

# THE ANGELUS

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Christ Episcopal Church • Winchester, Virginia

January 2015

## Rector's Message

### Epiphany Service & Kings Party

On January 6, at 7:00 pm, we will have a wonderful celebration of the Epiphany! We will host the joyous celebration, which we share with Grace Lutheran Church. Parishioners, and especially the children, are invited to bring canned goods to be offered in procession at the beginning of the brief service in the Sanctuary. After our service, we will be led to the Tilford Room by the Magi, following the star, to enjoy crafts, cookie decorating, and refreshments. Please join us!



### Ministers Wanted (laity, not clergy)...

Dear People of Christ Church,

Happy New Year from the parish staff to you and your family!

Among the New Year's resolutions I often hear from people is that they would love to find a new way to help in the parish, but they don't have the time.

I am not so sure that parishioners do not have the time. I think there is a misconception that helping always requires a large time commitment or that all ministries have to be done at church. I do not think that time should be something to prevent anyone from giving of themselves to the life and ministries of Christ Church!

Add into the mix the confusion of our "Help Wanted" section in our December Angelus. Some thought it was an actual advertisement for an employee, rather than an invitation for parishioners to know we need everyone's gifts for ministry... We have some New Year's cleaning up to do!

As I have said before, I do not like to use the term "volunteer" for our ministries and programs. Through baptism, we are all called to follow our Lord in discipleship—part of which includes serving through the Church. As with family life, there are those things we might call "chores" and there are those things which we love to do. While my children would love to be paid for chores, they are not because they know we do things because we are part of the family. It is the same with the life of the Church.

The wonderful aspect of parish life is the variety of opportunities for ministry. Here are some examples of the variety of ways people serve: those who can commit one morning or afternoon a week, they help greet people at our front desk and answer the phones; those who have an hour or two a week to help fold mailings which come up about once a month, help fold. The

Properties Committee has people who help to rake the leaves, when needed, since our cleanup days are only twice a year. The Finance Committee's auditing committee takes a few hours in about three days to perform our diocesan-mandated auditing of our financials so the Vestry can review the audit

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## Rector's Message

and submit it. My point is that time should not be the issue to serve; if you want to serve in the parish, it can be one hour a day, a week, or even one hour a month. It can be specific to projects, such as cleaning, or taking pictures at events, or helping on Sunday mornings.

Perhaps to help clear up the confusion, I will post a section called "Ministers Wanted." No, it is not for more clergy (as if the clergy are the only ministers of the church)! Instead, consider the advice from our Book of Common Prayer:

*Q. Who are the ministers of the Church?*

*A. The ministers of the Church are lay persons, bishops, priests, and deacons.*

*Q. What is the ministry of the laity?*

*A. The ministry of lay 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. (BCP, p. 855)*

Jesus tells his disciples that the harvest is plentiful, but the laborers are few. As laborers, we have the call to invite others to know Christ. This is best done by invitation and by community working together. The time people have to offer varies from person to person, but so do the variety of ways to minister through our parish.

In the New Year, here are some ways to serve. If you have other ideas for ways you can serve, let me, Bridget, members of the Vestry, or a committee member know. May you have a wonderful and blessed new year!

Faithfully,



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



**MINISTERS WANTED**

**Properties Committee needs help with yard work.**

**Someone is needed in the Parents' Oasis to put out k-cups, mugs, napkins, etc. and tidy up each Sunday.**

**Substitute Sunday School teachers needed on occasional Sundays.**

**Photographers at church events are needed.**

**Please call the Church Office if you would like to help in any of these areas. 540-662-5843**

## From the Assistant Rector

Happy New Year, friends!

It's that time of year again! You know the one I'm talking about. We look at the year past and the year ahead and make a resolution or two. Most resolutions tend to deal with health and wealth—things like losing weight, managing debt, exercising regularly, saving for a vacation or retirement, etc. To be honest, I've never been very good at keeping those kinds of resolutions.

It is also another time of year; it is the season of Epiphany.

Epiphany is derived from the Greek “epiphaneia” and means manifestation or to appear. In the season of Epiphany, we remember the revelation of Christ to John the Baptist, to the disciples, and to all believers. We remember Christ's baptism and our own, together with the way in which Christ has been and continues to be revealed to humankind. Also, we ponder the ways in which we ourselves are called to share in Christ's ministry to the world. It is a season of light – the light from the Star of Bethlehem and the light of Christ spreading throughout the world.

The Magi and shepherds were travelers and recognized that very first Epiphany as the wonderful celebration of God's light in the world. They faithfully leaned into the mystery of where God was taking them. How we discover the gift of Christ in this world is a combination of God's intervening grace and the means by which we become aware of God's presence with us. We are inheritors of this somewhat nomadic faith; we are indeed on a constant spiritual journey pursuing the light.

As the season of Epiphany begins, we are invited to join in the journey of those first visitors to the Christ child. And while resolutions pertaining to physical and financial health are important, we have the opportunity to also consider and reflect on our spiritual journey; past, present, and future. I am encouraged that while I've never been very good at keeping a New Year's resolution, I have found that exploring new ways to be actively engaged in my faith journey have never left me feeling like a failure! So, this Epiphany, I invite you to consider your spiritual journey. Maybe you feel called to a new spiritual practice or to consider a new area of ministry here at Christ Church. Whatever it may be, wherever the journey takes you, may it be blessed.

Where is the Spirit inviting you to travel in faith this year?

Blessings,



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



## From the Vestry

### Where are our Vestry members?

Your Christ Church Vestry is wonderfully representative of the church body it serves. The vestry is made up of working parents, stay-at-home parents, single parents, and empty-nesters. Members work in-town, out of town, or are retired. We are introverts and extroverts. Almost all of us participate in organizations and activities in the community beyond Christ Church, but what brings us together is our common commitment to God and his Church, Christ Church in particular.

In addition to serving on Vestry, each vestry member is a liaison to an active church committee. Most of us are also members of multiple other committees and volunteer for multiple church projects. If you are looking for a vestry member, check Panda Pantry, the Sunday School classes, WATTS meetings, or a Bible study. You can generally find one or more of us in the kitchen during coffee hour or other church events. Really, we are everywhere.

Even though vestry members are involved in all aspects of life at Christ Church, we all agree that it is a challenge for each of us to know each of you – the congregants – as well as we would like. We function best and most confidently as a governing body when we know that we are hearing your ideas and concerns, not speaking for you, but allowing you to speak to us. That is why we are all so grateful for the reception you have given each of us who have had the opportunity to participate in both the eight o'clock and ten-thirty services by presenting the parish announcements.



Speaking for myself, a confirmed ten-thirty service-goer, I truly enjoyed the opportunity to worship with the early crowd at eight o'clock. I met wonderful people who excused my early morning blariness and made me feel welcome. Other vestry members report equally satisfying experiences. Please know how thankful we are, and please help us build our new relationships. If you have a question, concern, or general comment you want the vestry to hear, feel free to contact one of us – any one of us – to talk. I promise, we will be as welcoming of you as you have been of us!

*Bryan Gray*

### Highlights from December's Vestry Meeting

- The flag that flew over the US Army Corps of Engineers Afghanistan Area Office at Bagram Airfield on September 11th was presented to the church by E. Scott Lowdermilk.
- Vestry nominations are currently underway. The annual meeting and elections will take place on February 8, 2015.
- The Vestry heard a report from members about work to be done on the church organ. The report gave a thorough explanation of the work needed. The Vestry reviewed the document the committee prepared and discussed plans to distribute the information and engage members of the church in this effort.
- The Planned Giving Committee is drafting policies and guidelines and hopes to have a final product available in the near future.
- Contributions of \$500 to High Five Sports and \$2500 to the Panda Pantry were approved.

## **From the Vestry**

### **2015 Annual Meeting**

Our Christ Church Annual Meeting is Sunday, February 8, 2015. It is scheduled to begin at 9:30 am in the Tilford Room. Since our annual meeting is a gathering of the faith community to greet one another and celebrate who we are as disciples of our Lord, Jesus Christ, we will have a chance to greet one another from 9:15 am until about 9:30 am (with coffee). Then, the meeting will begin.

One of the main purposes of the annual meeting is to elect members to the Vestry. As our canons remind us, “Only Lay persons, who are confirmed adult communicants in good standing of the church, as defined in General Convention Canon I.17 (communicants of this Church who for the previous year have been faithful in corporate worship, unless for good cause prevented, and have been faithful in working, praying, and giving for the spread of the Kingdom of God) shall be eligible for election as Vestry members of such church. And all adult communicants with membership at Christ Church are eligible to vote.”

Information about our nominees will be available on the website at the end of January and in the bulletins the first Sunday of February to help you learn more about those people who have graciously agreed to offer their gifts in service to Christ Church. We will also have the opportunity for nominations from the floor at the meeting should there be any.

For those who may be wondering about the election process, the counters of the ballots are the outgoing class of the Vestry. The top four recipients of votes are the new Vestry members. On the rare occasion that there is a tie, we have another ballot. The new members are announced in the afternoon on the church website. Please be sure to thank all of those who have agreed to be nominees, as well as John Applin, Bill Endorf, Ann McQuinn, and Sandy White who are rotating off the Vestry.

The other reports have to do with the state of the parish. This includes reports from the Rector, the officers of the Vestry, and the treasurer. Much of rector’s and the wardens’ reports focus on the life and programs of the parish, and where we hope to see the parish moving in the next year. The Treasurer, Pete Gronauer, will report on the financial status of the parish during the past year and on the Capital Campaign. They will also review the 2015 budget, as approved by the Vestry.

As we go through the meeting, we also recognize the chairs of committees who share information on new events in the community and how parishioners can get involved in those ministries (including the contact person). As time permits, we try and answer questions as best we can. We also try to make sure people know to whom they can address their questions after the meeting or at another time. All presentations will wrap up before the service begins at 10:30 am.

One of the items people are most often interested in is the budget. For those not familiar with the Episcopal Church, our polity is a representational polity and, as such, the Vestry (not the congregation) approves the budget. The Vestry gets that information out to the congregation once the budget is approved, typically at the January Vestry meeting. The treasurer will review highlights of the budget at the annual meeting. We will also hear updates on the Capital Campaign.

Please be sure to be with us on Sunday morning, February 8, for this important part of our parish life.

## Christian Formation

### Sunday School News

#### Epiphany

On January 6, at 7:00 pm, we will have a wonderful celebration of the Epiphany! We will host the joyous celebration, which we share with Grace Lutheran Church. Parishioners, and especially the children, are invited to bring canned goods to be offered in procession at the beginning of the brief service in the Sanctuary. After our service, we will be led to the Tilford Room by the Magi, following the star, to enjoy crafts, cookie decorating, and refreshments. Please join us!



#### Sunday Morning Schedule

After a Sunday off on December 28th, Sunday School classes resume on January 4, 2015. Younger classes will begin their Epiphany lessons with a visit from the Magi. Besides learning that their visit confirms that God's love and grace are available to all, we will be reminded of the gifts they offered to the Christ Child and begin to consider the gifts we can offer. They will show us their gifts of gold, frankincense, myrrh, and leave us with a small gift of chocolate.

Also on January 4, Children's Chapel resumes its schedule during the 10:30 am service. The group from Children's Chapel will join their parents in the sanctuary at the Peace.

Happy New Year!

### Adult Forum in the New Year

As we begin 2015, Adult Forum (Sundays at 9:30 am in the Tilford Room) will consider why we worship the way we worship at Christ Church. In January, Webster and Bridget will be joined by others to discuss some of the things we do in our worship:

- January 4 – Webster will explain our tradition of “Anglicanese,” about “High Church,” “Broad Church,” and “Low Church,” and which you encounter every week at Christ Church perhaps without knowing it.
- January 11 – Bridget and Webster will discuss questions we often hear from members of Christ Church about worship and the vestments we wear.
- January 18 – Music and the organ in our worship – Dr. Jim Laster and Dr. Phil Sargent, among others, will talk about how the organ works, the role it has played in our worship tradition, and answer questions you may have about the our music in the life and worship of the church.
- January 25 – We will have a special presentation on a local organization, the Henry & William Evans Home for Children, Inc., as part of our Adult Forum. Christ Church and its members have had a long relationship with the Evans Home. As the programs and needs of the Evans Home have grown over the past years, we wanted to be sure people were aware of the ways to be involved with the Evans Home. Our guests for the forum are our Vestry member, Ann Wallinger, who is chair of their Board of Directors, and Marc Jaccard, who is director of Evans Home.

## Christian Formation

### Adult Daytime Faith Study

Always trying new ways to learn about our faith, the study will change gears a bit. For the next few months, we will utilize lectures from a course given by Professor Luke Timothy Johnson to explore the divine experience and early Christianity. This course is offered through a well known company called “Great Courses.” From the course description:

*In Early Christianity: The Experience of the Divine, Professor Luke Timothy Johnson maintains that the most familiar aspects of Christianity—its myths, institutions, ideas and morality—are only its outer "husk." He takes you on a journey to find the "kernel" of Christianity's appeal: religious experience. You travel back to Christianity's origins, its first 300 years, to identify the elements that first made it appealing and which still hold the secret to its ability to attract new followers even today.*

Our gatherings include both the opportunity to learn from the speaker, and also the opportunity to discuss our own questions and perspectives as we share our desire to deepen our faith and broaden our perspectives. The study is led by Webster Gibson. We will begin our meetings on Thursday, January 8, at 10:00 am in the Parlors. The Study will then continue to meet on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month. Everyone is welcome to come and join us. If you have questions, please do not hesitate to call the Church Office (540-662-5843).

## Pastoral Care

### The Shepherd's Table

The Shepherd's Table is part of the Pastoral Care Ministry here at Christ Church. The mission statement for the Pastoral Care Ministry is to lead the people of our church to seek to know Christ and make Christ known by encouraging all members of Christ Church to care for each other.

The Meals Ministry (The Shepherd's Table) currently provides dinners to members of our church family who are ill or have someone in their family who is ill at home or in the hospital. We also take meals when there has been a death in the family. The team of volunteers uses an online program known as “Take Them A Meal” to gather information and sign up to schedule deliveries. With this program, everyone on the list of volunteers can see, at a glance, where the family lives, which foods are scheduled, and who will deliver the meals. Go to the website [www.takethemameal.com](http://www.takethemameal.com) and see for yourself how easy it is to help someone in need!

If you would like to share a home-cooked meal with someone from our church, please contact Sara Bicking at [westbury106@comcast.net](mailto:westbury106@comcast.net). We have 20 volunteers and have helped 20 families in the last three years. As you can see, this is not a full-time, or even weekly “cooking ministry.” You can work as few as one meal every five or six months. Please consider helping.





## 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	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

### January

- 1 New Year's Day—Church Office Closed
- 6 Epiphany Service—7:00 pm
- 8 WATTS Bingo Night
- 12 Special Needs Service
- 13 Men's Fellowship Meeting at 7:30 am
- 18 "Music Sunday"—Special Adult Forum at 9:15 am
- 25 Evans Home Presentation during Adult Forum
- 26 WATTS Host Week begins (through Feb 2)
- 28 Salvation Army Dinner—Ft. Collier Campus



**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.



## January Birthdays

- 1 Olivia Adams, Steve Martin,  
Anissa Strosnider
- 2 Nancy Davis, Chelsea Trant
- 3 Jim Griffin, Sara Major
- 4 Neile Martin
- 5 Ben Sheppard, Sam Wise
- 7 Alexandra Barton
- 9 Owen Turnbull
- 10 Chris Northrup
- 11 Phyllis Fraser, Caroline Lawson,  
William Wiley, Susan Ross
- 12 Sam Leinbach, Jr.
- 13 Thomas Ellington, Jim Petrie,  
Stephen Pettit
- 14 James Elster
- 15 Amy Whipkey
- 16 Claire Lewis, Bryant Miles, Betsy Young
- 18 John DeBergh, Pam Lamborne,  
Nathaniel Goodman
- 23 Joseph (Clay) Morris
- 24 Margaret Arthur, Helen Zebarth
- 25 Robert Bronson
- 26 John Menge, Christopher Northrup,  
Ned Stock, Sebastian Barrett
- 27 Cassie Carroll, JoAnn Larsen,  
Emmalene Morris, Jonathan Sheppard
- 28 Roger Lamborne
- 31 Hunter Gaunt, Jr., Jazmine Pellot,  
Kim Gronauer, Ruben Rodriguez



## Wedding Anniversaries

- 1 Wayne & Pam McKinley
- 16 Robert & Edna Chase
- 29 Ron & Koy Mislowsky



**Thinking of Spring already?  
Parish Weekend at Shrine Mont  
May 8-10, 2015**

### 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!

## Outreach Committee News

### Panda Pantry Recognized



Christ Church's Panda Pantry, the outreach ministry providing backpacks of food for the weekends to children at Winchester's Frederick Douglass Elementary School, has been recognized by the Winchester Public Schools for their generous efforts to ensure local kids are not hungry! In the photo to the left, Sara Bicking is loading up groceries at Martin's in Sunnyside for the program! Contact David or Sara Bicking ([westbury106@comcast.net](mailto:westbury106@comcast.net)) if you are interested in participating in this ministry.

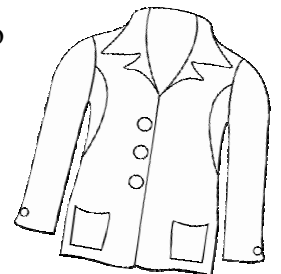
### Angel Tree 2014 Success



The spirit of Christmas giving and sharing is so alive at Christ Church! Ann and I, representing the Outreach Committee, were glad for all the support of the entire congregation. 19 volunteers responded to our call to help sign-out 145 "angel" name cards on November 16th and 23rd. Thanks to Joyce Casey and everyone who was there to help those two Sundays and on December 7th as the gifts were brought in and transferred to the Salvation Army with the assistance of an additional five driving volunteers. Cash donations received allowed us to make up for a shortage of clothing and educational toys for the 0-18 month aged children. We were able to provide 62 clothing outfits and seven toys (\$255) for this age-range through your collective generosity. Everyone at Christ Church was so generous with their time, talent and treasure, sharing in Christian outreach to make Christmas special this year. Plan to join us next November to again bring joy to children in our community at Christmastime.

### January Jackets Needed

The Outreach Committee is collecting new and gently used coats and jackets in January to be given to CCAP and the Salvation Army to distribute in our community this winter. Please bring clean jackets to the Tilford Room during the month.



## Outreach Committee News

### WATTS Fundraiser

Remember to bring yourselves, family and friends to the annual WATTS Bingo Night in the Christ Church Parish Hall from 6:00 to 8:00 pm on Thursday, January 8. (The snow date is January 15.) This is a family event and will end at 8:00 pm to allow time for school children to get a full night's rest. Nick Nerangis will be the bingo caller again this year so come prepared for a very entertaining evening of family fun. Admission is free but there will be free-will donation basket at the door. Proceeds raised will support the Christ Church WATTS Host Week (see below). Pizza slices, soft drinks, and baked goods will be on sale so come hungry! Also, anyone wishing to donate a small gift as a bingo prize or baked goods for sale should leave them on the table in the Tilford Room that is marked for Secret Bingo Gift donations. Please contact Chris Ferguson [CFerguson@zwickerpc.com](mailto:CFerguson@zwickerpc.com) /978-360-4501 or Pat Kofalt [patkofalt@gmail.com](mailto:patkofalt@gmail.com) /540-722-0429 for additional details. We look forward to seeing all of you on January 8th!



### WATTS Host Week at Christ Church

Christ Church will host WATTS this year from January 26 to February 2, 2015. During this week, we will open our Parish Hall to house and feed local homeless adults from 7:00 pm to 7:00 am daily. This is our sixth year of hosting WATTS and our past success in this ministry is attributable to the very generous support and donations from the Christ Church parishioners. If you wish to volunteer, please access the following Sign-Up Genius website: <http://www.signupgenius.com/go/10c0c4aaef2faafe3-christ2> to select a task, day, and time. Or, you can e-mail or call Pat Kofalt [patkofalt@gmail.com](mailto:patkofalt@gmail.com) /540-722-0429 or Chris Ferguson [CFerguson@zwickerpc.com](mailto:CFerguson@zwickerpc.com) /978-360-4501. (Note: WATTS Volunteers must be 18 years or older.) Monetary donations can be deposited in the Sunday collection or sent to the Christ Church Office at 114 W. Boscawen St., Winchester, VA 22601. If sending a check, please make it payable to Christ Church and note either WATTS or Thermal Ministries on the check.

*WATTS Bingo Night will take the place this month of  
the Community Fellowship Group meeting.*

*Men's Fellowship will meet on Saturday, January 13, at 7:30 am in the Baden Center.*

## From the Finance Committee

### 2014 Budget & Actual:

**We seem to have caught up!** Our budget for 2014 through November planned for us to be in a deficit by \$2,480 and our actual balance about a positive \$116.

	11 Months Budget	11 Months Actual	11 Months Difference
<b>Revenue</b>	\$495,425.00	\$496,112.30	\$687.30
<b>Expenses</b>	\$497,904.88	\$495,995.92	\$(1,908.96)
<b>Balance</b>	\$(2,479.88)	\$116.38	\$2,596.26

However, we have a number of expenses we face in December including funding for The Rev. Webster Gibson's planned sabbatical in 2015.

### 2015 Budget

By the time you receive this copy of the Angelus, a new 2015 annual budget will have been developed and presented to the Vestry. A great deal of work goes into reviewing all of the revenue accounts and expense accounts in order to develop a balanced budget. The details of the 2015 budget will be available at the annual parish meeting in February.

### Year-end Statements

Statements for 2014 will be mailed no earlier than January 12. Watch for yours in the mail and if you have any questions about it, please contact Theresa Seitz in the Church Office or by email: (tseitz@christchurchwinchester.org)

## THANK YOU, BRUCE TRANT!

Bruce Trant has been the Chairman of the Finance Committee for several years. During his time as chairman, he has worked on efforts at Christ Church to fund many repairs to the facilities (which are still being repaid by the recent Capital Campaign), handle the loss and eventual replacement of our bookkeeper, and face the challenges we have all felt due to the economic decline in 2008 and beyond. Bruce has worked countless hours in this capacity and has recently decided to relinquish his role as Chairman of the Finance Committee. A warm and heartfelt "Thank You" goes out to Bruce for his loyal service to Christ Church!



*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)*



## From the Properties Committee



*One of the funny things about having such wonderful older buildings is the history lesson you may get without expecting it! Mason Marty Cook tells us that the mortar being replaced on the exterior wall of the Page Chapel is made of horsehair and mud—common ingredients for mortar way back in the day!*

The Properties Committee has focused much of its work recently on sealing the exterior of the church buildings before the winter weather sets in. The concern is to address any moisture penetration into the buildings which could create further problems in the structures. This includes our recent mortar work on the back of the sanctuary outside of the Page Chapel, and more pointing to be done on the Smith Building. Marty Cook is the brick mason doing the mortar work.

The Committee is also going to be reviewing the care and upkeep of the church yard. Recent conversations about keeping our boxwoods and other plants healthy, while making sure that the space continues to be a gathering place for the parish community, has led to the committee working with gardeners in the parish to see how we can best make sure our grounds are beautiful and functional. We hope for a report back in January or early February.

## From the Stewardship Committee



**GIVING WITH JOY 2015**

As of December 9th, the Stewardship Committee is reporting 145 pledges for 2015. 58 pledges were increased over 2014 giving levels. Six new pledges have been received as well. Please make sure to send in your pledge to the Church Office, as soon as possible, if you haven't already done so. Your pledges are critical in formulating our budgets of our 2015 operation and ministries.

# 2014 REVIEW IN PHOTOS



Blessing of the Animals



Treasure Box 55th Anniversary



S'mores at Shrine Mont



DR Mission Team



# 2014 REVIEW IN PHOTOS



Stop Hunger Now



WATTS Bingo Night



Youth Musical

Special Needs 10th Anniversary Service



Fellowship



Vestry members at work







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

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Organization  
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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

The subject of a Spirit of Women article this month is very appropriate for all of us as we finish up the holidays and begin a new year—feeling **OVERWHELMED!**

Here are some suggestions to help cope: Stress Management 101 would begin with spending time with friends and family, giving yourself a pep talk, taking a walk or riding a bike, volunteering, getting seven to nine hours of sleep each night, eating lots of fruits and vegetables, meditating or trying yoga.

Some stress can lead to mental health issues like depression. Watch your family and friends and if you see signs of depression, suggest they see a doctor. Some signs are persistent sadness, sleeping a lot, losing weight, no interest in anything, and persistent fatigue. Women deal with stress by talking it out, but men deal with stress by an “escape activity,” like golf. Both excrete a hormone called oxytocin, which promotes relaxation.

Best wishes for all of you in 2015 with less stress and more love for all!  
See you next month.

Helen, your Parish Nurse

