergy: John Reishus, Allan Falconer, Tim Howe, and Derek Rust

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