

# THE ANGELUS

Volume 65 Number 3

Christ Episcopal Church • Winchester, Virginia

November 2014

## Rector's Message

Dear People of Christ Church,

I need your help. At our recent clergy retreat, our speaker put forth a challenge for how we, the clergy and the laity or the full body of the church, witness the Christ in each of us to the world around us. It was a question posed in the context of prayer as a challenge about which each person can pray. In the Episcopal Church, we claim that our life of prayer and worship shapes our entire being, so the question is not just for mental exercise, but also for the rest of our lives as well. Since I can only consider this for myself, not on behalf of each member of the congregation, I wonder if you would join me in considering this challenge. How do you and I witness the Christ in each of us to the world around us?

We are in the thick of our conversation about annual giving. It is a challenge for us at this time of year to consider how our relationship with money takes center stage around our being stewards of what God has given us. And, we have to budget for next year and think about how our parish programs can continue to provide ways for us to serve Jesus in our own growth and in our parish witness to the world. If you wonder about a connection between our parish ministries growing as our annual giving grows, that is a big yes. The resources of staff, curriculum, planning and worship resources, facility and utility use, and all of that stuff, these all help you and me partake of ministries to witness the Christ among our parish and in the community.

However, our conversation around stewardship does not end when our budget is done. Staff, facility and resources are part of the community of Christ Church. You also have your time and your abilities to offer. So the "annual beg-a-thon" (as my friend calls fall annual giving) does not end on November 9th. The rest of the year is also your stewardship of the rest of your life.

To make sure you are aware of ways for you to serve in the parish, we are going to have a "Help Wanted" section in the newsletter and will post some of the ministries where you can help. (See p. 7.) This is not the full list of ministries that need help! My hope is to raise your awareness. As with all ads, this section will have details like the amount of time required, a basic job description, and whom you can contact about the job. This is not a requirement of action, but a request for discernment of ways to help around the parish.

As with all parts of stewardship, if you worry about God caring how much money, time, ability you offer as if it will buy God's desire and tenderness for you, please do not worry. The real question is will you show up for the relationship so you can appreciate and grow in your awareness of God's desire and tenderness for you?

*Continued on p. 2*



NOVEMBER 2014

### Contents

1	Rector's Message	7	Birthdays & Anniversaries
2	Rector's Message/Vestry News	8	Properties & Parish Life
3	Assistant Rector's Message	9	Stewardship
4	Christian Formation/Pastoral Care	10	Finance Committee News
5	Outreach Committee News	11	Parish News
6	Calendars	12	Nurse's Musings

## Rector's Message

That is what makes faith not just a practice, but also a life event for you and for me. That awareness of God's desire and tenderness for you helps to deepen the importance of that question: How do you and I witness the Christ in each of us to the world around us?

Faithfully,



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

## Highlights from October's Vestry Meeting

- The treasurer reported we are down \$2000 from our anticipated net budget, but he is hopeful the holidays will help us catch up. He also announced that the annual audit report has been submitted and will be available to the Vestry soon.
- The Stewardship Committee has mailed one letter and will mail pledge cards shortly. Wilborn Roberson is leading efforts on a planned giving investment strategy to share with the parish.
- It's nearly time to make nominations for new vestry members. The election of four new members will be during the Annual Meeting on February 8, 2015. (See below.)
- The Marie Cooper Fund donated \$5,000 to the WATTS program.
- Both the Health Fair and Blessing of the Animals were successful in October. The Vestry thanks all those who helped.
- On the courts' recent rulings to make same-sex marriage legal in Virginia, Webster said that the Bishop's thoughts are available online with guidelines for clergy and congregations regarding marriage of same-sex couples in the Diocese of Virginia.

## Vestry Nominations Committee for the 2015 Annual Meeting

The Vestry is the body of twelve lay members elected by the congregation at the annual meeting. The Vestry cooperates with the Rector in promoting the spiritual welfare and programs of the Church. If you are interested in serving on the Vestry, please submit your name to one of the members of the Nominations Committee (John Applin, Bill Endorf, Ann McQuinn, Sandy White).

Nominees should be confirmed communicants in good standing, known to the treasurer, with a willingness to learn, a sense of humor, and a desire to serve the community of Christ Church. The term is for three years and requires attendance at a monthly meeting and work with the committees of the Vestry who support the parish's programs and ministries. Please speak with any current Vestry member or the clergy if you are interested.

## From the Assistant Rector

Dear Friends in Christ,

In the midst of so much troubling news bombarding us day in and day out, it is often difficult to stay focused on the good, on God's unfathomable love and grace in our lives. We watch the news and see as fighting continues in many regions of the world, as the Ebola outbreak spreads, as politicians sling mud in hopes of garnering more votes and it becomes increasingly harder for us to focus on the good, on the goodness of people, and our call to be a light in this world spreading the hope of the Gospel. And I think part of our struggle to stay centered on our call to be different, to be people of light and love even in the middle of the ups and downs of this earthly life, is that not only are we inundated with images of pain and suffering, of people hurting one another, but also with messages that try to portray some version of a "perfect" life. A life in which nothing ever goes wrong, we get our first choice college, we meet the perfect person, we have the best of everything, we're physically fit, and life is super happy. I think we begin to feel that if the world is in such chaos and our personal lives are not all sunshine and rainbows, then there is something wrong with us. I don't know about you all, but I sometimes find myself swimming in a sea of feeling inadequate, of self-doubt, of fear, a sense of not being whole. There are days that it is just not easy to recognize myself as a beloved child of God. And those are the days that I need to hear these words and repeat them to myself:

"We bless you for our creation, preservation, and all the blessings of this life; but above all for **your immeasurable love** in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory." *The General Thanksgiving*, BCP pg. 101

God's immeasurable love for us is what gets me through those moments of fear or when I'm feeling utterly incapable of doing all that builds up on my to-do list. God's immeasurable love says that we are more than enough, that we are blessed, and that we are beloved. In turn, we are called to be people who love immeasurably, almost recklessly as we proclaim the Good News of Jesus Christ. We express this love in how we engage one another in relationship, because after all we are a beloved community, working together to show God's love through the life and ministry we share.

In this season as we celebrate the mission and ministry of Christ Church and consider how we as a beloved community are called to be a light in this world, I find myself thankful for the many ways in which you all remind me of God's immeasurable love and the ways in which God has blessed us richly with one another and this church, people and a church through which we encounter the living God.

Blessings,

*Bridget*

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



### Advent Wreath Making and Potluck Dinner

Join us for our annual Advent wreath making on Sunday, November 30th at 4:00 pm in the Tilford Room. We, children and adults alike, will learn as we prepare wreaths that we will take home and use during Advent. The cost is \$10 per family. Please also bring a dish to share for the potluck dinner that we will enjoy after the wreaths are made.

## **Christian Formation**

### **Sunday School News**

**All Saints' Day**—Come to our annual joint All Saints' Day program for 5th Grade and younger on November 2<sup>nd</sup>! And - don't forget - that's the first day we return to Eastern Standard Time – an extra hour's sleep is never a bad thing! In lieu of individual classes, we will meet together to explore the stories of some of those people who through the ages have left us with all kinds of examples of how to live with God's help. We may not all be famous saints but, through God's grace, we can be pretty amazing. Our morning will involve activities moving from room to room so plan to be on time. You won't want to miss a minute as we learn more about the "great cloud of witnesses."

Signups/casting for the annual Christmas Pageant at the 4:30 service on Christmas Eve will begin the first Sunday in November. Check the bulletin board in the Commons.

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

### **Adult Daytime Faith Study Continues**

Last spring, we began a faith study using a DVD series led by Marcus Borg on adult faith. This fall, we are continuing the study using a DVD series called "Embracing the Prophets in Contemporary Culture," led by Walter Brueggemann. The meetings are the 2nd and 4th Thursday of each month. The next meeting is November 13th at 10:00 am in the Parlors.

## **Pastoral Care**

### **Care Cards Ministry Expands**

The Care Cards ministry has been a part of the pastoral care of Christ Church for over ten years. Cal Royale was a dedicated card-writer, sending cards of support to parishioners who were in grief or ill to remind them of God's grace and the supportive prayers from our parish family. Joan Bronson is now heading up the card ministry, carrying on the tradition of care and support. Over the past year, Joan has sent over 40 cards throughout the parish family, wishing people healing when sick, support in their grief, and prayers all of the time.

This past year, the Care Card Ministry began to look at including birthday and anniversary cards for members of the parish whose names are read in church. Again, it is another way for our parish family to share times of celebration in our lives. Our hope is to begin the birthday/anniversary cards on a regular basis in the new church year. If you would like to have your birthday or anniversary included on that list, please email [communications@christchurchwinchester.org](mailto:communications@christchurchwinchester.org) or call the Church Office so we can be sure your name is on the parish birthday/anniversary list.

## Outreach Committee News

### Angel Tree 2014

Tis the season to be sharing! The Outreach Committee invites the entire congregation of Christ Church to join in the ministry of the Angel Giving Tree. We can follow Jesus' example of ministry to the poor and needy by helping those in our community who have little or nothing at Christmas time.

Participating in the Angel Tree Ministry with the local Salvation Army is a traditional opportunity and blessing for parishioners to help families in need by providing gifts at Christmas. The Salvation Army, through an interview process which took place October 13 through October 17, registers children who reside in Winchester, or Frederick or Clarke Counties, to receive holiday assistance through the organization's distribution program. They expect there will be additional children this year as the need has increased. Many of the children who qualify for assistance have a parent or parents who work and can feed and clothe them, but cannot provide anything extra at the holidays. To support this community need, individuals and families at Christ Episcopal Church will have the opportunity to select the name of a child or children "to adopt."



Cards with the children's first names, ages, and some gifts suggested can be picked up in the Tilford Room on Sunday, November 16th and Sunday, November 23rd, following both services. 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 promotes 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.

Final collection day of the gifts is Sunday, December 7<sup>th</sup>, with gifts being checked in at the Tilford Room in plastic bags. The number of the "angel" should be prominently written on the bag in permanent marker and your tag with its number should be inside the bag. This is a little different from last year's procedure. Please do not wrap the gifts, but you may include rolls of wrapping paper to help the Salvation Army.

Volunteers are needed after each service on November 16th and 23rd to assist the Outreach Committee. On December 7th, 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 home 540-686-7346 or cell 703-403-5264 to offer your time to assist with this important ministry. If you have any questions, please call so we can try to give you the proper answers.

## 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
Contemplative Prayer	Sat: 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

### November

- 2 Hospice Remembrance Service at 2:00 pm
  - 4 Election Day—Voting in Parish Hall
  - 7-9 PYM Senior High Weekend at Shrine Mont
  - 8 Men's Fellowship at 7:30 am
  - 9 Cherub Choir sings for worship at 10:30 am
  - 10 Special Needs Service at 6:30 pm
  - 11 Veterans Day—Church Office closed
  - 13 Treasure Box Annual Meeting/Anniversary Reception at 2:30 pm  
Community Fellowship at 7:00 pm
  - 16 Treasure Box Anniversary Coffee Hour and special store hours (see p. 11)
  - 23 Alleluia Singers sing for worship at 10:30 am
  - 27 Thanksgiving Day—Service at 10:00 am
  - 28 Black Friday sale at the Treasure Box!  
Church Office closed
  - 30 First Sunday in Advent—Wreath-making and Potluck dinner at 4:00 pm
- The Salvation Army dinner for November & December will be held on December 3rd at the Ft. Collier Campus.
  - Please look forward to Advent Quiet Day on December 13th.

### *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., Alex Giller
- 16 Jason Conrad, Ann Taylor
- 17 Farley Massey
- 18 Steve Martin, Koy Mislowsky
- 19 Steven "Tuffy" Whitacre
- 20 Diane Pacelli, Rosa Gibson
- 21 Joy Nesselrodt
- 22 Alex Waldie, Graham Giller
- 23 Arlene Hill, Christopher Ferguson
- 24 Emilie Pifer
- 25 Dorothy Gibson
- 26 John Rodman, III
- 27 Dennis Shows
- 28 Shannon Dodd
- 29 Jay Russell, Marilyn Sanin
- 30 Ned Howard



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

## Wedding Anniversaries

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



**Yard work help** needed on November 8th for 3 hours at the church. Must be able to rake, prune or windex. No age requirement! Come at 9 am to help.

**Photographers needed.** No experience needed. Attend parish events and snap shots on your phone or camera to forward to Noelle in Church Office. Spend as much or as little time as you like on this job.

### 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!**

## Properties Committee News



The photo on the left shows where trees have been removed behind the Baden Center. They had been jeopardizing the building's roof. Our Junior Warden also reports that the dead Linden tree on Washington Street has been removed. The city will replace the tree soon, hopefully with a Red Maple.



**We have a Keep Day scheduled on November 8<sup>th</sup> from 9:00 am until Noon.** We invite you to participate in upkeep of the properties—raking, pruning, cleaning, painting, being one with the property for a few hours. You will be helping with the upkeep of the premises and share in good fellowship and maybe some good snacks. Thanks, in advance, for lending a hand!

## Fellowship Groups Meet

The Community Fellowship welcomes LTC E. Scott Lowdermilk as our November speaker. Colonel Lowdermilk will speak about his deployment to Afghanistan with the Army Corps of Engineers and life in a war zone from the Christian perspective. Please join us on November 13th at 7:00 pm in the Tilford Room.

The Men's Fellowship meets Saturday, November 8th, at 7:30 am, in the Baden Center. We will continue our discussion around issues facing Christian men in today's society. All men of Christ Church are welcome. Breakfast will be provided.

### Christmas Poinsettias

If you would like to order a poinsettia to adorn the altar for Christmas, please place \$11 in a flower envelope at the back of the church, beginning on Sunday, November 16th. The last day to order is Sunday, December 14th. On Christmas Day, you may take your poinsettia home with you. Many thanks from the Altar Guild!



## Stewardship Committee News

### GIVING WITH JOY 2015



Pledge cards for 2015 have been mailed to you now, along with a brochure that details how our current operating budget is being used in 2014. The Stewardship Committee asks that everyone returns their pledge card to the church by **Sunday, November 9th**. If you need a card to fill in, there are extras in the Tilford Room.

Some of you were able to attend and enjoy our fellowship Oktoberfest dinner on Friday, October 10th. I want to extend special thanks to Mari Kofalt, Pat Kofalt, and Nancy Tabaka for help in setup and cooking. I would also like to thank Lucia Thomas and the Caseys for their help in cleanup after the dinner!

### My own Stewardship Journey

One of the big changes in my life was moving to Winchester 19 years ago because of a job transfer. Nancy and I had been born and lived in New Jersey up until that point. In New Jersey, we had worshiped at a small Episcopal mission church, Church of the Incarnation, that was established by the Diocese of Newark in the hills of northwest New Jersey, where we lived.

Coming to Winchester and finding Christ Church, we were wowed by now being able to worship in a place with a beautiful historic building, with a full-time rector and an assistant rector, beautiful music, smoothly running programs, and outreach opportunities—all of the things we didn't have and struggled to achieve at our previous church.

I have to confess that when I filled out my first Christ Church pledge card, it was for a lesser amount than what I had been giving in New Jersey. I had convinced myself that since Christ Church had a long established, successful presence in Winchester, it didn't require the same commitment my old church did. It had the numbers of people, facilities, and programs that my previous church lacked. Boy, did I miss the mark at first!

Fortunately, I did finally realize that wherever God places me, my grateful response is to always return a thankful response of my time, talent, and treasure to support my place of worship. Whenever I find myself taking what we have here at Christ Church for granted, I just think back to all we lacked at our little mission church back in New Jersey, and I understand it takes contributions from all of us to keep it thriving.

Yours in Christ,

A handwritten signature in cursive script that reads "Marty Tabaka".

Marty Tabaka

## From the Finance Committee

**2014 Budget & Actual: We have fallen a bit behind versus budget!** Our budget for 2014 through September planned for us to be in a deficit by about \$15,100 and our actual deficit is only at about \$17,400.

The table below shows current details of all budget categories.

	Jan - Sep Actuals	Jan - Sep Budget	Jan - Sep Actual - Budget
<b>Total Revenues</b>			(\$4,588.28)
<b>Expenses</b>			
<b>Total Personnel</b>	\$285,207.12	\$287,728.65	(\$2,521.53)
<b>Utilities</b>	\$20,577.98	\$16,795.00	\$3,782.98
<b>Property/Maintenance</b>	\$28,860.98	\$31,980.00	(\$3,119.02)
<b>Office Expenses</b>	\$17,035.23	\$16,628.00	\$407.23
<b>Christian Education Expenses</b>	\$9,116.90	\$9,355.00	(\$238.10)
<b>Music Expenses</b>	\$6,335.67	\$7,700.00	(\$1,364.33)
<b>Worship</b>	\$755.13	\$855.00	(\$99.87)
<b>Stewardship</b>	\$232.80	\$0.00	\$232.80
<b>Outreach</b>	\$38,950.00	\$38,450.00	\$500.00
<b>Pastoral Care</b>	\$431.68	\$525.00	(\$93.32)
<b>Parish Life</b>	\$1,499.04	\$1,725.00	(\$225.96)
<b>Communications</b>	\$1,882.03	\$1,445.00	\$437.03
<b>Operational Reserve</b>	\$0.00	\$0.00	\$0.00
<b>Total Expenses</b>			(\$2,302.09)
<b>Net Total</b>			(\$2,286.19)

Contribution statements were mailed in October showing giving records through three quarters of the year. Please look over your statements and notify Theresa Seitz if you feel an error has been made. **If, by chance, you are behind on your pledge, please catch up as soon as you can.**

**2015 Budget: We have begun work on a budget for 2015!** A final budget must wait until we have pledge cards submitted in November. (Pledged and unpledged revenues usually average about 95% of our total revenue.) We are also waiting to determine final increases for health insurance costs and some other recommended values from the Diocese. However, we have begun looking at expenses to see where increases and possible decreases can be made to better reflect actual historical costs.

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

## Parish News

### The Treasure Box Celebrates

55th Anniversary



November is a milestone month for the Treasure Box as we commemorate 55 years of outreach ministry!

Founded in November 1959 by women parishioners of Christ Episcopal Church, the shop grew out of the founders' desire to "generate income for church projects and to provide quality goods at affordable prices to the community." A news article from opening day notes this was Winchester's first thrift shop.

After doing business many years in the basement of the old rectory, the shop moved to the Smith Building in 2002. With predictable good humor, long-time volunteer, June Babb, noted this was a big event: the new location provided more space, was handicapped-accessible, and was closer to downtown!

The Treasure Box continues its mission of charitable giving to the church and to non-profit community agencies serving the neediest clientele of all ages. We estimate total giving over the years to be nearly \$1 million and annual giving to be approximately \$12,000. This would not be possible without the combined efforts of our dedicated volunteers, our thoughtful donors of saleable merchandise, and our faithful shoppers. We invite all parishioners to join our celebration events:

TREASURE BOX ANNIVERSARY COFFEE HOUR  
*Sunday, November 16, following the 10:30 am service*  
SPECIAL SHOP OPEN HOURS  
*on Sunday, November 16, following both services*

### CCAP Collection Item for November is...

The holiday season is almost upon us and CCAP is getting ready for Thanksgiving. Each year, CCAP gives Thanksgiving meal kits to families and individuals who can't afford to buy the food needed to prepare the celebratory dinner. We can help CCAP with this project by donating INSTANT MASHED POTATOES to be included in the kits. Let's help our neighbors in need to have a happy Thanksgiving at the dinner table with their families. Please place any donations of INSTANT MASHED POTATOES on the bench in the foyer of the Tilford Room. For more information about CCAP and volunteer opportunities, please contact Ann McQuinn ([annmcquinn@icloud.com](mailto:annmcquinn@icloud.com)) or Ann Taylor (703-622-7059) or visit [www.ccapwinc.org](http://www.ccapwinc.org).



**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

I promised one first aid hint each month: You were cutting some melon and cut your hand with the knife. You want to wash it, but WAIT, washing takes away the natural clotting agent and makes it bleed even more. (This does not apply to minor cuts less than an inch long.) Take gauze and apply pressure for ten minutes, which should stop the bleeding. Then hold your hand under running water for 10 minutes. Keep it bandaged with gauze and tape until it begins to heal. If you take blood thinners and it continues bleeding, or if the cut is gaping, continue to apply pressure and see a doctor.

Now on to a lighter, more fun topic! I just had a wonderful time listening to Ron Culbertson at the Blue Ridge Hospice. He has several books about living well and having fun. Here are three suggestions from him: 1. Think about how you want to be remembered and make this your goal in life. 2. Write down your values and put them where you can see them every day. 3. Volunteer at least one hour each week.

I want to thank everyone who helped make the Health Fair a success this year from Tuffy Whitacre, our sexton, who set up all the tables and chairs, the exhibitors, the doctors who came, nurses who administered the flu shots (Susan Francis, Rosalie Lewis, Janie Mohn, Barbara Frechette, and two nursing students, Kerrin and Myesha). I also want to thank three nursing students: Kerrin Brinkman, Cecil Hall, and Marie Caron for coming all morning and hosting the event. Last, but not least Roger Zebarth, who registered all the flu recipients. It was a wonderful time for all!

Enjoy life; do it well; have fun! Helen Zebarth, your Parish Nurse