

THE ANGELUS

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Christ Episcopal Church • Winchester, Virginia

July 2016

Rector's Message

Dear People of Christ Church,

At the end of our adult forum program in May, we explored the notion of “spiritual gifts” as part of our life as stewards of our time and talent. As questions came up, I learned too late that we did not have adequate time to talk about and learn more about how all of us are called to share our gifts in the life and ministries we are called to as disciples of Jesus. In some ways, the questions were not so much what gifts people had, because the inventory process helped to explain that part. Instead, the question became more where in the life and ministries of Christ Church can people offer their gifts.

As we plan for the fall program year, be thinking of one or two ways you may be able to offer your gifts through the various ministries at Christ Church. Much of the information in this newsletter is intended to educate you about what is going on in different areas so you might explore something new or find yourself affirmed in something you have done before. It can be as simple as scooping ice cream at a bingo night or as much as offering to serve on a committee. I find that I am not sure if there is a real fit with a ministry until I try it, so please do give it a try.

For those who may think that this business of offering gifts is bunk or really does not make a bit of difference, I ask you to consider Bishop Shannon Johnston's letter which he wrote in response to the horrific shootings in Orlando. He wrote:

“We are once again called as Christians to respond with a holy witness to a senseless act of violence – to offer our message of love in a world that can, in such times, seem to be consumed with hate. May we reach out in this love with grace and be joined in solidarity with those who are so directly—so personally—carrying the pain of these dark days.”

I know that people have varying experiences and opinions about the LGBT issues with which our church and society struggle. However, the sheer level of this act of violence reveals the painful ugliness that we cannot support in our community. We have differing opinions on those we call homeless, but we still make sure that they do not freeze in the winter. We disagree about government funding of school feeding programs, but we still make sure our children are fed. We disagree over other challenges of life, but we still come together and serve and worship our Lord.

When you do this, when you show up to be people of compassion in offering your gifts, it makes a difference. As the title of the song “Waiting for the World to Change” indicates, you can sit and wait for the world to change, but then we cannot complain about the end result if we simply sit on the sidelines. To live into discipleship through the offering of gifts helps to influence the change, hopefully for the better. For us to be instruments of God's grace means that we have to offer, to give of ourselves.

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From the Rector

I hope that the information in this newsletter helps give you some food for thought about the gifts you bring to the Lord's table. Please know that you do have a gift. We all do because that is part of what being made in God's image brings to humanity. For the gifts to shine, you need to offer them. So take a look and pray for guidance in how your God-given gifts might make a difference as a witness of God's love in a world struggling with anger and hate.

Faithfully,



The Very Rev. Webster Gibson, Rector
rector@christchurchwinchester.org

Highlights from the June Vestry Meeting

- The annual audit will begin soon and is due to the diocese by August 31.
- Marty Tabaka will attend a diocesan stewardship conference in July.
- Planning is underway for fall programming. Sunday School will begin the Sunday after Labor Day.
- The Properties Committee is moving forward with asbestos removal in the basement of the church, the installation of a humidifier for the organ, taking bids on the painting of the roof and windows, and more.
- There was a nice show of support from the parish for our seminarian, Rachel Shows Rickenbaker, as she was ordained on June 11. Many traveled to the ceremony in Alexandria.
- We will participate in a Habitat for Humanity interfaith build this summer.

Music News

Christ Church is a host site again this summer for Shenandoah Conservatory's **Church Music Institute**, held for two weeks each summer as part of a three-year cycle of an intensive study of the skills and knowledge required of a musician working in the church. The program runs June 26-July 8, 2016.

On Sunday, July 3, there will be a Hymn Festival in the Sanctuary at 7:00 pm led by John Walker. He is national President of the American Guild of Organists and organ professor at the Peabody Institute at Johns Hopkins University. All are welcome for this event. The public is also invited to the Festival Choral Service on Friday, July 1, at First Baptist Church, at 5:30 p.m.

Christ Church will host Brass Antiqua — A Workshop for Early Brass August 10-13, 2016, featuring Sackbuts and Baroque Trumpets. The Grand Finale concert is open to all and is in the Sanctuary at 3:00 pm on Saturday, August 13.

Also on the calendar is a concert featuring Chuck Seipp, trumpet, and Randy Sheets, organ, on Sunday, August 28, at 3:00 pm in the Sanctuary. Chuck Seipp is Adjunct Associate Professor of Trumpet for Shenandoah University Conservatory and a retired member of The United States Army Band. Randy Sheets is the ceremonial organist at Arlington National Cemetery.

From the Assistant Rector

Dear Friends in Christ,

It has been six months since we invited you to join us on a journey with a guiding star-word this year. During early Epiphany, we had a basket of paper stars with a simple word on them for you all to randomly select and encouraged you to then consider how God might be speaking to you through that word throughout the year. The idea being that, as you take time to reflect on the word, use it in your prayers, and allow it to be a guide for your year, it would help each of us to be more attentive to the light that God reveals in our world. I have found myself in the last couple of weeks in conversations with some of you about your star-words and I have loved hearing what you have been experiencing. So, I thought I would share a little with you about *faithfulness*, my star-word for 2016, and what I have been noticing and experiencing.



Like many of you I was both excited and, if we're being honest with one another, a little apprehensive to see what word I would get. I knew that whatever word I got, it would push me to be more attentive to some aspect of my spiritual journey and that it could only be good in the long-run even if it came with some growing pains. At first glance I thought, "Phew, faithfulness, I got one of the easy ones!" I took my star-word home and placed it in on my bureau where I would see it more than once every day. It was January, a new year, and life was mostly easy and wonderful. But, as we all know, life is not always easy and, as it turns out, faithfulness was just the right word for me.

While I've never been one to doubt God's ever present love in my life, I have been known on occasion to question God's timing and how things will work out. When stress, anxiety, or deep sadness creeps in to my life, I occasionally get a sense that my faithfulness is being shaken. Sometimes, it happens without warning and other times I can see it building. It may only last a little while, but the impact it leaves behind is felt long after. These are the moments when I rely on the comfort of God's faithfulness, remembering those times in life that God has persistently been there. What continually amazes me about the way God's faithfulness works is that even in those moments when we feel like the waves are crashing over us and our faith seems to be drowning in the deep waters, God is true; God is loyal; God is unshaken; God patiently loves us and nurtures our faithfulness.

As winter and spring unfolded, I found myself looking at my star-word praying to feel more acutely and abundantly God's faithfulness and to be more faithful to God. Daily, I have been reassured of God's faithfulness, of the promises of God's grace, and the immeasurable love of God who never leaves us. As Brother David Vryhof of the Society of Saint John the Evangelist writes, "The faith that is expected of us is a faith that is not easily abandoned, a faith that persists even when all seems hopeless, a faith that will not let go of its deep conviction that with God all things are possible, a faith that stands firm in the face of evil and hardship and disappointments and boldly proclaims, 'There is nothing in heaven or earth that can ever separate us from the love of God in Christ Jesus our Lord.'"

I cannot wait to see how faithfulness plays out in my life during the rest of this year! I would love to hear how your star-words are at work in your lives and hope that you're enjoying this as much as I am.

Blessings,

The Rev. Bridget Coffey, Assistant Rector
bcoffey@christchurchwinchester.org

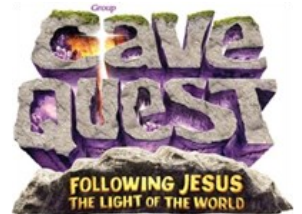
Christian Formation

Sunday School News

During the summer... The nursery will not be staffed but will remain available during the 10:30 am service for anyone who needs a break during the Sanctuary service. As always, there are Eucharistic Prayer booklets that can be colored and taken home and additional coloring sheets matched to the readings in the brightly colored Sanctuary Sacks at the back of the church. Look for baskets of more coloring materials under the choir loft stairs on the pulpit side of the Sanctuary. Crayons are provided. A separate basket of toddler cloth and board books and other materials is located beside the Sanctuary Sacks.

While our Sunday morning children's programming is taking a summer break, consider how important the **home** is in nurturing the Christian formation of our children. Take a few minutes to check out the website www.buildfaith.org under the home practices tab, a formation website from the Center for the Ministry of Teaching at Virginia Theological Seminary. The *Home Practices* page is full of quick and easy ideas to help you practice your faith at home with your children. The suggestions are not limited to families with children either. We can all find something there to support our faith practices.

Vacation Bible School: July 11—15 is almost here! *Cave Quest: Following Jesus the Light of the World* is already well under construction for our week of worship, learning, and fun! All children from ages 2 through current 6th graders are invited to be a part. Registration forms are at the back of the Sanctuary and in the Tilford Room at Coffee Hour. Registration forms are also available on the website: www.christchurchwinchester.org.



VBS needs your prayers and your support! Now is the time to **volunteer** your help, and we always need adult help in many ways. It takes all of a congregation, and in our case, two congregations, to make this huge outreach to our local children possible. Think and pray about how you are called to help. Check out the volunteer jobs listed on the volunteer form online and contact Margery Wingebach at 540-667-0386 for details.



SINGGG Camp (*Northern Shenandoah Valley Summer Choir and Creative Arts Day Camp*) will be held this year each day of our Vacation Bible School, July 11-15, here at Christ Church from 1:00 to 5:00 pm. This camp is for 2nd-7th graders. Information and registration forms are also available on the website (www.christchurchwinchester.org).

The Tri-Diocesan Council on Aging Annual Fall Camp at Shrine Mont

October 24-27, 2016

Key Note Speaker: The Rev. Barbara Crafton

Fall Camp is an opportunity to spend time in the mountains of Virginia with other seniors (there isn't an age requirement). The Camp is an attempt to take seriously the spiritual needs and journeys of primarily retired people. We attempt to challenge participants through keynote speakers, workshops, worship and interaction with one another. We worship together in daily sessions, explore various issues, and participate in one or two session workshops (each session is an hour and a half) on a variety of topics. A social "half-hour" is held before dinner with appetizers provided by a different diocese each evening. There is plenty of time to sit on the porches, visit with friends, relax, and enjoy the amazing scenery and to explore the surrounding area. Please call the Church Office (540-662-5843) if you would like a registration form.

Worship

Preparing for the Bishop's Visit

Please mark your calendars for our annual Bishop's visitation to Christ Church on Sunday, September 11, at our 10:30 am service. The Rt. Rev Ted Gulick will be joining us for the celebration of confirmation, reception, and reaffirmation and to join with us in fellowship and conversation.

What exactly is the significance of the bishop's visitation, aside from the fact that it happens once a year? It has to do with our theology around bishops. While Bishop Gulick is a wonderful person, he is not the significance of the bishop. The significance of a bishop has to do with our understanding of the larger Church as the body of Christ in a couple of ways. First of all, as a current community of faith, Christ Church is not the only congregation following Jesus. The theology of a bishop is the symbolic connection of all of the churches and who we are as a church family. The bishop helps to represent that connection.

The connection is also one which looks beyond this generation of the church to all of the generations of the church before. It is a notion of the theology called apostolic succession. That action of the laying hands and praying for the Holy Spirit which one generation of bishops does to the next generation, building an idea of connectedness all the way back to the first disciples.

Thus, the sacramental action of a bishop when laying hands on candidates for confirmation/reception/reaffirmation as an outward and visible sign of God's inward and spiritual grace involves the full family of the community of the baptized, from long ago until today and from all directions of churches around the world. Perhaps a way to sum it up is the bishop represents an understanding about being a disciple of Jesus – we are not the center of God's church. Jesus is.

Questions also arise about what we mean by confirmation, reception and reaffirmation. What is confirmation? Confirmation is the rite in which we express a mature commitment to Christ and receive strength from the Holy Spirit through prayer and the laying on of hands. What is required of those to be confirmed? It is required that they have been baptized, are sufficiently instructed in the Christian faith, are penitent for their sins, and are ready to affirm their confession of Jesus Christ as Savior and Lord. As part of our Christian formation program at Christ Church, adults and the youth in 10th grade and older who have not been confirmed before are asked to consider participating.

What is reception? Reception is the action of a person who has made an adult profession of faith in another denomination being received into the Episcopal Church. We recognize this reception by the person receiving prayers from the bishop in front of the congregation. This process also involves a time of preparation and is a wonderful way to learn more about Christian living, the Episcopal Church, and personal service to our Lord.

What is reaffirmation? Reaffirmation is the opportunity for those Episcopalians who would like to reaffirm their faith and service to Jesus Christ. While Holy Baptism happens only once, people find the need at various times in their life to reflect and renew their awareness of how they are called to live out their baptism. This process of preparation is similar to the processes of confirmation and reception, but with a different focus on renewal. Those seeking reaffirmation will also stand before the bishop to receive a prayer for renewal and empowerment from the Holy Spirit.

In the month of August, we will have our Enquirers Classes to prepare those participating to stand before the bishop and the congregation on this wonderful day. If you are interested in confirmation, reception or reaffirmation, please contact the rector, The Rev. Webster Gibson, by Sunday, July 17. You can contact him via phone (540-662-5843) or email (rector@christchurchwinchester.org). Our initial meetings will be the first two Sunday of August from 9:15 to 10:15 am. We will then layout the rest of our schedule for the preparation.

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

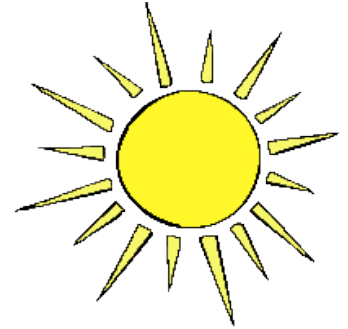
6:30 pm Special Needs—Sanctuary

Weekdays

7:30 am Morning Prayer Pilgrim's Chapel

July

- 3 Hymn Sing at Christ Church as part of Church Music Institute
- 9 Men's Fellowship at 7:30 am
- 11-15 Vacation Bible School and SINGGG Camp



(Many groups are on summer vacation June to August.)

Committee & Group Meetings

Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:45 am
Daytime Faith Study	2nd/4th Thurs: 10:00 am
Knit Unto Others	3rd Tues: 2:00 pm
Liturgical Bible Study	Wed: 10:30 am
Community Fellowship	2nd Thurs: 7:00 pm
Men's Fellowship	2nd Sat: 7:30 am
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 Thurs: 6:30 pm – 7:45
Youth Group	Sun: 6:00-7:30 pm

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

Children's Chapel

No Children's Chapel for the summer!

Nursery

Our nursery, on the 2nd floor of the Parish Hall, will be open but unstaffed during the summer. Parents are welcome to use as needed during the 10:30 am service.



**Look for Christ Episcopal Church
Winchester and like us to stay up-to-date
on the latest news!**

July Birthdays

- | | |
|----|-------------------------------------------------------|
| 1 | Ann Crocker, Mary Estes,
Stephanie Fairbanks |
| 2 | Betty MacDonald, Susan Morris |
| 3 | Gil Kesser |
| 5 | Jim Laidlaw, Mark Pennypacker, Sr. |
| 6 | George Gibson |
| 7 | Sydney Barton, Nick Nerangis,
Philip Sargent |
| 9 | Eve Brown, Bob Mitchell |
| 11 | Pat Leinbach |
| 13 | Abigail Dodd |
| 14 | Kirk Gibson |
| 15 | John Claybrook, Ron Mislowsky |
| 17 | Julie Read |
| 18 | Karey Starnes, Rebekah Wiedower,
Larry Correll |
| 19 | Stacy Talbott, Luke White |
| 21 | Chelsie Pearson, Mary Pyles, Kylie Russell |
| 22 | Graham Becker-Welts, Braden Raymond,
Holt Roberson |
| 23 | Robin Koneczny, Cathie Russell |
| 24 | Jeffrey Davis, Katherine Miles,
Amber Strosnider |
| 25 | Arthur Sperry |
| 26 | Ashton Dodd |
| 27 | Bill Brandt, Dillon Holland |
| 28 | Linda Meade |
| 29 | Karen Dains |
| 30 | George Stierhoff, Doug Thomas |
| 31 | Tim Whipkey |

Wedding Anniversaries

- | | |
|----|-------------------------------|
| 1 | Bill & Kay Jones |
| 6 | Webster & Rebecca Gibson |
| 7 | George & Tricia Glass |
| 7 | Jim Greene & Wendy Oesterling |
| 9 | Gary & Susan Sheppard |
| 16 | Jim & Diedra Kriewald |
| 22 | Pete & Mary Pat Gronauer |
| 24 | Tim & Amy Whipkey |
| 30 | Steve & Loretta Johnston |
| 30 | Roger & Pamela Lamborne |
| 31 | Chris & Robin Northrup |

celebrate!



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.

From the Committees

Parish Life Committee

This group seeks to welcome newcomers, build fellowship, and provide opportunities for parishioners to participate in the Christ Church community. For example, they coordinate the annual parish picnic, newcomers gatherings, and various receptions. The coordination of Coffee Hour hosts is another role of the Parish Life committee.

Coffee Hour continues through the summer! Please sign up for open Sundays in July and August so that we may continue to enjoy this tradition. And, two Parish Life events are coming up: For the OWLS (Older, Wiser Laity), we will have a wonderful local storyteller, Donna Hughes, come and share her gift for a “whale of a tale” on Sunday, August 21, from 3:00 - 5:00 pm. Also, we will need help with the reception for the Bishop’s visitation on Sunday, September 11. More information is to come on these events, so please keep an eye out in the weeks ahead.

Properties Committee

Over the past couple of weeks, several of you have asked what the white patches are in the Sanctuary. We are in the process of repairing areas of the wall where the plaster either cracked or began to flake off. When we did our repairs to the bell tower roof and to the areas of mortar on the outside of the Sanctuary, we were told that it would take a couple of years for the walls to dry out. The buildup of wet plaster from moisture penetration over the years took time to dry out. As it dried out, sections cracked and flaked. So, the repair spots may have looked bad, but they were a good sign that the walls and roof were sealed.

The committee continues to work on resolving moisture issues with the next areas of focus being the Sanctuary’s metal roof and the window casing and sills around the stained glass windows. As that work is done, you may see additional plaster work going on inside the Sanctuary as our walls dry out.

We appreciate your noticing the work and asking questions. We will continue to keep you up to date with the care and upkeep of our facilities. If you would like information about the Properties Committee and their work, please contact James Baden (mcintirekitchens@comcast.net).

Outreach Committee

With the Stop Hunger Now event in the books and the successful food drive to support our Panda Pantry kids over the summer, the Outreach Committee is looking ahead to fall. Winchester Public Schools go back to school on August 8 this year, so Panda Pantry volunteers (and we can always use more of them!) will begin their weekly packing for weekends well before Labor Day. If you want to join us, please contact Sara Bicking (westbury106@comcast.net).

We are looking at a Christ Church Habitat for Humanity interfaith build date for one Saturday in August, so keep your ears open for an announcement about that!

The Evans Home will likely be asking for our support again this year to assist them in providing school supplies for their resident kids. The response to last year's drive was amazing and, again, showed just how much caring and love our congregation has for those in need in our local community, as well as the rest of the world.

If you would like to become involved in the Outreach Committee’s work or learn more, please contact Jeremy Welts (jbwelts@gmail.com).

From the Committees

Finance Committee

Finance Update

Actual revenues, which have been under budget in recent months, have caught up to budget through May. Actual expenses are still below budget, which is partly due to a maintenance contract that was budgeted for April and will probably occur in June. As a result, we are almost \$10,000 better than planned through May. Year-to-date Actual to Budget performance through May is summarized in the table below:

Thru May	Budget	Actual	Actual - Budget
Revenues	\$ 216,695	\$ 217,274	\$ 579
Expenses	\$ 239,924	\$ 230,909	\$ (9,015)
Balance	\$ (23,229)	\$ (13,635)	\$ 9,594

What the Finance Committee Does

The primary duties of the Finance Committee are:

- To develop an annual operating budget that is presented to the Vestry in January of each year for approval and to monitor actual performance to budget periodically (This information is reported to the Vestry each month and is reviewed by the Finance Committee at each of their meetings.)
- To account for (including money being spent or invested as well as donations received) and monitor the status of Capital Campaigns (Bell Tower Project) and other Campaigns (Organ Renovation Project)
- To monitor Christ Church's investments and report annual performance and any recommendations to the Vestry and to recommend to the Vestry the deposit of donations into the proper investment funds as well as the use of proper investment funds to pay for Capital Project (such as recent Smith Building repair work)
- To annually review all pass through accounts - non operating budget items where donations are received and spent for specific purposes (i.e. monthly Salvation Army Dinners)
- To have an Annual Audit conducted and to respond to any findings or recommendations made by the Annual Audit

In 2015, the Finance Committee met several times in an effort to research background information on all of Christ Church's investment funds, resulting in the consolidation of some funds and the renaming of all funds to help clarify their functions.

For 2016, the Finance Committee has resumed a normal meeting schedule of four to five meetings per year, focusing primarily on performance to operating budget, investment performance, annual audit, and development of the 2017 operating budget.

If you are interested in serving on the Finance Committee or have questions about their work, please contact our church bookkeeper, Theresa Seitz (tseitz@christchurchwinchester.org).

Parish News

Christ Church Annual Rummage Sale



During the last four Octobers, our church family has enjoyed the fun and fellowship of an annual rummage sale that has raised \$35,000 for Christ Church ministries. Our attic-basement-closet styled event continues to be a tremendous success in the Winchester community and among parishioners, and we hope to keep the momentum going for our event again this year—with a another goal of \$10,000 or more—for the second straight year! We will be open for business on October 21 and 22, 2016. We need volunteers in the following categories: (Please see Chris Ferguson or any member of the Vestry to volunteer.)

- Set up and take down of the Tilford Room the entire week before through the end of the sale
- Pricing of all items donated for sale
- Cashiers
- Floor monitors to help customers and answer questions
- Delivery volunteers for larger items
- Drivers to pick up and deliver large donations to the church
- Posting of advertising flyers in area businesses or your own business
- Support for and donation of baked goods to sale
- Kitchen support and clean up (please see Dan Wall)
- Official greeters

As for donations, here is a list of what we **cannot** accept:

- Encyclopedias/yearbooks/textbooks—all other books are fine
- Entertainment centers
- Gas grills
- Magazines
- TVs—except for flat screens in good working order
- Computer monitors or keyboards—unless they are tested to be in working order
- Most electronics—please see or speak with Chris Ferguson
- Large appliances such as washers, dryers, stoves, etc.
- Damaged or furniture in need of significant repair
- Soiled furniture
- Paint of any kind
- Broken or badly stained collectibles or glassware

Outside of the above items, please donate only what we might be able to sell! Please make arrangements for the delivery of your donations, **starting August 1**, by calling Chris Ferguson (540-662-4219, 978-360-4501) or they may be delivered on any Sunday morning to the Tilford Room. Please ensure one of the following:

- Box or bag your donations. Please ensure they are secure.
- Mark items “FRAGILE” to prevent breakage.
- **Bring items that are clean and in good repair. Volunteers do not have time to spend cleaning items for the sale.**

Thank you for your continued support of this important fundraiser and wonderful opportunity for fellowship. If you have any questions about the Rummage Sale, please call Chris or Melissa Ferguson at the numbers above.

Parish News

Rachel Shows Rickenbaker Ordination



Congratulations to Rachel Shows Rickenbaker on her ordination to the Transitional Diaconate on June 11. Pictured from left to right are Rachel's brothers, Aaron and Tim, who were presenters, George Gibson, who acted as banner bearer, Rachel's husband, The Rev. James Rickenbaker, who placed the stole on Rachel, Rachel, her parents—Dennis and Debra, and Webster, who was presiding clergy at the ceremony at St. Paul's in Alexandria.

Men's Fellowship Meets

Due to the cancellation of our June meeting, the Men's Fellowship returns to the Baden Center for our July meeting on Saturday, July 9, at 7:30 am. Our topic of discussion remains "Fear" in today's society and how the scriptures help define it for men in our day-to-day lives. Breakfast will be served. Anyone interested in learning more about our monthly fellowship and ministry should see Chris Ferguson or Webster.



The Treasure Box will offer bigger discounts in July and August as the summer season winds down. Come shop with us for great bargains and selection, especially for children's clothing, men's slacks, shorts, shirts and sport coats. Your shopping dollars are the lifeblood of our charitable giving in the community, and we know the needs are many. Shop with us and you'll be providing food, clothing, shelter, and enrichment for individuals and families who need our special help. We are open many Saturdays this summer, as noted in the Winchester Star.

The Treasure Box is open Wednesdays and Fridays from 10 am—4 pm at 114 W. Boscawen St.

THE ANGELUS

Christ Episcopal Church
114 West Boscawen St.
Winchester, VA 22601-4116

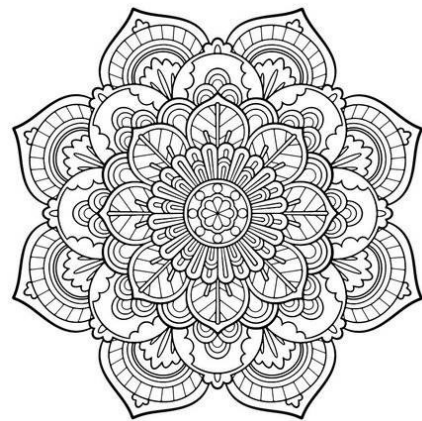
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For weekly updates, please see *The Sunday Announcements* in the bulletin.

Parish Nurse Musings

Summer is here and you may have more time to relax. Adult coloring books are a popular relaxation method these days! They are the most interesting and beautiful designs, like the one to the right. You can buy them in many places. I am seeing many people use them to decrease the grief and stress of life. It can calm you down, make you feel like an artist, allow you to give the pictures to someone, and, above all, bring you some enjoyment! I see people who have had strokes use them to increase their motor skills. The best tip for getting started would come from a psychologist at the Mayo Clinic in Rochester, Minnesota.

Craig suggests setting aside some time to try the coloring books. If you try to wedge this activity in with other “to do” items it might get lost or cause you even more stress. While doing this for the first few times, focus! Don’t try it with the TV on, texting, etc. Let it be your only endeavor for the moment. Enjoy and hope you find it fun!



See you next month.

Your Parish Nurse, Helen