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**CATHEDRAL
MESSENGER**

The biweekly parish newsletter of The Cathedral Church of St. Stephen, Harrisburg, Pennsylvania

Vol. 10, No.1

January 11, 2004

THE WORK OF CHRISTMAS

**When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock.**

The work of Christmas begins:

**To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among brothers and sisters,
To make music in the heart.**

**—Howard Thurman
alive now!**

WEEKLY LITURGIES AT THE CATHEDRAL

Sunday:	Holy Eucharist, Rite II	8:00 a.m.
Sunday:	Holy Eucharist Rite II, with Music	10:15 a.m.
Wednesday:	Holy Eucharist, Rite II	7:00 a.m.
Thursday:	Holy Eucharist, Rite II	12:10 p.m.

News and Events

St. Stephen's Youth Trip to Washington

St. Stephen's Youth Trip to Washington - Saturday, February 7, 2004. Visit Washington National Cathedral and other sites in D.C. (possibilities include a Smithsonian museum, the National Mall, or the International Spy Museum). Register with Craig Wilson by e-mail directed to the following address: c2wilson@comcast.net. Sign up today!

Sunday Forums continue through Christmas

January 11

"The Patriot Act of 2001: Civil Justice or Not" – Parishioners and Harrisburg lawyers Jack Krill and Tom Schmidt will give us their insights on this law, passed in reaction to September 11.

January 18

"In Honor of Martin Luther King, Jr.: The Mennonite (and Our) Quest for Peace" – Titus Peachey, representative of the Mennonite Central Committee in Akron PA

Leave your Mark at the Cathedral on an Engraved Brick!

Take a look at the new Cloister area between the Cathedral House and the Cathedral. YES, your name (or a friend or relative) can be inscribed on a brick for \$100 per brick. Forms are available in the back of the church. Think "Christmas Gift"!

Hygiene Products Needed!

Your Parish Health Ministry will be collecting hygiene products during the month of January to be delivered to our homeless friends at Down Town Daily Bread. We are in need of the following items:

SHAMPOO (regular sized bottles)

COMBS

TOOTH PASTE

DEODORANT

DISPOSABLE RAZORS

SHAVING CREME

SOAP (regular size bars only, please)

WHITE SWEAT/GYM SOCKS

GLOVES (desperately needed!)

WASH CLOTHS

GALLON ZIP LOCK PLASTIC BAGS (used to assemble the kits)

A box will be placed in the Narthex in January. The folks that receive the bags are very appreciative and we thank you on their behalf!

Arts & Drama Bus Trip to "The Met"

Now while we're into WINTER and all the fun of shoveling snow and sliding on ice, let's cheer ourselves by thinking SPRING! The Arts & Drama Committee is sponsoring another opera trip. This time we'll be enjoying Wagner's opera Das Rheingold. The date is Thursday, April 22, 2004. Departure time to New York is 1:00 p.m., arriving approximately at 5:00 p.m. This will allow time for everyone to have dinner. The opera begins at 8:00 p.m. Immediately following the performance we will board the bus for the return trip to Harrisburg arriving approximately at 1:45 a.m. The price: \$80 per person. This covers the cost of the bus trip and the opera ticket. Dinner is extra and at your own convenience. A limited number of tickets are available for this great trip, so don't wait - call Ted or Rosemary Webber at 671-1361 to sign up for the trip and receive payment instructions.

Peace with Justice Ecumenical Advocacy Days – Washington DC, March 5-8

The Episcopal Church USA is among the sponsors of the March 5-8, 2004 second annual "Advocacy Days" event in Washington DC. Speakers, briefings on global concerns, worship, and advocacy training workshops are on the program. Issue "Tracks": Africa, Asia, Latin America, Middle East, Jubilee and Economic Justice, and Nuclear Disarmament. Registration fee: \$125. All sessions Fri-Mon at the Arlington VA Doubletree Hotel. To register on-line,

Nursery News

Please welcome Carolyn Patterson as the new nursery coordinator! Also, thank you to John and Ellen Harles for donating a TV/VCR for the nursery! Finally, we are asking your cooperation not to use the outside door off of Cranberry Alley that goes directly into the nursery. We don't want the cold air to come in or the children to go out! Thank you for your understanding.

Thank you!

Thanks to my St. Stephens family for all your cards and good wishes for Ed's and my marriage. We are delighting in our new relationship and so grateful for your prayers, words of encouragement and positive vibes!

-Daphne

QUOTABLE QUOTES

"If people stop believing in God, they don't then believe in nothing, they believe in anything . . . G.K. Chesterton

A few sayings for Epiphany

"Do not seek to follow in the footsteps of the men of old, seek what they sought." . . . Matsuo Basho

"I will study and get ready and maybe the chance will come." . . . Abraham Lincoln

"God wants the heart." . . . The Talmud

"Never forget that your days are blessed. You may know how to profit by them. Or you may not. But they are blessed. . . Nadia Boulanger

Health Hint

Greetings in the name of our New Born King! Happy New Year! The making of resolutions brings with it thoughts of past failures and guarded hopes for the future. I'd like to share a poem with you written by Jan Burg, R.N.

"My Resolution"

I won't look back; God knows the fruitless efforts,
The wasted hours, the sinning, the regrets; I'll
Leave them all with Him who blots the record,
And mercifully forgives, and then forgets.

I won't look forward; God sees all the future,
The road that, short or long, will lead me home
And He will face with me its every trial, and bear
With me the burdens that may come.

But I'll look up, into the face of Jesus, for there
My heart can rest, my fears are stilled; and there
Is joy and love, and light for darkness, and perfect
Peace, and every hope fulfilled.

"How to Make Resolutions "Fail-Proof"

1. Keep goals realistic. Set goals you are confident you can reach. Don't set yourself up for failure.

2. Be specific about your goals. Instead of saying, "I'll lose weight", try "I will lose 2 pounds per week until I reach my goal weight of 125 pounds. OR "I'm going to start exercising", try "I will attend one of many exercise classes available in our community, 3 times a week."

3. Develop a plan for how you will reach your goals. Think carefully about your resources, limits, and reasons for past failures. Write your strategies down for reaching your goals and track your progress.

4. Find a partner. Share goals with a friend who can provide encouragement and accountability.

5. Think of each day as a new beginning. Appreciate the newness that each day brings!

6. Do your best; the rest, leave to God.
Philippians 1:6 "He who began a good work in you will carry it on to completion until the day of Christ Jesus!" The Lord is your partner and He will bless your efforts at growth.

Liz Fite, R.N. Parish Nurse

Nominations for Vestry

The Nominating Committee has nominated the following seven persons to fill four positions for three-year terms on the Vestry. The election will occur at the annual congregational meeting on February 1:

Donna Burkholder

Joan Esham

Gene McHugh

David Parkyn

Guy Patterson

Greg Penny

Sandy Strohl

NOTICE OF ANNUAL PARISH MEETING Sunday, February 1, 2004, 9:00 a.m.

† To elect four Vestrypersons

† To receive the 2004 Parish Budget from the Vestry

† To hear the Dean's Annual's Report as well as other reports from parish leadership

Please note: There will be ONE worship service on the day of the Annual Meeting: 9:00 a.m.

A Trip to Williamsburg, VA

Once again (after 10 years) M & G Tours, Jim Morgan and Tel Gilroy, will be arranging a fun-filled, leisurely weekend in Williamsburg, VA. Our deluxe bus will leave Harrisburg Friday morning April 30, while our return trip will leave Williamsburg Sunday afternoon May 2, 2004.

For more information and reservations contact,

Tel Gilroy: twgilroy@comcast.net 545-2565

Jim Morgan: jmorgan@tuckerlaw.com 761-4765

Inspiring Stewardship

I received this note along with a check for \$71 from a member of the parish who is older, on a fixed income and who always has lived very modestly. And, she never misses the Eucharist on Sunday morning. And, never complains of her aches and pains. I hope you are inspired as I was when I read her note.

"Enclosed is a check to add a few more drops in the bucket for the "Fitly Framed Together Campaign". I know that this small amount will not fill the bucket, but every little drop in the bucket eventually helps.

I did not think it would be possible for me to contribute any more for the "Fitly Framed Together Campaign", but sometimes little surprises show up in the mail that you are not expecting."

Nothing more needs to be said. Thank you, good and faithful servant.
- Dean McDowell

It's Our Turn!

We have joined other Downtown Churches in Harrisburg in sponsoring a Winter Emergency Shelter. Presently over 35 homeless persons are being sheltered from the cold and harsh winter weather each night. Volunteers from the Downtown Churches staff this shelter. And, now it is our turn starting January 18. Last winter, the response from St. Stephen's was very gratifying. This winter can we count on you? We will need 3-4 volunteers every night . . . please be one of them. There is room in the Inn in Harrisburg!

The Gathering

The St. Stephen's Book Group's next selection is Empire Falls by Richard Russo. We will meet for our lively discussion on January 14th at 7:00 p.m. In the 2nd floor conference room of the Chapter House. Read it and join us!

Visit our Web Site:
www.ststep.org

the CATHEDRAL
 MESSENGER

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TIME-SENSITIVE MATERIAL

PARISH LEADERSHIP

Bishop	Michael Creighton
Dean	Malcolm McDowell
Canon Pastor	Daphne Killhour
Parish Nurse	Liz Fite
Deacon Emeritus	Paul Williams
Facilities Manager	Skip DeMarkey
Organist-Choirmaster	Michael Shoemaker
Office Manager	Sami Lytle
Bookkeeper	Donna Osborne
Senior Warden	John Dernbach
Junior Warden	Craig Wilson
Vestry: Gordon Arnold	Donna Burkholder
Ann Elliott	Cathy Jones
Mary Jane Forbes-Schmidt	Lynn Schadle
Gerald Garber II	Rosemary Webber
Warren Gillam	Helen Delano
Parish Treasurer	Bill Davis
Vestry Secretary	Paul Nickalls
Worship Ministry	Jane Bartholomew
Education Ministry	Chris Prior
Evangelism Ministry	Pat Strohl
Outreach Coordinating Ministry	Betsy Howell, Bill Ilgenfritz
Parish Health Ministry	Helen Hendrickson
Property Ministry	Skip DeMarkey
Stewardship Ministry	Mary Jane Forbes-Schmidt, Gerry Garber
Finance Ministry	Thomas Schmidt III
Environmental Stewardship	Jeff Spangler
St. Stephen's School	Carol Lopus
Acolyte Warden	Greg Penny
Church School Coordinator	John and Ellen Harles
"Seeds of Faith" Manager	Kathynn Corl-Rodeheaver
Altar Guild	Margaret Messner
Flower Guild	Sandy Strohl
Ushers	Michael Frascella

CATHEDRAL CALENDAR

January 11 THE 1ST SUNDAY AFTER THE EPIPHANY
 11 Coffee Hour, 11:15 a.m.
 11 Volunteers, Downtown Daily Bread,
 12:00 p.m.
 11 Helping Hands, 4:30 p.m.
 12 Seekers Bible Study, 1:00 p.m.
 12 AIDS Community Alliance Dinner, 5:30 p.m.
 12 Arts and Drama Committee, 6:30 p.m.
 13 Home and School Association, 5:00 p.m.
 13 Evangelism Committee, 7:00 p.m.
 13 Property Committee, 7:30 p.m.
 13 Finance Committee, 7:30 p.m.
18 THE 2ND SUNDAY AFTER THE EPIPHANY
 18 Coffee Hour, 11:15 a.m.
 18 Helping Hands, 4:30 p.m.
 20 Harrisburg Convocation, 11:00 a.m.
 22 Vestry, 7:00 p.m.
25 THE 3RD SUNDAY AFTER THE EPIPHANY
 25 Coffee Hour, 11:15 a.m.
 25 Helping Hands, 4:00 p.m.
 26 Seekers Bible Study, 1:00 p.m.
 27 Children's Home Foundation, 8:00 a.m.
February 1 THE 4TH SUNDAY AFTER THE EPIPHANY
 ONE service only at 9:00 a.m. followed by
 the Annual Meeting and Vestry elections
 1 Helping Hands, 4:30 p.m.
 2 St. Stephen's School Board of Directors,
 6:00 p.m.
 5 Christian Education and Formation
 Committee, 7:00 p.m.