



From the rector

The Christmas season always stirs up childhood memories in me;
the Advent wreaths and Christmas pageants at St. Mark's in LaGrange,
my Daddy's pralines, Mama's practical gift-giving,
the scent of Christmas trees and wood fires in our den.

This year, in particular, Mama has been on my mind.
No doubt her presence there has something to do with
Christmas Day being the 25th anniversary of her death.

When I reflect on the years since she died
I am grateful for the occasional reminders
of her on-going soul presence with me.
Patrick's first grade comment to a classmate's question
"Where do your grandparents live?"
My six-year-old replied with assurance
"In my heart!"

Christmas celebrates the promise of Emmanuel, God-with-us, in our hearts and lives.
Sometimes we know that presence in every fiber of our being.
We can feel the love of God in Christ as surely as
we can feel the heat of the sun streaming through the window.
Sometimes, though, we forget. We live as if we're doing life all alone.
At those times we need reminders that no matter who may happen,
Christ is there weeping with us, laughing with us,
celebrating with us and hoping for us.

This Christmas season as we have made our way through Advent to the Manger
I have seen the light of Christ in you.
I have felt the warmth of it as you have wept and laughed,
celebrated and hoped with one another...and me.
I boldly say, with assurance, that Christ lives in the heart of this place.
Amazing and real – God is here.

Looking toward the glorious light of Epiphany in grateful hope,



*"The nearest thing to Heaven is a child...Welcome to the world my fourth son...Christmas baby 8 lbs. 10 ounces 20 inches...born at 2 p.m."
Joe Garrett*

We celebrate the birth of Robert Henry Garrett on December 25, 2009. Henry is the son of Joe and Ali Garrett and little brother to Turner, Will, and Charlie.



Adult Education Forum/Discussion will be on Wednesday, January 13 at 7:30 pm in the parish hall. The speaker will be Julie Foreman. She will speak on her experiences in the Navy and working at the White House.



ECW MEETING - The Episcopal Church Women will meet on Tuesday, January 12 at 12 noon in the parish hall. Please bring a sack

lunch. This is an important meeting as we will be making plans for the annual Valentine Luncheon.



ANNUAL MEETING will be held on Sunday, January 24 between the services. At the meeting we will elect four new Vestry members. If you or someone you know would like to be a candidate for the Vestry please fill out the form on page 3 and return it to the church office no later than January 20, 2010.



SAVE THE DATE: The annual EYC Ski Trip is coming up fast! We will travel to Boone, NC over President's Day weekend, February 12 – 15, 2010.

Registration forms are available on the kitchen bulletin board. We will stay at the Valle Crusis Conference Center, an Episcopal retreat center owned by the Diocese of Western North Carolina and ski at Sugar and Beech Mountains. The cost is \$400 for skiers and \$420 for boarders, and includes transportation, lodging, meals, equipment rental, lift tickets and a tee shirt. Partial scholarships are available.



ACOLYTE CROSS PRESENTATION - Acolyte crosses will be presented to our newest acolytes, Edward Bohannon, Maggie Denmon, Martin Shook, Elizabeth Cochran, and Maddie Grace Maierhofer, at the 9:00 am service on Sunday, January 10.

VESTRY NOMINATIONS

The Vestry Nominating Committee is accepting names of parishioners willing to serve a three-year term on the Vestry. Perhaps you or someone you know would like to be of service to St. Margaret's in this capacity. A nominee must give permission to have her/his name submitted as a candidate.

The Vestry is composed of twelve members, each serving a three-year rotating term. The Vestry meets once a month, on the second Tuesday evening, and is responsible for the "business" of running the church.

Those qualified to hold the office of Vestry Member shall be as follows:

Any confirmed communicant in good standing of the Parish who is not less than eighteen years of age, a regular attendant upon the services in the year preceding election, and known by the Treasurer to have made and maintained a stated financial commitment for church support in the year preceding election.

Please give this matter prayerful thought and consideration. The future of St. Margaret's depends on it!

_____ Please enter my name for consideration for the Vestry.

_____ Please enter the name below for consideration.

I have personally secured this person's permission to place his/her name in nomination for the Vestry.

Name _____

Phone no _____ Email address: _____

DEADLINE: Please return application and biography to: St. Margaret's Episcopal Church, Vestry Nominations Committee, 606 Newnan Street, Carrollton, Georgia 30117. For more information please contact a Vestry Nomination Committee member Bruce Bobick, Cindy Hull, Judy Reed, Lin Reed .

Christmas





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Parish Wellness

Julie Williard, RN, NP-C

“The Lord is my light and my salvation- whom shall I fear? The Lord is the stronghold of my life- of whom shall I be afraid?” Psalm 27: 1

Now that the holidays are over, are you feeling relief or still a little “moody”? The months of January, February, and March can be a difficult time for many people because of the short amount of daylight that occurs during the winter season. This lack of exposure to natural sunlight can cause a type of depression referred to as seasonal affective disorder (SAD), winter depression, or winter blues, and can occur in individuals who have normal mental health during the rest of the year. As many as half a million people in the United States may have winter-onset depression. SAD is more common in women than in men. Although some children and teenagers get SAD, it usually doesn't start in people younger than 20 years of age. For adults, the risk of SAD decreases as they get older.

Common symptoms of SAD include:

- *Change in appetite, especially a craving for sweet or starchy foods/ Weight gain
- *Tendency to oversleep
- *Irritability and anxiety
- *Avoidance of social situations/ Loss of interest in enjoyable activities
- *Difficulty concentrating
- *Drop in energy level / Fatigue

Light therapy is one option for treating winter onset SAD because increased sunlight can improve symptoms. This consists of using a specially made light box, or a light visor that you wear on your head like a cap. If light therapy helps, you'll continue it until enough sunlight is available, typically in the springtime.

But how about working on that New Year's resolution you made to eat better, lose weight, and exercise more? Getting out in the natural sunlight will help your body produce vitamin D, which in turns helps the body to absorb calcium and phosphorus, keeping your bones strong. Sunlight also stimulates the production of serotonin, a brain hormone that improves the sense of well being. Exercise stimulates the release of chemicals from the brain called endorphins, which can elevate a person's mood, often producing a state of "euphoria." That feeling, known as a "runner's high," can be accompanied by a positive and energizing outlook on life. Exercise also strengthens your heart, lowers blood pressure, improves muscle tone and strength, strengthens and builds bones, helps reduce body fat, and makes you look fit and healthy.

So... get out and get moving!

References

<http://familydoctor.org/online/famdocen/home/common/mentalhealth/depression/267.printerview.html>

<http://www.webmd.com/depression/guide/exercise-depression>

JANUARY BIRTHDAYS

- 03-Jan Emma Engel
- 05-Jan Carol Mitchell
- 06-Jan Taylor Gordon
- 08-Jan Angie Hall, Gordon Ramsey
- 09-Jan Elizabeth Crafton, Gail Lumpkin, Sandy Stephens, Troy Baker
- 10-Jan Taylor Foreman
- 11-Jan Liz Key, Beth Richards, Mavis Watts
- 12-Jan Meg Popwell
- 14-Jan Michael Williams, Julie Williard
- 15-Jan Linwood Reed, Dede Chase, Mathew Basil
- 17-Jan Trey Fleck
- 18-Jan Gittle Sciolis, Levi Campbell
- 19-Jan Tim Jones
- 20-Jan Mary Katheryn Denmon, Bill Doxey, Ronnie Hitchcock, Bonnie Cooper
- 21-Jan Inman Hébert
- 22-Jan Hue Maierhofer
- 23-Jan Van Wilks, Benjamin Doxey, Ron Harrell, Julie Weber
- 24-Jan Peg Irwin, Will Denney
- 25-Jan John Yates, Georgia Meagher
- 27-Jan Ron Berard, Kathryn Coe, Bunchie Engel
- 28-Jan John Gerber, Sally Bobick
- 29 Jan Martha Goodson
- 31-Jan Olive Godwin

JANUARY ANNIVERSARIES

- 16-Jan Bob & Debris Covell
- 30-Jan Max & Sandy Stephens

DID WE LEAVE YOUR BIRTHDAY OR ANNIVERSARY OFF OUR LIST? CALL JULIE IN THE CHURCH OFFICE, 770-832-3931 OR EMAIL: STMARGARETS@CHARTERINTERNET.COM WITH THE DATES.

CALENDAR

- Jan 10** Blood pressure checks - 10:00 am
- Jan 12** ECW Meeting 12:00 noon
Vestry Meeting 7:00 pm
- Jan 13** Intercessory Prayer service 12:00
Mid-Week Eucharist 12:15

Adult Education Forum - 7:30
Speaker: Julie Foreman
Topic: Experience in the Navy and working in the White House
- Jan 17** Martin Luther King Day - J2A Class reflection on Urban Adventure
9 & 11:00 am service
- Jan 20** Intercessory Prayer service 12:00
Mid-Week Eucharist 12:15
- Jan 21** Prayer Shawl Ministry - 10:00 am
- Jan 24** Annual Meeting - 10:00 am

January 10, 2010

	9:00 am	11:00
Crucifer	Allison Gordon	William Keene
Bookbearer	Delaney Paul	Ellen Brady-McGaughey
Taperer	Maddie Grace Maierhofer Cate Paul	

Altar Guild Judy Reed, Debbie Pyles, Missy Sullivan, Karen Adams

Children’s Church Laurie Fleck

Lay Readers

9:00	Taylor Gordon, Pam Castleberry
11:00	Tony McGaughey, Dennis Giannakakis

Ushers

9:00	Randy and Elisabeth Coggins
11:00	John Muffley, Peter Weimer

Thrift Shop

January 8
10-2:00 Peter Croft, Emily Cumming

January 9
10-1:00 Jeanne Condrey, Rose Dufour

JANUARY HOSTESSES Angie Hall, Sally Bobick, Susan Souigny, Linda Parmer, Julie Williard, Carole Malloy

JANUARY PAPER PANTRY

Stephanie Turner, Julie Parrish

JANUARY VESTRY PERSON OF THE MONTH

Guyton Cochran

January 17, 2010

	9:00	11:00
Crucifer	Zachary Gordon	Tom Fitzpatrick
Bookbearer	Wrenn Parrish	Joshua Howell
Taperer	Liam Hulstine Will Cochran	

Altar Guild Liz Key, Jeanette Bernhardt, Fred Bernhardt, Rose Dufour, Cindy Hull

Children’s Church Cyle Bohannon

Lay Readers

6:00	Mike and Rose Coker
11:00	Bob Claxton, Janet Cook

Ushers

9:00	Bruce Bobick, Jim Rash
11:00	Taylor Powers, George Lenaeus

Thrift Shop

January 15
10:00-2:00 Nancy Disinger, Brenda Grubb

January 15
10:00-1:00 Chris Brown, Nancy Elder

JANUARY HOSTESSES Angie Hall, Sally Bobick, Susan Souigny, Linda Parmer, Julie Williard, Carole Malloy

JANUARY PAPER PANTRY

Stephanie Turner, Julie Parrish

JANUARY VESTRY PERSON OF THE MONTH

Guyton Cochran

PRAYER LIST

Our parish family: Annalee, Katherine, Sumner, Margaret, Joe, Chris, Nicole, Jack, Luke, Olive, Dave

Family and friends: Jackie, Lainey, Nicky, Brenda, Tina, Murphy, Lisa, Jeanette, Sarah, Maya Ruby, Laura, Elizabeth, Sylvia, Dorothy, Hazel, Jackson, Gene, Larry, David, Steve, Suzanne, Jennifer, Mary, Mac, Martha, Ralph, Frank, Kristi, Renee, Johnny, Georgia, Katherine, Donna, Jim, Tammy, Mary, Charlotte, Paula, Lucille, Clem, Hope, Sharon, Bob, Eddie, Cindy, Peggy, Erna, Thomas, Nancy, Sheila, Billy, Jessi, Nathan, Merlean, Kaitlin, Jon, Mary, Jeanne, Gordon, Harriett, Alexis, Kay

Military: Steven, Lyle, Doug, Matthew, Sarah, Robert, Elizabeth, Jordan, Stacey, William, Ty

ST. MARGARET'S VESTRY

Bruce Bobick - Sr. Warden

John Muffley - Jr. Warden

Dan Cain

Guyton Cochran

Lisanne Denmon

Cindy Hull

Tony McGaughey

Bill Parrish

Judy Reed

Lin Reed

Richard Smith

Stephanie Turner