

# THE ANGELUS

Volume 67 Number 5

Christ Episcopal Church • Winchester, Virginia

January 2017

## Rector's Message

Dear People of Christ Church,

With Christmas and New Year's days on Sundays this year, we have had a lot of church for the weekends. Thank you to everyone who helped with the worship services, outreach projects, and sheep/shepherd/camel herding. It definitely takes a village to make these events happen.

A great question came up as we were moving through December about our Sunday morning Lay Eucharistic Visitor program. It also gives thought for how we conduct our discipleship. Our Lay Eucharistic Visitation program typically has two of our trained visitors come forward after all have received communion and before the post-communion prayer to receive the communion kit. The visitors immediately take communion to people who might normally come to church if they could, but cannot due to hospitalization or some restriction which keeps them at home. The kit contains an abbreviated order of worship, bulletins, and consecrated bread and wine. The community offers the LEVs a prayer as we send them off from our worship.

The question often asked is, "Why don't we wait until after the post-communion prayer to send out the LEVs so they can end their worship with us?" The reason is that they are not supposed to end the service with us. Instead, they end the service with the people they are visiting. The action of taking the communion directly out from our service before we finish symbolizes that we are including those who cannot physically be with us in our worship through the sharing of the Eucharist. It is a sacramental act of inclusion. When the LEVs go from us to worship with the people they visit, the post-communion prayer, which the LEVs and shut-ins say together, is their end to our worship. This reminds us that our worship is an act of community beyond the walls of our church to embrace those who cannot be with us. No one is forgotten.

As we begin 2017, instead of a resolution, I would like to offer an outlook for discipleship this year based on the LEV ministry. Just as the sacramental act of going out before worship ends helps us to remember community is not just within the walls of worship, we should also reflect our Christian discipleship beyond the church walls and beyond Sundays. Our discipleship should also be more than a single project, or a once-a-year activity.

I am not sure how each of us does this because we all have different gifts and interests. You might already be doing something such as volunteering in the community or serving friends and neighbors. You might need to take the risk to try doing something new, not just for you but for someone else. Either way, we can rethink what we are doing, not just as a good act of volunteering, but as the ongoing expression of doing what we talk and practice in our worship. To consider our final dismissal in our service not as the end of the worship, but rather the starting gun calling us to go out and be the disciples shaped by Jesus. The next Sunday is not the finish line, but our watering and resting stop before we go back out.

*Continued, p. 2*



JANUARY 2017

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## Rector's Message

I often find myself in conversations where people separate their Christian life from other parts of their lives. It is similar for me to the idea that we specialize in discipleship one day, in work on another day, in helping others on another day, an in family at other times. It does not work that way! The Christian faith is not a part of who you are as a human being. Instead as a human being, all that you do is shaped by your Christian faith. We are part of the body of Christ always. Jesus calls us to use our whole lives to reflect the love of God revealed in Jesus to the world around us. The LEV ministry may help us to remember the full nature of our call to lifelong discipleship. It can even help us to explore our lives a sacramental, outward and visible sign of God's inward and spiritual grace which is God's favor towards us and all of God's creation.

So as we head into 2017, rather than a resolution, I invite you to consider and explore your life of faith beyond Sunday. You may even find yourself willing to try some new experiences to deepen that understanding, who knows.

Happy New Year from all of your staff at Christ Church!

Faithfully,



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



The 2017 Pulpit Swap Sunday is January 22, 2017. We will welcome a guest preacher from among the Downtown Clergy Fellowship while Webster preaches at another Winchester church. The 2017 theme for the Week of Prayer for Christian Unity is "Reconciliation — The Love of Christ Compels Us" (from 2 Corinthians 5:14-20).

## From the Assistant Rector

Dear Friends in Christ,

One of the stories from scripture that we encounter just days after Christmas is that of the flight of the Holy Family into Egypt, a story so beautifully depicted in the stained glass window of our Pilgrim's Chapel. The image of the Holy Family seems almost peaceful and hopeful. But as we read in the Gospel according to Matthew, their journey was one of haste in pursuit of safety. An angel appears to Joseph in a dream warning him by saying, "Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy him." In Herod's desperate fearful search for the child, the Messiah, he ordered the killing of all the children under the age of two to insure that his power would be intact. So, forced to flee their homeland, the place of their birth, Joseph, Mary, and the infant Jesus became what we now call refugees.

While the times have changed, the reasons people are fleeing their homelands are not much different. According to the Office of the United Nations High Commissioner for Refugees (UNHCR), it is estimated that more than 65 million people worldwide are displaced, among them are at least 21 million refugees, over half of whom are children under the age of 18. Many have fled war-torn nations, genocide, and seemingly unimaginable circumstances. In places like Rwanda, Kenya, and Jordan, the ones who survive an often dangerous journey are able to make their way to camps or cities where they seek refuge. Many have hopes that someday things will change and that it will be safe enough to return to their homelands, but unlike the Holy Family, the likelihood of this happening decreases with each war and crisis. Their journeys are never easy.

This month, we will study and reflect on the stories of refugees, both in scripture and in the realities of our world's current refugee crisis. Please join us during Adult Forum on Sundays in January.

We hope this will be a time of learning as we engage in faithful conversations.

Blessings,



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

### Adult Forum for January (9:30 am Sunday morning in the Tilford Room)

- |            |  |
|------------|--|
| January 8  | Stories of Refugees in Scripture   |
| January 15 | Refugee Resettlement in America  |
| *****      |  |
| January 15 | Evening Screening of the documentary <i>Salamm Neighbor</i> , followed by facilitated conversation |
| January 22 | Special Sunday Evening Program   |



## From the Vestry

### Attend the Annual Meeting

On Sunday, January 29, we will have our Annual Meeting at Christ Church from 9:30-10:15 in the Tilford Room.

For those of you who may not have attended an annual meeting before, here is what you will find: First of all, it is the meeting where the congregation elects a new class of four people to serve on the Vestry. The Vestry is the group that serves as “agent and legal representative of the Parish in all matters concerning its corporate property and the relations of the Parish to its Clergy.” The members help the rector in mutual ministry of worshipping and serving our Lord. Of course, my favorite diocesan canon for vestry is: “Each Vestry member shall extend personally a hearty welcome to newly baptized, confirmed, received, or transferred members of the congregation.” Adult communicants in good standing are allowed to vote at the meeting. If you are not sure if you are technically a member at Christ Church, please call the Church Office prior to the Annual Meeting. We encourage those new to the parish, or not yet members, to attend the meeting because this is a good way to see what is going on at Christ Church.

We will also hear reports from officers of the Vestry—Senior Warden, Junior Warden and Treasurer—about the parish. Part of my own theology with having the meeting between the church services is a desire to have as much of the faithful community attend as possible; to remind ourselves what nourishes us as a parish which is our worship of our Lord Jesus Christ and the opportunity to break bread at His table. Please be sure to be with us on Sunday morning, January 29, for this important part of our parish life.



### Highlights from the December Vestry Meeting

- The Stewardship Committee reported that we have received 147 pledges, 52 of which were increased from last year and seven were new. The total amount pledged, thus far, is down 7% from last year.
- The Treasurer reported that expenses are rising and donations are stagnant. The Finance Committee is finalizing their recommendations for the 2017 budget.
- The Vestry approved recommendations from the Outreach Committee to give \$500 to Compassionate Pharmacy, \$500 to Christian Appalachian Project, and \$1000 to Episcopal Relief and Development.
- The Junior Warden reported that the clean-up in the Smith Building basement is complete, repairs to the brick outside the Page Chapel window, and work still needs to be done on the outside wall of the Fairfax Room to make it water-tight.
- Bridget reported that an Advent party for the youth was held. She and Webster attended the ordination of Rachel Shows Rickenbaker and gave her a gift on behalf of the parish.
- This January will be the last diocesan convention held in January. Future meetings will be held in November, with a mini-convention in November 2017 as the transition is made.

# Christian Formation

## Sunday School News



Happy New Year! After our Christmas/New Year's break, Sunday School classes will resume on January 8. 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. After they show us their gifts of gold, frankincense, and myrrh, we will begin to consider the gifts we can offer.

Also on January 8, Children's Chapel resumes its regular schedule during the 10:30 am service. The group from Children's Chapel will join their parents in the Sanctuary at the Peace.

A special thanks to all who helped with the Christmas Eve pageant and December activities in the Sunday School – You are a blessing!



## Adult Daytime Faith Study

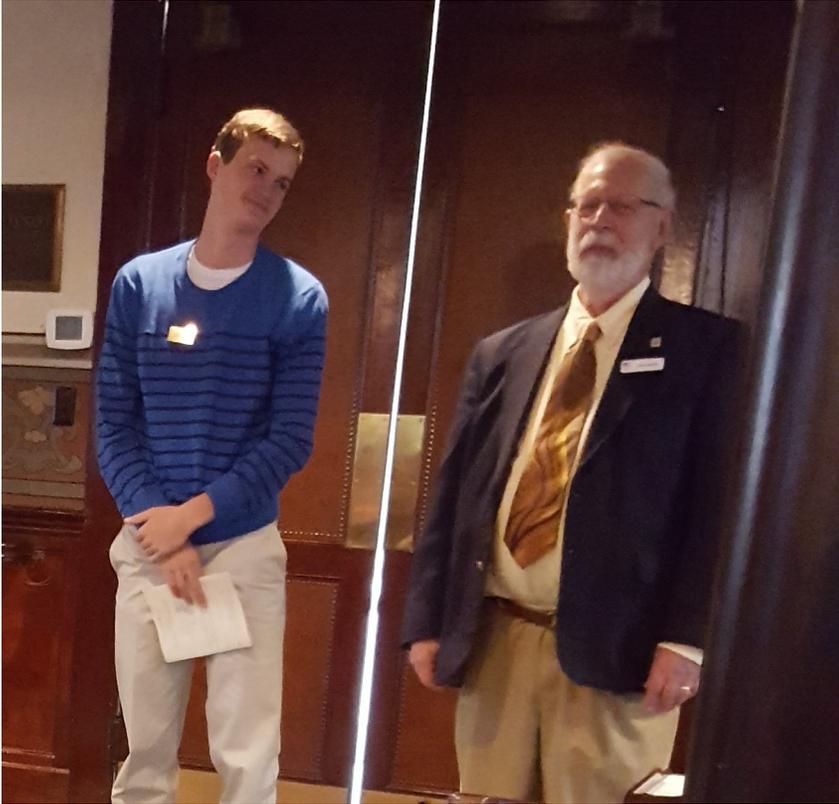
We continue to explore the Old Testament using the Great Courses DVD, "The Old Testament." The study meets in the Commons (all the way upstairs in the Parish Hall) at 10:00 am on the 2nd and 4th Thursdays of each month. For January, we will meet January 12 and 26. All are welcome to join us! Questions? Please call the Church Office (540-662-5843) or email Webster at [rector@christchurchwinchester.org](mailto:rector@christchurchwinchester.org).



*Sarah Roberson as St. Lucia during Advent*

# Worship

## Service Opportunities



*You don't have to be a preacher's kid to serve...*

While James Baden and George Gibson love to serve our Lord in our worship, from acolyting to ushering, we have a wide variety of ways for EVERYONE to find ways to serve and participate in the ministries of Christ Church.

### **Acolytes**

The ministry of Acolytes provides an opportunity for youth from 5th—12th grade with an experience of worship through roles as leaders and servers as they assist the clergy. We have a pool of acolytes to help share the load and the scheduling is done well in advance. We have training coming up for acolytes in two parts. The first training will be on Sunday, January 15 following the 10:30 am service, and it will last 45 minutes. The second training will be announced later,

depending on how much gets covered in the first training. If you have questions or are interested, please contact James Baden or one of the clergy.

### **Altar Guild**

Believe it or not, serving on the Altar Guild at Christ Church is both a solemn and an enjoyable experience. People (men, as well as women) are needed to help on some of the teams. We have six teams and each team of six to eight members serves for a month twice a year. Perfection is neither possible, nor desirable! Only the willingness to serve and help the clergy as we work together to worship our Lord is needed. If you are worried that you do not know what to do, remember, all training is provided. If you are interested, please contact Katie Harvard or Lucia Thomas.

### **Ushers**

We are looking for a few more ushers to help at the 10:30 am service. If you are interested in helping, please contact James Baden.

### **Wednesday Noonday Eucharist Lay Eucharistic Ministers**

We have a small, but dedicated crew of LEMs who help with the weekly Noonday service. If you are interested, please contact Nancy Brown or the clergy. This is a great way to help if you are interested in joining us for our midweek service.

If you have questions about any of these service opportunities or how to reach any of the contact people listed, please call the Church Office (540-662-5843) and we can put you in touch with right person to tell you about the job!

# Outreach

## Planning for WATTS

This winter, Christ Church will again host the Winchester Area Temporary Thermal Shelter (WATTS) in our Parish Hall from Monday, February 6, 2017 to Monday, February 13, 2017. This ministry provides much needed thermal support to homeless adults in Winchester, Frederick and Clarke Counties.



We will meet on **Sunday, January 8, 2017 from Noon to 1:00 pm in the Commons (upstairs in the Parish Hall)** to provide a short WATTS overview, identify specific tasks, and begin planning for the upcoming season.

Thanks to all who supported WATTS in the past. Please consider helping again this season. If you have not participated before, this is a good time to start! Please contact Chris Ferguson (CFerguson@zwickerc.com/978-360-4501), Marty Tabaka (Martin\_Tabaka@hotmail.com/540-771-0187) or Pat Kofalt (patkofalt@gmail.com/540-722-0429) for additional details. We look forward to continuing Christ Church's outstanding WATTS support and to seeing you on January 8.

## Success in November & December

Many thanks and congratulations to our congregation for the significant impact you made on so many lives in November and December!

Thank you to everyone who volunteered to cook turkeys, bake pies, and came to help with the **Community Thanksgiving Dinner** with First Presbyterian Church. This year had the largest turnout of support, which helped the dinner be a grand success!

Through the **Alternative Gift Market**, Christ Church parishioners provided for the safety of and job training for abused women in Tennessee, the opportunity for coffee, tea, and chocolate growers to earn a fair living, and a year's worth of clean water for someone in the Central African Republic.

Via the **Panda Pantry** outreach, you generously provided bags and bags of additional food for 75 kids at Frederick Douglass Elementary for their long holiday vacation when no other meals would have been available!

And, the Christ Church community was so generous in purchasing gifts, bicycles and clothes, and donating money, for 145 children who would not have had a merry time during the Christmas holidays. Thank you to all who helped out with The **Angel Tree** program—from handing out the angels to the gathering of gifts, and a huge thank you to all of you who joined in transporting the gifts to the Salvation Army distribution center.

*Bags of donated food in the Tilford Room*



## 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

### January

- 8 Christian Formation resumes,  
WATTS Organizational Meeting
- 15 Acolyte training (see p. 6)
- 22 Pulpit Swap (guest preacher),  
Evening Christian Formation program
- 29 Annual Meeting,  
Evening Christian Formation program



### Committee & Group Meetings

Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:45 am
Daytime Faith Study	2nd/4th Thurs: 10:00 am
Knit Unto Others	3rd Tues: 2:00 pm
Lectionary Bible Study	Wed: 10:30 am
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	2nd/4th Sun: 6:00-7:30 pm

#### *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!



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

**The Rector's day off is Friday.  
The Assistant Rector's day off is Monday.  
Church Office Tel. 540-662-5843**

## January Birthdays

- 1 Olivia Adams, Steve Martin
- 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
- 15 Amy Whipkey
- 16 Claire Lewis
- 16 Betsy Young
- 18 John DeBergh, Pam Lamborne,  
Nathaniel Goodman
- 23 Joseph (Clay) Morris
- 24 Margaret Arthur, Helen Zebarth
- 25 Robert Bronson
- 26 Christopher Northrup, Ned Stock
- 27 JoAnn Larsen, Emmalene Morris,  
Jonathan Sheppard
- 28 Roger Lamborne
- 31 Hunter Gaunt, Jr., Jazmine Pellot,  
Kim Gronauer, Ruben Rodriguez



## Wedding Anniversaries

- 16 Robert & Edna Chase
- 29 Ron & Koy Mislowsky

celebrate!

Last Call! One final round of photos for the **2017 Parish Directory** will be taken on Sunday, January 8, in between services and during Coffee Hour in the Parlors. Please plan to have your family photo updated for the directory!



### 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.

# Properties News

## 2016 Projects



*Smith Building Basement—before and after*

*Courtyard—before and after*



*Work on Page Chapel window*

# Properties News

## 2016 Projects



*Lord Fairfax Room (church basement) —before and after*



*Washing the church roof before painting*

2016 was a busy year around the buildings and grounds of Christ Church!

The Properties Committee is excited to be able to celebrate completion on a good many projects for the care and upkeep of our wonderful facilities over the past year. The before and after pictures show some of the work we have had done— from water-proofing and sealing our facilities top to bottom to improving the safety of our open spaces with lighting and overgrowth removal. We want to thank our contractors for their fine work and patience as we sorted out the best approaches to the repair work. We also thank the Vestry and Finance Committee for providing us with the financial resources to help us catch up on a significant amount of repairs before those repairs became expensive projects.

While we accomplished much, we are still working on a few other projects in 2017. The most visible project will be the repair to the front porch of the Old Rectory which is currently roped off. Our plan and our hope (not always the same thing) is to begin the actual renovation work in the spring. You might also notice some ongoing masonry work on the walls of the church as we make sure the church is water-tight for future generations.

We will continue to keep you up to date with our projects. We will also continue to encourage you to get involved with our parish Keep Day (clean-up day) this spring, as well as other projects which need your help.

# Finance Committee

## Financial Report

This is the time of the year when the time lag of the Financial Report must once again be noted. Though this is the January 2017 Angelus, the financial information must be submitted in early December for the January Angelus. As a result, the information below is only through November. (The 2016 full-year information will be reported to you in the February Angelus.)

### Budget Performance

With one month still to go, total actual revenues are better than budget by almost \$21,000. Pledged revenue is ahead of budget, un-pledged is behind budget, and thanks to a great ABC Rummage sale this past fall, actual "all other revenue" is way ahead of budget.

Unfortunately, actual expenses shown below are over budget by almost \$14,000. This is misleading. Though we did have an unexpected upgrade to our computer equipment in the office earlier in the year, the major reason actual expenses are over budget at this time is due to paying our Diocesan Pledge in November, rather than as budgeted in December. This timing issue will resolve itself at year end.

The table below shows Actual to Budget performance through November 30.

Year to Date through November 30th 2016	Actual	Budget	Difference
Pledged Revenue	\$ 430,673	\$ 412,000	\$ 18,673
Un-Pledged Revenue	\$ 37,737	\$ 53,000	\$ (15,263)
All Other Revenue	\$ 41,562	\$ 24,185	\$ 17,377
<b>Total Revenues</b>	<b>\$ 509,971</b>	<b>\$ 489,185</b>	<b>\$ 20,786</b>
<hr/>			
Total Personnel	\$ 371,620	\$ 372,907	\$ (1,287)
Total Utilities	\$ 24,541	\$ 25,075	\$ (534)
Total Property/Maintenance	\$ 38,480	\$ 39,370	\$ (890)
Total Office Expenses	\$ 25,700	\$ 21,017	\$ 4,683
Total Christian Education Expenses	\$ 8,451	\$ 9,360	\$ (909)
Total Music Expenses	\$ 6,472	\$ 5,530	\$ 942
Total Worship	\$ 522	\$ 940	\$ (418)
Total Stewardship	\$ 1,142	\$ 400	\$ 742
Total Outreach	\$ 55,705	\$ 44,000	\$ 11,705
Total Pastoral Care	\$ 532	\$ 630	\$ (98)
Total Parish Life	\$ 1,608	\$ 1,790	\$ (182)
Total Communications	\$ 3,287	\$ 3,099	\$ 188
<b>Total Expenses</b>	<b>\$ 538,059</b>	<b>\$ 524,118</b>	<b>\$ 13,941</b>
<hr/>			
<b>Net Total</b>	<b>\$ (28,088)</b>	<b>\$ (34,933)</b>	<b>\$ 6,846</b>

# Finance Committee

## 2017 Operating Budget and More

### 2017 Operating Budget

**As of mid-December, the Pledge Revenue total received for 2017 stands about 7% (\$33,700) LESS than the total we received in 2016.** The Finance Committee met in late December to review and develop options should the revenue total for 2017 be less than 2016 and expenses need to be cut.

Another Finance Committee meeting will be held in early January, when all 2017 pledges have been received and when the 2016 year-end financials are known, to finalize a recommended budget to be presented to the Vestry for approval at their January meeting. The approved 2017 Operating Budget will then be presented to the congregation at the Annual Meeting on January 29, 2017.

### Other Financial Information

The Properties Committee began a number of projects in 2016, many of which have been completed. Some of these projects are easy to see (the courtyard landscaping is an example), while others are hardly noticeable (Sanctuary roof painting, asbestos removal in Sanctuary basement, painting of Sanctuary exterior window trim, masonry work in courtyard and Fairfax Room, and many others).

**As of mid-December, about \$53,000 has been spent on these projects and funded in total by our investment accounts since these are not in our operating budget.** To give some perspective, \$53,000 is over 9% of the 2016 total operating budget! Clearly, we are making a significant investment in maintaining our facilities. It is hoped that by keeping up with these repairs in a timely manner, we can avoid another Capital Campaign that is needed primarily to pay for major repairs to our facilities. (The most recent Bell Tower campaign was needed to pay for major repairs.)

Shown below is a summary table of 2016 projects and their respective costs.

Facility	Project	Cost
CHURCH	Asbestos Removal Fairfax Room	\$ 11,030.00
CHURCH	masonry work, courtyard & Fairfax Room	\$ 2,787.00
CHURCH	paint/seal masonry work in Fairfax Room	\$ 1,200.00
CHURCH	new duct and smoke detectors	\$ 1,075.00
CHURCH	Install new humidifier	\$ 3,950.00
CHURCH	power wash roof/paint	\$ 8,000.00
CHURCH	scrape, prime, paint windows	\$ 6,091.00
CHURCH	Brick work steps, foundation, steps, wall	\$ 2,215.52
COURT YD/COLUM	Sand, prime, paint black railings	\$ 1,100.00
COURT YD/COLUM	remove boxwoods (safety issue), add other, mulch	\$ 1,345.00
OLD RECTORY	power wash roof/paint	\$ 5,300.00
SMITH BLDG	Site inspection for structural reinforcement	\$ 575.00
SMITH BLDG	basement rebuild/reinforcement	\$ 8,204.00
	<b>2016 Totals</b>	<b>\$ 52,872.52</b>

At some point, we will need to replenish the investment funds that have been used to pay for these much needed projects. Most of these investment funds are the result of bequests and other gifts to the Church that have been received over many years. In a future Angelus, more information (history, intended use, and current value) about these investment fund accounts will be presented.

## Parish News

### Volunteers Needed at Hospital

Volunteers are needed in the Winchester Medical Center Volunteer Services Department. Jobs include desk greeters, gift shop clerks, courtesy van drivers, patient escorts, flower, newspaper and mail delivery, and more. Please contact Doris Trant at 540-536-8000 if you would like to volunteer.

### January Jackets



We'll collect gently used jackets and coats in January to donate to the needy. Watch for details!



.....  
**STOP HUNGER NOW.** Meal-packing at Christ Church

April 22, 2016 *Save the date!*

### Congratulations, Rachel!

On Saturday, December 10, 2016 Rachel Amelia Shows Rickenbaker was ordained to the Sacred Order of Priests. She was ordained along with three other clergy, including her husband, James Rickenbaker, who was sponsored in seminary by the Diocese of East Carolina. Rachel serves as Assistant Rector just down the road at Trinity Church, Upperville, along with the rector, The Rev. Rob Banse, Jr. James is serving as Assistant Rector at Aquia Church in Stafford. Thank you to everyone who has supported Rachel as we sponsored her through seminary. We are very proud of her and we are also fortunate to have her now serving in the Diocese of Virginia!



## Parish News

### CCAP Collection for January

In January, we will continue to collect **PASTA**—all varieties and canned products with pull rings—for our homeless friends. CCAP (Congregational Community Action Project) is a ministry of 46 worshipping communities in Winchester and Frederick County that have come together to support our neighbors in need with financial, material, and other assistance. There is a bookshelf in the foyer of the Parish Hall marked CCAP. Please leave items there and thank you for your generosity!



### Men's Fellowship Meets



The Men's Fellowship will meet at our normal time, Saturday, January 14, at 7:30 am, in the Baden Center, for a 2017 planning session of activities and ministries. Breakfast will be served and anyone interested in participating or learning more about our fellowship is encouraged to attend. Please see Chris Ferguson with any questions!

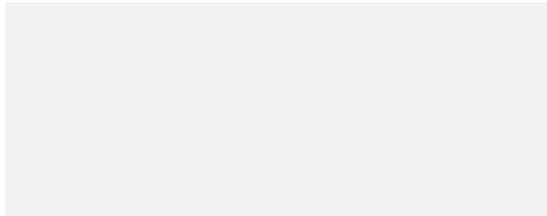


Begun in November 1959, the Treasure Box is Winchester's oldest thrift shop. Our mission is to provide quality merchandise from donations at affordable prices. Year-end profits are then given to church and community charities serving those of all ages in need.

The Treasure Box is open Wednesdays and Fridays from 10 am—4 pm at 114 W. Boscawen St.

**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.

## **Parish Nurse Musings**

Shots! Shots! Shots! I am certain you are tired of the Parish Nurse saying to the congregation, “Please get your shot today!” I am pleased that we administered over 170 flu shots to date. Thanks for getting yours!

But still, there are some other very important shots you need to stay healthy! PNEUMOCOCCAL disease is very serious as an infection that is spread by droplets in the air from one person to another. If you are over 65, you should get that shot immediately. One shot will do it if you are over 65. If under 65, you might need another as you get older. TETANUS/DIPHTHERIA is necessary for all ages. Both are caused by bacteria entering the body and causing your immune system to be weakened. SHINGLES is something you may get if you had chicken pox. It is a virus that stays in your body for life. If you are over 60, there is a shot to prevent shingles. MEASLES, MUMPS, and RUBELLA are prevented by shots. If you don’t know if you had these diseases, you can still get the shots. The side effects from these shots are very mild and definitely worth your time and money. Most insurance will cover the costs. Check with your doctor or the health department. It is very important to get these if you are going to travel outside the United States. Get them at least two weeks before your travel. The health department can tell you what shots are needed when traveling.

Be safe and healthy. See you next month!  
Your Parish Nurse, Helen