



Cares, Prayers, and Current Affairs

December 2022

Dearly Beloved,

Tis the season of love, peace and abounding joy!

The kind of joy that begins within and exudes without.

It is a time for faith... believing in that which you cannot see while knowing in your heart of hearts our creator is real.

It is a time for peace, being still with an open heart of expectation.

It is a time for love, having the satisfaction that you and I are the beloved children of God.

It is a time for sharing God's goodness with all!

STOP!!! and feel Christmas! The Greatest gift of all was given on Christmas Day!

No trees with adornments, no tinsel nor cards. No packages wrapped in shiny paper and pretty ribbons...

Just Abounding JOY on Christmas Day!

From Our hearts at St. Joseph's Episcopal Church to yours, may you feel the Joy this Christmas Day and Share God's love with all!

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Something warm and fuzzy has been brewing at St. Joseph's and everyone has been buzzing like bees! Members receive a loving message every morning! Some are words of wisdom; others are messages of appreciation and validation. Some are reminders that we are not alone while still others are soft words of encouragement to keep up the good fight! Some messages come with scriptural references.

I believe we have a modern-day sage like Confucius named Tyrone! I read the comments on each message and the messages are well received by all so much so that

people are having real conversations and telling others.

Mr. Senior Warden,  
On behalf of St. Joseph's congregation, we appreciate you!

Here are a few of the messages:

KINDNESS is more than deeds.  
It is an attitude, an expression, a look, a touch. It is anything that lifts another person.

Plato

When you start each day with a grateful heart, light illuminates from within.

Have a Blessed Sunday  
May the God of Hope fill you with joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

- Romans 15:13

Today I will focus on all the good in my life!  
I am blessed!

FAITH has the power to finish God's purpose for you.

It's a good feeling when God shows up just in time, but the best feeling is when you realize He never left you!

What's been happening at St. Joseph's



On the 17th of November Alliance Health Services used our Butler Parish Hall to have a forum for the community and health providers of Cumberland County. They advised the community of all the programs available to Cumberland County residents with mental health illnesses, people with brain injuries and PTSD.

We were honored to receive a plaque of appreciation.



A member of the city's Historical Society, Mrs. Heidi Bleazy attended services with us. We are honored that the city will have a display featuring our history of 150 years. This display will be at the Fayetteville Museum and will run from

February to December 2023. She is asking us to share stories that lifelong members can recall. Some remember when the Parish Hall was the only school for the children of color. Members are asked to lend old photographs. Great care will be taken to return all items to their rightful owners. Our Historian, Mrs. Vernell Hamilton will be coordinating this effort with Mrs. Bleazy.

We will also make an effort to speak with our homebound members and record their stories.

On the first Sunday of each month through June and possibly December 2023, we will have a prayer breakfast whereby members will tell their stories regarding the church from their parents who were lifelong members. The month of January will feature the Fergusons', Smiths' and LaHuffmans'. All are invited to attend. Please note that the Prayer Breakfast is not to be confused with Morning Prayer.



The Saturday before Thanksgiving Day, St. Joseph's celebrated together with a feast of great

proportions! The Butler Hall was warmly decorated with all things Autumn and beautiful. The fellowship was engaging, the ambience was grand, and the food was “OFF THE CHAIN”! I hope that still means... the food was really good!



St. Joseph’s participated in the Charles Dickens Festival downtown on Black Friday! Our own Deacon Mary Mac Moore Shields was none other than Queen Victoria! She was dressed in her black lace finery. As history tells it, after the death of her husband the King, she was always in black and was never seen smiling. Our Deacon is such a great actress, she never breaks character until the costume comes off. Mr. Carlos and his lovely wife Mrs. Christine Flores were a couple of considerable wealth. The Mrs. was in fine grey and black embroidered silk while her Husband was clad in a fine plaid three teared outer coat and top hat. Like most men of the day of his station and gallantry,

always traveled with a walking stick. His in particular was brought over from Africa. No doubt, acquired from one of his many travels abroad or possibly a gift from some dignitary of such. The two Spinster sisters, Ms. Bernice Motley and Ms. Jan Mumford were there dressed in their Sunday's finest. They had no time to dilly-dally. They were busy selling their wares on the streets of Fayetteville. The shopper's choice were the microwavable bowl protectors and the handbags. They made quite the booty for St. Joseph's. We look forward to participating again next year! There was quite a diverse gathering, and the council is to be commended for reaching this milestone among the many in the past.



## ECW

On the second Sunday of November, we celebrated Women's Day! The mood was set for a day of

celebration. The sanctuary was adorned with beautiful flowers throughout the church. Our guest speaker was a magnificent speaker, Rev. Jacqueline Parker of Friendship Baptist Church. She had a message of hope, faith and perseverance. Our women were uniformly dressed in winter white with royal

blue scarfs to honor the anniversary of the Enid Ferguson Order of The Daughters of the King. Our meal, following service was catered by Kinlaws. It was indeed a beautiful day all around.



## CWU

The Church Women United have had two major events recently.

Our parking lot hosted the gathering of goods from all the local churches who collected blankets, hygiene kits, t-shirts, socks and school supplies for the Migrant Farm Workers located in Newton Grove.

This past weekend we also hosted our annual give-away for the homeless. Our tables were filled with gently worn coats, suits, sweatshirts, pants, shoes, hygiene kits, knit toboggans and gloves. All items that were left were donated to charities that do not sell the items received.

St. Joseph's is still very much the Hub of the community while serving the community.

Toys and Gift Cards for the foster kids of Cumberland County

These items will be collected and delivered to DSS on the 13th of Dec.

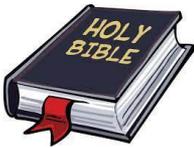


## The Red Cross

Next Wednesday the 13th the Red Cross will be set up to receive donations. Please come out between 10 and 2:00 to donate. Your donation can very well save a life.



**Morning Prayer** is every Wednesday morning at 10:00. Where two or more are gathered in His name, there He shall be also!



**Bible Study:** We are coming to the end of the Book of Esther. Stay tuned to the announcements, we may break for the Christmas holiday.



## BOSA

The Brotherhood of St. Andrew meet at 11:00

every Saturday morning following policing the grounds for Sunday Services. They soon will decide upon adopting a family for Christmas.



### **Chandra's Prayer Corner**

Lord, give me wisdom to consider where boundaries may be needed in my life today. Please show me where I may be holding on to any people-pleasing tendencies so I can release that and live in the peace I'm really longing for in my relationships. In Jesus' Name, Amen.

These are the days of breaking through the darkness of your own soul and spirit. Honest internal work is required before you can actually see what is keeping you from the light of My presence. It is My will for you to live and walk in the light so that you can actually be the light of the world. Be done with evil intentions. Matthew 5:14-16 You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before

men, that they may see your good works and glorify your Father in heaven



## Health News

By Dr. Stella Nebolisa

### **Know the difference between the flu, COVID-19, and RSV?**

The flu, COVID-19, and respiratory syncytial virus (RSV)

are all highly contagious respiratory infections caused by viruses: The flu by influenza virus, COVID-19 by SARS-CoV-2 virus, and RSV by respiratory syncytial virus. Yes, it is possible for a person to be infected with multiple viruses at the same time.

### **What are the symptoms of the flu, COVID-19, and RSV?**

According to the CDC, the flu and COVID-19 share very similar symptoms, and it might be hard to tell which of the two you have. It can take longer for people infected with SARS-CoV-2 to show symptoms and people stay infectious longer than with the flu. A symptom that seems to be unique to COVID-19 is loss of taste or smell. Both viruses can cause:

- Fevers
- Chills
- Headaches
- Cough
- Muscle soreness
- Fatigue
- Vomiting
- Diarrhea
- Shortness of breath
- Runny nose
- Sore throat

RSV can infect anyone, but is most dangerous in infants and the elderly. Its symptoms are similar to those of the common cold. They tend to run their course with only mild intensity in adults and older children. In infants and elderly, symptoms tend to be more severe, and can include fevers and wheezing. Some cases may require hospitalization, but most infections run their course within 1 to 2 weeks. A baby contracting RSV may require a lot of attention until recovery. However, be on the lookout for serious symptoms that can indicate a need for emergency treatment. If your baby is unusually tired,

breathing rapidly or has bluish fingernails, call 911 or go to the ER immediately.

**How do I determine if I have COVID-19, RSV or the flu?**

Since the symptoms are so similar, the best way to accurately determine whether you have COVID-19, RSV or the flu is to get tested.

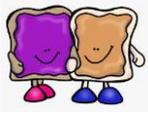
*COVID-19, Flu, RSV Combined Test*

The COVID-19, Flu, RSV combined test is an option if you would like to determine what type of infection you have. The test determines if you are currently infected with SARS-CoV-2, influenza A/B, and/or respiratory syncytial virus (RSV) and is available through doctors, hospitals, and other authorized healthcare providers nationwide. We recommend reaching out to your doctor, Pharmacist or a healthcare provider for more information

Respectfully submitted by,

Stella C. Nebolisa, PharmD, RpH

## RECIPES



### **PB & J Supreme**

Use your favorite sliced bread  
Grill the bread in a skillet with a pad of butter on both sides.

While the bread is still hot, spread on one slice peanut butter.

Spread your preferred jam, jell or preserves on the other slice.

put the two together and pour yourself a glass of cold milk and ENJOY!



### **Best Tomato & Cheese Sandwich Ever!**

Use Cracker Barrel Cheese, red pesto, slice of tomato and bread.

Grill bread in skillet with a pad of butter on both sides.

Spread red pesto on both sides of bread.

Add cheese to one side and top with tomato.  
cover sandwich with a top to allow the cheese to melt



## December Birthdays

December

- 13<sup>th</sup> Chandra Francis
- 17<sup>th</sup> Victoria McNair
- 18<sup>th</sup> Nicolas Joseph
- 26<sup>th</sup> Tyrone A. Francis, Sr.
- 27<sup>th</sup> Barbara Joseph  
Amanda Akrofi-Ayeh
- 28<sup>th</sup> Robert Hamilton
- 29<sup>th</sup> Barbara-Anne Joseph



### Bible Trivia

Which man, with his wife sold a field to give apostles money?

- A. Apollos
- B. Aquila
- C. Timothy
- D. Ananias

Answer: (D. Ananias Acts 5:1)

## Bible Humor

If Methuselah was the oldest man in the Bible. (969 years old), why did he die before his father?

His father was Enoch. Enoch never died; God took him. (Genesis 5:24)



### Words of Wisdom from our Sr. Warden, Mr. Tyrone Francis

Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values.

[Thomas S. Monson](#)





**A message from our Rev.  
Deacon Mary Mac Shields**

The tradition of Chrismons as part of the Advent and Christmas season of the Episcopal church followed the example of the Lutheran Church. Chrismons were first developed in 1957 by Frances Spencer and the women of the Ascension Lutheran Church in Danville, Virginia. Many churches today display a Chrismon tree during these holy days.

Chrismons, meaning "Christ monograms", traditionally are white and gold designs made from Christian symbols that signify Christ. Often displayed on an evergreen tree they are symbols such as stars, crosses, fish, crowns,

and the alpha and omega emblems that remind us of Christ's identity, his story, and the Holy Trinity.

Today we bless these handmade gifts lovingly made by Vikki Clark, Bernice Motley, Jan Mumford, and Mary Shields. They are a legacy to be enjoyed by the members of St. Joseph's parish for the years ahead. May they always be a reminder of God's love for us in sending his son to heal the world.



**MERRY CHRISTMAS  
TO ALL!**