

THE ANGELUS

Volume 64 Number 6

Christ Episcopal Church • Winchester, Virginia

February 2014

Annual Meetings in the Life of the Church

Dear People of Christ Church,

This month, we have our parish annual meeting. On February 9th, we will gather in the Tilford Room from 9:15 am until about 9:30 am for coffee. Then at 9:30 am, we will begin the meeting which will last less than an hour. Since we have welcomed many this past year, both new to the Episcopal Church and new to Christ Church, I do not want to assume that everyone knows what goes on at our annual meeting.

First of all, our annual meeting is a gathering of the faith community to greet one another and celebrate who we are as disciples of our Lord, Jesus Christ. I have held annual meetings between services in the Sanctuary and I have held annual meetings as part of the Sunday morning worship. This year, we are holding the annual meeting in the Tilford Room so we can use our computers and projector for presentations. (A picture is worth a thousand words!) So, as you can see, there are various ways of holding the meeting, but it is always, first and foremost, about our communal life in discipleship.

One of the main purposes of the annual meeting is to elect members of the Vestry. As our canons remind us, "Only Lay persons, who are confirmed adult communicants in good standing of the church, as defined in General Convention Canon I.17 (communicants of this Church who for the previous year have been faithful in corporate worship, unless for good cause prevented, and have been faithful in working, praying, and giving for the spread of the Kingdom of God) shall be eligible for election as Vestry members of such church. And all adult communicants with membership at Christ Church are eligible to vote." Information about our nominees is available on the website and in the bulletin to help you learn more about those people who have graciously agreed to offer their gifts in service to Christ Church.

For those who may be wondering about the election process, the counters of the ballots are the outgoing class of the Vestry. The top four recipients of votes are the new Vestry members. On the rare occasion that there is a tie, we have another ballot. The new members are announced in the afternoon on the church website. Please be sure to thank all of those who have agreed to be nominees, as well as Pete Gronauer, Leslie Harper, Marty Tabaka, and David Wingebach who are rotating off the Vestry.

The other business of the annual meeting includes reports from me and the officers of the Vestry. Much of my report and the wardens' reports focus on the life and programs of the parish, and where we hope to see the parish moving in the next year. The Treasurer, Pete Gronauer, along with the Finance Committee Chair, Bruce

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Rector's Message

Trant, will report on the financial status of the parish during the past year and on the Capital Campaign. They will also review the 2014 budget, as approved by the Vestry. Again, for those new to the Episcopal Church, our polity is a representational polity, so the budget is approved by the Vestry, not at the congregational meeting.

The articles on pages 12-13 in this issue by Pete Gronauer, Bruce Trant, and Marty Tabaka (who chairs the Stewardship Committee) celebrate our giving. As a congregation, your giving has made a good deal of programming and opportunities for ministry possible. With our outreach ministries and formation programs thriving, our parish shows life and vigor which we get to celebrate at our annual meeting!

Also at the annual meeting, we will hear briefly from chairs of committees who will inform the congregation about what their committees are doing and how parishioners can get involved in those ministries (including the contact person). All presentations will wrap up before the service begins at 10:30 am.

The annual meeting establishes our Vestry leadership and it also is a time to see and learn who the parish leadership is. For me, this is important for you to know. While the annual meeting is informative, it will not answer everyone's questions. However, it does help people know to whom they can take their questions after the meeting or during the church year.

We have much to celebrate at this year's annual meeting. I hope that everyone will join us so that we continue to learn and grow in service to our Lord through the life, worship, and ministries of Christ Church.

Faithfully,



The Rev. Webster Gibson, Rector



The children of the parish sing a selection from the musical, "Table for Five Thousand!" in a performance on January 26th.

From the Assistant Rector

Dear Friends in Christ,

At the beginning of this season after Epiphany, in our collect on the Sunday commemorating the Baptism of our Lord, we prayed that all who have been baptized would keep the covenant that was made and boldly confess Jesus as our Lord and Savior. By definition, according to Merriam-Webster, bold means, in part, “showing or requiring a fearless daring spirit.” I’ve been thinking about what it means for us, the followers of Christ, people of The Way, to develop and nurture a fearless daring spirit as we live into and keep our baptismal covenant.

We live in a day and age that can easily consume us with fear and anxiety. On a global scale, we worry about our changing economy, wars, famines; closer to home, we worry about the pressures facing our kids and grandkids; we fear not being able to support ourselves and our families. I’m sure you could list many additional worries. These are real fears and anxieties that we all encounter at varying degrees at different times in our lives. These fears and anxieties can cripple us and diminish the light lit in us through baptism if we let them. We have to remember that as we read in the second letter to Timothy, “God did not give us a spirit of cowardice, but rather a spirit of power and of love and self-control.”

So my brothers and sisters, how do we develop and nurture a fearless daring spirit? I think we begin with the basics: we worship together, we study together, we break bread together, and we commit ourselves to times of prayer individually and corporately as we listen for God’s call. Then, we have to be willing, willing to set aside our fears and anxieties that might hold us back and remember the declaration of the angels to the countless who have gone before us: Fear not!

To have a fearless daring spirit means sitting like Samuel and saying, “Speak, for your servant is listening” and not running away from what we hear God say. This is where the daring part of boldness comes in. Sometimes God calls us to risk our comfortable existence and leap. Not too long ago, I was talking with a friend about this and the image of Christ calling Peter to walk to him on the water came to me. I pictured a dock reaching out into the water and standing on the edge of that dock and how God calls us to step off that edge, focused on Christ. We cannot do this if we allow fear and anxiety to dominate our hearts and minds.

This year, let us be honest about our fears. Let us invite God to replace our fears and anxiety with boldness - boldness to step off the dock quite possibly into the unknown. Seek God’s call to us as living members of the Body of Christ as individuals and as a community.

How is God calling you to live out your baptismal covenant in new and bold ways this year?

Blessings,

A handwritten signature in cursive script that reads "Bridget".

The Rev. Bridget Coffey, Assistant Rector

Christian Formation

Children's Sunday School News

With Lent beginning later than usual this year, we have an extended number of Sundays during Epiphany to explore many of the stories of Jesus' teaching and healing. As a sampler, our children through grade 5 will be working with the stories of Jairus' daughter, the Good Samaritan, Jesus' teaching of the Lord's Prayer, stories of faith and God's kingdom growing beyond our imagination from the size of a mustard seed or a bit of yeast, stories of the lost sheep and the lost coin, the Prodigal Son, and Zaccheus, to name a few. It's a great time to re-read these stories with our children and share them together. Our children are guaranteed to amaze you with what they understand and what they help us understand.

Adult Sunday School

John Dominic Crossan's The Challenge of Jesus

(Meeting in the Tilford Room)

We will conclude the Crossan series of short DVD presentations by Crossan followed by discussions. Please be sure to thank our facilitators: David Bicking, Tom Ellington, Deidra Kriewald, and Michael Mohn.

Conversations as we share Coffee - considered to be "the 3rd Sacrament" of the Episcopal Church

(Meeting in the Parlors)

We have discussed all kinds of questions people have of Christ Church, the Episcopal Church, or Christianity in general. One and all are invited to join with clergy, newcomers, or people who would like a cup of coffee and some conversation to learn more about our faith. While answers to people's questions are not guaranteed, the conversation and coffee will hopefully be a start to considering the questions.

Please note that we will not have Adult Forum on February 9th because of the annual meeting.

New Daytime Adult Faith Study

We have had requests for a faith study offering during the day. Beginning Thursday, February 13th from 10:00 am to 11:00 am, we will begin with Marcus Borg's DVD and study guide called, "Embracing an Adult Faith." We will meet on the 2nd and 4th Thursdays of each month in the Parlors of the Old Rectory. (See below for directions.) All are welcome to attend. If you have questions, please contact Webster at the church office (540-662-5843).

Reminder: Wednesday Lectionary Bible Study in the Parlors

The Wednesday morning Lectionary Bible Study is still meeting each week from 10:30 am until 11:30 am. Because of the work being done on the Smith Building, the group has moved to the Parlors. To find the Parlors, enter the Parish Hall narthex, go up one flight of steps to the left (or the elevator to the middle landing) and go through the door to the left. Then, follow the hall around and you have arrived in the Parlors!

Worship: Altar Guild

The new year brings a new chairperson for our Christ Church Altar Guild. Lucia Thomas takes over for Pam McKinley. Pam will continue to be captain of one of the Altar Guild teams.

The Altar Guild is responsible for preparing the Sanctuary for services, including weddings, funerals, and baptisms. There are six teams that each serve two months per year. Each of the teams has 10-12 members who work in pairs.

Lucia says, “The Altar Guild is a wonderful way to serve because of the camaraderie in the groups. Mistakes are sometimes made, but it’s okay. And, you don’t have to wash and iron linens if that’s not your thing!”

Pam adds that it’s a very special honor to serve, especially at funerals. “I found it very rewarding,” she says.

The Altar Guild at Christ Church is very organized. They keep an updated book with instructions and photos to instruct members how to set up everything. The guide explains what needs to be done for each weekly service and special services. Lucia adds that newer team members are paired with a veteran while they learn.

As chair of the Altar Guild, Lucia serves as the point of contact with the clergy, coordinates with the team captains, acts as the liaison with our talented decorating team, and maintains all inventory. She will serve for two years.

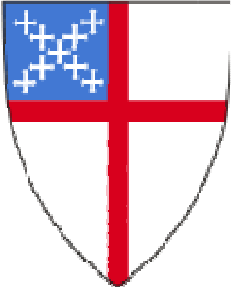
If you are interested in serving on the Altar Guild, please contact Lucia at 540-662-0278. And, when you have the opportunity, thank Pam and other Altar Guild members for their dedicated service!



Pam McKinley and Lucia Thomas

Vestry

What a Vestry Does



With Vestry elections upon us, it's a good idea to highlight some of the things a vestry does, especially the vestry's basic duties.

The Constitutions and Canons of the National Episcopal Church and the Diocese of Virginia provide the detail on how a vestry is composed and what it does. You can find these documents on the Internet at the Diocese of Virginia's website, thediocese.net, under Resources/Governance. Some of the major responsibilities are as follows:

The first two responsibilities of a vestry are to maintain the finances of the parish and to maintain the parish buildings. In the case of Christ Church, this means the Vestry oversees the intake and disbursement of all funds for the parish. It also oversees the upkeep of the five buildings within the Christ Church complex. This does not mean the twelve members of the Vestry count the collection or sweep the floors each week. (The Vestry will, of course, if needed!) Because the Vestry ascribes to St. Paul's description of the Church as one body with many members (1 Corinthians 12), it welcomes the assistance of parish members with their particular ministries.

The Diocesan Canons further explain the responsibilities of a vestry to include: "Each Vestry member shall support the programs of the Church through a commitment to service and biblically-based standard of proportional giving. Each vestry member shall also continuously encourage the members of the congregation to support the programs of the Church and to give generously towards the support of those programs; and each Vestry member shall extend personally a hearty welcome to newly baptized, confirmed, received, or transferred members of the congregation."

This brings us to the final responsibility of a vestry, which is to choose individuals to fill various leadership positions within the parish. This would include committees, diocesan convention delegates, the rector and other individuals as are necessary to help run the parish.

The Vestry at Christ Church meets on the 2nd Tuesday of each month at 7:00 pm. All of the committees of Christ Church fall under the responsibility of the Vestry. While the members of the Vestry normally do not chair committees, the Vestry usually has a member of the Vestry on each committee to serve as a liaison between the Vestry and its committees.



Our current Vestry and clergy—pictured L to R— Tom Ellington, Bridget Coffey, Sandy White, Pete Gronauer, Conrad Koneczny, Martin Tabaka, Webster Gibson, Ann Wallinger, David Wingenbach, Doug Thomas, Bill Endorf, Ann McQuinn. (Not pictured: John Applin, Leslie Harper)

Vestry

Highlights from January's Meeting

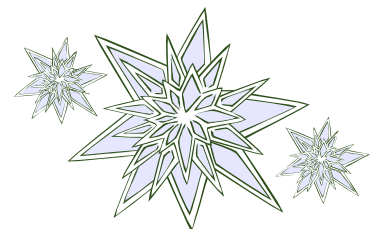
- An update was provided regarding the rebuilding of the west wall of the Smith Building and next steps were determined. (See Properties Committee update below.)
- 2013 year-end financials were reviewed, including an update on the Capital Campaign.
- The Backpack Ministry has launched. There are 53 ministers signed up. The diocese provided a \$500 grant to assist. A list of recurring needs will be published shortly so that those interested in helping can do so by bringing items from this list.
- The pledge card return rate has been outstanding thanks to the congregation.
- Vestry nominations were discussed.
- The 2014 Budget proposed by the Finance Committee was reviewed in depth and approved by Vestry.

Properties Committee

Smith Building Update

The Properties Committee has been diligently at work, mostly focusing attention on the Smith Building repairs. After several meetings and in conversation with the Vestry, the committee has received and reviewed bids to get the repair work done on the interior of the building. At this point, the Vestry approved the Property Committee's recommendation for awarding the contract. The process of final agreement and timelines with the contractor is moving ahead. As good business practice, the committee is waiting for that final confirmation before announcing the contractor to the community. Please be sure to give a special thanks to Doug Thomas for his diligent work as he met with the contractors and received the bids for the committee to review.

Just a reminder that this work will focus on the interior repairs and some exterior work. However, because of the cold weather, we will not be able to do the bulk of exterior repairs involving mortar until the spring. So if you look at the outside of the building once the interior work is finished and wonder what we are waiting for to finish the project, it is the same warm weather everyone is waiting for with no ice or snow in the forecast!



Calendar and Upcoming Events

Church Services

Sunday

Holy Communion Rite I 8:00 am
Holy Communion Rite II 10:30 am

Wednesday

12:00 pm Pilgrim's Chapel
(Healing Service 3rd Wed)

Second Monday

6:30 pm Special Needs—Sanctuary

Weekdays

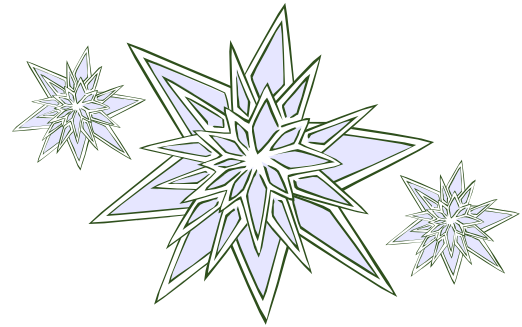
7:30 am Morning Prayer Pilgrim's Chapel

February

- 6 WATTS Bingo Night starts at 6:00pm
- 9 Parish Annual Meeting at 9:15 am
- 10 Special Needs Service
- 11 Vestry Meeting
- 10-17 WATTS week
- 13 Men's Fellowship
- 14-16 Youth Winter Retreat
- 23 OWLS event— see p. 15
- 26 Salvation Army Dinner

Committee & Group Meetings

Adult Hand Bell Choir	Thurs: 7:00 pm
Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:45 am
Knit Unto Others	3rd Tues: 2:00 pm
Liturgical Bible Study	Wed: 10:30 am
Men's Fellowship	2nd Thurs: 7:00 pm
Outreach Committee	4th Tues: 7:00 pm
Properties Committee	3rd Tues: 7:00 pm
Treasure Box	Wed & Fri: 10 am-4 pm
Vestry	2nd Tues: 7:00 pm
Women's Bible Studies	Tues: 10:45 - Noon Wed: 6:15 pm - 7:30 pm
Youth Group	Sun: 6:00-7:30 pm
Youth Handbells	Sun: 5:00 pm



Children's Chapel

Join us on the 2nd floor of the Parish Hall from 10:30 am until the Peace. We welcome children ages 3-7. No registration is required. The service is child-sized and allows our young parishioners to explore the same Gospel we hear in the Sanctuary but with more opportunity to wiggle and talk! Our Children's Chapel leaders always welcome an extra pair of hands if you would like to join them!

Nursery

Our nursery is open from 10:15 am through the end of the 10:30 am service to serve infants and children up to age 3.

***The Rector's day off is Friday.
The Assistant Rector's day off is Monday.***

February Birthdays

- 1 Kay Teachout
- 2 Al McGilvray, Jr.
- 4 Ward Heffern
- 5 Scott Harper
- 6 Dee Johnston, Sean Raymond
- 7 Bobby Arthur, Becke Bronson,
Bebe Tischler
- 8 Bill Endorf, Glen Opheim
- 11 Rebecca Gibson, Scott Gregory,
David Wingenbach
- 12 Tricia Glass, Ann McQuinn, John Lewis,
Sally Megeath, Bernie Swope
- 13 Joyce Byrd
- 14 Martha Griffin, Lucy Rockwood
- 15 Dino Morgoglione, Frederick Mueller
- 16 Bruce Trant, Teresa Barton, David Tabaka
- 17 Sarah Browning, Detra Michaels,
Stephen Brown
- 18 Zoe Giller, Sophie Pettie
- 19 Bruce Allen, Willie McGilvray
- 20 Elle Hamman
- 23 Richard DeBergh, Roger Zebarth,
Bill Jones
- 25 Beth Conrad
- 27 Tyler Barnes
- 28 Todd Barton



Wedding Anniversaries

- 2 Eddie & Donna Lee
Steve & Neile Grady Martin
- 3 Jim & Sylvia Petrie
- 4 John & Mary Margaret Applin
- 8 Martin & Nancy Tabaka
- 12 Dan & Mary Gloster
- 13 Dennis & Bobbie Bromley



Summer Vacation Bible School

**Are you already making summer plans?
Vacation Bible School will be the week of
July 7-11. Put it on your calendar now!**

Save the Date—

Shrove Tuesday Pancake Supper

March 4, 2014

Ash Wednesday Services

March 5th

7:00 am, Noon, 7:00 pm

Please Note:

We will publish birthday and anniversary information only with explicit permission. Please contact the church office if you wish to be added to or deleted from these lists.

Please keep the church office informed of any changes to your address, phone numbers and e-mail addresses.

Please let the office know the school addresses of our college students.

Outreach

Time for WATTS



WATTS is a program conducted by congregations in Frederick and Clarke Counties and Winchester to provide warm, safe shelter and nourishment to homeless members of our community during the winter months. WATTS has been very successful and is now in its fifth year. During this time, WATTS has grown from eight to 18

host congregations, which significantly increases support to the most vulnerable members of our local homeless community. Christ Church hosts WATTS this winter **February 10 - 17, 2014** and volunteers are needed to help in-process guests, prepare, serve and clean up meals, set up and clean up facilities, provide needed hygienic and cold weather supplies and to provide fellowship to our guests. Visit the website to sign up as a volunteer. (www.christchurchwinchester.org)

WATTS Bingo Night has been re-scheduled for **Thursday, February 6th from 6:00 pm to 7:30 pm**. Bring your family and friends to the Third Annual Secret Bingo Night in the Christ Church Parish Hall! This is a family event and will end at 7:30 pm to allow time for children to do their homework and get a full night's rest. Nick Nerangis will be the bingo caller again – so be prepared for a very entertaining evening. Admission is free, but there will be a free-will donation basket at the door. All proceeds will go toward the Christ Church Homeless Outreach program – also known as the Winchester Area Temporary Thermal Shelter (WATTS). Pizza slices, soft drinks, and baked goods will be on sale so come hungry. Also, anyone wishing to donate a small gift as a bingo prize should leave it on the table in the Tilford Room that is marked for Secret Bingo Gift donations.

DR Mission Team 2014 Plans for Summer

Once again, through the prayer and support of Christ Church and our family and friends, Christ Church will send a mission team to Bani and serve the community of La Iglesia Episcopal de la Transfiguracion. Our trip is June 22 - July 1, 2014. We are planning a Bible school and will let you know of other projects we may be working on as well. Stay tuned for ways you can help us prepare for this year's trip!



Save the Date!

**April 26, 2014 will be the day
we come together to prepare
meals for the hungry.**

Outreach

February CCAP Collection

CCAP's hours are 8:30 am - 2:30 pm, Monday through Thursday. However, during the winter months, CCAP stays open into the evening hours for our area's homeless community to stay warm until the current WATTS church opens its doors at 7:00 pm.

To further help the homeless stay warm, we'll collect HAND WARMERS during the month of February for CCAP to provide to their homeless clients. HAND WARMERS can be purchased at Lowe's, Home Depot, Walgreens, and Walmart. Please place any donations on the bench in the foyer of the Tilford Room, or find Ann McQuinn (annmcquinn@icloud.com) or Ann Taylor (703-662-7059) at coffee hour and they'll be happy to receive any donations. For more information about CCAP, please visit www.ccapwinc.org. Thank you for your continued support!



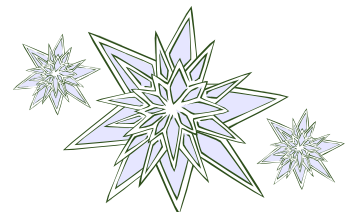
Backpack Ministry Underway



Despite the cold weather and snow and the resulting time missed from school, volunteers have been packing backpacks full of food for Winchester school children throughout January. The Baden Center pantry is stocked and volunteers have been forming teams to get the job done each week.

Find more information about the ministry on the web-site—www.christchurchwinchester.org— under Programs/Outreach.

Roberta Gunnell and Eleanor Monahan are pictured to the left preparing items for packing.



From the Finance Committee

WE DID IT!

Thanks to a **tremendous surge** in revenues in the month of December, we finished in the black for 2013. Actual revenue received was almost \$90,000. Also, actual total expenses for the December were about \$4,000 below budget.

Thank you to all who contributed in December!

Year-End Update for 2013:

The table below shows that actual revenues for 2013 exceeded budget by about \$16,400. It also shows that actual expenses were less than budget by about \$5,900. This resulted in a \$22,000 swing to the bottom line year-end balance. Instead of a \$12,00 deficit, we actually finished the year almost \$10,200 in the black.

	Budget	Actual	Difference
Revenues	\$536,025	\$552,427	\$16,402
Expenses	\$548,105	\$542,243	-\$5,862
Balance	-\$12,080	\$10,184	\$22,264

In following past practice, the \$10,184 will be placed in the operations reserve account to be available in years when expenses exceed revenues. We have had to utilize this reserve account in some recent years and the 2013 original budget, with a planned \$12,080 deficit, would also have drawn on this reserve. It is wonderful to, instead, put some money back into the account rather than draw on it for 2013.

Again, **thank you** to all who contributed in December.

2014 Budget

A balanced 2014 budget has been prepared by the Finance Committee, presented to the Vestry, and approved by the Vestry in their January meeting. Details of the budget will be presented during the annual meeting in February.

A year-end surge in pledges for 2014 was certainly a welcome factor in finalizing the budget. Total revenues for 2014 will be up from 2013 and have allowed several expense categories, many of which have been cut in recent years, to be partially restored. Again, specific details will be presented during the annual meeting.

*If you have questions about this financial information,
please submit them by e-mail to Theresa Seitz at tseitz@christchurchwinchester.org*

From the Finance Committee

Capital Campaign

The most recent Capital Campaign was conducted after and during the time that much-needed renovation and repair work was done on many of the church facilities. In order to pay for this work at the time it was conducted, two major loans were required. One loan was for \$500,000 from BB&T Bank and another was for \$300,000 from our own Christ Church Endowment Fund.

From a finance perspective, we are now in the “collection and loan repayment” phase of the campaign. The priority we have followed is to pay the bank loan back completely first and then the Endowment Fund.

We have GREAT NEWS to report! By the time you receive this copy of the Angelus, we will have completed the repayment of the \$500,000 BB&T bank loan and will have started to pay back our own endowment fund as well.

Similar to the year-end surge in 2013 pledge and unpledged payments and the year-end surge in 2014 pledges, we had a year-end surge in Capital Campaign contributions. This has enabled the final payment to be made on the BB&T loan in January of 2014.

Thank you —one more time— to all who made Capital Campaign payments in December!

Stewardship Update

As we close out our stewardship program for 2014 pledging, I wanted to thank everyone in the Christ Church family for their cooperation and commitment in making this pledge program the most successful in several years. From a standpoint of total dollars pledged, increased pledging levels, and new member pledges, we got a strong response. While we still have not reached our pre-2008 pledging levels, we have seen the past trend of steady declining levels reversed this year.

On a personal note, with this being my first time taking a major role in the stewardship program at Christ Church, I want to personally thank everyone for making it a positive experience for me. Any time you take on something for the first time, you enter it with some anxiety over the unknown. Thanks to all you folks, it was an overall delightful experience. Meeting with you at the home stewardship teas, at coffee hour, and speaking with you individually, I got to know a number of you much better. I come away impressed by the level of love, concern, and involvement in the life of Christ Church that you all have. The questions I got regarding our finances and future growth reflected your deep involvement.

You all have given me a reaffirmation that it is the people of Christ Church who make me continue to consider it my family and my place of worship and service.

God Bless,
Marty Tabaka

Parish News

Spring Pilgrimage 2014

The Christ Episcopal Church Spring Pilgrimage from Edinburgh, Scotland to Canterbury, England is still welcoming travelers! The focus for the journey is contained in the theme, "Finding the Sacred in Holy Places and Ancient Saints." The first week of the trip is centered in Edinburgh and Northumberland, the northern most territory in England where the spirits of very ancient Celtic and Roman Christian missionaries can still be felt by spiritually-aware modern pilgrims.



After Northumberland, the travelers will spend the second weekend in Oxford. The town is home of Oxford University, where several important 16th century Reformation "saints" were martyred. We will attend Sunday worship at the University Church of St. Mary the Virgin where Archbishop Thomas Cranmer was tried and convicted for the Protestant principles he wrote into the first Book of Common Prayer. After Oxford, we head south toward Salisbury where the Sarum liturgy was born and early Gothic architecture dominates the stunning 12th century cathedral. Finally, we end our journey traveling on Chaucer's pilgrim road to Canterbury Cathedral. As in the case of pilgrims for a thousand years, we will enter the gate and cross into Canterbury and to the mother cathedral of the Anglican family of Christians.

We will also visit Harry Potter's Hogwarts School in the Alnwick castle, other castles, a sacred island, well and springs, a haunted church, spend our nights in the ancestral homes of royal families and a 13th century coach inn, eat great Anglo food, attend sung Evensongs, ride on the Thames, view Stonehenge, and visit a theme park of a more contemporary type of "saint," the author Charles Dickens.

If you would like more information about the flights, transportation, inclusions, and costs please contact Jim (539-0000) or Diedra Kriewald at dkriewal@gmail.com.

The Men's Fellowship Group will host dinner for our WATTS guests on Thursday, February 13th. Please join us in helping those in need during what is typically the coldest month of the year.

The Pastoral Care Committee would like to thank everyone who helped with the Thanksgiving Day and Christmas Day brunches. Approximately 25 folks shared each meal, enjoying the delicious food and fellowship. In addition to the members that were at church for these meals, the committee took six plates of goodies from the Thanksgiving Brunch and two plates from the Christmas Brunch to those who we knew were ill and could not attend.

Parish News

Plan Ahead for Parish Weekend at Shrine Mont

Parish Weekend at Shrine Mont will be May 9-11, 2014—Mother's Day weekend. Have an excuse not to go this year? Think twice!

- Spend Mother's Day weekend away? Yes, get Mom away from the chores at home and let someone else cook.
- Tired after Apple Blossom? It's the perfect way to re-charge.
- Too many activities to do there? Not really. Your presence is only requested for three meals and the Rector may give you a pass on any of these if you'd prefer.
- It's only for families? Nope. There are activities for everyone. You can join in with the families there or enjoy some solitude.
- Feel like you won't know everyone? All the more reason to go! You will certainly know them when you return!

No, the swimming pool won't be open and there's no cell service, but there's hiking, fishing, games, porch rocking, napping, even golf nearby. Plus, there's BBQ, meatloaf, roast beef, fried chicken, pancakes...

If you'd like to learn more about the weekend, please talk with Martha & Wilborn Roberson, Kirk & Linda Gibson, Conrad & Robin Koneczny, Margery & David Wingenbach, or Rosa Gibson. Or, call the church office at 540-662-5843. To learn more about Shrine Mont, visit www.shrinemont.com.



Senior Warden Tom Ellington relaxing on the porch at last year's Parish Weekend.

Christ Church OWLs (older, wiser laity)

**will meet on Sunday, February 23
at 3:30 pm in the Tilford Room.**

**Jim Laster and Joan Claybrook will present their
"From Broadway with Love,"
a musical walk through love and romance – from
puppy love and courtship to marriage.**

Join us for the fun, refreshments and fellowship.

RSVP to George & Roberta Gunnell at 540-869-0122 or through the church office, 540-662-5843.



Attention
To protect our patients, visitors and staff until further notice:

- Visitors under the age of 18 are not permitted.
- Patients may only have 2 visitors at a time.
- Modified restrictions are in place for Adult Critical Care, Oncology and Women & Children's Services.

If you have cold or flu-like symptoms, please refrain from visiting patients in the hospital. See Security Officer to receive Visitor Badge

Visiting Hours
11 AM – 1 PM & 6 PM – 8 PM

ValleyHealth | Winchester Medical Center

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Parish Nurse Musings

I hope you have taken some time to think about the discussion I presented last month on mindfulness. I want to elaborate just a little bit about putting it into practice:

Pay attention. Stay in the moment! If your mind starts to wander, bring it back. Witness not only what you see, but what you hear. Notice the sound of water as you pour a glass of water.

Remove judgment. Look at the world and try not to interpret it according to your own standards. Look with appreciation and curiosity.

Breathe. If your mind begins to wander, go back to taking three breaths in and out. Remember, breathe in via nose and exhale via mouth.

Lastly, but not least, **meditate.** This is not fancy, but just setting time aside to be mindful of yourself and how wonderful you are. Do nothing!

Helen Zebarth, Your Parish Nurse