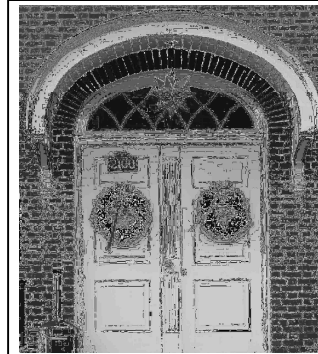


BETHABARA BELLS

Bethabara Moravian Church Newsletter



Volume 31, Issue 12

December 2008

*Brookridge Lovefeast
Sunday December 14 at 6:00 p.m.*

*Christmas Eve Candlelight Lovefeast
Wednesday December 24 at 6:00 p.m.
Band Prelude at 5:30 pm*



2100 Bethabara Road
Winston Salem, NC 27106

TRIPP MAY, Pastor
336-971-4725 CELL
336-924-8689 HOME
924-8789 OFFICE

... From the Pastor's Desk

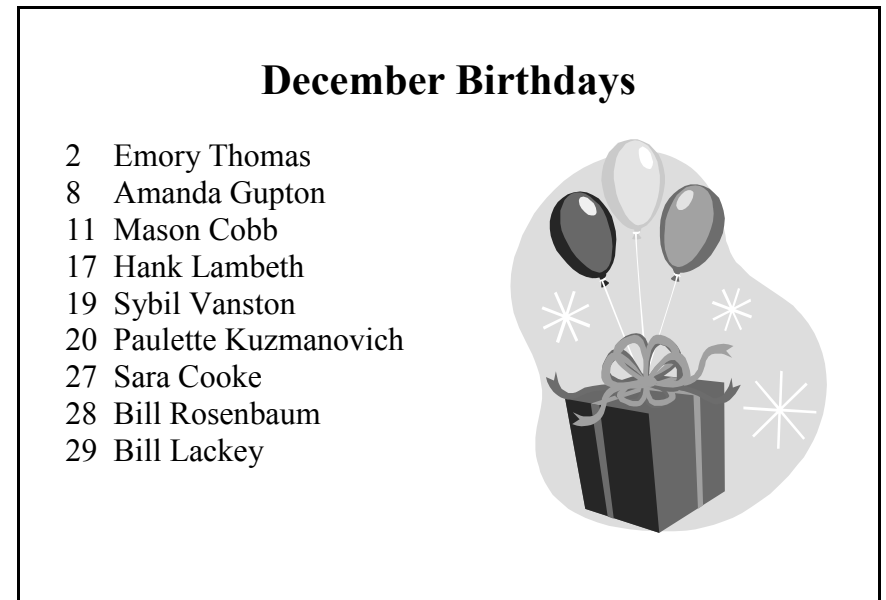
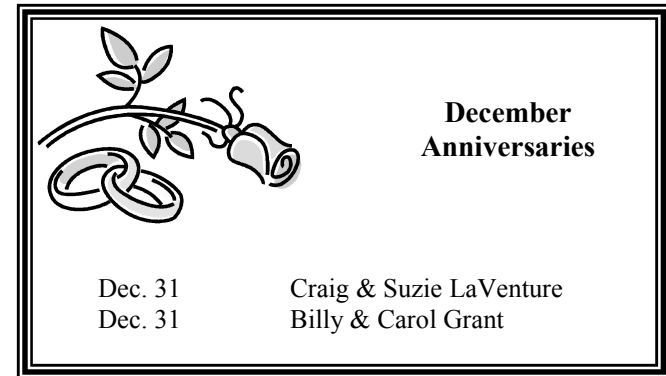
Sunday, October 26th, Bethabara held its annual Church Council. Immediately following morning worship, we ate a catered lunch together and then convened our 2008 Council meeting. Although there won't be an official account of this Council until minutes are approved at the next Church Council, I wanted to give you a thumbnail sketch, from my perspective, of the meeting's high-points.

There were 43 confirmed members present. Treasurer Len McLaughlin presented the financial report. We are current on all bills except our Provincial Pledge: we still owe \$20,100 of our 2008 required assessment. (i.e.: we are \$14577.50 "short" at the end of October.) Bill Lackey, Hilda Regalado, and Gayle Reid were elected to the Church Board for 3 year terms. Katie Boyles was elected to fill an unexpired one year term. Bill Cobb reported that the office computer was replaced at a cost of \$600. I reported that Janet and Richard Stewart would be leading our music program beginning January 1, 2009. This is a permanent staff position.

The Budget for 2009 was presented by Finance Chair Jim Kuzmanovich. The total is \$186,819.69. A major kitchen/bath renovation project was presented. After much discussion, the council authorized the church to "look at alternate ways to deal with bathroom needs and the amount of funds available." The stipulation was made that Capital Improvement Funds be used only for Capital needs, with the highest priority given to bathroom needs. "No other debts are to be paid from the Capital Improvement Fund." Paulette Kuzmanovich reported on the many activities and projects of the Women's Fellowship. There were other reports that have already been mailed to each household.

I hope this gives those who could not be present, a sense of our 2008 Church Council.

Tripp May, Pastor



**Newsletter submissions
early for December.**

Please have any information in the church office by Tuesday, December 16 for January Bells.

**USHERS
FOR
DECEMBER 2008**

Jim Kuzmanovich
Alan Burton
Dick Morgan
Britt Orrell

Nursery Attendants

Dec. 7 Terry Orrell
Jeannie May
Dec. 14 Edna Blevins
Elva Lara Garcia
Dec. 21 Fern Hunter
Connie Sapp
Dec. 28 Pat Mobley
Carole Rosenbaum

GREETERS

Dec. 7 Dalton & Cheryl Everhart
Dec. 14 Frances Greiner/Clara Pou
Dec. 21 Bobby & Anne Kyle
Dec. 28 Moir & Fern Hunter

“FOR TO US A CHILD IS BORN, TO US A SON IS GIVEN AND THE GOVERNMENT WILL BE ON HIS SHOULDERS, AND HE WILL BE CALLED WONDERFUL COUNSELOR, MIGHTY GOD, EVERLASTING FATHER, PRINCE OF PEACE.” Isaiah 9:11



DID YOU KNOW THAT....

-Christmas is an annual holiday celebrated on Dec. 25th that marks and honors the birth of Jesus of Nazareth. The date of celebration is not thought to be JESUS' actual date and may have been chosen to coincide with ancient Roman solar festivals that were held on Dec. 25th.

- Christmas, as we know it today is a Victorian invention of the 1860s and probably the most celebrated holiday in the world. Our modern Christmas is a product of hundreds of years of both secular and religious traditions from around the globe (including USA with 96% population).

- Christmas was not officially recognized until 345 by the influence of St. Chrysostom and St. Gregory N.

- The most associated celebrations with Christmas (Dec.25th) are the Roman solar holiday (Dec. 19th) in honor of Saturn and at the same time in the North of Europe with a winter celebration known as Yule, honoring other gods.

- The Carols and nativity scene decorations appeared in the Middle Ages ending in great banquets.

- The familiar Santa Claus, with his legend very old and complex, appeared in the United States with his reindeer, sleigh and boxes of toys.

- The first Christmas celebration in the WHITE HOUSE was in 1803 by President Thomas Jefferson and the first decoration by Ms. Jackie Kennedy and the first top secret card of Christmas was sent in 1953.

- Modern customs include: gift giving, church celebrations and the display of various decorations.

But Christian people in these days renew our hearts with love, solidarity, good actions and thanksgiving because our Savior is guiding, proving, filling and leading our lives.

MERRY CHRISTMAS AND HAPPY NEW YEAR 2009!

Hilda Regalado, Missions and Evangelism Director

“PORQUE NOS HA NACIDO UN NINO, SE NOS HA CONCEDIDO UN HIJO, LA SOBERANIA REPOSARA SOBRE SUS HOMBROS Y SE LE DARAN ESTOS NOMBRES: CONSEJERO ADMIRABLE, DIOS FUERTE, PADRE ETERNO, PRINCIPE DE PAZ” Isaias 9:6



SABIAS QUE.....

-Que Navidad es un feriado anual celebrado el 25 de Diciembre que recuerda y honra el nacimiento de Jesus de Nazareth. La fecha de celebracion no es el dia que nacio Jesus. Esta fecha ha sido escogida por coincidir con fiestas romanas muy antiguas y fue escogido este dia.

-Navidad, como todos conocemos. Es un dia de victoria de los anos 1860. Probablemente el feriado mas celebrado en el mundo. Nuestra Navidad es un producto de cientos de anos, de tradiciones religiosas y paganas alrededor del mundo.(Aquí en Estados Unidos los celebran el 96 % de la poblacion).

-El dia de Navidad fue reconocido oficialmente en el 345, por la influencia de San Juan Crisostomo y San Gregorio (como Diciembre 25)

-Las celebraciones mas asociadas con Navidad fueron las fiestas romanas paganas en honor al dios Saturno (diciembre 19) y al mismo tiempo la celebracion de Invierno conocida como YULE en honor a otros dioses en el norte de Europa.

-Los villancicos y decoraciones de motivos navidenos aparecieron en la Edad Media, terminando en grandes banquetes.

-El familiar Papa Noel proviene de la cultura alemana y fueron ellos que emigraron a los Estados Unidos y trajeron el famoso Papa Noel con sus renos, trineos y bolsas de juguetes. Los mismos alemanes introdujeron los arboles navidenos a USA, asociandolos con las famosas flores poinsetias.

-La primera Navidad celebrada en la Casa Blanca fue por el Presidente Tomas Jefferson, y la primera decoracion por la dama Jackie Kennedy. La primera tarjeta de Navidad se envio en forma secreta en 1953.

-Las costumbre modernas incluyen regalos, celebraciones en las iglesias, y una serie de decoraciones a la fecha. Los mayores ganadores son los comerciantes en estas fechas.

-Pero los cristianos en estos dias renovamos nuestros corazones de amor, fe, solidaridad, buenas acciones y accion de gracias por todo lo que nuestro Salvador nos da cada dia y nos guia y conduce en nuestras vidas.

¡FELIZ NAVIDAD Y PROSPERO AÑO NUEVO 2009!

Hilda Regalado, Missions and Evangelism Director.

An architect is taking soil samples to help determine footings and foundation requirements for **Clemmons**'s new building. That means, Clemmons points out, “at long last we’re on the way with beginning steps toward the new building.” By the way, Clemmons has its building fund nest egg, now topping \$1.7 million, safe from loss in these scary economic times by spreading it around in a bunch of insured funds.

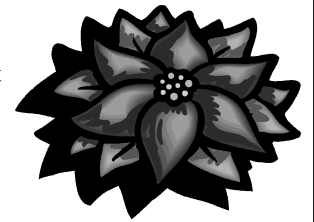
From one Board of Trustees — can you believe it in these cheerless economic times — a happy note: Roof replaced plus new ice maker, freezer, computer system, and sidewalk and steps, and “all paid for IN FULL.” Now that is a fine example to follow. Good work, **Pine Chapel!**

And a comforting note from **New Hope** in Newton: “Remember that Jesus is in charge. Then you can go about your business again.”

— Richard W. Starbuck
Moravian Archives

All about Christmas

Think you know everything there is to know about a Moravian Christmas? You just might be surprised — or enjoy knowing you are right — when Archivist Daniel Crews presents “Moravian Christmas Customs Revealed,” the “Lunchtime Lecture” 12:15-12:45 p.m. December 11 at the Archie K. Davis Center (the “Archives building”) in Old Salem. The lecture is free and open to all, and you are invited to bring your lunch (it isn’t provided). Parking is free in the Salem College Fine Arts Center parking lot off Salem Avenue.



Handel's Messiah

Sunday, Dec. 7 at 3:00 p.m.

Reynolds Memorial Auditorium

301 N. Hawthorne Road

Winston-Salem

Guest Conductor Peter Perret

No charge for admission; a free-will offering will be received

at the concert.

www.MozartClub.org

Newsletter Notes

From around the Southern Province

Moravian Archives has a web site at www.MoravianArchives.org. Which isn't any news since the Archives has been on the Internet for eight years now. What is news is that now you can purchase Archives publications over the Internet through PayPal or by credit card. Just click the publications button. There you will see Archivist Daniel Crews's latest, the *Around-the-World Moravian Unity Cookbook* and *Faith, Love, Hope: A History of the Unitas Fratrum*, as well as *With Courage for the Future* (the thorough — and enjoyable — history of the Southern Province), *This We Most Certainly Believe*, *Ghosts of Salem*, and other nifty accounts. It's all a handy aid for buying — and just in time for Christmas too. Besides purchasing Archives publications on the Internet, you can also make donations. Just click the Friends button, and you too can join the Friends of the Archives who generously support not only the Archives operating budget but also many other projects — including the Archives web site.

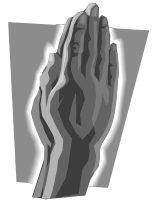
Have a hankering to find a long-lost ancestor in the Salem God's Acre? Now it's a snap with **Salem Congregation's** new web site, www.SalemCongregation.org. Each of the more than 6,300 gravestones is pictured along with statistical information. Precise location of each grave is given, and a handy map of the graveyard can be printed, so that ancestor will no longer be lost.

If statistics of one church are any indication, "Invite a Friend" to church on October 19 was a rousing success. **Oak Grove** reports an attendance of 128 that Sunday, and about 20 were visitors. You know, we could have "Invite a Friend" just about every Sunday.

As the current year nears its end and the new year approaches, by tradition we rush to **Moravian Book & Gift** to buy the next edition of the Daily Texts. (Do you have yours yet?) And by tradition we turn to the statistics to see who has been nice and who can use encouragement. For 2007 twelve churches get gold stars for topping the previous year in all three categories, confirmed communicants, total membership, and average worship attendance: **Prince of Peace, Little Church on the Lane, Leaksville, Kernersville** (whopping increases!), **Enterprise, Raleigh, Advent, Cordero de Dios, Friedberg, Home, Union Cross, and Mount Bethel**. Congratulations to all! You set us a fine example. As for the Southern Province as a whole, we lost a little yet again, but more than half of the loss was at one church, **Macedonia**, which is recovering from a rocky period.

Unity Prayer Watch

Please put on your calendar for January 2009. Bethabara Church Unity Prayer Watch is January 6, 2009 6:00 a.m. to noon. The sign up sheet is in the vestibule.



Women's Fellowship Events

Women's Fellowship Quarterly Meeting, Sunday, Dec. 7. Be there - The Marines need you! 2:30 p.m.

The 2nd Annual Winter Tea, Sunday, Jan. 25 at 3:00 p.m. Bring your tea leaves and "tea food" to put on our decorated theme tables. We will be having a special guest this time. Martha Isenberg from the Home Extension Service will be showing us how to make the perfect cup of tea. She will also have tea and scone samples.



*Enjoy the
Church
Library*



*New books
and tapes
are on the
shelves*

News of Church Members and Friends

Ana Mann passed her CNA exam. Congratulations Ana! We're proud of you. **Congratulations also to Angelica Regalado** who was recently inducted into Thi Thete Kappa with international membership. This includes the best students from all community colleges. We're so pleased for you and your wonderful accomplishment.

Health and Wellness Corner

**Provided by the Parish Nurses of
Bethabara Moravian Church**

HOLIDAY DEPRESSION AND STRESS

I love this time of year! As a matter of fact, I love **everything** from the weeks leading up to Halloween all the way through to New Year's Day! Growing up in this church, I have many wonderful memories of the joyful holidays of years past ...the smell of the fresh Christmas trees brought in on the first Sunday in Advent; the beautiful music, and the familiar comfort of lovefeast coffee and that delicious sweet bun. (They always taste better on Christmas Eve, don't they?)

But as I have grown and am now raising my own family, I also have to endure the stress that goes with the holiday season. Stresses like: too many activities to pencil in on the calendar; trying to make everything a "Martha Stewart Moment" or a "Kodak Moment", too many gifts to make/buy, too little time and/or money to do the things we want/need to do and missing precious family and friends whom we cannot be with during this time, separated by death or merely distance.

The holiday season for most people is a fun time of the year filled with parties, celebrations, and social gatherings with family and friends. For many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety.

What causes holiday blues? Sadness is a truly personal feeling. What makes one person feel sad may not affect another person. Typical sources of holiday sadness include: stress; fatigue; unrealistic expectations; over-commercialization; financial stress; the inability to be with one's family and/or friends.

Balancing the demands of shopping, parties, family obligations, and houseguests may contribute to feelings of being overwhelmed and increased tension. People who do not view themselves as depressed may develop stress responses, such as: Headaches; excessive drinking, overeating; insomnia.

Others may experience post-holiday sadness after New Year's Day. This can result from built-up expectations and disappointments from the previous year, coupled with stress and fatigue.

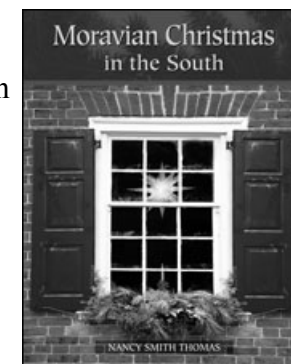
Piedmont Chamber Singers Candlelight Concert

Sunday, Dec. 14 6:00 & 7:00 p.m.
Plan to enjoy an evening of traditional carols sung in the Bethabara Gemeinhaus. The concert is free.



Great Gift Idea

This inviting book explores the Christmas celebrations of the Moravian Church in the South. This colorful resource is profoundly researched, abundantly illustrated, and brings history to life. Author Nancy Smith Thomas is a resident of Winston-Salem. The book can be purchased by calling UNC Press 1-800-848-6224



The **Fall Festival/Bazaar** committee would like to **thank everyone** again for all the help received to make this year's fundraiser a success! We have received a little over \$7,000 to date.



MORAVIAN MOUNTAIN CHRISTMAS AT LAUREL RIDGE

SATURDAY,
DECEMBER 13, 2008
It's time to get ready
for Moravian Mountain
Christmas at Laurel
Ridge!



We need volunteers to help with the arts and crafts. Call Julia Frye for details. We look forward to seeing you!
336-761-2478 ext.4 or 336-391-6653

If you just want to come and enjoy and share the warmth of the season. Listen to holiday music, make ornaments and wreaths, bake cookies and get in the spirit of Christmastime! Call 888-831-5922 for more information.

New Music Director

We are so pleased that Janet Stewart will be our new Music Director as of January 1, 2009. Richard will be assisting her in the areas of children/youth choir and hand-bells. Please keep them and our Choir in your prayers as we worship the Lord through the ministry of music.

Here are a few tips for coping with Holiday stress and depression...

1. Make realistic expectations for the holiday season.
2. Set realistic goals for yourself.
3. Pace yourself. Do not accept more responsibilities than you can handle.
4. Let others share in the responsibilities of holiday tasks.
5. Be realistic about what you can and cannot do.
6. Make time for yourself! (You Moms out there- this is NOT a bad thing!)
7. Learn to say "NO".
8. Do not set yourself up for disappointment and sadness by comparing today with the good old days of the past.
9. Live and enjoy the present!
10. Look to the future with optimism!
11. If you are lonely, try volunteering some of your time to help others less fortunate than yourself.
12. Spend time with supportive and caring people.
13. Keep track of your holiday spending. Overspending can lead to depression when the bills arrive after the holidays are over. Extra bills with little budget to pay them can lead to further depression and stress.
14. Find free holiday activities to do, driving around your community looking at holiday light displays/decorations; attending church services and activities.
15. Limit drinking alcoholic beverages, since excessive drinking can only increase your feelings of depression.
16. Be mindful not to overeat at each holiday get together. Eat what you want, enjoy everything you eat, but remember portion control and moderation.
17. Shorter days and colder weather brings out our "Inner Bear". It makes us want to sleep longer and eat more! So don't hibernate! When the weather is moderate and the sun is shining, open the drapes, go outside and get some fresh air and sunlight! If it becomes an unusually dark and dreary winter, temporarily switch out one or more light bulbs to a slightly higher wattage to get more exposure to a brighter light until spring!
18. Finally, please contact your physician or healthcare provider if you find you or your loved one is experiencing stress or depression that is becoming overwhelming.
19. Remember why we are celebrating the holidays in the first place!

JESUS IS THE REASON FOR THE SEASON!

Wishing you all a blessed and "stress-free" holiday,

Dawn Burton, RN



Bethabara Moravian Church

DECEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 10:00 AM Circle 6:00 PM Circle 2 and Senior Friends Christmas Party	3 6:30 PM Bible Study (English) 7:15 PM Adult Choir	4	5	6
7 9:45 AM Sunday School 11:00 AM Worship 12:15 PM Band Practice 12:45 PM Youth Fellowship 2:00 PM Creative Ministries 2:30 PM Women's Feb 7pm - Board Meetings	8	9	10 6:30 PM Bible Study (English) 7:15 PM Adult Choir	11	12	13
14 9:45 AM Sunday School 11:00 AM Worship 12:15 PM Band Practice 2:00 PM Creative Ministries 6pm- Brookridge Lovefeast	15	16 Deadline for submitting articles to the "Bells" Newsletter	17 6:30 PM Bible Study (English) 7:15 PM Adult Choir	18	19	20
21 9:45 AM Childrens' Christmas Party 11:00 AM Childrens' 12:15 PM Band Practice 2:00 PM Creative Ministries	22	23	24 Christmas Eve Candlelight Lovefeast Service Time: 6:00 pm Band Prelude: 5:30 pm	25 11:00 AM Christmas Day Carol Service	26	27
28 9:45 AM Sunday School 11:00 AM Worship 12:15 PM Band Practice	29	30	31 6:30 PM Bible Study (English)	Unity Prayer Watch- January 6th- 6am until noon		