## THE ANGELUS

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Christ Episcopal Church • Winchester, Virginia

May 2015

#### From the Rector

Dear People of Christ Church,

In May, the idea of retreat is definitely in the air! After the Apple Blossom Festival, there are two planned retreats for the parish—Parish Weekend at Shrine Mont and the retreat for seniors at Meadowkirk. The Diocesan Retreat for clergy and lay professionals is also in May. The Vestry went on retreat together last month, so they have already been practicing the idea of retreat.

As the word says, to retreat is to pull back from the routine of life and take time apart. Retreats have different purposes, but for the notion of Christian retreat, the individual or a group/community is to take time apart to be present to God. Some retreats are quiet to challenge us to listen to the voice of the Holy Spirit among us. Others are more for the fellowship and community as followers of Jesus Christ to learn or grow in our knowledge and understanding of discipleship or our traditions. Whichever way the retreat may be organized, you still go away from your daily life.

For me, part of the importance of the community retreat is to have a shared experience unique to the group that is going. People get to know one another better. People also experience or learn something together which they did not know before. Often, people who may have known each other for a while learn something new about each other because they are seeing one another in a different setting. In other words, relationships are broadened and deepened, and the strength of the community grows.

I found such an experience at our recent Vestry retreat. The Vestry of Christ Church meets on the second Tuesday of each month in the conference room of the Smith Building to conduct our prayers and our business. However, on the retreat, as we were talking and sharing more of our own experiences around church and faith formation, we began to share more about what has shaped our personal convictions which in turn excites our serving in the church. Conrad Koneczny shared one of his favorite sayings, which inspires his life and service: "What you are is God's gift to you; what you do in your life is your gift to God." That saying resonated with many of us as a new way to understand our lives and our faith in our lives.

At our next Vestry meeting, Conrad shared printed copies of the saying with those who had asked for it. At a different meeting, later on in the week in the conference room, someone saw a copy of the saying which had

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#### From the Rector

been left on the table. That person said how much they enjoyed the saying and asked if they could take a copy of it with them. I enjoyed seeing how something shared on the Vestry retreat came back to the parish to be shared further in unexpected ways.

That is how a retreat should work. The things that we learn, the relationships that we build, and the stories we share while away are brought back and bring life to the parish. Sometimes this sharing happens in unexpected ways, which should perhaps keep all of us humble as we seek to be disciples.

So, as we go away on retreat, be it this month or at some time in the future, I hope that we find ways to share that experience when we come back together in our own families and in our parish family. Even the disciples had to learn after their mountain-top experience with Jesus that they had to come down from the mountain and share their witness!

Faithfully,

(1) etito

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

## Looking for God in Mosaics Parish Weekend at Shrine Mont

Come to Shrine Mont on Mother's Day weekend, May 8–10, to rest body, mind, and soul in the beauty of the mountains. Hike, read, snooze, bird-watch, sketch, eat comfort food, smell the flowers, and gather around a bonfire for s'mores.

While there, we, adults and children, will learn about and create mosaics. We will use all sorts of materials, from paper to tiles, and consider how mosaics can be part of our spirituality. The following selection from *Morning Reflections* by Enuma Okoro gives some food for thought:

What is this unfolding, this slowgoing unraveling of gift held in hands open

to the wonder and enchantment of it all?

What is this growing, this rare showing, like blossoming of purple spotted forests by roadsides grown weary with winter months?

Seasons affected, routinely disordered by playful disturbance of divine glee weaving through limbs with sharpened shards of mirrored light, cutting dark spaces, interlacing creation, commanding life with whimsical delight.

What is this breaking, this hopeful re-making, shifting stones, addressing dry bones, dizzying me with blessings, intercepting my grieving and raising the dead all around me?

Please pick up a brochure/registration form in the Tilford Room, see the information on the website (www.ChristChurchWinchester.org), or call the Church Office to register.

#### From the Assistant Rector

Dear Friends in Christ,

In her recently released book, *Searching for Sunday*, author and blogger Rachel Held Evans writes, "...This is why I need the Eucharist. I need the Eucharist because I need to begin each week with open hands. I need the Eucharist because I need to practice letting go and letting in. I need the Eucharist because I need to quit keeping score...It's a scary thing to open your hands. It's a scary thing to receive, to say yes. I resist it every time. But somehow, whether it sneaks in through a piece of bread, a sip of wine, or a hatching bud, grace always, eventually gets through. And finally, at long last, I exhale my thanksgiving."

For a time during college, I did not attend the Episcopal Church except when home for visits. The churches I attended with friends were lovely worshipping communities where my faith was strengthened, but there was something missing in them that I had trouble identifying. It was not until I graduated and began to regularly attend my home parish again that I understood what was missing: the weekly celebration of that great and wonderful mystery, the Eucharist. Once that realization hit me, I began to understand just how much I need to be nourished and sustained by the Bread of Life.

There is nothing more beautiful to me than the celebration of this meal, whether it is on a Sunday morning, on a seaside cliff in Ireland, or in the home of a parishioner. What we share together grounds me; it humbles me; and it gives me a taste of the grace God lavishes on each of us. And the best part is that this meal teaches us about our inheritance. But it is not ours to safeguard and keep to ourselves. This inheritance is to be shared with all. This is what it means to be the living Body of Christ present to the world.

I love our post-communion prayers that clearly speak to our call and desire to be sent back into the world to love and serve the God in our world. This Frederick Buechner quote helps me look at this call to serve the world with a sense of joy and wonder. He writes, "The place God calls you to is the place where your deep gladness and the world's deep hunger meet." This often means leaving our comfort zones and stretching ourselves. As Episcopalians, our Baptismal Covenant demands a life that follows God by continuing in the apostles' teaching and fellowship, in the breaking of bread, in the prayers, resisting evil, repenting and returning to the Lord, proclaiming by word and example the Good News of God in Christ, seeking and serving Christ in all persons, loving our neighbor as ourselves, striving for justice and peace among all people, and respecting the dignity of every human being. This is not an easy road to travel! Yet, we readily answer, "I will, with God's help."

We cannot do this alone. We must have God's help to follow the call of Jesus in order to be the people we were created to be. May we go forth, as the blessing from St. Clare says, to "live without fear: your Creator has made you holy, has always protected you, and loves you as a mother. Go in peace to follow the good road, and may God's blessing be with you always."

Blessings,

Bridget

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

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## From the Vestry

## The Vestry Retreat at Shrine Mont

A few weeks ago, some of you may have noticed that all of your Vestry members were missing from church. Where were we? Rest assured, we didn't quit! (You also may have noticed that we all returned.) We were on a Vestry retreat at Shrine Mont with a special guest, The Rev. Pat Wingo, Cannon to the Ordinary. Our goal at this little shindig was to get to know each other a little better, help with the Shrine Mont clean-up weekend, and learn how to better serve each and every one of you, the church.

We kicked off our weekend on Friday night by becoming familiar with everyone's leadership background prior to serving on the Vestry and learning about the different roles that a vestry plays within the church life. This meeting, and all of our following meetings during the retreat, were led by Pat. He brought some new ideas about leadership, particularly within the church, and talked about ways to lead.

On Saturday morning, we woke up and helped with cleaning up the Shrine. The Christ Church Vestry was a favorite among the other cleaners due to our cheeriness and good humor! That afternoon, we had a wonderful Bible study based on Lectio Divinia. In our normally busy lives and meetings that usually focus on business, it was a great opportunity to share time as a vestry in prayer and community. In the evening, we did an exercise of theological reflection that can be used in processing everyday challenges that occur in the church life. Sunday morning, we woke up to share a chilly worship service at the Shrine with the other cleaners from the weekend. After worship, we came together one last time to brainstorm ideas for the year to come.

The entire weekend was a priceless experience for our whole Vestry, as we were able to share this time together away from the craziness of everyday life. The conversations with Pat and each other were valuable and allowed us to learn about one another and generate ideas. However, the best parts were the laughs, prayers, and worship that brought us together.

If you are interested in learning more about our Vestry retreat, please stop any one of your Vestry members and ask. We are happy to share what we learned!

## **Highlights from April's Vestry Meeting**

- The Treasurer reported that the Finance Committee recently met with the Properties Committee. Expenses for the past month are right on track and revenue was \$10,000 above target. A payment of \$29,000 has been made towards the organ renovations. We have \$94,059 pledged for the organ project so far.
- The Vestry approved a motion for up to \$250 for military care packages. The Outreach Committee is also organizing our participation in a summer feeding program for local children run by the USDA/Salvation Army at the Shawnee Firehouse and will ask for volunteers from the parish.
- The Spring Clergy Conference is May 4-6. Webster and Bridget will attend.
- Planned Giving is the focus for the next Finance Meeting.
- Our Parish Nurse, Helen Zebarth, attended a Parish Nurse conference on sniper preparedness. The Vestry and ushers will work with parishioner Gary Sheppard on an action plan. There will also be work on creating preparedness plans for storms, evacuations, etc.

## **Christian Formation**

## **Sunday School News**

#### Vacation Bible School - Outreach to Local Children

Vacation Bible School always has a theme that is intended to help children remember their experience throughout the year. July 6-10, we will explore *Hometown Nazareth: Where Jesus was a Kid*, based on stories from Luke, Matthew, and John. The stories will take kids back to Nazareth, where they'll discover that the carpenter's son is really God's son. They will learn about God's word at work in a person's life, go to Fun & Games for high-energy, low-tech activities, and visit the Marketplace for snacks and crafts, and enjoy those unforgettable VBS songs. Vacation Bible School gives Christ Church and our partner, Grace Lutheran Church, the chance to serve and exemplify God's love to children from all over the city and our surrounding counties. While the Bible school hosts 300 children, more than half of those children are not from either church. For some of these children, it will be their first exposure to the Gospel message!



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

Youth and adult members of the congregation: It's time to step out of your comfort zone! Our stewardship opportunities here are, as always, time, talent, and treasure. If you can't make a long-term commitment to help with programs, this is the perfect chance to be part of a week of mornings from 9:00 am—Noon that will be an unforgettable experience for the approximately 300 children we serve each year. It really is fun and most of the children don't bite! You can be a parent, or a grandparent, or simply enjoy children. We can use help for a couple of hours the week before, as well as on the mornings of the Bible school. VBS begins at 9:00 am and ends at Noon, so it is not an all day event. Teachers and helpers are not expected to lead the class for three hours straight. Each group of children rotates through a music block, a game time block, and a snack block with other adults in charge. Maybe you are an energetic youth helper, a crafter, a carrot cutter, or like to watch over children as they play – We would love to have you as part of the team! Volunteer Forms are online at www.ChristChurchWinchester.org.

Can you make a donation to the program? There is no charge for any child to attend VBS despite all the program provides. Your financial support is always welcome.

All children from ages 2 through current 6<sup>th</sup> graders are invited take part in Vacation Bible School. The dates, again, are July 6-10, from 9:00 am until Noon. Grandchildren, neighbors, cousins, and friends are more than welcome! Registration is underway! Return the registration forms that come home from Sunday School or register online (www.christchurchwinchester.org). We love early registration to help us organize classes and to assure that we balance out teachers per age group.

Contact Margery Wingenbach at 540-667-0386 with any questions.

**Heifer Project Update:** Congratulations to our age 2 through grade 5 Sunday School classes whose Mite Box offering during Lent totaled \$560.85! The children have selected to fund the purchase of a pig, an irrigation pump, a flock of chickens, a llama, and a goat. The extended effect of Heifer Project programs is amazing. Well done!

## SUNDAY SCHOOL FINISHES THIS SPRING ON MAY 31ST!

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## **Christian Formation**

## **Christ Church Hunger Games Wrap Up**

We are pleased to announce that the victor of the first annual Christ Church Hunger Games is District 16 from Sudan! Although District 18 from Colombia won the canned food drive, bringing in enough ravioli to last a month, District 16 stole the win by memorizing their District's motto (a Bible verse). The victors from the winning district will be going on an adventure to "Rebounderz" with Bridget and Ashley as their prize, sometime in the near future.

The whole Hunger Games experience was a fantastic opportunity for youth group members to learn about global and local hunger issues, the larger Anglican Communion, and Episcopal Relief and Development. A particular highlight was watching our youth navigate the different challenges of our extreme obstacle course, Feed Your Family, in which each part emulated the daily trials that families of developing nations face to put a meal on their table.

It was also entertaining to watch the competitive nature of our youth as they collected cans for our parish-wide event, Feed Your Neighbor. Each District did a wonderful job collecting cans. District 17 collected enough for one week of feeding through Panda Pantry; Districts 15 and 16 collected enough for two weeks of feeding; and as mentioned above, District 18 collected enough for one month of feeding! This was a marvelous contribution to the Panda Pantry ministry and the youth hope to team with them again in the future.

A big thank you to everyone who participated and helped support our youth and outreach programs! If you want more details about the games or the final results, please talk to Bridget or Ashley. And remember, may the odds be ever in your favor!





1st Annual Christ Church Hunger Games						
Giant Jenga	HE	The second secon	910	1680		
Hungry, Hungry Hippos	80	70	85	70		
Feed Your Family	695	1492	885	1085		
Feed Your Neighbor	2950	2512	2200	3875		
Bonus- Mottos		1000				

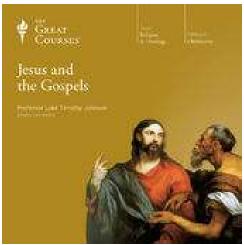
## **Christian Formation**

## **Adult Forum During Easter**

Adult Forum has been focusing on the psalms during this Easter season. The Book of Psalms has been called our first hymnal. The psalms, as poetry of our worship, give voice to our joys, our sorrows, our laments, and our desire to glorify God. They are a part of our Sunday readings, and are cited in other parts of scripture. However, the psalms pose a challenge for us as we hear them in church because they are not like the other readings that we use. As we hear the psalms read in different styles of recitation or sung, we do not have the time to analyze or reflect on the poetic nature of the psalms and why we are using certain psalms at certain times of the year. Easter is one of those seasons when we want to have such a moment to appreciate the psalms. Using the psalms read on and after Easter, we will look at our first hymns and see what they teach us. Please join us in the Tilford Room at 9:30 am each Sunday with a cup of coffee as we open the Book of Psalms.

\* Please note there will be no Adult Forum on May 10 due to Parish Weekend at Shrine Mont.

## **Adult Daytime Faith Study**



The Thursday morning Adult Faith Study is utilizing a program through "The Great Courses." We are using selections from lectures by Professor Luke Timothy Johnson called "Jesus and The Gospels," looking particularly at his lectures focusing on the Gospels of Matthew, Mark and Luke. This is from the

course description: "Veteran Teaching Company Professor Johnson has designed this course to examine the Gospels as literary productions. The lectures seek to encounter not the Jesus behind those compositions, but the Jesus found within them."

The study is led by Webster and meets in the Parlors on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month (May 14 & 28). Everyone is welcome to join us. If you have questions, please do not hesitate to call the Church Office (540-662-5843).



Register online at www.shrinemontcamps.net. Scholarships are available. Please speak with the clergy.

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## 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**

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

#### May

- 1-3 Apple Blossom Weekend
- 8-10 Shrine Mont Parish Weekend
- 10 Mother's Day
- 14 Community Fellowship at 7:00 pm
- 15-17 PYM 8th Grade Weekend at Shrine Mont, Seniors' Retreat at Meadowkirk
- Men's Fellowship at 7:30 am, Spring Keep Day from 9-Noon
- 25 Memorial Day (Church Office Closed)
- 27 Salvation Army Dinner at 5:00 pm
- 31 Last Day for Sunday School, Youth Group



The Rector's day off is Friday.

The Assistant Rector's day off is Monday.

## 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, on the 2nd floor of the Parish Hall, is open from 10:15 am through the end of the 10:30 am service to serve infants and children up to age 3.

## **May Birthdays**

- 2 Anne Drury, Pam McKinley, Katy Wiley, Cameron Richard
- 3 Jo Pilette
- 4 Karen Jagiello
- 5 Jud Breslin
- 6 Jane Troup
- Wayne McKinley
- 8 Victoria White, Jackson Stock
- 9 Blake Armstrong
- 11 James Northrup, Ted Gronauer
- 12 Jennifer Groves
- 13 Teresa Jacobsen
- 14 Liz Lindon, Josh Waldie, Simon Barton
- 15 Allison Schain, Kathryn Ellington
- Bill Jones, Bob Read,Patrick Northrup
- 18 Tom Larsen, Zoe Conrad
- 19 Linda Russell, Ryan Hinkle
- 21 Susan McGilvray
- Jack Applin, Cole Jones-Purdy
- 24 Wilborn Roberson, Sam Harper
- 25 Carter Lawson, Elizabeth Preston
- 26 Kay Wise, Greg Jacobson, Lacie Harper, Jessica Pennypacker
- 27 Sara Bicking, Tim Waldie, Ben Gloster
- 28 Alix Cooper
- 29 Bill Drury, Walt McIntosh, Chase Richard,Elizabeth Mislowsky, Emily Mislowsky,William Walsh, Maggie Martin
- Fenton Babcock
- 31 Stephen Gregory



## **Wedding Anniversaries**

- 4 Glen & Paula Opheim
- 7 Ruben & Mary Rodriguez
- 8 Jim & Ann Taylor
- 14 Rob & Trish Boyd
- 18 Dan & Jody Wall
- 19 Gerald & Cheryl Crowell
- 24 Michael & Janie Mohn
- 25 Charles & Joyce Casey
- 26 Richard & Melanie Lewis

# Graduating this spring?



## Please let us know!

We would like to recognize high school and college graduates in June. Please email communications@christchurchwinchester.org or call the church office (540-662-5843) with graduate's name, where they are graduating from, and where they are heading!



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

MAY 2015

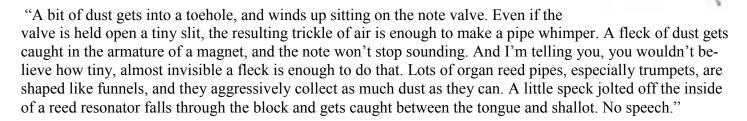
## **Organ Restoration**

## If the organ is dusty, why don't we dust it?

One of the reasons cited for the upcoming organ restoration project is that the organ is dusty and needs a thorough cleaning. Are you wondering why we can't do that ourselves?

We all understand how quickly dust accumulates in our homes. For those without allergies, it causes little harm. But dust is the enemy of the pipe organ.

In his article, "In the wind...," in the April 2015 issue of The Diapason (p. 19), John Bishop explains:



So, *clearly*, dust is the enemy of the organ! In scenarios where uncommon dust will be created in the church, like plaster repair, carpet removal, HVAC changes, etc. significant work must be done to protect the organ from dust—using lots of plastic and tape. But everyday dust builds up, too, and is not easily "swiffered." Moving the dust around can, in fact, cause dust to get into any of the thousands of pipes causing problems.

The restoration project to begin later this spring will include repair of collapsing and bending pipes, cleaning the pipes and the organ, racking the pipes, and the installation of lights and wiring. It will require the removal of all 1,634 pipes from the organ. The damaged pipes will be taken to the Taylor and Boody factory in Staunton, Virginia, to be repaired. The undamaged pipes will be stored in pipe trays in the choir loft. While the damaged pipes are being repaired, the remaining pipes, wind chests, and walk boards will be cleaned and work lights will be installed. Any new rack components will also be constructed during this time at the organ shop.



When finished, the repaired and cleaned pipes will be reinstalled, along with the new racks. The remaining pipes will then be re-installed. As the pipes are put back into the organ, the instrument will be re-voiced, regulated, and thoroughly tuned. The congregation will undoubtedly notice a significant improvement to the organ after its restoration!

## **Outreach Committee**

## **Children's Summer Feeding Program - Volunteer Opportunity**

The statistics show just over fifty percent of the elementary-aged school children in the City of Winchester qualify for the free lunch programs provided through the schools. During the school year, our Panda Pantry program helps ensure that kids at one elementary school have food for the weekends. In an effort to continue this support through the summer, when hungry kids are not fed at school, we have found an opportunity to participate in a children's summer feeding program run by the Salvation Army.

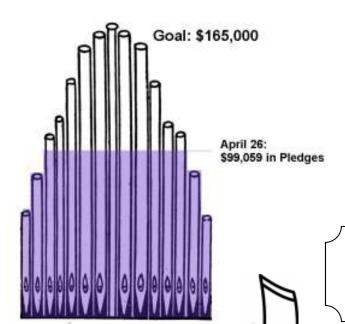
This community program will run for eight weeks through June and July. The Salvation Army will provide meals to kids of all ages at the Shawnee Fire Hall where firemen have offered to host the meals. The Salvation Army will bring in prepared food and various groups will be assigned a day each week to provide volunteers to serve.

Christ Church volunteers are needed on Mondays in June and July from 11:00 am until 1:00 pm. There will be ten volunteers needed each Monday. Each volunteer will have to attend a training session at the Salvation Army prior to volunteering. This training has not yet been scheduled.

If you are interested in this volunteer opportunity, please sign up in the Tilford Room. More details will be available in coming weeks, but if you have an immediate question, please contact Bridget in the Church Office or email bcoffey@christchurchwinchester.org.

## More Organ Restoration Information

## **Update on Organ Restoration Pledges:**



**Organ Committee Members:** 

Jim Kriewald

**Harry Polling** 

**Bryan Gray** 

**Phil Sargent** 

Tom Ellington

June 1, 2015 — Tentative date for the organ dismantling to begin!

MAY 2015

## From the Finance Committee

**2015 Budget & Actual:** We are ahead of budget! 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 \$11,000, we are actually ahead of budget by almost \$12,000.

The table shows current details of all budget categories:

2015	Jan - Mar Actuals	Jan - Mar Budget	Jan - Mar Actual - Budget
Total Revenues	\$150,490.75	\$135,370.00	15,120.75
Expenses			
Total Personnel	\$99,641.80	\$102,360.53	(2,718.73)
Utilities	\$7,025.39	\$9,580.00	(2,554.61)
Property/Maintenance	\$10,057.48	\$12,210.00	(2,152.52)
Office Expenses	\$5,547.48	\$6,573.00	(1,025.52)
Christian Education Expenses	\$946.57	\$1,420.00	(473.43)
Music Expenses	\$245.31	\$375.00	(129.69)
Worship	\$167.64	\$215.00	(47.36)
Stewardship	\$113.61	\$75.00	38.61
Outreach	\$14,000.00	\$12,500.00	1,500.00
Pastoral Care	\$542.46	\$0.00	542.46
Parish Life	\$87.70	\$525.00	(437.30)
Communications	\$385.65	\$387.00	(1.35)
Total Expenses	\$138,761.09	\$146,220.53	(7,459.44)
Net Total	\$11,729.66	(\$10,850.53)	22,580.19

Contribution statements were mailed in April showing giving records through the first quarter of the year. Please look over your statements and notify Theresa Seitz (tseitz@christchurchwinchester.org or 540-662-5843) if you feel an error has been made. As always, if by chance you are behind on your pledge, please catch up as soon as you can!

**Organ Restoration Fund:** After the first week of April, the fund is at \$94,059 received and/or pledged. We have slightly over \$18,000 of actual cash in the bank, while the rest is pledged and or spent (in our down payment) already. **We still need \$70,941 to fully pay for the organ repair and renovation.** 

**Capital Campaign Update:** Our debt to the Endowment Fund is now below \$100,000 at \$97,000. If contributions come in as expected, we should be able to pay back another \$10,000-\$15,000 by end of April. We continue to make steady progress in paying back this self-loan from our endowment.

## From the Properties Committee

## **Our Holey Wall**

#### Before...



Ah, our holey wall! The pictures to the left show the front of the Old Rectory just to the right of the front door. The brick masons removed bricks that were damaged or had shifted out of place, exposing the first layer of brick wall behind the façade. Magnification of the photo would show that the original lintel (a piece of wood or stone that lies across the top of a door or window and holds the weight of the structure above it) was made of wood, allowing for the shifting of the exterior brick wall over time. This lintel was replaced with a steel lintel, the bricks were replaced and the exterior is now good as new, as seen in the bottom photo.

#### After...



## Saturday morning, May 16, is Spring Keep Day!

Keep Day is our parish clean-up day as we tidy up before summer. We work from 9:00 am until Noon on all kinds of basic housecleaning projects, such as window washing (never a joy, but very necessary!), leaf raking, drain clearing, and other projects around the church grounds. The more hands who help, the quicker we finish! Please bring rakes, brooms, and joy for summer!

May 2015

## **Parish News**

## **Fellowship Groups Meet**

The Men's Fellowship will meet Saturday, May 16 (a week later than usual due to the parish retreat at Shrine Mont), at the Firefly Cafe & Bakery, 3035 Valley Avenue, Suite 201 (in the Creekside Shopping Center), at our normal 7:30 am time slot. We will continue our discussions around reconciliation in today's society and how it impacts our daily lives. Please join us for an informative discussion.

The Community Fellowship for May welcomes our own Doug Thomas for a two-part series covering the military history of the United States from the Civil War through the close of WWII. Doug's talk is, in part, to celebrate the 70th anniversary of V/E Day (Victory in Europe) on May 8th. Anyone interested in learning more about the impact of war in our history will want to attend. Refreshments will be served. The meeting is May 14 at 7:00 pm in the Tilford Room.



### **Treasure Box News**



WANTED—TREASURE BOX VOLUNTEERS! Serving time—just three hours per month—offers big rewards: fellowship among church women and a chance to use skills and talents to help run a small, not-for-profit business with only one mission—to give back to those in need of all ages.

Some customers say they shop with us because of the warmth and friendliness of volunteers. Some reminisce about coming to the shop as children in tow with their mothers. There are times when you touch someone's life in a special way! A

lady anticipating her 100th birthday party found the perfect dress for \$1.00 at the Treasure Box. An older gentleman didn't own a suit, but after 30 years as a maintenance worker, was being honored by his employer and wanted to look nice. He turned to the Treasure Box for help: suit, dress shirt, and tie for about \$25.

At 55 years old and counting, the Treasure Box is a valued piece of Christ Church history. Sustaining its mission is totally dependent on the volunteer workforce who have served anywhere from 1—45 years. There is always a need for new volunteers to step in as volunteers' schedules change. We welcome women of all ages to join the Treasure Box volunteer roster. The Treasure Box really needs you! Satisfaction is guaranteed according to volunteer Gail Walsh:

"It has been very rewarding to me to reach out to the people of Winchester and help them to have clothes of good value and quality. It is hard for families to afford things these days. The Treasure Box has been a great place to meet new people and to feel a part of our church parish. It's a joy to be a part of a group who can not only help others clothe themselves, but also donate money at the end of the year to other charities."

To volunteer contact the church office at 540-662-5843 or Paulette Jennis at 540-662-0436.

## **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.



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## Parish Nurse Musings

Gratitude serves as a corrective, according to Emmons who is the author of *Gratitude Works*. It is not just uttering the word "thanks," but establishing a ritual. It doesn't matter if it is in the morning, noon, evening, or at bedtime. Twenty-five percent of the people who practice this are happier six months later. It will boost your energy level. If you write down things for which you are grateful, your vitality increases. You will be healthier and more resilient. Our brains are wired to receive positive messages and even if things are dire, we bounce back faster. You will improve your relationships and you will be a nicer person to be around. How to achieve this is to write at least twice a week. Go deep into your



thanks, write freely, and don't think of this as a one more self-improvement project.

Now I want to give thanks! Thanks and congratulations to the seven students I have had the pleasure of teaching this semester. To Sara D'Amico, Brittani Dodson, Ashley Jenkins, Jessica Little, Osila Medi, Carolyn Wessel, and Stephanie Williams, congratulations on graduating and blessings go with you. And a huge thanks to our parishioners who hosted these students: Helen and Boyakin Bird, Bill Davis, Dee Johnston, Mary Netschke, Joy Nesselrodt, Ann and Jim Taylor, Bettie Johnston, and Marsha and James Baden. The students learned so much interacting with you.

See you in church! Helen Zebarth, your parish nurse