

THE ANGELUS

Volume 66 Number 3

Christ Episcopal Church • Winchester, Virginia

November 2015

Rector's Message

Dear People of Christ Church,

As I return from our Diocesan Clergy Retreat, I find myself returning to an idea our speaker presented to us about the notion of stewardship. She discussed stewardship as a word and experience interchangeable with the word "kinship." Rather than think of ourselves as owners of what we have, or owners of what we do in our life and discipleship, we should think of our kinship, or our connection with all of the people and the creation around us.

The idea of *ekklesia*, or church, as a family is found in our language around the event that brings us into the church, Baptism. Words like "godparent" and our greeting of the newly baptized, ("We receive you into the household of God.") are family language, kinship language. The idea of giving of ourselves as part of the family who seeks to re-present Christ to the world so that the good news of God's love, revealed in Jesus, is known and encountered can be seen as our kinship expressed in stewardship.

Much of our fall conversation about stewardship, from our Oktoberfest dinner to our brochures to Chairman Marty Tabaka's letters, seeks to help us celebrate our parish fellowship, the gifts of this parish community, and some of the different perspectives and experiences we bring to our kinship as *ekklesia*. One of my hopes is that we continue to grow in our awareness and appreciation of one another. On occasion, I bump into the long on-going debate about how one generation or the other should be giving more for varieties of reasons. While I enjoy a good debate, unfortunately, such debates are not always to learn more, but seek to place blame for complicated and varying issues. Rather than consider stewardship as chance to blame others for not giving enough, stewardship, as kinship, makes this a family discussion.

If we try to quantify the value of a relationship with God, the reality of our kinship with a gracious and generous God is that no one gives "enough" to repay God for our existence. We are always struggling with ourselves to justify who we are and why we have what we have. That is our struggle. The only thing God claims from us is 100% of our lives and being. So as kin, how do our lives reflect such love and grace from ourselves to one another and the world? That question is not rhetorical. It is the question for us to consider with whatever part of our giving. If we feel to give in money or service/ministry, that means that we have to sacrifice something in another part of our lives. These moments help us realize the priorities we establish in our lives, and

Continued, p. 2



NOVEMBER 2015

Contents

1	Rector's Message	9	Birthdays & Anniversaries
2	Rector's Message/Vestry News	10	Outreach
3	Assistant Rector's Message	11	Outreach
4	Music	12	Finance News
5	Christian Formation	13	Stewardship
6	Bishop's Visit Photos	14	Parish News
7	Bishop's Visit Photos	15	Parish News
8	Calendars	16	Nurse's Musings

From the Rector

where we may need to reconsider our priorities. Such wrestling matches are done with our kin in the church and in our own families.

We have much to celebrate at Christ Church over the past year. We have the organ back and we have had such wonderful support from the parish and the community to make the organ restoration happen. We continue to whittle away at our Capital Campaign. We are working toward restoring our parish budget for our programs back to where it was before the recession so we can, in turn, restore church programs which we had to cut with the challenge of reduced giving in economically challenging times. I thank all of you for your acts of stewardship so the kinship of Christ Church may continue to serve Jesus in and around our parish family.

Our kinship in Baptism challenges us to share the love of Christ in many and various ways. Thank you for being a part of the parish family as we engage the challenge of making our Lord's love known in a world that is looking for guidance and grace.



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

Highlights from October's Vestry Meeting

- Lucia Thomas presented information about Region 14 and how Christ Church represents itself within the region and participates in decision-making. There are regional meetings four times a year and each region has a budget. Topics at meetings include scholarships for Shrine Mont camps, campus ministries, and how churches in the region can assist each other. The region's responsibilities include approval of new churches to be created in the region.
- The Vestry approved the Outreach Committee's motion to move \$750 from their operating budget to the Salvation Army designated fund and to grant \$1000 to the ChildSafe Center. (See p. 10.)
- The Vestry approved Chris Ferguson's motion to provide \$1500 to the WATTS organization for operating expenditures.
- The Junior Warden reported that Steve Martin is evaluating the property and will give security recommendations.
- Webster gave an update on the process of re-building the organ. (See p. 4 for more information.)
- The Vestry agreed to sponsor the youth Advent party on December 20.

From the Assistant Rector

Dear Friends in Christ,

As the leaves begin to fall and the temperature starts to drop, our thoughts begin to wander toward the celebrations of Thanksgiving and Christmas. The countdowns begin and we see a message in the world that it is time eat food that is not in our regular menu rotation and to shop until we drop as we search for the perfect gift for everyone on our list. The world tries to speed us along while in the church we are invited to slow down, to breathe deeply, and savor the weeks that lead to the celebration of the Incarnation.

During a sermon in October, I shared how I have re-evaluated my charitable giving over the last couple of years and have felt called to only make financial contributions to organizations that promote the sharing of the Gospel. Not only has this changed my relationship with money, but also with gift-giving, especially at Christmas. It began when I read the book *Advent Conspiracy: Can Christmas Still Change the World?* The book was written by a group of pastors who explore what differences come about when we celebrate the Incarnation through alternative gift-giving and refocus our mindset during the season of Advent using four ideas: Worship Fully, Spend Less, Give More, Love All. It is not a check list of how to get more out of Advent or to make us feel guilty. What it encourages is entering into the story of the Incarnation in such a way that we celebrate it differently.


When the Advent Conspiracy began, one of the ways it encouraged this was by pointing out that, in America, we spend nearly \$450 billion dollars on gifts during this time of year. Alternatively, solving the world's need for clean drinking water would cost \$10 billion dollars. They encouraged alternative gifts and ways to celebrate with one another that cost less and invited people to use that money, instead, to provide clean water. As the conspiracy has grown, so has the variety of ways individuals and church families have responded.

Alternative gift-giving as a movement at Christmas is growing. More people are making charitable donations in honor of those for whom they normally fret over finding the “perfect” gift. I, for one, love getting Christmas cards letting me know that a gift was donated on my behalf to all sorts of charities. I consider myself beyond blessed. I not only have the ability to take care of my necessities, but usually if there is something I want, I can go ahead and purchase it or make a plan to do so. So, while I do love a gift, I love the thoughtfulness of an alternative gift just as much, if not more. My family has come to expect that they will receive an ornament or some other memento to symbolize what animal, or water project, or medical care I have given in their honor through either Episcopal Relief & Development or WorldVision. Sometimes, I've been lucky to find a fair-trade ornament that matches perfectly, and other times I've had to get creative!

In our Advent Adult Forum, *From Black Friday to Christmas Light: Exchanging Consumption for Compassion*, we're going to talk about micro-economics as we look at ways organizations around the world are making an impact as they strive for justice and respect the dignity of all human life. We will learn how we can use the joy of gift-giving to support those efforts.

On December 13, the Outreach and Christian Formation committees will be hosting an Alternative Gift Market. There will be coffee and chocolates to support the work of Episcopal Relief and Development, hand-made pottery coffee mugs that support clean water initiatives in the Central African Republic, and products from Thistle Farms in Nashville.

Blessings,



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

Music

Organ Rebirth

The craftsmen from Taylor & Boody Organworks have been hard at work in the church for weeks now rebuilding our organ. Hopefully, you have been watching the progress with our photo album on our Facebook page.

Miles of new wiring have been run throughout the instrument, more than 30 new motors have been installed for the combination action system, and many of the pipes that required new racks have been installed. The case has been thoroughly cleaned and polished and the new, very low (and quite large in size) pedal pipes have been installed on the rear wall behind the organ case. The keyboards have been restored to their original luster and have been painstakingly reinstalled. The new 16' swell to great coupling system is in and ready to use!

Looking at the organ console brings a totally new experience to the eyes! The new pistons (those buttons the organist pushes to change the sounds) are all in, as are the new toe studs (the buttons the organist pushes with his/her foot in case both hands are busy). Finally, the façade pipes are the most stunning change to the eyes. They are quite beautiful! The new draw knobs came from England.

With all the pipes in, the voicing and tuning process begins. Voicing is when the technician adjusts each and every pipe so that it sounds perfectly in our worship space. In the process, each pipe gets another tuning. Preliminary tuning and voicing was done at the organ factory in Staunton, but the most important voicing is that which is done in the church itself.

The pedal board has been repaired and cleaned to look like new. It is in the church and is one of the last parts to be reinstalled.

Finally, on All Saints Sunday, November 1, our organ will once again sing its even more beautiful sounds in our worship service. It will be breathtaking! Plan to be in church on November 1st to be among the first people to witness its rebirth.

Many thanks to each of you who have sacrificially given to make this organ restoration project possible. When the technicians began working on the instrument, they found that it was in even worse condition than we had thought. If its issues had not been resolved, eventually our organ would have ceased to sound and would have cost even more to fix. We are almost at our campaign goal and I am confident that we will even surpass it by the time our final check is written to the organ company.

Thank you, each of you, for your continual support of our music program at Christ Church. —*Jim Kriewald*



Christian Formation

Sunday School News

All Saints' Day—Sunday, November 1

All Saints' Day is always a special celebration for grades 5 and younger. This year, we'll meet some of the famous saints from throughout the ages. They will come to visit and share their stories of faith and the interesting ways, with God's help, they came to be the outstanding examples that they are for us today. And—don't forget—this is also the first day we return to Eastern Standard Time. An extra hour's sleep is never a bad thing!

Getting Ready for Advent

Signups/casting for the annual Christmas Pageant at the 4:30 pm service on Christmas Eve will begin on Sunday, November 15. Check the bulletin board in the Commons or contact the Church Office (540-662-5843). There's an opportunity for everyone who wants to participate – animals to angels, speaking and non-speaking parts, visiting grandchildren, friends, etc. Rehearsals will take place in December. As always, volunteer help is welcome!



Classes and Children's Chapel will observe a regular schedule Thanksgiving weekend. Remember, the Sunday after Thanksgiving is the first Sunday of Advent.

Adult Forum for November

For four Sundays in November, Adult Forum will be based on the book, *Life of the Beloved: Spiritual Living in a Secular World*, by Henri Nouwen (published in 1993). The Rev. Michael Mohn will lead a discussion focusing on the four actions of the consecration of the bread and wine in the Eucharist. Each Sunday will have as its focus those actions, which are: **Taken** (November 1), **Blessed** (November 8), **Broken** (November 15), and **Given** (November 22). It is Michael's hope that sharing in this discussion will deepen our understanding of our spiritual connection with the One who was called, "The Beloved," and, because we are called His sisters and brothers, that we, too, are God's beloved.

Adult Daytime Faith Study

Our Adult Daytime Faith Study in November looks at characters of church history using the Great Courses DVD, "The Lives of Great Christians." Professor William R. Cook has taught more than 35 years at the State University of New York at Geneseo. He is an expert in medieval history, the Renaissance and Reformation periods, and the Bible and Christian thought.

The study is led by Webster and meets in the Parlors on the 2nd and 4th Thursdays of each month usually. In November, we will meet on November 12 and November 19 at 10:00 am. In December, we will meet only once on December 10. Everyone is welcome to join us. If you have questions, please do not hesitate to call the Church Office (540-662-5843) or email Webster at rector@christchurchwinchester.org.

Photos from the Bishop's Visit



We welcomed the Right Rev. Susan Goff for services on Sunday, September 20, 2015. She did an engaging children's sermon and celebrated confirmation and reaffirmation.



Photos from the Bishop's Visit



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
Centering Prayer	Tues: 6:30 pm
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

November

- 1 All Saints Day,
Hospice Remembrance Service at 2:00 pm
- 3 Election Day—Voting in the Tilford Room
- 8 Stewardship Sunday,
Newcomer Event at 11:30 am
- 9 Special Needs Service at 6:30 pm
- 10 Treasure Box Annual Meeting
- 11 Veterans Day—Church Office Closed
- 12 Community Fellowship at 7:00 pm
- 14 Men's Fellowship at 7:30 am
- 14 Autumn Keep Day at 9:00 am
- 26 Happy Thanksgiving! Service at 10:00 am
- 27 Church Office closed
- 29 First Sunday of Advent



**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.

November Birthdays

- 1 Jennifer Bromley
- 2 Jody Armstrong-Jones, John Pearson,
Bridget Coffey
- 5 Stephanie McWhorter, Kenneth Vicchio
- 6 Charlie Gaynor, Benjamin Cluss
- 9 Mariel Becker-Welts
- 10 Delores Wheatley, Bill Jarvis, Scott Arthur,
Brantley Lawson
- 12 Charles Lovelady
- 13 Nicole Francis, Will Armstrong,
Jeffrey Dodd
- 14 Bill Old, Kim Pifer, Marrea Riggs
- 15 Marshall Boyd, Jr.
- 16 Jason Conrad, Ann Taylor
- 17 Farley Massey
- 18 Steve Martin, Koy Mislowsky,
Wendy Breslin
- 19 Steven "Tuffy" Whitacre
- 20 Diane Pacelli, Rosa Gibson
- 21 Joy Nesselrodt
- 22 Alex Waldie
- 23 Arlene Hill, Christopher Ferguson
- 24 Emilie Pifer
- 25 Dorothy Gibson
- 26 John Rodman, III, Sally O'Neil
- 27 Dennis Shows
- 28 Shannon Dodd
- 29 Jay Russell, Marilyn Sanin
- 30 Ned Howard



Wedding Anniversaries

- November 3 David & Linda Meade
 November 10 Christopher & Adelaide Turnbull
 November 28 Nick & Kathy Nerangis
 November 28 Frank & Sandra Armstrong
 November 30 Robb & Cathie Russell



NEWCOMER EVENT

NOVEMBER 8 AFTER THE 10:30 SERVICE
 IT WILL INCLUDE A LIGHT LUNCH AND TOURS
 OF THE FACILITIES. THERE WILL ALSO BE A
 CHILDREN'S PROGRAM. WE HOPE THIS WILL
 BE AN OPPORTUNITY TO WELCOME NEW
 FRIENDS TO OUR CHURCH FAMILY!

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 Outreach Committee

Winchester's ChildSafe Center

The Outreach Committee had a visit from Kelly Bober, who runs the ChildSafe Center (the CAC) in Winchester. We were very impressed with her and the work that is done at the center and wondered what we, as a church, could do for them. I decided to go visit the ChildSafe Center at 411 N. Cameron St. to see for myself what it looked like, and to glean more information. Everything about the CAC is easy. I found it with no problem and as I exited the elevator, I was struck with a feeling of beauty, warmth, safety and compassion.

I was greeted by Robyn Grove, a licensed therapist who works with the children that come to the center. Once again, she put me at ease and made me feel welcome, in spite of the fact that I came unannounced. She gave me a tour of the rooms, which consisted of a nice big room where the children can "hang out," an interview room, an observation room, and a hallway lined with bookshelves that house the children's individual boxes. Robyn gave me a thorough run down on what they do for the children that come to them. She loves what she does and the children that come to the center.

The CAC has developed an innovative way to address the complex problem of child abuse. Usually, child abuse victims have to visit many different agencies, recounting and reliving their traumatic experience. The CAC strives to minimize the repetitive interviewing, reducing the stress on the child. They strive to promote a child-focused approach to the investigation, prosecution, and treatment of child abuse in a comforting, safe, child-friendly facility. Their philosophy is to focus on healing, hope, and resiliency, rather than on the pain and despair. In their work, they help the children find their voice to share information that can be used to stop the abuse, and to find inner-strength and courage to face the abuse not as victims, but as survivors.

The CAC is unique in a number of ways. As one of their treatment options, they offer a therapy that focuses on teaching children new coping and relaxation skills, educating them about trauma, and helping them process their abuse in a healthy manner. These skills are taught to both the child victims and their caregivers.



They are also unique in that their services are free to the victims and their caregivers. That is where we come in. There are many needs, including but not limited to financial ones. They do forensic interviews with 250 children a year, but can see only eight at a time due to time constraints on their one therapist.

They could use volunteers! As a Therapy Buddy, volunteers visit with a child while the therapist is talking with their caregiver. This gives the child someone else to get to know and feel safe with. There are lots of items that can be donated to the CAC, including snacks for the children during their visits, gifts to their treasure box, DVDs that are used to record interviews, as well as the individual tool boxes and what's in them.

There are many ways that we can provide help and support this wonderful local agency and the children they serve. For more information, you may visit their website, www.childsafecenter.com or visit their Facebook page: ChildSafe Center-CAC.

—Katie Harvard

(Pictured: Robyn Grove at the CAC)

From the Outreach Committee

Angel Tree 2015

We have a real sharing opportunity this month! The Outreach Committee again invites the entire congregation to join in the ministry of the Angel Tree. We can follow Jesus' example of ministry to the poor and needy by helping children in our community who have little or nothing at Christmas time.

The Salvation Army's Angel Tree Ministry helps families in need by providing gifts at Christmas. Through an interview process, which took place in October, the Salvation Army registers children who reside in Winchester, Frederick or Clarke Counties to receive holiday assistance through the organization's distribution program. There will be more than 600 children in our community in the program this year. Many of the children who qualify for this assistance have a parent or parents who work and can just feed and clothe them, but not provide anything extra for the holidays. To support this community need, individuals and families at Christ Church will have the opportunity to select the name of a child or children, on an Angel Card, "to adopt." We will collect gifts at Christ Church and transport them to the Salvation Army for distribution.



You are invited to choose an Angel Card in the Tilford Room on Sunday, November 15, and Sunday, November 22, following both services. The cards have a child's first name, age, and some suggested gifts. Members of the Outreach Committee and volunteers will be available to help with your selection, offer suggestions, and answer questions. It is suggested that each child receive some new warm clothing and at least one toy – board games, books, riding toys, doll babies, purses for little girls, trucks, etc. Please do not be offended or think poorly of the children if their toy requests are "pricey items." Remember the effect of television advertising and how it targets certain high-ticket items throughout the holiday season, and what children hear from each other. The suggestions are just that – guidelines – and each Christ Church participant can decide what they purchase.

The final collection day of the gifts is Sunday, December 6, with gifts being checked in in the Tilford Room in plastic bags. The number of the "angel" should be prominently displayed inside or on the bag which you return to the Tilford Room. Please do not wrap the gifts, but you may include rolls of wrapping paper to help the Salvation Army.

We can also accept donations by check in the collection plate on any Sunday. It is important that you place the note "Angel Tree" in the memo line.

Additional volunteers are needed after each service on November 15 and 22 to assist the Outreach Committee. On December 6, we need at least ten volunteers with cars, large vehicles, or pickup trucks to transport the gifts and bicycles to the Salvation Army collection point. A big "thank you" to all of the volunteers who helped so generously last year. Join us again, please.

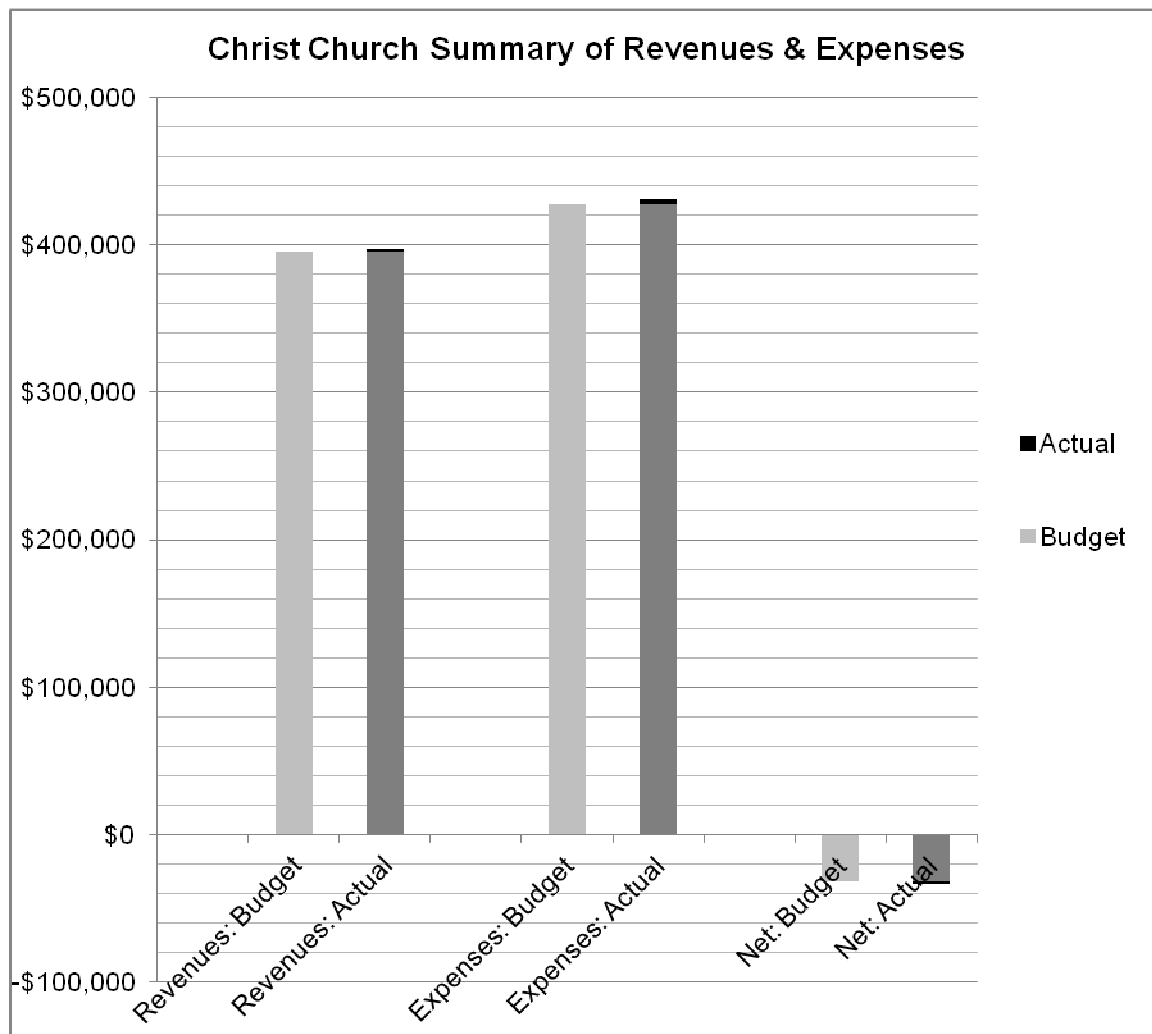
Please contact Jim and Ann Taylor at their cell phone numbers (Jim—703-403-5264 or Ann—703-622-7059) to offer your time to assist with this generous ministry. If you have any questions, please call!

From the Finance Committee

2015 Budget & Actual

The chart below shows that we are tracking very close to budget through the first three quarters of 2015. The light gray columns are the Budget values and the dark gray are the Actual values. The black sections on the dark gray columns highlight the difference between budget and actual. The table below the graph presents the dollar values.

Though September was not as strong a revenue month as planned, actual revenues year-to-date are still slightly ahead of budget. Actual expenses, that include over \$10,000 of brickwork, are just slightly over the budget. As in the past, we expect revenues in the fourth quarter to exceed expenses, such that we break even at year end.



First 9 Months	Budget \$	Actual \$	Difference \$
Revenues	395,920	397,410	1,490
Expenses	427,645	430,834	3,189
Rev-Exp=Net	(31,725)	(33,424)	(1,699)

From the Stewardship Committee

Our 2016 Stewardship Campaign features parishioners from various generations talking about what stewardship means in their life. Please visit the website for all of their stories: www.ChristChurchWinchester.org/Programs/Stewardship



Jim and Martha Griffin

MARTHA BABB GRIFFIN

“Do you have the envelope?” Oh for a dime for every time I have heard that. That was always the parting question of my mother to my father as he was heading to church for choir practice on Sunday mornings. There was even a special place where the envelope was kept – ready for duty. I don’t recall much family-talk about money growing up, but I do remember being taught there was to be a sense of gratitude in giving to the church, greater than the sense of obligation. I can remember plunking coins as a child into a marvelous white resin church that is STILL in our Children’s Chapel. And oh, the Mite Boxes over the years. Even when I lived elsewhere and attended other churches, I continued to “be known to the Treasurer” (as us old-folk-Episcopalians like to say!) at Christ Church. Fast forward many years and a couple losses, but I am here to say that the very same “Do you have the envelope?” continues to this day – only now it’s Jim to me, as I’m racing off to Sunday School.

— Martha Griffin



Reminder: Please turn in your Pledge Card by Sunday, November 8. You can place it in the collection plate on Sunday, mail or hand-deliver to the Church Office, or email Theresa Seitz at tseitz@christchurchwinchester.org.

Parish News

Autumn Keep Day

Keep Day is our parish clean-up day as we tidy up before winter. On Saturday, November 14, we will work from 9:00 am until Noon, with the help of the Youth Group, on all sorts of projects—window washing, raking, sweeping, and more. Please bring your rakes and brooms and lend a hand to get the church and grounds ready for winter.

Fellowship Groups Meet

Our **Men's Fellowship** meets Saturday, November 14, at 7:30am, in the Baden Center, where we will discuss "patience" and what it means to Christian men in today's society. Our fellowship is open to all men of the parish and breakfast will be provided.

Our Christ Church **Community Fellowship** welcomes Winchester's Apple Capital Chorus, a barbershop-styled harmony group. They will perform on Thursday, November 12, at 7:00 pm, in the Tilford Room, singing songs of the season to include oldies, but goodies, Christian songs, and much more. Please join us for a relaxed evening of music to help us all prepare for Advent.



Christmas Poinsettias

If you would like to order a poinsettia to adorn the altar for Christmas, please place \$11.50 in a flower envelope at the back of the church, beginning on Sunday, November 15. The last day to order is Sunday, December 13. On Christmas Day, you may take your poinsettia home with you. Many thanks from the Altar Guild!

Parish News

CCAP Donation for November

CCAP (Congregational Community Action Project) is a ministry of 45 churches and one synagogue in Winchester and Frederick Country that have come together to support our neighbors in need with financial, material, and other assistance. CCAP is located at the corner of Cork and Kent streets, behind the Shell station, and its hours of operation are Monday - Thursday 8:30 am - 2:30 pm and Fridays 8:30 am - 11:30 am. Donations are accepted during these hours, and are received in on the right side of the building, towards the back. There are always friendly and helpful volunteers, many of whom are CCAP clients, who are happy to help unload any donations.

In November, we will collect TUNA for CCAP. Cans are non-perishable and easy to store. There is a bookshelf in the foyer of the Parish Hall marked CCAP. Please leave cans there.

For more information about CCAP, please visit www.ccapwinc.org.



Treasure Box News



The Treasure Box is open
Wednesdays and Fridays from
10 am—4 pm.

In November, we're also open
these Saturdays
from 10 am—1 pm:
Nov 7, 14 and 21

We will be closed
Wednesday, Nov 25.

The Treasure Box is enjoying a particularly brisk fall shopping season thanks to the steady flow of good quality donations from parishioners to fill our racks and shelves. We have an especially nice collection of ladies party separates and dresses in a variety of sizes. Nice jewelry and fashion scarves sell as fast as they comes in--we really need more of these, especially bracelets and necklaces for anyone looking to weed out jewelry boxes or overstuffed accessory drawers. Ladies jackets, blouses, and sweater sets are also very popular with customers.

As always, Treasure Box volunteers thank our parish partners for thinking of us with these kinds of donations. As a result, we are on target for increasing our charitable giving this year to parish ministries such as Panda Pantry and WATTS as well as to the community. We look forward to commemorating our 56th year of mission and ministry at our annual meeting on November 10.

Come shop with us at 114 W. Boscawen St.—on the first floor of the Smith Building.

THE ANGELUS

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

Non-Profit
Organization
U.S. Postage Paid
Winchester, VA
Permit No. 216

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

Parish Nurse Musings

Unfortunately, the holidays can bring lots of stress and illnesses. One of the most natural ways to stay healthy is to eat honey. It has been shown that honey is an excellent germ fighter. It is a natural antibiotic that can be used internally and externally. In the British Journal of Surgery, it was found that all but one of the patients who had honey applied to their incisions or wounds found significant improvement with the application of honey. It is an excellent source of energy with only 17 gms of carbohydrate in one tablespoon of honey. In addition, if you eat honey sourced from local beekeepers, you have the added bonus of fighting off bee stings. So, it is time to go to the local market and get a bottle of local honey. Enjoy the season and stay healthy while enjoying eating honey!

See you next month! Your Parish Nurse, Helen.

