

THE ANGELUS

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Christ Episcopal Church • Winchester, Virginia

January 2016

Rector's Message

Dear People of Christ Church,

Making New Year's resolutions is part of our tradition. Being one who has made many such resolutions, I know that I also fall into the also traditional practice of failing to keep those resolutions by the end of January! The only resolutions that seem to stick are those which are necessitated because of some kind of change beyond my control.

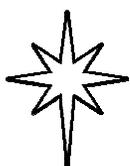
Every year, our parish leadership, clergy and lay people, make the resolution to establish better methods of communication around the parish through print, electronics, and any other way we can to make sure people know what is going on. And every year still, people ask what events are coming up, or when was some presentation posted only to have the leadership ask them, "Did you read the Angelus/bulletin/website?" Those are pretty standard realities about the way we communicate or not around the parish.

Then there are those changes which are beyond our control and necessitate that we do things differently than in past. For Bridget and for me, there is a change at Winchester Medical Center, which is beyond our control. Beginning in January, the hospital will only allow the clergy to see the hospital census information on patients who have identified themselves as members of Christ Church. Previously, we were given information based on denominational affiliation. We would see all of the names of people who identified themselves as Episcopalians. This will no longer be the case. The question asked of patients will now be, "What church do you attend?" And, we can only see the names of those people listed as attending Christ Church.

This change has come about for a variety of reasons, so please know that it is not solely about HIPPA or hospitals trying to keep clergy out. If you call us and we know you are at the hospital, we may go and ask for your room number, as we always have. However, if you go in unexpectedly and do not list Christ Church as your church, then when we go to hospital and check for parishioners of Christ Church on the census, we may not know that you are there.

I wanted you to be aware of this change should you find yourself going into the hospital. The clergy of Christ Church need your help for us to be available to you when you are there. We always prefer knowing about hospitalization by hearing directly from you via a phone call or voicemail. However, I also know that sometimes the phone call to us cannot or does not happen. Be sure to list Christ Church on your admittance form so

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Epiphany Service

Wednesday, January 6, 2016 at Noon

In the Pilgrim's Chapel

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From the Rector

we can see your name when we check the census on a routine hospital visit. If you do not do either the phone call to us or the church identification, it is very difficult for your clergy to know or find out that you are there.

We will continue to seek effective ways to let people know what is going on at Christ Church. That tradition is in place! This change in the way the hospital communicates makes it necessary for us to ask you to make a resolution to communicate with us in the event pastoral care is needed.

Hopefully, you will not need to be in the hospital in the next year! But, we will be there if you are.

May you have a blessed and wonderful New Year!

Faithfully,



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

Attend the Annual Meeting

On Sunday, January 31, we will have our Annual Meeting at Christ Church from 9:30-10:15 in the Sanctuary. While the Vestry and those attending our meeting last year enjoyed having the meeting in the Tilford Room, this year's meeting date coincides with our WATTS week, so the Parish Hall is a bit crowded this year.

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 worshiping 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. 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 31, for this important part of our parish life.



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. I have found myself saying again and again these words from the first chapter of the Gospel of John, "The light shines in the darkness, and the darkness did not overcome it." Christ, light for the whole world, came at a dark time in the world and continues to shine illuminating the ways in which we should follow.

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 following the star. 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 you are invited to set out on a journey with a guiding star-word. This is an idea I read about in a clergy group that I belong to and felt was a way to be more attentive to the light in 2016 and faithfully enter the journey. On January 3 & 10, there will be stars for you to pick up. Each star will have a word printed on it. The idea is to randomly pick a star and to then consider how God might be speaking to you through that word throughout the whole year. You might choose to hang it somewhere you will see it daily as a reminder. Take time to reflect on the word, use it in your prayers, and let it be a guide for 2016.

Pay attention to the light that so brilliantly shines even when all around you feels dark and like the Magi, lean into the mystery of where God is leading you this year as you follow the star.

May Almighty God, who led the Wise Men by the shining of a star to find the Christ, the Light from Light, lead you also, in your pilgrimage, to find the Lord.

May God, who sent the Holy Spirit to rest upon the Only-begotten at his baptism in the Jordan River, pour out that Spirit on you who have come to the waters of new birth.

May God, by the power that turned water into wine at the wedding feast at Cana, transform your lives and make glade your hearts. —Book of Occasional Services.



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

From the Vestry

Highlights from December Meeting

- The Stewardship Committee requested the Vestry's assistance in getting in the remaining pledges. Thus far, 145 pledges have been received (versus 157 last year), of which ten are new pledges. Forty pledges have increased and eleven decreased.
- A motion submitted by the Outreach Committee to move \$2000 to Stop Hunger Now and \$1000 to the Panda Pantry was approved. A motion also submitted by the Outreach Committee was approved to gift \$1000 to the Shenandoah Valley Family Support Development Center to support programs like Fathers-in-Training.
- Work on the draft for the 2016 budget continues.
- A Courtyard Committee has been formed and will meet for the first time in late December.
- A motion was approved by the Vestry to gift \$3000 from the WATTS budget to the WATTS organization for transportation needs.
- The Diocesan Council Meeting is in January in Reston. Webster, Bridget, and Diane Schnoor, our lay delegate, will attend.

Christian Formation

Sunday School News

Sunday School classes resume on January 3, 2016 after our Christmas break. 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 gold foil-covered chocolate coins.

Also on January 3, 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!



Table Manners Class

On Saturday, January 16, from 9:00 am - 10:00 am, the clergy will host a class for young children (toddler on up) called "Table Manners." When children come to the rail, they are full of excitement, energy, and expectancy to be able to participate in the Lord's Supper. However, they also need to know what to do once they get there, to learn "table manners." The clergy will talk with the children about the Eucharist, teach the children how to approach the rail, and teach them how to receive the bread and the wine (when their parents feel they are ready). The purpose of the class is for parents and children to share in the wondrous joy of participating in the Lord's banquet. We will first gather in the Tilford Room to begin working on our table manners.

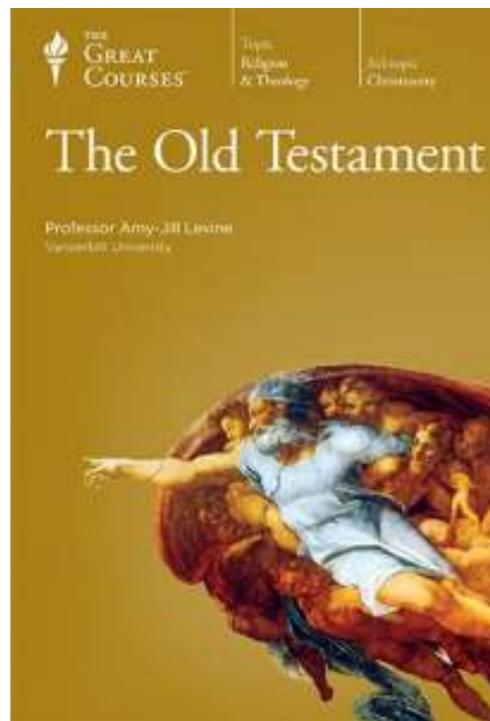
Christian Formation

Adult Daytime Faith Study

Our Adult Daytime Faith Study for January through March will explore the Old Testament using the Great Courses DVD, *The Old Testament*. Dr. Amy-Jill Levine of Vanderbilt University Divinity School and the College of Arts and Sciences chooses passages from the texts called the Old Testament, the Hebrew Bible, and the Tanakh. She presents examples of how various approaches to biblical research and interpretation can enrich our understanding of this “inexhaustibly fruitful and powerful text.” The course description says:

“Through these lectures, you will not only probe the content of the biblical books, but you will also explore debates over their meaning, the historical and cultural situations they reflect and address, and the critical methods by which they have been interpreted. The goal of an academic course in biblical studies, she maintains, is not to undermine religious faith, but to use the best available knowledge and research to give believers richer insight into the writings that form their spiritual bedrock.”

The study is led by Webster and meets in the Parlors on the 2nd and 4th Thursdays of each month (January 14 & 28). Everyone is welcome to join us. If you have questions, please call the Church Office (540-662-5843) or email Webster at rector@christchurchwinchester.org.



Adult Forum for January

There are many questions, opinions, and misconceptions floating around in recent days about the Abrahamic faiths of Christianity, Judaism and Islam. Many of us have the desire to learn about and understand the basics of Judaism and Islam and their relationship to Christianity. For Adult Forum in January and early February, Bridget and Webster will utilize the DVD series *The Jesus Fatwah: Love Your (Muslim) Neighbor as Yourself* to help us learn more. The series writers describe it:

“Much of what passes as information about Islam is weed-like disinformation rooted in stereotype and watered by fear. In The Jesus Fatwah, Islamic and Christian scholars offer reliable information about what Muslims believe, how they live out their faith, and how we all can be about building relationships across the lines of faith.”

The series features seventeen Islamic and Christian scholars, including: Hans Küng (Islam: Past, Present and Future), Brian McLaren (Why Did Jesus, Moses, the Buddha, and Mohammed Cross the Road?), Eboo Patel (Acts of Faith: The Story of an American Muslim), Stephen Prothero (God is Not One: The Eight Rival Religions That Run the World--and Why Their Differences Matter), Feisal Abdul Rauf (What's Right with Islam Is What's Right with America).

We will begin our series on January 3 at the 9:30 am Adult Forum in the Tilford Room. We hope that you will join us.

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

January

- 6 Epiphany Service at Noon
- 9 Men's Fellowship
- 11 Special Needs Service
- 14 WATTS Bingo/Community Fellowship
- 16 Table Manners Class for Children
- 17 Reception for Dr. Kriewald at Coffee Hour
- 22 Winter Youth Retreat Begins
- 24 WATTS Sandwich Making
- 25 WATTS Host Week begins at Christ Church
- 27 Salvation Army Dinner—Ft. Collier Campus
- 31 Annual Meeting

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
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
Youth Group	Sun: 6:00-7:30 pm



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

Children's Chapel

Join us on the 2nd floor of the Parish Hall from 10:30 am until the Peace. We welcome children ages 3-7. No registration is required. The service is child-sized and allows our young parishioners to explore the same Gospel we hear in the Sanctuary but with more opportunity to wiggle and talk! Our Children's Chapel leaders always welcome an extra pair of hands if you would like to join them!

Nursery

Our nursery, on the 2nd floor of the Parish Hall, is open from 10:15 am through the end of the 10:30 am service to serve infants and children up to age 3.

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,
Bill 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



Electronic Announcements in the Tilford Room

In the past couple months, we hope you have noticed the new television in the Tilford Room. The Communications Committee had been investigating using this method—digital signage, as it's called—as another way to share announcements and information with the congregation during Coffee Hour. Fortunately, a TV was donated and we have been running announcements each Sunday. If you have been enjoying the slideshow on Sundays, please let us know or if you have any suggestions for using this technology, email Noelle: (communications@christchurchwinchester.org).



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

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.

From the Outreach Committee

Christ Church Thermal Ministries

Our Annual Thermal Ministry/WATTS Bingo Night will be Thursday, January 14, from 6:00-8:00 pm. This is a family event! Nick Nerangis will be the bingo caller this year so come prepared for a very entertaining evening. Admission is free, but there will be a donation basket at the door. Proceeds raised will support the Christ Church Thermal Ministry Outreach programs and our WATTS host week, which is January 25 - February 1. Pizza slices, soft drinks, and baked goods will be on sale. 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 Bingo Gift Donations. Please contact Chris Ferguson(CFerguson@zwickerpc.com/978-360-4501) or Pat Kofalt (patkofalt@gmail.com/540-722-0429) for additional details.



CCAP Collection for January

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. CCAP is located at the corner of Cork and Kent streets, behind the Shell station, and its hours of operation are Monday - Thursday 8:30 am - 2:30 pm and Fridays 8:30 am - 11:30 am. Donations are accepted during these hours, and are received on the right side of the building, towards the back. There are always friendly and helpful volunteers, many of whom are CCAP clients, who are happy to help unload any donations. For more information about CCAP, please visit www.ccapwinc.org.

In January, we will collect **regular-sized personal care items/toiletries** for CCAP. There is a bookshelf in the foyer of the Parish Hall marked CCAP. Please leave items there. Please contact Ann Taylor with any questions (703-622-7059).

Angel Tree Thanks!



What a Merry Christmas you furnished to local children in need with your donations of toys and clothes! Several of you offered cash gifts, which allowed us to also purchase 20 much-needed winter coats for these children. We are so grateful for the many Christ Church parishioners who participated in the Angel Tree event. Thank you to all who so lovingly purchased gifts for your Angel, trying to buy just the right gifts that the child would love on Christmas morning. Thank you to everyone who assisted us in distributing the Angel cards to the congregation and all who worked with us to check in all 146 bags of Christmas cheer! There were so many who loaded the gifts into vans, trucks and cars to deliver the toys and clothes to the Salvation Army. Thank you so Merry Much! We all had great fun helping Santa Claus, and it simply feels so good to have made Christmas joyful for so many in our community! - *Jim and Ann Taylor and the Outreach Committee*

From the Finance Committee

2015 Budget & Actual:

As mentioned a few months ago, the decision about moving the “Brickwork” Capital Expense out of the operating budget was postponed until year-end. At their December meeting, the Finance Committee decided to capitalize the brickwork expense rather than try to absorb it in the 2015 operating budget.

2015	Jan - Nov Actuals	Jan - Nov Budget	Jan - Nov Actual - Budget
Total Revenues	\$515,934.25	\$499,800.00	\$16,134.25
Expenses			
Total Personnel	\$365,300.58	\$368,344.06	(\$3,043.48)
Utilities	\$25,024.17	\$23,800.00	\$1,224.17
Property/Maintenance	\$39,742.19	\$38,070.00	\$1,672.19
Office Expenses	\$20,334.53	\$20,984.00	(\$649.47)
Christian Education Expenses	\$8,274.53	\$9,905.00	(\$1,630.47)
Music Expenses	\$5,768.31	\$5,300.00	\$468.31
Worship	\$815.17	\$940.00	(\$124.83)
Stewardship	\$1,200.40	\$675.00	\$525.40
Outreach	\$39,673.49	\$43,100.00	(\$3,426.51)
Pastoral Care	\$657.74	\$650.00	\$7.74
Parish Life	\$1,438.22	\$2,030.00	(\$591.78)
Communications	\$1,223.06	\$2,340.00	(\$1,116.94)
Total Expenses	\$509,452.39	\$516,138.06	(\$6,685.67)
Net Total	\$6,481.86	(\$16,338.06)	\$22,819.92

The above table shows we have had a strong year so far (and we expect December to be a strong month as well). In short, revenues are above budget and expenses are below budget, resulting in a positive bottom line going into December, which means we may be able to fund both the proposed Operations Reserve and the proposed Sabbatical Reserve.

WOW – What a Successful Year! When you add up the total amounts actually collected in 2015, you get the following incoming cash flow:

Cash Flow Category	YTD to 12/20/15
Pledged	\$455,012
Unpledged	\$ 56,947
Other Operations Revenues	\$ 48,654
Capital Campaign	\$ 64,984
Organ Renovation	\$119,198
Grand Total	\$744,795

This means that via the Organ Renovation cash donated in 2015 and the Capital Campaign pledge payments collected in 2015, the congregation has provided 28.5% more than the entire operating budgeted income for 2015. **This is truly phenomenal generosity in support of Christ Church!**

Parish News

Fellowship Groups Meet

The **Men's Fellowship** will meet at the Firefly Café, 3035 Valley Avenue, on Saturday, January 9, at 8:00 am, to discuss the movie *Rust* that we viewed in December. Even if you did not see the film, there were multiple themes from the movie we have discussed in the past—patience, reconciliation, conscience, etc. Please join for an informative discussion around men's issues.

Community Fellowship this month is WATTS Bingo Night. See p. 8 for details!

Celebrating Dr. Kriewald's 45th Anniversary at Christ Church



January 4, 2016, will mark the 45th anniversary of Dr. James Kriewald's service to Christ Church as organist and Director of Music. Having arrived in Winchester as a Shenandoah Conservatory faculty member, he was soon convinced by the Reverend John Baden to become our organist. Dr. Kriewald quickly discovered he loved the people of this church and has remained a vital, energetic leader of the music program ever since.

Dr. Kriewald feels strongly that music should enhance and augment the church's liturgy and should lead the congregation in meaningful worship. To that end, he avidly studies the texts of hymns and anthems to reflect and amplify the message of the day's scriptures.

Two highlights in his career have been the installation of the magnificent Moller tracker organ in 1981, followed by its extensive renovation completed this fall. "The organ now has the full, rich registrations needed for optimal congregational singing, as well as choir accompanying," he said recently. "I feel privileged to be able to play this fine instrument week after week."

To celebrate Dr. Kriewald's long tenure, the Adult Choir will host a festive reception in the Tilford Room following the 10:30 am service on January 17, 2016. Please plan to join us on this special occasion.



Parish News

2016 Parish Weekend at Shrine Mont

Parish Weekend at Shrine Mont will be May 6-8, 2016—Mother's Day weekend. Have an excuse not to go this year? Think twice!

Same weekend as Apple Blossom? No, Apple Blossom is the weekend before. Tired after Apple Blossom? It's the perfect way to re-charge!

Spend Mother's Day weekend away? Yes, get Mom away from the chores at home and let someone else cook.

Too many activities to do there? Not really. Your presence is only requested for three meals and the Rector may give you a pass on any of these if you'd prefer.

It's only for families? Nope. There are activities for everyone. You can join in with the families there or enjoy some solitude.

Feel like you won't know everyone? All the more reason to go! You will certainly know them when you return!

No, the swimming pool won't be open and there's no cell service, but there's hiking, fishing, games, porch rocking, napping, even golf nearby. Plus, there's BBQ, meatloaf, roast beef, fried chicken, pancakes...

If you'd like to learn more about the weekend, please talk with Martha & Wilborn Roberson, Kirk & Linda Gibson, Alice Lees, Barry & Diane Schnoor, Robb and Cathie Russell, or Webster and Bridget. Or, call the Church Office at 540-662-5843. To learn more about Shrine Mont, visit www.shrinemont.com.

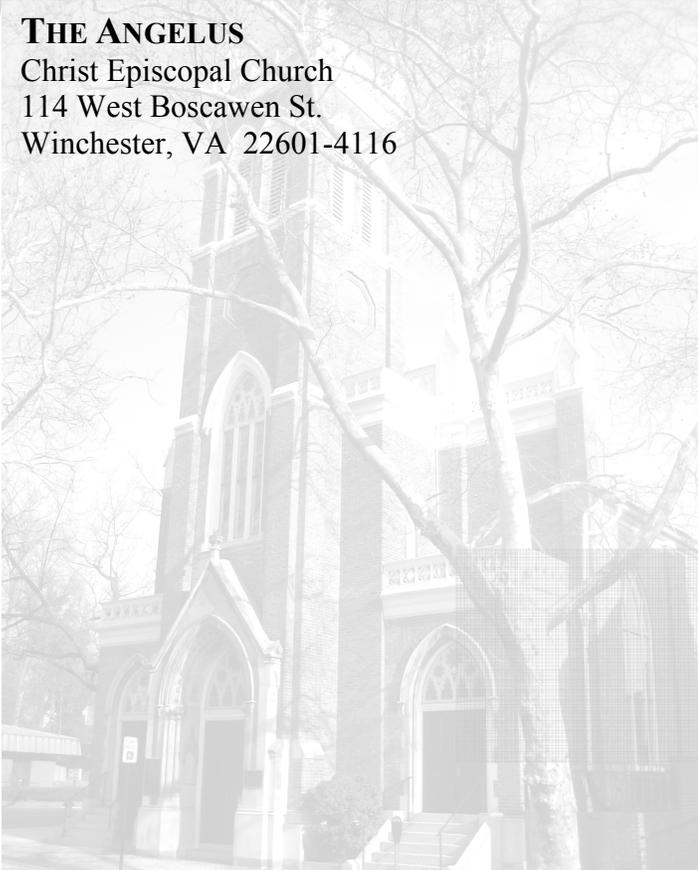


The Treasure Box is open
Wednesdays and Fridays from
10 am—4 pm.
114 W. Boscawen Street

The Treasure Box begins the new year reflecting on the wonderful parish response through shopping and donations to this ministry during 2015. Our proceeds available to donate for church and community outreach increased by nearly \$3000 because of the steady supply of good quality merchandise and frequent Saturday openings. Looking ahead to the 57th year of this mission, we count our blessings for the continued dedication of volunteers, the support of the Vestry and clergy, and the ongoing response of our parish donors. In January, you will find discounts from 20-50% off storewide. Think of the Treasure Box for excellent buys on outerwear, accessories, party clothes, and all-season gifts. We hear customers say over and over, "I just love coming in here!"

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

Parish Nurse Musings

Stress is all around us and we must learn to control it. A couple of suggestions: 1. Only have five things on your to do list each day. One can be a big item and four small. Take a timer and give yourself a break between each item finished. If you need to work more than two hours on one project, break it down to 30 minutes and then take a break. 2. What do you like to do when you have free time? Walking, reading, knitting, writing, crafting? Each time you finish one of your projects, take 30 minutes and do what you like to do! Yes, you do have time. Then at the end of the day, celebrate your success with something special like watching a program on TV, listening to music, or going out with friends or family.

After several chats with clergy and parishioners, I understand some of you do not know about my “lending closet” upstairs in the Parish Hall. I have walkers, shower chairs, wheelchairs, adult underwear, canes, bedside commodes, and more. If you are in need of any supplies, please ask me first and I think we can find what you need and it is FREE!

Have a blessed New Year! See you in church.

Your Parish Nurse, Helen