

THE ANGELUS

Volume 66 Number 1

Christ Episcopal Church • Winchester, Virginia

September 2015

Rector's Message

Dear People of Christ Church,

When I returned to the office from sabbatical, someone asked me how I was doing getting back into routine. It feels a little bit like the organ restoration project to me. When you look up at the organ right now, the wooden case is there, all spruced up, waiting for the return and fine-tuning of the interior parts that make the organ what it is. In a similar way, I am physically here and ready to get back into the routine of parish life, but my "interior," my mind, is still adjusting from traveling, school, construction projects and the culture of the Dominican Republic. Like the organ, it's a bit of a process to return from this time of refreshment to solid working order!

My hunch is some of you have this same feeling with summer quickly ending, school starting earlier, shifting back into the fall routine. And while sometimes the routines are comfortable, there are always some disruptions to challenge us! Again, the organ. The process of re-installation will take much of September to accomplish. As we look to re-dedicate the organ and have concerts to celebrate our music and organ programs this fall, the organ will continue to be "in the process" of being tuned or "voiced" by the organ company. We will still be learning about the care and construction of organs as we move through this process in coming weeks.

A joyful "disruption" from our normal Sundays will be when the Rt. Rev. Susan Goff will be with us on Sunday, September 20, at the 10:30 am service. Visitations have been earlier in our program year recently simply because of the challenge of scheduling three bishops to visit over 180 congregations on 44 Sundays each year – quite the logistical challenge. The Vestry and the Parish Life committee will need all of us to provide goodies and a warm welcome for the Bishop, as we celebrate with those who are newly confirmed, received, and renewing their Baptismal Covenant.

As I adjust back into my routine, I want to thank Bridget and the Vestry for their great support for my sabbatical. I did not worry about things going on in the parish while I was away. Much of the study and work I did in those weeks away provided valuable experiences for me, which were all the more enjoyable as I knew the parish was in capable hands. Hopefully, both the routines and the disruptions for us this program year will also be valuable and enjoyable, accompanied by a beautifully-voiced, new-again organ.

Peace,



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



This was a 6:30 am/5th cup of coffee project meeting to see what Bill Kunkle wanted us to get done that day. From the left, Webster sitting with Deacon Beth Crew (from Western Michigan), David Morrow (President of the Board for the Dominican Development Group), Lynn Glahn (team member), Bill Kunkle (DDG Executive Director), and Rt. Rev. Wayne Hougland of Diocese of Western Michigan.

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From the Assistant Rector

Dear Friends in Christ,

Recently, the topics of calling, discernment, and ministry have been popping up all around me. This has led to many wonderful conversations about the experiences we have all had. The sense of feeling called to try something new, to enter a time of reflection and discernment, and to claim who we are and what it means for us to be disciples. These conversations have been opportunities to remember that through baptism we are all issued the call to be ministers. I often use the answer to the question, “What is the ministry of the laity (all of us)?” from the Catechism found on page 855 in the Book of Common Prayer as a way to frame these conversations:

The ministry of lay (all) persons is to represent Christ and his Church; to bear witness to him wherever they may be; and, according to the gifts given them, to carry on Christ’s work of reconciliation in the world; and to take their place in the life, worship, and governance of the Church.

As the church, we live out our calling as disciples in community with one another. We pray together, we learn together, and we work together to promote justice, peace, and love in a broken world. The life of faith is not a sedentary activity. It is not passive. We do not just sit idly by watching God at work in the world. That would be boring and so uneventful! Thanks be to God that instead of this picture of faith, we are called to be disciples of The Way actively engaging our faith as we learn, serve, and grow.

One particular image of this active life of faith that has wormed it’s way into my heart and mind and has served as a constant reminder to me of God’s call to the church is one I saw last summer. The Rev. Becca Stevens projected an image of da Vinci’s *The Last Supper* as she spoke these words: “If the church is not a movement, it becomes a still life, beautiful to look at but with no effect.” We are a movement. We are a people called to love unconditionally from the center of our very being and that means we can’t just sit back and hope someone else says, “Yes!” We each have our place to take in this movement of love.

**We each have our
place to take in this
movement of love.**
.....

We have a tendency, when we hear the call or are invited to participate in the life of the church, to first see our limitations before imagining the possibilities. Living faithfully as disciples of our Lord is a daily practice of making the deep choice to live our lives based in gratitude, abundance (“there is enough”), and in appreciation for the gifts God has given us to answer our call.

Be encouraged on your path of discipleship and live lives of proclamation, witness and service. God makes use of everything we offer. So be willing, be creative, be generous, and answer the call!

“You are the Body of Christ. In you and through you the work of the incarnation must go forward. You are to be taken: you are to be blessed, broken and distributed; that you may be the means of grace and vehicles of the eternal charity.” — St. Augustine of Hippo

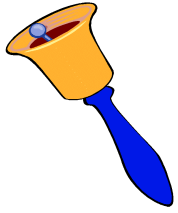
Blessings,



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

Worship

Bishop's Visitation



The Bishop is coming! The Bishop is coming!

As we read in last month's Angelus, the Rt. Rev. Susan E. Goff, Bishop Suffragan of the Diocese of Virginia, will join us at the 10:30 am service, Sunday, September 20, to perform the sacrament of Confirmation and the rites of Reception and Reaffirmation. Please help the Parish Life committee and the Vestry with a festive Coffee Hour to honor the special celebrants. To be of service, kindly see the sign-up sheet in the Tilford Room, contact the Church office (540-662-5843), or email one of the Marthas ~ Roberson at mwroberson@comcast.net or ~ Griffin at marthagvestry@yahoo.com. Many hands make light work!

If someone were to ask you, you may have a good idea of who/what a bishop is, but raise your hand if you thought to consult our Catechism for an official answer or to refresh your memory of Sunday School days-of-yore? What? You say you didn't **know** we have a Catechism to consult – and that it's in the back of our Book of Common Prayer? Yes, friends, *An Outline of the Faith*, commonly called the Catechism, starts on page 845, with the rubrics (a.k.a. – special instructions) in italics on the preceding page.

In case your BCP isn't handy, here is a question on page 855, from the section entitled, The Ministry:

Q. What is the ministry of a bishop?

A. The ministry of a bishop is to represent Christ and his Church, particularly as apostle, chief priest, and pastor of a diocese; to guard the faith, unity, and discipline of the whole Church; to proclaim the Word of God; to act in Christ's name for the reconciliation of the world and the building up of the Church; and to ordain others to continue Christ's ministry.

How confident do you feel about your answer to the question: What is Confirmation? Page 860 instructs us: Confirmation is the rite in which we express a mature commitment to Christ, and receive strength from the Holy Spirit through prayer and the laying on of hands by a bishop.

And now, because all good things come in three, we'll leave you with a third and final Catechismic Q & A. What is required of those to be confirmed? It is required of those to be confirmed that they have been baptized, are sufficiently instructed in the Christian Faith, are penitent for their sins, and are ready to affirm their confession of Jesus Christ as Savior and Lord.

Well now, class dismissed. See you September 20! — *Martha Griffin, Vestry member*

Highlights from August's Vestry Meeting

- The Vestry welcomed Webster back from his sabbatical.
- The Education Committee is preparing for the start of fall programming. Curriculum has been ordered. Registration is underway for Sunday School and teachers are being recruited.
- The Outreach Committee reported success with the Evans Home collection of school supplies. All material donations, along with a \$700 check to assist with school-related expenses like pictures, sports fees, etc., were delivered. The Panda Pantry is also gearing up for the new school year.
- Upcoming events discussed include the Bishop's visit on September 20 and the rummage sale in October.
- A new junior choir director will be needed to replace Matthew Pool who has moved on to a new position.

Music News

- Adult choir will resume for the fall on Wednesday evening, September 2, at 7:00 pm. The choir will rehearse again on September 9, and will sing for the first time this fall on Sunday, September 13. Anyone interesting in joining the adult choir is encouraged to talk with Jim Kriewald following the 10:30 am Sunday service. You will find him at the piano in the front of the church. There are openings in each section. Auditions are not required but previous choral singing and the ability to sight read music is highly preferred.
- Thank you for his wonderful work with the Alleluia Singers and best wishes to Matthew J. Pool who will be pursuing new opportunities this fall. Plans for the Alleluia Singers will be announced soon.
- The picture on the right shows the continued work on our organ's pipes at the Taylor and Boody workshop. Those refurbished pipes will be back at Christ Church soon!



Christian Formation

Sunday School News

Sunday School classes have begun for fall, and registration is ongoing! You can find a registration form in the Commons area (upstairs in the Parish Hall), or on the website (www.christchurchwinchester.org). Classes are held upstairs in the Parish Hall at 9:30 am and end at 10:15 am. The younger children form three groups this fall: Preschool (ages 3-5), Primary (K-2nd grade) and Elementary (grades 3-5). The curriculum will be *Weaving God's Promises*.

Youth are invited along as we explore new curriculum this year. Those in grades 6-8 will use the "re:form" curriculum from Sparkhouse. The 9th and 10th grade youth will learn from the book, *My Faith, My Life*. And, 11th and 12th graders will begin their year with a discussion based on reading the book, *"Can I Ask That?"*

All adults of the parish are invited to help the teachers in our classrooms up through grade 2 on Sunday mornings. All that is required is your presence and helping hands!

The Parents' Oasis area has expanded for fall. This area is near the Children's Chapel in the Commons and features comfortable seating, coffee, books and wifi for parents to enjoy while children are in Sunday School classes. Please enjoy!

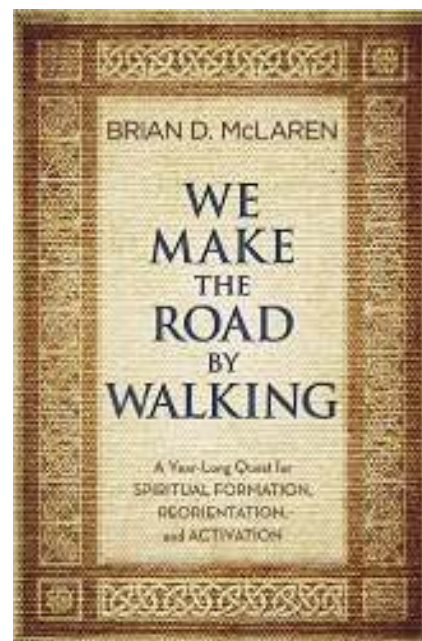
Christian Formation

Women's Bible Study

Women of all ages are invited to meet with Bridget on Tuesday mornings at 10:45 am or Thursday evenings at 6:30 pm in the Parlors. Meetings begin September 8 and 10.

Both groups will read Brian D. McLaren's book, *We Make the Road by Walking: A Year-Long Quest for Spiritual Formation, Reorientation, and Activation* (available at local bookstores or Amazon). McLaren is an author, speaker, activist, and public theologian. He is a popular conference speaker and a frequent guest lecturer for denominational and ecumenical leadership gatherings in the U.S. and internationally, and is Theologian-in-Residence at Life in the Trinity Ministry. McLaren's writing spans over a dozen books, including his acclaimed *Why Did Jesus, Moses, the Buddha, and Mohammed Cross the Road*, A New Kind of Christian trilogy, *A Generous Orthodoxy*, and *Naked Spirituality*. Learn more about him at BrianMcLaren.net.

Martha Roberson is a regular participant in Women's Bible Study. She says, "I began coming to the Tuesday morning Bible Study when it began a few years ago as it was advertised as a low-key gathering, that did not require intensive preparation and one did not have to be a Biblical scholar to participate. This group has held true to those original thoughts. We are a group of women at varying ages and stages and I really appreciate that time together and gaining everyone's perspective on varying topics. My lack of knowledge is not frowned upon with this group. We sometimes stay on topic but it is also always interesting to see where varying discussion ideas lead us! With where I am in life, it has been important for me to carve scheduled time into my routine, while my kids are at school, to focus on spiritual development."



"This is one of the most remarkable documents in recent Christian writings...There is no evangelizing here, and no preaching, only a sinewy, but orderly and open, presentation of the faith that holds. The result is as startling as it is beautiful."

—Phyllis Tickle, author,
The Age of the Spirit

Adult Daytime Faith Study

Our Adult Daytime Faith Study began again for the fall on Thursday, August 27. The Thursday morning series continues with the lecture series by Professor Luke Timothy Johnson called, "Jesus and The Gospels." We will be studying the Gospel of John this year. While Matthew, Mark and Luke are sometimes called "photos" of Jesus, John's gospel is called a "painting." Come and see why John's Gospel is different from the other Gospels in some ways, but also part of the same witness of Jesus.

The study is led by Webster and meets in the Parlors on the 2nd and 4th Thursdays of each month (September 10 & 24) at 10:00 am. 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.

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

September

- 4 First Friday in Old Town to benefit WATTS
- 7 Labor Day—Church Office Closed
- 8 Vestry Meeting at 7:00 pm
- 10 Community Fellowship Meeting (see p. 10)
- 12 Men's Fellowship Meeting at 7:30 am
- 14 Special Needs Service at 6:30 pm
- 19 Hand-in-Hand Listening Session at Calvary, Front Royal
- 20 Bishop's Visitation
- 23 Salvation Army Dinner—Ft. Collier Campus

Committee & Group Meetings

Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 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

**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.

September Birthdays


- 1 Carolyn Duff, Ty Lawson, John Nelson
- 2 Robb Russell
- 3 Gary Edwards
- 5 Jake Sheppard
- 6 Tom Dame, Joyce Casey
- 7 Joan Bronson, Virginia Rae, Laurel Jones-Purdy, Mary Pat Gronauer
- 8 Sharon Lower
- 9 Vicky Arculin
- 10 Judith Anderson, Frank Rupert
- 11 David Sperry
- 13 Pete Gronauer
- 14 Carolyn Lewis, Barbara Rupert, Lindsay Pifer, Debra Shows, Dawson Wiley
- 15 Sue Jones, Donnie Pearson, Ashley Major
- 18 Polly Nelson, Isabella Dastjerdi
- 19 Cheryl Crowell, Sandy White, Owen Sargent
- 20 Carolyn Morgoglione
- 21 Allison Pennypacker, Patricia Stierhoff
- 22 Bill Major, Samuel White, Charles Turnbull
- 23 William Davis, Churchill Gibson
- 24 Marge Gibson, Brookes Giller
- 25 Roberta Gunnell
- 26 Mary Foltz
- 27 Gus Wise, Maggie Wise, Valarie Kitchen, Anne Bromley
- 28 Katlyn Wall
- 29 Ann Poling, Pem Hutchinson, Adelaide Turnbull, Justin Raymond
- 30 Sue Bonnett, Jessamy Austin, Andrew Major



Wedding Anniversaries

- 3 George & Patricia Stierhoff, Kirk & Linda Gibson
- 4 Stephen & Nancy Brown
- 9 Conrad & Robin Koneczny, David & Carolyn Lewis
- 16 Donald & Stephanie Pearson
- 20 John & Joan Claybrook
- 21 Steve & Terry Cluss



First Friday • September 4, 2015

**WATTS Happening
in Old Town Winchester**

Shop and dine from 5-9 pm at participating businesses. Each will give a percentage of sales to WATTS.

Find more information at
www.OLDTOWNWINCHESTERVA.COM



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

From the Finance Committee

2015 Budget & Actual: Same story as previous months...

The brickwork has been completed at a total cost of \$10,905* that has been temporarily charged to the Property/Maintenance operating account. The Finance Committee will move this Capital Expense charge and pay it out of a proper investment account after the committee has finished work on reviewing the investment accounts this summer.

Due to some revenues that have been received early and total expenses being very close to plan – instead of being in the negative by about \$24,000, we are in the negative by about \$20,500 before any brickwork adjustments. If the brickwork charge were moved to a capital expense account, we would be about \$9,600 in the negative. As reported in the detail table below, after the brickwork adjustment, we are ahead of budget by about \$14,800.

2015	Jan - Jul Actuals	Jan - Jul Budget	Jan - Jul Actual - Budget
Total Revenues	\$324,675.52	\$309,170.00	\$15,505.52
Expenses			
Total Personnel	\$236,480.28	\$237,594.43	(\$1,114.15)
Utilities	\$17,468.52	\$16,815.00	\$653.52
Property/Maintenance	\$36,198.30	\$23,690.00	\$12,508.30
Office Expenses	\$15,159.86	\$13,266.00	\$1,893.86
Christian Education Expenses	\$6,954.02	\$7,775.00	(\$820.98)
Music Expenses	\$4,202.31	\$4,600.00	(\$397.69)
Worship	\$509.03	\$605.00	(\$95.97)
Stewardship	\$29.40	\$150.00	(\$120.60)
Outreach	\$26,349.25	\$26,600.00	(\$250.75)
Pastoral Care	\$642.74	\$600.00	\$42.74
Parish Life	\$388.34	\$1,070.00	(\$681.66)
Communications	\$779.24	\$758.00	\$21.24
Total Expenses	\$345,161.29	\$333,523.43	\$11,637.86
Net Total	(\$20,485.77)	(\$24,353.43)	\$3,867.66
Masonry Expense*	\$10,905.00	\$0.00	\$10,905.00
Adjusted Balance*	(\$9,580.77)	(\$24,353.43)	\$14,772.66

Organ Restoration Fund:

As of mid August just over \$155,000 had been pledged to the fund and just under \$10,000 was still needed to meet our goal. **Maybe the entire \$165,000 will be raised by the time you receive this Angelus!**

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

From the Outreach Committee

Back to School with Panda Pantry

The beginning of school creates many different activities for lots of us. The Panda Pantry ministry is back in operation as it packs food for the weekend for the children identified at Frederick Douglass Elementary School who may not get enough to eat at home. We have started with 26 families and know that more will be added to the list as the enrollment changes. Around 60 folks from the Christ Church congregation have volunteered to help with the program. The largest group is the 40 volunteers who pack the bags during the month. Another group helps to unload the food from the cars of those who do the shopping. The last group drives the food bags over to the elementary school each Thursday. If you'd like to join us, please contact Bridget Coffey in the Church Office (540-662-5843) or email Sara and David Bick-ing (westbury106@comcast.net). We would love to have you!



Looking for another way to support Panda Pantry? We will soon have a program in place called Cash for Causes through Martin's. You'll be able to purchase Martin's gift cards at church to use for your grocery shopping and Panda Pantry will receive 5% profit on each gift card purchased. Watch for more information in coming weeks!

From the Properties Committee

Rest assured, the Properties Committee is always busy initiating one of the following: re-painting, re-pointing, re-enforcing, or re-prioritizing based on which project is in most need of attention in our buildings and grounds!

We are happy to report that our Bell Tower re-painting has been completed by Mike Cook Painters. They put in 225 man-hours over the past several months. Look up and you'll see a nice, bright white heavy-duty commercial paint emphasizing all the levels up to our beautiful spire.

A new surge protector was installed in the Smith Building over the summer to protect our investment in all of our technology equipment and the elevator. So far, so good. We have had no events adversely affecting anything electronic to date. We are currently investigating, with an electrician, installing new surge protectors in the main church building and the Tilford Room.

We are also investigating a new telephone system for the Church Office to replace the old system.

Several of our committee members worked hard over the past year physically inspecting each of our buildings, assessing their needs, both short-term and long-term, and creating a prioritized list. Another committee is now reviewing that list and working with the Finance Committee to determine what we can actually do to make a dent in these projects.

—Pam McKinley, Member

Parish News

Hand-in-Hand Listening Sessions

The Diocese of Virginia is excited to announce the next round of Hand-in-Hand Listening Sessions on racial reconciliation. These sessions will be held Saturday, September 19, at 10:00 am at Calvary, Front Royal; Thursday, September 24, at 7:00 pm at Trinity Charlottesville; and Thursday, October 1, at 7:00 pm at Grace, Kilmarnock.

These gatherings are the next step in the racial reconciliation initiative that was announced by Bishop Johnston during his Pastoral Address at the 220th Annual Council in January. The format will continue to follow the *Indaba* gathering style -- involving no debate or cross-talk, and giving each person the opportunity to speak heart and mind in a safe, non-reactive environment. The fall sessions will be led by the Rt. Rev. Susan Goff, Bishop Suffragan of Virginia, while Bishop Johnston is on sabbatical.

Register online at www.thediocese.net or contact Ashley Cameron, acameron@thediocese.net, the Programs and Partnerships Coordinator in the Office of Mission and Outreach for more information.

Fellowship Groups Meet

Our September **Community Fellowship** welcomes Holocaust survivor and author, Mark Strauss. Mark will speak about life in Nazi-occupied Poland and how his family eluded the Germans through the end of WWII. Please join us for an informative evening of history at 7:00 pm, Thursday, September 10, in the Tilford Room. Mark will have copies of his book, *Crumbs*, for sale. It is based, in part, on his experience during the war.

The **Men's Fellowship** for September will meet at our regularly scheduled time—Saturday, September 12, at 7:30 am, in the Baden Center. We will continue our discussion around the Bible and what it means to Christian men in today's society. Breakfast will be provided. All men are welcome!

WATTS Night Manager Job Openings

WATTS (Winchester Area temporary Thermal Shelter) is currently seeking qualified individuals to fill Night Manager positions for our November 9, 2015 – March 28, 2016 shelter season. WATTS' mission is to provide a safe, temporary cold weather shelter for adult homeless individuals.

Candidates must be able to work independently, yet function as team players; display strong people and communication skills; pay attention to detail; be firm, consistent, and compassionate while both providing supervision for adults who may display challenging behaviors and ensuring that established policies and procedures are followed. Current, valid driver's license, reliable transportation, and background check required. Resume with a cover letter and three references should be sent to wattsexecdirector@gmail.com. No phone calls please.

Parish News

4th Annual Christ Church ABC Rummage Sale

Our 4th annual rummage sale hopes to break the single fundraising event barrier of \$10,000 this October, working on momentum from the previous sales that have already raised close to \$20,000 for Christ Church ministries!

We need volunteers for:

- Set up and take down the Tilford Room—from October 18-24
- Pricing of items donated for sale
- Cashiers, greeters, and floor monitors to help customers
- Delivery volunteers for larger items
- Drivers to pick up and deliver large donations to the church
- Posting of advertising flyers in area businesses or your own business
- Support for and donation of baked goods for sale
- Kitchen support and clean up

**Christ Church
4th Annual
Attic-Basement-Closet
Rummage Sale
Friday, October 23
4 pm - 9 pm
Saturday, October 24
9 am—1 pm**



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

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

Please volunteer to help or make arrangements for the delivery of your donations by calling Chris Ferguson (540-662-4219, 978-360-4501) or bring items on any Sunday morning to the Tilford Room. Please box or bag your donations; please ensure they are secure; mark items “FRAGILE” to prevent breakage; and **only bring items that are CLEAN and in good repair.**

This will be a fun-filled, family event with food and baked goods for sale. Together, we can exceed last year's take of \$8400 and meet the \$10,000 goal—an aggressive, but realistic one! Please see Webster, Bridget, or Chris Ferguson with questions or suggestions you may have.



Treasure Box News

The Treasure Box opens the month, fully re-stocked with good quality fall and winter clothing. Our volunteers extend a special invitation to our gentlemen parishioners and their friends! The selection of men's sport coats, slacks, and shirts (yes, with pockets!) is outstanding. We also continue to thank all of our silent partners who remember us with your donations of clothing, decorative art, and house wares. Your no-longer-needed goods are the "fuel" of our ministry. As a result of more donations and sales, our earnings to date this year are strong. We were able to make a donation to the Evans Home school supply fund and are hopeful that we may be able to increase our level of charitable giving at the end of the year. The Treasure Box is open Wednesdays and Fridays from 10—4 and occasional Saturdays from 10—1. (See the "Community Bulletin" announcements in the Winchester Star).



THE ANGELUS

Christ Episcopal Church
114 West Boscawen St.
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

This is a call for CALM! Fall is here and, with it, hectic schedules. Try some of these principles: Find your birth of busyness. Is it necessary? Find your slow! Will it work for you? Try a slower start to some projects like making lunch. Start by setting the table with silverware and dishes; then make the lunch! Begin to savor moments of joy and happiness! Meditate for mighty mindfulness. (Guided imagery is good). I would be happy to teach this to anyone interested in trying it. Slow down to live better by learning to deep breathe, downsize your calendar, schedule unscheduled times, and find a slow ritual like gardening, knitting, painting, whatever! Carl Honore said it best, "It's moments of silence that open up all kinds of doors. You'll get, ironically, the fast payoff of the enjoyment, replenishing of having a slow moment."

See you next month!

Helen Zebarth, Your Parish Nurse

