

GOOD NEWS

Volume XXXV Number 12

December 2011

804-746-4911

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Redeemer Fair Trade Festival December 10-11

Redeemer's 8th Annual Fair Trade Festival will take place in the Multi-Purpose Room before and after masses on Saturday, December 10th, 5:00 – 7:30pm and Sunday, December 11th, 9:00 – 1:30. We hope you can come! *When we support Fair Trade we have the opportunity to live out Gospel values by connecting our shopping choices to our personal faith.* www.crsfairtrade.org

The purchase of one of the high-quality, hand-crafted items from one of our three Fair Trade vendors (AlterNatives, the Maasai American Project, or The Dream Shop) will allow a poverty stricken mother in Central America or Africa to feed and support her children.

The purchase of a pound of Dean's Beans premium coffee means that the small scale farmer who produced it will receive technical assistance and a living wage, so that his children can attend school and receive medical care.

The purchase of a Devine Chocolate Bar from the CRS supported Kuapa Kokooa Chocolate Co-op will assure that a farmer is guaranteed a fair price and fair labor practices -- and no child will ever bear the tragedy of slave labor in its production. (Child slave labor is rampant in the S. African chocolate industry where the US obtains most of its chocolate.)

The purchase of a package of bean soup from the Women's Bean Project allows a disadvantaged woman the opportunity to learn business skills and a trade while earning money to support her family.

The purchase of a share of a goat from Heifer International will not only benefit the destitute family that receives the animal, but also the family that will receive its first born offspring.

The purchase of a Fair Trade Bake Sale item made by a Redeemer parishioner (using Fair Trade ingredients) will provide a contribution to MCEF, the organization supported by Redeemer and other area churches, that provides hunger relief for local families.

8 Please reserve a few extra minutes after mass to talk with the vendors, try a free cup of Fair Trade coffee and sample some fresh baked treats from Redeemer's Fair Trade Bakers, while you shop for very special last minute Christmas gifts -- knowing that every single purchase will make a difference in someone's life.

9 "Fair Trade means that [people] around the world can have a better life, have a better vision of themselves, and can stand on their own two feet."

Gosele Fleurant, Director, Committee for Haitian Artisans and Board Member of SERRV International

10-15 **Important Note:** Volunteers are especially needed to assist at the sale, after any of the three masses, for one hour (or less!) on Saturday or Sunday (Dec 10-11) or to help with cleanup. **Bakers are also greatly needed for the Fair Trade Bake Sale.** Contact Sheryl Burrell (phone: 757-566-8091, email: sheryl.burrell@gmail.com)



Dear Fellow Parishioners of Redeemer,
Thank You, Thank You, Thank You !!!!!

How can I ever thank you properly for all the kindnesses shown to me and Pat, during my recent surgery and recovery. You are so generous with your, time, calls, food, flowers, cards, good wishes, prayers and visits. All these things have made me feel so very special. I know that God works in and through each of us and if you want to see it in action, look at Redeemer. You are all wonderful and I love you. I hope to be back very soon praying and worshiping with all of you.

Thank you from the bottom of my heart.

June Quisenberry

I would like to thank Father Jim and the parishioners of Redeemer for all of your prayers, visits, cards and well wishes during my recent surgery and recovery. In addition, I would like to thank the ladies who made me the beautiful prayer shawl; what a wonderful way to keep warm and know that you're blessed to belong to such a great parish.

God bless you all!

Sincerely,

Coletta Palmen

Good News

Published for the people of Church of the Redeemer

Thank you to the many parishioners who contribute to the contents of this publication.

Staff Members:

Rita Wingfield, Carlton Wingfield, Julia Lopez

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We welcome your input. Please submit articles to GoodNews@churchredeemer.org and ministry schedules to Schedules@churchredeemer.org by the 10th of each month. You may also drop either off at the Parish Office or mail to:

Good News
Church of the Redeemer
8275 Meadowbridge Road
Mechanicsville, VA 23116

It's simple to help Redeemer reduce publication costs. To receive *Good News* electronically, please send an email to parishsecretary@churchredeemer.org. Thank you!

My entire family and I would like to thank the ladies of the parish for the beautiful reception after the funeral of my husband, "Buster Johnson." The food was delicious and plentiful; it was a job well done. You do not know how much it meant to me not to have to plan and execute a reception after the service when most of the families were from out of town. You have done a wonderful job again for me.

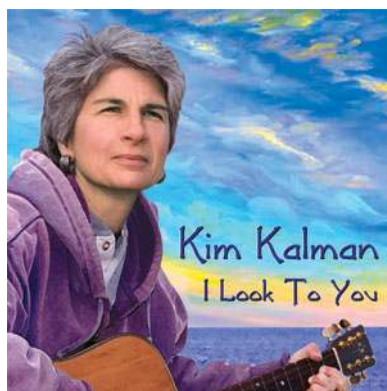
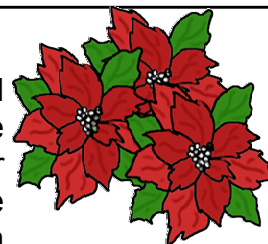
Thank you so much.

Madeline Johnson



Donations for Christmas Poinsettias

If you would like to make a donation in memory of a loved one toward the poinsettias that decorate the Worship Space and Genesis Hall for Christmas liturgies, please send your donation to the Parish Office by Dec. 15 as well as the name of your loved one which will be listed in the bulletin over the holiday season.



Kim Kalman Returns to Redeemer!

Come join us for a night of Christian and secular music. Kim's performance starts at 7:00 pm, with a pot-luck starting at 6:15 on January 27. Enjoy good food, good fellowship, and good music! CD's of Kim's music will be available for purchase.

". . . as we await the blessed hope . . ."

**Join us for our Advent Retreat
Friday December 9th
9 a.m. until 3 p.m. in Genesis Hall
*Waiting . . . Joyfully . . . Hopefully***



Come listen, reflect, share, learn, and
pray in joyful hope this Advent

Join us as we delve into what truly defines us, as faithful Christians, during our time on earth
Share the anticipation and hope of Advent with our presenter Deacon Rick Miech

\$15.00 Fee includes lunch

8:30 a.m. Registration and Hospitality
9:00 a.m. Opening Prayer



CELEBRATING GOD'S LOVE AND FORGIVENESS

This month, over 70 of our young people will celebrate the Sacrament of Reconciliation for the first time. These children have spent the past two months preparing at home with their families for this special day. Please keep these children and their families in your prayers as they complete their preparations for this celebration of God's love and forgiveness.



CONFIRMATION SESSIONS BEGIN THIS MONTH

Our first session for Confirmation preparation will meet on Sunday, Dec. 11th, from 11:30 to 2:00. Confirmation candidates and parents - please watch your email for additional details. If you know in advance you will miss this session, contact Terry Colville, TColville@ChurchRedeemer.org, immediately for information about make-up sessions at other parishes.

SHARE YOUR GIFTS!

As we prepare for the giving and receiving of gifts, you are invited to consider sharing your gifts with our parish GIFT program. Our November GIFT gatherings were a wonderful opportunity to gather with other parishioners to learn more about the Revised Roman Missal, but there's more to come. Sunday liturgy has a rhythmic structure that is designed to welcome and unite us, immerse us in our treasured stories, bond and transform us in a sacred meal, and send us on a mission. In our remaining GIFT gatherings this year we will look at the Mass and how full, active, and conscious participation in them can inspire authentic Christian living, but we need your help!

One of the 'gifts' of GIFT is the meal - delicious food all ready and waiting for us. We are in need of a meal coordinator in order to continue offering two GIFT gatherings each GIFT Week. Please contact Nancy Crosby, NCrosby@ChurchRedeemer.org, for details about what is involved.

On January 23rd the GIFT Planning Team will begin designing the process for those February sessions and we'd love your input. We meet on Mondays at 7:00 PM, and there are lots of areas

to choose from including decorations, activities, prayer, etc. Please contact Terry Colville, TColville@ChurchRedeemer.org, if you're interested in becoming part of the planning process.

Assistance is needed in a variety of ways at our gatherings – preparing materials, assisting with stations, nursery help, etc. When you sign up to attend, please volunteer! If everyone would help just once during the year we'd have more than enough volunteers.

When you sign up to attend, please mark your calendars so you remember, and let us know if your plans change. In order to be good stewards of our budget we want to have an accurate count for preparing food and materials.



Liturgy Corner

As we implement the liturgical changes that the revised Roman Missal brings, you may also notice a difference in how our pianist, Erin Woods, and the cantors receive communion.

#136 in The Roman Missal states: "While the Priest is receiving the Body of Christ, the Communion Song begins."

To facilitate this, Erin and the cantor will join the Eucharistic Ministers in the circle to receive the Body of Christ. After receiving, they will immediately begin the Communion Song. The choir will continue to receive at the usual time, enabling them to keep the Communion Music flowing until the Communion Rite is finished for the entire assembly..

As it says in Resource Publications' Liturgical Bits and Bytes: "This is to unify the action of communion. It is not supposed to be the priest's communion and then the people's communion, but the communion of all the Body of Christ together."



Advent/Christmas Schedule

Morning Prayer begins on Monday, November 28

7:00am Monday-Friday

Advent Retreat

Friday, December 9, 9:00 am to 3:00 pm

Parish Reconciliation Service

Wednesday, December 14 at 7:00pm

Taize Prayer Service

Sunday, December 18 at 7:00 pm

Christmas Day Liturgy

Sunday, December 25 at 9:00am

- There will be no 5:30pm Liturgy on Saturday, December 24th.
- We will have our regular weekend liturgies on Saturday, December 31 at 5:30pm and 8:00am & 10:00am on Sunday, January 1.

Immaculate Conception Liturgies

Thursday, December 8 at 9:30am and 7:00pm

Advent/Christmas Concert

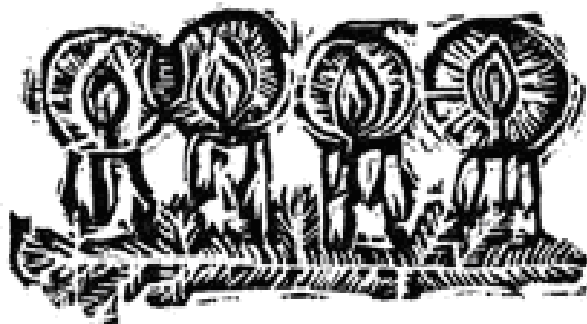
Sunday, December 11 at 4:30pm

Filipino Novena Mass

Friday, December 16 at 6:00pm (Simbang Gabi)

Christmas Eve Liturgies

Saturday, December 24, 4:00, 6:30 and 10:00 pm



No Room At the Inn:

Preview Gala on Friday, December 2, 7:00-9:00pm

**Exhibits: Saturday, December 3, 10:00am-4:00pm
& Sunday, December 4, 11:30am-4:00pm**

WHAT'S ON YOUR CHRISTMAS SHOPPING LIST?

Books? Music? Movies? Here's an opportunity to take care of some Christmas shopping, while also helping Redeemer's children and youth programs. Redeemer is holding a book fair at Barnes & Noble, Virginia Center on Friday, Dec. 9th. There will be special activities from 5:00 to 8:00 PM. Dine in the café, then play games, enter drawing for prizes, make art, catch our wonderful Redeemer holiday performances, hunt for Rudolph around the store - and more, including a special Polar Express Storytime at 7:00 p.m. with FREE cookies and hot cocoa!

Come see Redeemer's children and youth displays of Christmas messages to the community. Shop the whole store, but make a special stop at our "Redeemer Shop" for book club books, church staff recommendations, and a selection of books of special interest to Catholics. Fun AND great Christmas shopping - it doesn't get better than this!

Ah, but yes, it does! For all your purchases of books, movies, music, gifts and more, Redeemer receives a percentage back from the sale. These funds will be used for programs that benefit our youth and children. This costs you no extra money; even use your B&N membership card and get your regular discount. Order specific titles in advance, if you like; pick them up the day of the book fair and your purchase will be included in our sale! In order for this to work, however, you must present a Redeemer voucher (see below) at checkout. (Extra vouchers are available on the Youth table in the commons. If you forget your voucher, please instruct the cashier to credit the Redeemer Book Fair with your purchase!) And for you online shoppers - order online from December 9-14 and enter our event ID number, 10510469, on the payment page during checkout and Redeemer will get credit for your purchase. Just remember to shop at www.bn.com/bookfairs. Aunt Jane in New Jersey can help, if she'd like, by including our event number when she shops! (Let her know - www.bn.com/bookfairs)

So, think books, movies, and music for Christmas! (And stuffed animals and trains and...) See you at the book fair!

(Some items - including gift cards, membership fees, shipping and handling fees, textbooks, magazine subscriptions, and video games - are not included in Redeemer's book fair. Redeemer receives no money from these purchases. Online exclusions from the book fair include the above, plus online gift certificates and gift wrapping fees.)

Barnes & Noble Bookfair

supporting

Church of the Redeemer

Friday, Dec. 9, 2011

Shop ALL DAY at

Barnes & Noble

9850 Brook Road

Bookfair ID Number 10510469

Please present this voucher prior to making your purchase. A percentage of the net sale will be contributed to your school/organization.*

*The purchase of gift cards, Barnes & Noble memberships, textbooks, magazine subscriptions, video games, purchases made at Cafes owned and operated by Starbucks and other items Barnes & Noble may exclude from time to time in its sole discretion are not eligible for bookfair sales. Institutional discounts may not be applied. See BN.COM/bookfairs for more details and to shop online.

Name that Ministry

This month we are featuring two of the nine ministries in the Administration category. Can you name the ministry in 1 clue ... 2 clues ... 3 clues ... 4 clues? Let's see.

Which ministry ...

1. Requires one commitment per month
2. Is open to Redeemer's youngest members
3. Helps set the altar during liturgy
4. Has one of the best seats at mass!

Altar Servers! Children who have received their First Communion are invited to take an active role in mass as an Altar Server. To learn more about becoming an Altar Server, contact coordinator Ellen Spain at ellen.spain@dfs.virginia.gov. Ellen summarized one of the greatest rewards of this ministry as "Being part of the mass."

Which ministry ...

1. Involves 1 or 2 commitments a month
2. Is very spiritually rewarding
3. Helps Fr. Jim at the Altar
4. Serves fellow parishioners during Mass

Extraordinary Minister of the Eucharist (or more popularly known as Eucharistic Minister!) Confirmed youth and adults are invited to be part of liturgy serving as a Eucharistic Minister. For more information on being a Eucharistic Minister, please contact coordinator Joe Heim at jheim10121@comcast.net. Joe summarized the greatest reward of this ministry as "Being able to serve the Body and Blood of Christ to fellow parishioners."



Redeemer Royale

Save the date! Redeemer Royale will be held on February 18, 2012.



What is Redeemer Royale?

It is a fun casino gaming event that doubles as a fundraiser for the Church and Knights of Columbus. Along with a variety of games (Blackjack; Roulette; Craps; Texas Hold'em), attendees will have opportunities to win numerous, fabulous stage prizes. The event also has program prizes and a silent auction.

How does it work?

First, purchase an entrance ticket for \$25. Upon arrival at the event, each attendee will receive a program with complimentary stage prize tickets and "funny" money. The "funny" money is exchanged for chips which allow you to play any of the games. Additional stage prize tickets are sold with the "funny" money throughout the event. The stage prize tickets are then placed in the stage prize bucket, of your choice, for the end-of-gaming drawing for that prize. Play any of the games you like and deposit stage prize tickets in any of the buckets. Other activities include: cash prize drawing; 50/50; wagon of cheer. Cash bar and complimentary *hors d'oeuvres* are available during the event.



Please plan on attending!

Invite your family and neighbors!

Tickets can be purchased at the Church office and after Masses. All money raised goes to support the Church and Knights of Columbus.



December 2011 Wellness Tips from the Parish Nurses

Why Sleep Matters: The Impact of Sleep and Sleep Loss

Sleep, Cognitive Performance and Mood

Getting less than seven hours of sleep a night for seven consecutive nights can significantly impair alertness and motor performance. Researchers have found that people with mild to moderate sleep apnea, a health condition in which breathing stops periodically during sleep and disrupts sleep, did as badly or worse on reaction-time test as those who would be considered to be drunk in most states. Sleep loss can also adversely affect mood. Medical evidence links inadequate sleep with anger, anxiety, and sadness.

Obesity and Diabetes

Studies have found a connection between inadequate sleep and insufficient levels of the hormone leptin, which regulates carbohydrate metabolism. Low levels of leptin cause the body to crave carbohydrates regardless of the amount of calories consumed. Obesity also is linked to diabetes. One study found that a sleep debt accumulated over days can impair sugar metabolism and disrupt hormone levels.

Immune System

We often automatically retreat to bed when we have a cold or sore throat, instinctively perceiving that sleep helps us heal. Evidence suggests this is not mere wishful thinking but scientific fact. Studies have shown that the effectiveness of flu vaccinations is delayed in individuals who are sleep deprived. Cytokines, chemicals our immune systems use to help fight an infection, also are powerful sleep-inducers. This suggests that sleep may help the body conserve energy and other resources it needs to mount an immune response to fight disease.

Cardiovascular Disease

Evidence shows a relationship between long- and short-term sleep loss and cardiovascular disease, including increased blood pressure and increased risk of stroke in addition to other long-term health consequences. Sleep deprivation has been associated with a rise in blood pressure during the night that lasts through the following day. Evidence suggests an association between too much or too little sleep and an increased risk of coronary heart disease in women. There is a high prevalence of sleep apnea among people with cardiovascular problems. People with this sleep disorder are at increased risk of high blood pressure, as well as sudden death from cardiac causes during the night.

Source: National Sleep Foundation





Adult Faith Formation (AFF)

Advent Retreat for Women at St. Michael Parish

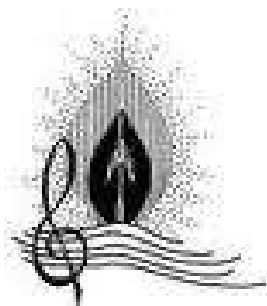
Sr. Paula Hagen, OSB, will lead "A Journey Through Advent with Mary" for women at St. Michael parish December 9-10. The registration fee of \$20 includes a light supper on Friday at 6:00 pm, followed by retreat activity until 9:30 pm. Saturday's session will be from 8:30 am to 12:15 pm.



Coming Events!!

- On **Wednesday, January 18**, Rabbi Ben Romer will return to Redeemer parish and present the opening talk of the **Matthew 25 six-part Lecture Series** that will continue through June at parishes across the Richmond area. Redeemer will host Rabbi Romer's presentation on "Justice in the Hebrew Scriptures" at 7:00 pm. Jesus' sense of justice and care as expressed in Matthew 25, was based on his understanding and experience of the Hebrew Scriptures.
- Church of the Redeemer will hold its Second Annual **Parish Mission on March 18-20**. Fr. Kevin O'Brien, pastor of Church of St. Therese in Chesapeake, will lead the Mission. Fr. O'Brien, who holds a doctorate degree in Scripture, will shed light on the early Church's experience of the Mass as described in the New Testament. As last year, the mission will begin Sunday evening, with the Sunday evening presentation repeated on Monday morning. Monday evening's presentation will be repeated on Tuesday morning. The Mission finale will be a Eucharist with extended homily by Fr. O'Brien on Tuesday evening.

Taize Prayer Coming to Redeemer



On Sunday evening, December 18, a Taize-style prayer service will be held at the Church of the Redeemer at 7:00 pm. Taize prayer is a style of prayer popularized by the monks of the ecumenical Taize Abbey in France. Taize prayer includes reflective songs, readings from scripture, and extended periods of silence. The atmosphere is subdued, using low lighting and many candles which help provide a relaxing meditative experience. The service will last one hour.

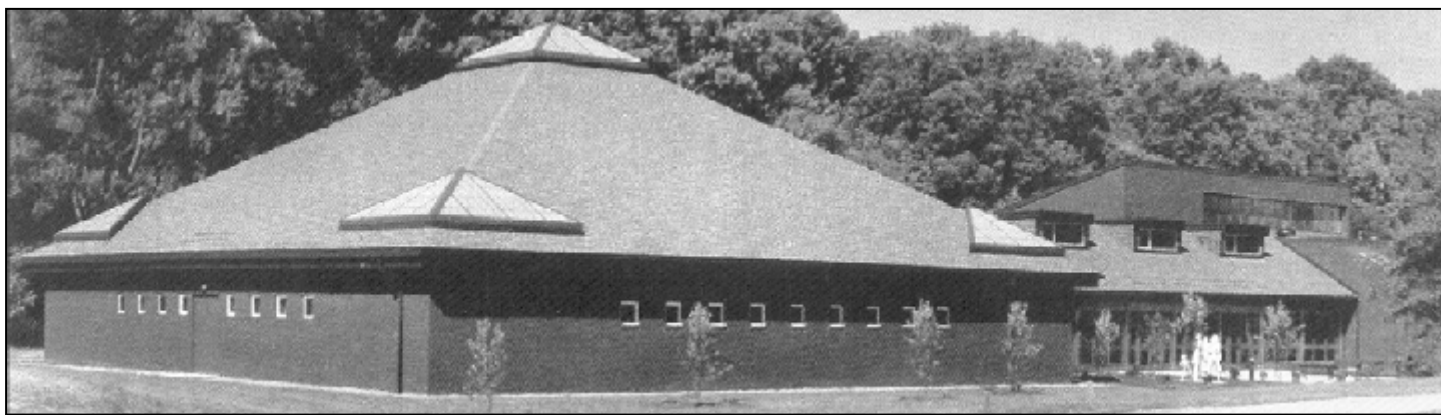
During the Advent season the week before Christmas, our special Taize prayer will focus on the "O Antiphons" of the Church's traditional liturgy of the hours before the feast of Christmas. Each antiphon addressed Christ under a different scriptural title from the Old Testament (O Rising Sun, O Key of David, O Flower of Jesse's stem, O Wisdom, O King of all the nations).

Take advantage of this opportunity to slow down and reflect on the true meaning of Christmas.

Church of the Redeemer
8275 Meadowbridge Road
Mechanicsville, VA 23116

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Good News

www.churchredeemer.org

Redeemer's Annual Christmas Concert

Sunday, December 11 at 4:30 pm

Come hear Redeemer's Children's Choir, Youth Choir, Redeemer's Combined Adult Choirs, Instrumentalists, New Hope Ringers, Redeemer Ringers, and Children's Chime Choir, perform a variety of seasonal music and sing a-longs.

Donations will be accepted for the school lunch program in Haiti and the Dominion School for Autism in Richmond.

