

# THE ANGELUS

Volume 65 Number 10

Christ Episcopal Church • Winchester, Virginia

June 2015

## From the Rector

Dear People of Christ Church,

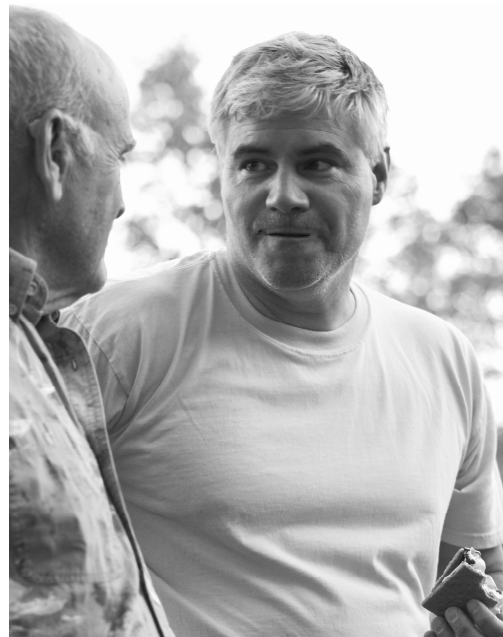
With the program year coming to an end, please join me in thanking our staff, all of you who help with Sunday morning Christian Formation, children's choirs, youth group, and outreach programs. Every time I am tempted to print a list of names, I know that someone will be missed, and since the church directory might exceed the space allotted to my article, I can only say thank you to everyone!

This summer, we look forward to our usual summer activities, like our Summer Bible School in July. We need volunteers to help make this wonderful ministry happen again this summer. We will also continue with our service schedule at 8:00 am and 10:30 am each Sunday morning. But that's where the "usual" ends for this summer.

The unusual for this summer begins with the organ. Taylor and Boody Organbuilders is on track to begin the organ restoration in June. However, we do not have an exact starting date. Dr. Kriewald will play the organ as long as he can into June. The Organ Committee will keep us posted and is developing ways to help the congregation continue to learn about the organ renovation. This information will come to you throughout the summer through the website, weekly emails, and bulletins.

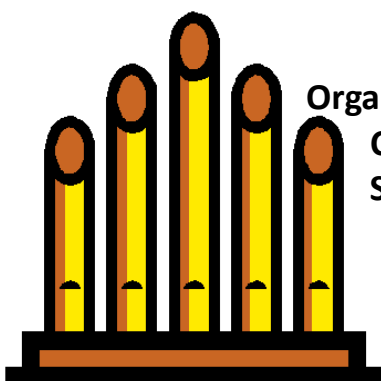
Another something unusual for this summer is that we will start our Sunday Christian Formation programs earlier than in previous years to align more closely with the local school calendar. Our first Sunday for classes will be August 30, instead of the usual start after Labor Day. So, please mark that date on your calendar and watch for information about registration and program planning as we go through the summer.

My summer will be unusual because I will be on sabbatical from June 22 through August 9. From July 5-27, I ask that you keep me in your prayers as I go to Guatemala and the Dominican Republic to study Spanish and



*Webster at Shrine Mont*

*Continued on p. 2*



**New**  
**Organ Renovation**  
**Challenge**  
**See p. 13!**

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## From the Rector

to join up with friends doing some projects which I will enjoy. I will also be doing some personal and family projects on my family's theological genealogy, which I have wanted to do for some time.

While I'm away, all of the usual things will happen in the parish. Bridget will work with Tom Ellington (Senior Warden) and Bryan Gray (Junior Warden) to lead the congregation. The staff will continue in their work as they normally would. We are very fortunate to have retired clergy in the parish who have graciously offered to help with the Sunday morning responsibilities. So, you will get some variety of preaching.

During my sabbatical, it is extremely important that the members of the congregation help Bridget know directly of any pastoral emergencies or crises. I have written here before about not assuming the clergy know someone is sick, hospitalized, going in for a surgical procedure, or dying. This summer, while I'm away, it will be absolutely vital if you have something which needs clergy attention that you call the Church Office or call Bridget directly. If you have medical questions or need a medical advocate, please call our Parish Nurse, Helen Zebarth. Email is not the preferred way to reach Bridget if you want a timely response.

The intention of sabbatical is for me to be away. I ask that you help me be away. I will be out of pocket for most of my sabbatical, but with the clergy, officers, staff and Vestry of Christ Church, I have the utmost confidence that Christ Church is in capable hands! Tend to one another; love one another; and be the church. That is our gift and our charge from our Lord. If we do that, then all of the usual and unusual parts of this summer are kept in their proper perspective as a part of life in our family as the body of Christ.

Faithfully,



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

## Highlights from May's Vestry Meeting

- The Treasurer reported that we've paid back an additional \$10,000 to the endowment. We have approximately \$68,000 yet to raise for the organ renovation. And, due to unexpected increases in revenues, we were ahead of budget at the end of April. (See p. 12 for more information.)
- The Education Committee reported that Sunday School will start in the fall on Sunday, August 30, since schools in the area are beginning earlier now.
- The Vestry approved motions from the Outreach Committee to provide \$250 to the Shawnee Fire Hall (host of the summer lunch program) for utility costs and to increase the capacity for WATTS guests from 35 to 45 for next year.
- The Properties Committee reports that brick work is wrapping up for now. They continue to work on phone issues.
- The Parish retreat at Shrine Mont was a great success with new and returning families.
- Churchill Gibson (Assistant Program Director for St. George's Camp at Shrine Mont) will bring 20 teenagers to perform community service work in the area the first week in July. They will use the Parish Hall for two nights.
- Apple Blossom parade chair sales amounted to \$2500 this year, despite the threat of rain on Friday.

## From the Assistant Rector

Dear Friends in Christ,

Jesus had compassion. At the very center of his being, he was moved. Compassion is not simply an attitude or a feeling; it is a feeling that motivates action.

In the story of the feeding of the five thousand, we read, “When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick.” And when the disciples want to send them away because there is no reasonable way that they can all be fed, Jesus goes a step further, “They need not go away; you give them something to eat.” The disciples’ first response was to worry about how little they had to offer. “There are so many people down there Jesus, and our resources are so tiny.” Jesus responded simply: “Share what little you have and let’s see what happens.”

Share what you have. Jesus takes the five loaves and two fish, he looks up to heaven, blesses and breaks the loaves, and gives them to the disciples, and the disciples give them to the crowds. Jesus gives the disciples a clear way to overcome their sense of scarcity and to enter into abundant, compassionate living.

A great question to ask ourselves about how we look at the gifts we have and use them with compassion is: “What loaves and fishes do you have in your backpack?” What do we carry with us that we simply need to offer to God to see what amazing things might come from it? What keeps us from offering what has been given to us back to the one that gave it to us? Do we think that it isn’t good enough? Do we think it is too little? It takes each of us being moved with compassion and love to offer each of our little bits, our gifts, our talents, our treasure, our whole being, to God.

It takes some of us to offer an hour a week to pack food in the Baden Center so that 50 of our young neighbors will have something to eat over the weekend. It takes some of us to visit those who are not able to be with us on Sunday mornings to share in the feast, the Eucharist. It takes just a little bit of time and love, a smile and a kind word. It takes some of us to speak up about God’s compassion and love for this world. It just takes courage to put aside our fears of scarcity and do something.

Jesus had compassion that day, compassion for the most basic of human needs. God calls us to be moved with compassion, to consider how we act – moved from the very core of our being – toward others, asking ourselves and our community how compassion may lead and shape us and our ministries.

It’s true - we can’t feed everyone; there will be suffering. We can’t make it all go away. We can’t end it for everyone, everywhere, forever. But that is no reason for us to sit idly by and do nothing.

The important thing about the feeding of the five thousand is not the miracle of Jesus turning those five loaves and those two fish into a meal for the multitude. The important thing is that this story calls us to raise our eyes above our own needs and above the limits of our own resources so that we can see the needs of the world around us and the power of a compassionate God who will take what we freely give and turn it into enough and then some more.

It takes your little bit, and my little bit, so that  $5 + 2 =$  more than we can imagine, 12 baskets of extras, plenty for all and more to go around! We are called to be a community of compassion; a place and a people who show the world that God is alive, that God is love, and that there is plenty of that love to go around. What loaves and fish do you have in your backpack? Share what you have. Share what you have with compassion and be amazed, amazed at the abundance!

Blessings,



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

To reach Bridget this summer in the event of a pastoral emergency, please call the Church Office at 540-662-5843 or call her directly at 443-466-8356 (cell/home number).

## Christian Formation

### Vacation Bible School

**Vacation Bible School:** July 6—10 will be here sooner than we realize! *Hometown Nazareth: Where Jesus Was a Kid* is already well under construction for our week of worship, learning and fun! All children from ages 2 through current 6<sup>th</sup> graders are invited to be a part. Neighbors, cousins, and friends are more than welcome! We would love to have youth who are currently in 7<sup>th</sup> grade or older, serve as helpers in the classrooms and at games. This year's New Testament stories are about Mary being chosen to be Jesus' mother, Jesus' birth and receiving his name, Jesus' family escaping to Egypt, 12 year-old Jesus' visit to the Temple and the miracle at Cana. We'll enjoy snacks; relax and play at game time; enjoy activities in the Marketplace Shops; and sing classic worship songs and brand-new praise songs.



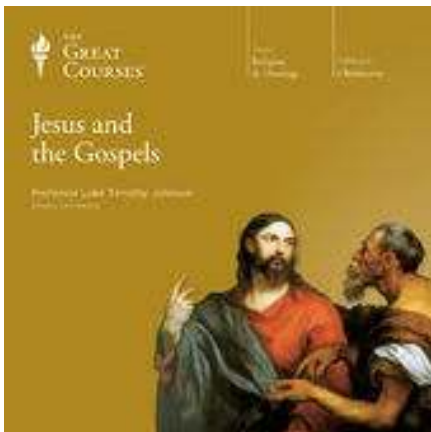
**July 6-10, 2015**  
**Vacation Bible School**  
**Grace Lutheran Church**

**Registration** is underway. Registration forms are at the back of the Sanctuary and in the Tilford Room at coffee hour. Registration online is also available on the church website.

**What do we do at VBS?** As with Sunday School, we tell and re-tell the stories of Jesus, our faith, and our ancestors in faith, each time repeating the story but building and expanding our relationship to it. Because we reach out to the community, we make no assumption that all the children will come with a familiarity with the great stories of faith. We want our children and those from the community who are neither ours nor from Grace Lutheran to know that, no matter what, God loves them unconditionally. It's worth repeating as many times as we can!

**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 and contact Margery Wingenbach at 540-667-0386 for details.

### Adult Daytime Faith Study



The Thursday morning Adult Faith Study will have its final meeting of this program year on Thursday, June 11, at 10:00 am in the Parlors. We will conclude with the final conversation on the Gospel of Luke.

We will start our Thursday gatherings up again for the fall on September 8 in the Parlors at the same time. We will continue to utilize the "The Great Courses" program with Professor Luke Timothy Johnson called "Jesus and The Gospels," looking particularly at his lectures focusing on the Gospels of John.

Everyone is welcome to join us. If you have questions, please do not hesitate to call the Church Office (540-662-5843).



## Christian Formation

### Sunday School News

May 31 is the final day for Sunday School this program year. Our **summer schedule** begins June 7. Through the summer, the nursery will not be staffed but will remain open during the 10:30 am service. Parents are welcome to use as needed during the 10:30 am service. Sunday School classes and Children's Chapel will take a summer break until we begin our fall session on Sunday, August 30. Please note that we are beginning *before* Labor Day to align more closely with school schedules, which begin earlier in August.

**The Sunday School classes would like to thank and recognize the adult leaders** who have worked so faithfully with our children and youth in Sunday morning classes throughout the 2014-15 session. Our great team consisted of Ashley Bingaman, Beth Conrad, Julie Constantino, Cheryl Crowell, Bryan Gray, Martha Griffin, Bill Wiley, and Betsy Young. A very special thank you is due to Amy Stock who finished the year from mid-March through May 31 teaching in the Preschool/Kindergarten class.

Our team of Dan and Mary Gloster and Amy Whipkey has led the Children's Chapel through the year with "special appearances" by the clergy on the first Sunday of each month and with the assistance of our youth. Many thanks to all of them for their ministry to our children and parents. As you see these folks over the next few weeks, please thank them in person for answering the call to this vital ministry!



## Worship

### Special Prayer Service for Caregivers

If you feel that you need spiritual support for yourself, or for those for whom you provide care, then you are invited to a service of prayers, scripture readings, silent time, and hymns specially selected to help us experience God's love for the caregiver.

You may be caring for a parent, sibling, child, spouse, or friend that may be injured or ill, have special needs or just needs special care. This is not a presentation or discussion group; it is a service of spiritual renewal. Prayers will also be offered for those whom we help – asking for healing, relief from pain and fear, courage, and patience.

The service will be Sunday, June 14, at 7:00 pm in the Pilgrim's Chapel.

## Parish Weekend at Shrine Mont



*Looking for God in Mosaics*



## Parish Weekend at Shrine Mont



## 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

### Committee & Group Meetings

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

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	1st Mon: 7:00 pm 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 pm
Youth Group	Sun: 6:00-7:30 pm

### June

- 1 Knit Unto Others at 7:00 pm
- 8 Special Needs Service at 6:30 pm
- 9 Primary Election Voting in the Tilford Room, Vestry Meeting at 7:00 pm
- 11 Community Fellowship at 7:00 pm
- 13 Men's Fellowship at 7:30 am
- 14 Caregivers' Service at 7:00 pm
- 16 Knit Unto Others at 2:00 pm, Properties Committee at 7:00 pm
- 22 Webster leaves for Sabbatical
- 23 Outreach Committee Meeting at 7:00 pm
- 24 Salvation Army Dinner at Ft. Collier



**Mark your calendar:**  
**Ice Cream Social**  
**August 13, 2015**

**Fun & games**  
**as summer winds down!**

.....

**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.

## June Birthdays

- 1 Woody Baker, Jim Taylor
- 2 Bernice Brown, Nancy Tabaka
- 3 June Davies, Jeannine Raymond
- 4 David Bicking, Scott Barnes, Emily Carroll
- 5 Sherri Dastjerdi
- 6 Bryan Fairbanks, Calum Lewis
- 8 William Armstrong, Jr.
- 9 Amanda Matthiesen
- 10 Donald Netschke, Gerry Kiefer
- 11 Evelyn Gibson
- 12 Kay Jones
- 13 Madeline McKelway
- 14 Suzi O'Meara
- 15 Lillian Smith, Lauren Pearson
- 16 Gerald Crowell, Deborah Crawford
- 18 Jim Wiedower
- 19 Dennis Bromley, Hannah Jacobsen
- 20 Lindsay Trant, Katherine Crawford,  
Edward Crawford
- 21 Suzanne Pettit
- 22 Conrad Koneczny, Christopher Francis,  
Frank Armstrong, IV
- 23 Kathryn Schain
- 25 Walter Jagiello
- 26 Bill Wiley
- 27 Stephanie Pearson
- 28 Lillie Rupert
- 29 Rusty Holland
- 30 Caroyln Griffin, Cameron Crowell



## Wedding Anniversaries

- 7 Bo & Eve Brown
- 8 Bill & Katy Wiley
- 9 Tim & Cathie Waldie  
David & Margery Wingenbach  
Tom & Lori Ellington
- 12 Jim & Martha Griffin
- 13 Rob & Susan Ross
- 14 Bill & Sandy Armstrong
- 16 Don & Betty MacDonald  
Bob & Nancy Mitchell
- 18 George & Roberta Gunnell
- 19 Bill & Anne Drury  
Nelson & Barbara Keech
- 20 Mark & Judy Pennypacker
- 21 Clay & Susan Morris
- 26 Ashley & Betty Futral
- 29 John & Polly Nelson



### 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.**



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

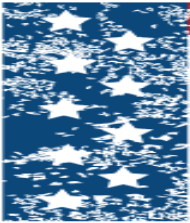
## From the Properties Committee

### More Brickwork!

The mason has completed much of the exterior work on the most in-need locations of the parish buildings—including the parish hall, the Sanctuary and the Smith building. Our initial goal was to make sure the walls were sealed and structurally sound. As with any project, this job grew the more the masons investigated the problems and repairs. For all of the work that was done, the Properties Committee knows that there are still other pointing repairs to be made. The committee will continue to assess the nature of the repairs and come up with a timeline for when the projects can be done. They will also work with the Finance Committee to look at the funding options, as the work moves to the next phase.

Also, thanks to those who helped with Keep Day, our parish cleanup day. Our next Keep Day will be in early November, so please keep your ears open for when we set that date. More hands make the work go faster, and most of the work is pretty basic.

## From the Outreach Committee



**The Outreach Committee invites you to salute our men and women in uniform as we honor their service with military care packages from Christ Church in celebration of July 4th!**

You can help by signing greeting cards on Sunday mornings - June 7, 14, and 21 - after each service. And, we will be collecting the following items to include in our packages:

- Small American flags
- White tube socks
- Sunscreen
- Hand sanitizer
- Hand wipes
- Chapstick
- Small packages of tissues
- Playing cards
- Almonds, cashews, peanuts
- Chewing gum
- Granola bars
- Snack crackers in packs
- Candy other than chocolate

There will be a donation collection table in the Tilford Room.



## From the Outreach Committee

### School Supplies Needed

The Henry and William Evans Home for Children is a non-profit group home for abused, neglected, or homeless children here in Winchester. When a child cannot live with his or her family of origin, and the child will not thrive in a foster or adoptive family, the Evans Home offers an alternative "family-like" environment for the child. They are devoted to each child's welfare and provide support and nurturing as they grow into productive members of society. The Evans Home strives to provide everything the children need, including school supplies, and they need our help in providing these items for the 2015-2016 school year. The following items are needed. **They should be new and of good quality!**

- 20 USB/thumb drives
- 50 mechanical pencils
- 100 black/blue ink pens—good quality
- 30 pencil pouches
- 100 2-pocket folders (not themed)
- 10 insulated lunch boxes
- 20 backpacks (gender-neutral, for middle/high school students)
- 10 messenger bags or crossbody backpacks
- 20 drawstring backpacks
- 20 duffle bags/gym bags
- 30 packs of dry erase markers, assorted colors—not neon

Donations of any of these items is greatly appreciated and will help a child in need to pursue a successful future. Please place any donations in the box near the piano in the Tilford Room by **July 26**. For more information, please visit the Evans Home Facebook page or website, [www.evanshome.org](http://www.evanshome.org). Thank you!

### Support CCAP in June

Like most organizations, CCAP has a Facebook page full of updates and news. Please visit their page and "Like" it! Here is a post from May 15: "Year to date... CCAP has provided 10,637 families seeking all types aid. 7,004 families just in the food pantry alone! We could not have done it without the help from our community! Thank you for your continued support!"

Your Christ Church Outreach Committee would like to extend that thank you to our congregation for years of continued generosity, as we collect much needed items for the families who depend on CCAP for food, clothing, and basic necessities. Speaking of basic necessities, CCAP is planning to make showers available for their homeless clients beginning this summer, and is in need of SHAMPOO of all sizes. During the month of June, let's collect as many bottles of shampoo (any and all sizes) as we can for CCAP. **Please leave any donations of SHAMPOO in the foyer of the Tilford Room.** Ann McQuinn and Ann Taylor are happy to receive donations during coffee hour, too. For more information about CCAP and volunteer opportunities, please contact Ann McQuinn ([annmcquinn@icloud.com](mailto:annmcquinn@icloud.com)) or Ann Taylor (703-622-7059). Or visit CCAP's website at [www.ccapwinc.org](http://www.ccapwinc.org). Happy Summer!



## From the Finance Committee

### 2015 Budget & Actual:

We are STILL ahead of budget! Again, it is due to timing - where some revenues have been received early, and some expenses have not been submitted or have not occurred as planned. Instead of being in the negative by about \$18,000, we are actually ahead of budget by about \$3,900.

The table below shows the current summary of revenues and expenses.

2015: Through April	Budget	Actual
Revenues	\$177,670	\$202,028
Expenses	\$196,010	\$198,104
Balance	(\$18,340)	\$3,924

### Capital Campaign Update:

We were able to pay back another \$10,000 recently. As of the second week in May, our debt to the Endowment Fund is now \$87,000. We continue to make steady progress in paying back this self-loan from our endowment.

### Organ Restoration Fund:

At the time this article is being written in late-May, the fund is at \$114,334 received and/or pledged. We have received \$71,000 in cash and have spent \$30,251. That leaves \$40,786 of cash immediately available and approximately \$43,300 pledged and yet to be received.

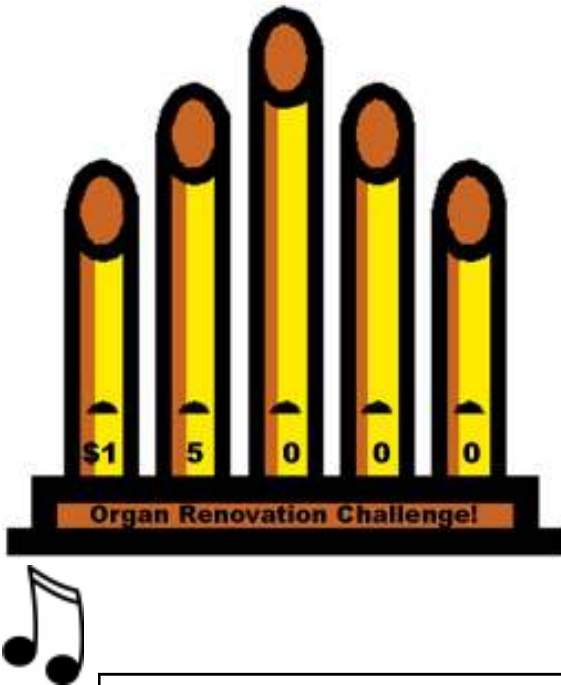
**To make our \$165,000 goal – we still need about \$51,000 to fully pay for the organ repair and renovation.**



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

## Organ Renovation

### A Challenge Grant to Help Us Reach Our Goal!



The Organ Committee is excited to announce that a challenge grant has been offered as we move toward our organ renovation goal! An anonymous donor has charged the rest of the community with a \$15,000 challenge. If we meet the challenge of raising \$15,000, we increase the total campaign by \$30,000, which would be a big step to help us achieve our goal of \$165,000!

To participate in the challenge, please indicate “organ renovation challenge” on your pledge card and/or on your check. Our goal is to meet the challenge grant by August 15, as we are completing the organ renovation by late August or September. We will update the community on how we are doing with the challenge as we go through the summer via this newsletter, the church website, and email updates.

Please help us meet this very generous challenge grant and move ahead toward our overall goal.

### Music at Christ Church this Summer

As we hope that you know by now, our tracker organ will be renovated this summer by Taylor and Boody Organbuilders of Staunton, Virginia. As a result, the big question for June is, “What will we have for music this summer?” The answer is a bit of variety! We will use the piano, which is already in the church, with Dr. Kriewald up front and able to see the congregation singing as he plays. Other musicians will be helping occasionally with guitars. We will chant and even use times of silence. All of these are ways offer praise to God in our worship, in addition to singing.

Another question put to the organ committee is, “Why not rent some type of organ?” The committee discussed this option. The committee hopes the absence of the sound of organ music will help the community remember what we are doing this summer and raise the congregation’s excitement to have the organ back in the fall. (Absence makes the heart grow fonder!) Also, the committee would like to keep financial resources going towards the renovation. While we are approaching our goal to cover the costs for the renovations, we are not there yet; so, the piano and other music help to save money.

As we go through the summer months, and the project moves ahead, the organ committee will be looking at ways to celebrate this renovation in our worship when the project is complete. We hope to develop ways to extend this celebration to the broader community. So, while the organ may be silent this summer, there will still be sounds of worship in the church and the organ committee will be busy and keep you up to date with the renovation and the plans!

#### Organ Committee Members:

Jim Kriewald, Harry Polling, Bryan Gray, Phil Sargent, Tom Ellington



## Parish News

### Fellowship Groups Meet

The Men's Fellowship will return to our normal time slot on Saturday, June 13, at 7:30 am, in the Baden Center. We will continue our focus on issues that Christian men face in today's society. Breakfast will be served and all men of the parish are welcome to attend.

The Community Fellowship again welcomes our own Doug Thomas as he concludes part II of his presentation on US wars and their impact on our society. Doug will focus on the period of WWI through the end of WWII in Europe. The fellowship is open to everyone in the parish and meets on Thursday, June 11, at 7:00 pm, in the Tilford Room. Light refreshments will be served.

### Treasure Box News

Sales at the Treasure Box have been brisk this spring. Thanks to a steady stream of high-quality merchandise from parishioners, our revenues are on target to sustain and possibly exceed our charitable giving goal for 2015. In May, we also were able to contribute to building repairs of the Smith Building.

Occasional Saturday openings are going well and popular with our customers. Our clothing racks are well stocked at the moment. We really need donations of ladies purses, costume jewelry, fashion scarves, and useful household items such as towels, table linens, decorator pillows, curtains, and bedding. Please think of the TB as you downsize, refresh your rooms, or clean closets this spring.

We continue to search for new volunteers to work at the desk one day a month for about three hours. Contact the Church Office if you have some time to give and would like to try something new. We especially welcome newcomers to the church. Volunteering at the Treasure Box is a great way to connect with church women and the community as Wendy Breslin will tell you:

*"The Treasure Box was a lifesaver for me! When we moved to Winchester two years ago, I knew NO ONE! It was a bit lonely at the beginning and then one day Paulette 'swooped' down and asked me if I would like to join the gals at the Treasure Box. A bit unsure, I said, 'Yes.' And it was the right answer! The ladies of the TB were so welcoming, kind, funny, and friendly, and I was thrilled to be a part of such a nice group of women. These ladies are truly the 'core' of my friendships in Winchester, and I look forward to helping out each month. The afternoon is sure to be full of laughter, stories, and friendship. I would not give it up for anything!"*



## Parish News

### Fall ABC Rummage Sale

The 4th Annual Christ Church ABC Sale will be held on October 23rd and 24th in the Parish Hall. As you clean out your attics, basements and closets as part of spring cleaning and wish to donate items for our fall event, please contact Chris or Melissa Ferguson at 540-662-4219 or 978-360-4501 to arrange pickup and/or delivery. We are in the process of collecting and storing items for what we hope will be our most successful year in raising funds for our many church-based ministries. As a reminder, items we can accept are:

- appliances in working order such as microwares, toasters, can openers, etc.
- books, DVDs, VHS tapes and records
- china
- holiday decorations
- dishware—any size or shape
- furniture of any kind
- garden and yard tools—in good working order
- lamps—both table-top and floor lamps
- kitchen utensils, Tupperware, and cookware
- linens
- religious items
- toys—for any age!
- luggage



And, miscellaneous items— such as flat screen TVs and bicycles. Just ask! They sell! We will have our famous baked goods for sale from the ladies of the church and, of course, our BBQ. It's not too early to volunteer, so please just ask. We will put you to work. Please see Chris or Melissa Ferguson with any questions.



Thank you to Gil and Marge Kesser who have been wonderful volunteers in the Church Office for many years and are stepping back this summer to enjoy more free time together. They have counted money, stuffed bulletins, answered phones, called ushers, and helped many who have visited the Christ Church Office. Thank you, Gil and Marge!





## THE ANGELUS

Christ Episcopal Church  
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Winchester, VA 22601-4116

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*The Angelus* is a monthly publication of Christ Episcopal Church.  
For weekly updates, please see *The Sunday Announcements* in the bulletin.

## Parish Nurse Musings

Who said summer starts on June 21? We have experienced some summer over the past few weeks! What do we need to be reminded about with summer as far as our health is concerned?

First is that we need to use sunscreen! It is not bad to be in the sun as long as we protect our skin. Long times in the sun require us to take a break and get in the shade. We shouldn't let ourselves burn. Also, when swimming, remember to re-apply sunscreen when you get out of the water. The American Academy of Dermatology recommends that everyone apply a sunscreen with an SPF30 every day, and an SPF50 before participating in outdoor activities.

Second, spray for insects around you. I like to suggest wearing the little device that constantly keeps the bugs away. That way you don't expose yourself to constant repellent. You can get refills for the device and attach it to your belt.

Thirdly, have fun this summer! Scale down on your usual activities and do different things—walk, hike, picnic, visit with family and friends you often don't see during the busy year. Take a nap in the afternoon. Get a good book and read it. Treat yourself by going to a museum. We have several in the community that are very enlightening. Most of all take care of you and enjoy the summer.

See you in church! Helen Zebarth, your parish nurse

