

# THE ANGELUS

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February 2023

Dear People of Christ Church,

Over the next few months, we will be having a lot of discussions about the word "discipleship." While we may want to think that it has one definition that everyone fully understands, I don't think that is the case. Yes, in the Christian faith and with Gospel witness, we know that Jesus calls his disciples and they follow. However, the level of detail around the job description for what being a disciple will mean for those first followers of Jesus is challenging, sometimes confusing, and hard for us to apply in today's world. Even among our differing Christian denominations, discipleship is not a universally defined or agreed upon term.

Yet, we are called to be disciples. I will try and give some ways I think we need to consider discipleship. First, discipleship of Jesus is both personal and communal. There are ways that I follow Jesus in my own life that help me find fulfillment as a disciple. I find rest and refreshment doing construction projects, so I have done projects with Habitat for Humanity or the Make-A-Wish foundation to be able use certain gifts and a sense of vocation to serve Jesus. In my family, there are ways we serve as a family where we work together to find where we are called. It is a family decision, not just one person's. The most recent is our adopting a child at Christmas through the Angel Tree. The family picks the age and works together shopping for the items for the child. It is a group or a "we" discipleship.

Discipleship is more than projects, and for me the same personal and communal understandings of discipleship still apply. There are ways that I prefer to worship. There are writers, scholars, subjects and topics which I find helpful in my growth as a disciple. There are also ways of gathering in worship, prayer and study which my family works together to discern and likes to do as a community.

It is not different with a church family. We are fortunate to have people around us who have ministries, resources, talents, ministries which they enjoy serving on their own. We also have ministries that we do together as a parish. Each person discerns, or considers and acts on their discipleship as individuals. With the church family, our discipleship and ways the community wants to follow Jesus as a larger body of Christ is more complicated because it is not all up to one person. (No, the clergy do not make all the decisions.) When someone believes that the community of Christ Church should consider doing a ministry - an outreach project, a type of worship, a fellowship event, a book study, etc. - that person brings the ministry before the community and its leadership to consider if we feel called to do that ministry - that is discernment. Most often, that initial discerning conversation is done in one of our committees. The committees help to discern, organize and prepare. If the committee agrees and finds a way, then the ENTIRE congregation is invited to participate in the ministry as disciples.

Communal discernment takes time; it is a bit more complicated. What is perhaps the hardest part is that the community may say "no" to the ministry, or they may say "yes, but we want to do it differently." Some writers call this idea of "my way, your way, or God's way" the third option in communal ministry. Both individual and communal discipleship seek to follow Jesus. How they do it is different.

Discipleship is an active process for each of us. In the season of Lent, we will continue our exploration of discipleship and various ways we can follow Jesus. Jesus is not a "one size fits all" experience. Jesus calls a variety of people to serve in a variety of ways. The challenge is figuring out ways you want to be a disciple in your life and in the community.

Faithfully,



The Rev. Webster Gibson, Rector  
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# From the Vestry

## New Initiative for 2023

At the January Vestry meeting, the Vestry approved funding for a congregational development program at Christ Church. Congregational Development is when parishes use different tools and methods to look at where the parish is and where the parish wants to grow. When asked why this is the time for this investment, Senior Warden Scott Arthur said, “Why not? Coming out of the pandemic, attendance is down by about a third for various reasons. This is investing in ourselves.” Both Scott and our Rector, Webster, noted the need to get people back to working in ministries in the church after so much time spent at home or on Zoom.

The funds used for this work will come from investment accounts, “resources that have grown over time,” and are meant to be used for very specific projects, not recurring ministries in the budget, according to Webster. He outlined the congregational development plan for the Finance Committee, who were all in favor, and then it was presented to the Vestry for approval.

The Vestry will put together a group to begin work, initially inviting those in leadership roles at Christ Church to give input, and then expanding. Ways to approach congregational development could include collecting data, group book studies, surveys, and using resources from the Diocese, including guidance from the new Canon to the Ordinary, the Rev. d’Rue Hazel, who has experience in congregational development.

Webster explains that our new bishop, the Right Rev. Mark Stephenson, will bring new organization and resources the Diocese of Virginia, and we are taking advantage of these resources.

Webster says, “The goal is to serve our Lord as He calls us to serve. We are investing in the work of the church. This investment we do in ourselves is to grow the ministries of Christ Church, grow resources to make ministries happen, grow congregational participation and size in our community, and fulfill the intent of generations past as we look to the next generation. It’s about sustainability.”

The Vestry will begin by having a consultation with Rev. d’Rue Hazel on Sunday, February 19. Conversations about next steps will follow and Webster and Scott and the Vestry are hopeful people will be willing to share their time and talents during this important process.

**Please join us for the annual  
Shrove Tuesday Pancake Supper,  
hosted by the Vestry, on Tuesday, February  
21, 2023 at 5:30 pm in the Tilford Room.  
Please remember that you will need a  
sweater or jacket in the Tilford Room as the  
heater is not working! No reservations  
required.**



# Christian Formation

## The Return of VBS!

As our Sunday School year rolls on, be sure you are checking the bulletin board in the Sunday School Commons for upcoming opportunities and events. All information is also available on the church website and its calendar.

The exciting news is that **Vacation Bible School** is back! After a few quiet summers, it's time to make noise again so get out your calendars and mark July 10-14 for **Rocky Railway**. In partnership with our neighbors at Grace Lutheran, we are planning classes for preschool (beginning with age 2) through kids who have completed 6th grade. In case you've forgotten or never been to VBS, it's a fun time of scripture-based learning with lots of music, arts and crafts, games, and yummy snacks from 9:00-noon for the entire week with no fees. It's open to all - neighbors, visiting cousins, friends, etc., are invited to come.



VBS is a huge program and it takes volunteers from both congregations to staff and help those mornings. Consider the gifts you can share with the children. Maybe you enjoy teaching or being a teacher's assistant, or maybe can you be a helper in the kitchen to prepare snacks, or help out with games, or possibly man the registration desks for last-minute signups. It takes many adults and youth to make it all happen smoothly, so think where you fit in and contact Margery Wingenbach ([wingenbach@comcast.net](mailto:wingenbach@comcast.net) or 540-667-0386).

Registration forms will be available in Sunday School and on the church website soon. Get ready for a summer adventure!

Please also note that registration is open for summer camp at Shrine Mont. Find more information here: <https://shrinemont.com/event/2023-summer-day-camp/>.

## Adult Forum

For the remaining Sundays before the start of Lent on February 26, 2023, we will follow the Super Bowl model of Bible study, which is a pre-game of Lent – What it is, is not, might be, and why we care.

Please join us in the **PILGRIM'S CHAPEL** at 9:30 am on Sunday mornings.



# Church Calendar

## Services at Christ Church

8:00 am Holy Eucharist, Rite I  
10:30 am Holy Eucharist, Rite II  
in the Sanctuary

Holy Eucharist at Westminster-Canterbury  
Every 1st & 3rd Thursday at 10:30 am



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

The Church Office is open Tuesday—Thursday  
from 10:00 am to 4:00 pm.  
Call ahead before you visit!

## Committee & Group Meetings

Adult Forum	Sun: 9:30 am
Choir Rehearsal	Wed: 7:00 pm
Bible Study	Wed: 10:30 am
Outreach Committee	4th Tues: 7:00 pm
Knit Unto Others	3rd Tues: 2:00 pm
Properties Committee	3rd Tues: 7:00 pm
Vestry	2nd Tues: 7:00 pm
Daytime Faith Study	2nd & 4th Mon: 10:00 am
Treasure Box	Wed & Fri: 10 am—4 pm Sat: 10 am—1 pm
Women's Book Studies	Tues: 10:30 am Thurs: 5:30 pm Parlors



CHRIST EPISCOPAL  
CHURCH WINCHESTER, VIRGINIA



*The Angelus* is a monthly publication of Christ Episcopal Church.

# Church Calendar

## February Birthdays

- 1 Kay Teachout
- 2 Steve Haines
- 5 Scott Harper
- 8 Bill Endorf
- 11 Rebecca Gibson, David Wingenbach
- 12 Tricia Glass, Bernie Swope
- 14 Martha Griffin
- 17 Stephen Brown
- 19 William Wingenbach
- 21 Maureen Huff
- 23 Roger Zearth, Skip Bowling
- 25 Beth Conrad
- 27 Bill Tedesco



## February Anniversaries

- 2 Steve & Neile Grady Martin
- 4 John & Mary Margaret Applin
- 8 Martin & Nancy Tabaka
- 12 Dan & Mary Gloster

celebrate!

### 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.



February 22, 2023  
Services at  
7 am—Pilgrim's Chapel  
Noon—Sanctuary  
7 pm—Sanctuary



**Shop at the Treasure Box Thrift Shop!**  
Open on Wednesdays and Fridays 10—4  
and Saturdays 10-1 at 114 W. Boscawen St.

**50% off sale in February!**

# From the Finance Committee

## Heading into 2023

Last month, we shared some good and not-so-good news about the year 2022 as of the end of November. Now, we can report that this trend continued through December. We fell significantly short of our December budget revenue projections and exceeded our expense expectations. The December budget projected revenue at \$102,000, but the actual revenue was only \$55,000—a shortfall of \$47,000. Utilities continue over budget due to rising rates, while property maintenance is ahead of budget due to unanticipated repairs. The bottom line for the whole year is that, after receiving the Employee Retention Credit from the government for \$19,809 from the year 2020 (received in 2022), we incurred a deficit of \$64,726. See the chart below.

2022	December			Full Year		
	Actual	Budget	Difference	Actual	Budget	Difference
Revenues	\$54,574	\$102,239	(\$47,665)	\$525,879	\$568,159	(\$42,280)
Expenses	\$59,362	\$69,857	(\$10,495)	\$610,414	\$607,079	\$3,335
ERC				\$19,809		\$19,809
Net	(\$4,788)	\$32,382	(\$37,170)	(\$64,726)	(\$38,920)	(\$25,806)

Some good news from 2022, is that the Stewardship campaign went well and are able to use that pledge information to inform the budget for 2023. This is what makes collecting pledges so important—so we can plan on revenue looking ahead. Unpledged revenue is great, of course, and always welcome, but it doesn't help us calculate what we can sustain or budget to do in the upcoming year.

Here are some facts from the Stewardship campaign: We received 142 pledges for \$473,656. The average increase from 2022 to 2023 was 2%. We had 23% of pledgers increase their pledge, for a median increase of \$270. We had 13% of pledgers decrease their pledge, for a median decrease of \$570. So, fewer people decreasing their pledges for 2023, but in amounts slightly more than twice the amount of those that increased. Basically, it's a breakeven on increase/decrease.

The Finance Committee has met and prepared a budget for 2023 that was presented to the Vestry on January 10, 2023. The Vestry approved the budget and it will be presented to the congregation at the annual meeting, which we are hoping to schedule in March. Any specific questions about budget can be addressed to Bob Puttock, the Treasurer, or Theresa Seitz, the Bookkeeper.

# From the Outreach Committee

## Update from CCAP

Andrea Cosans, Executive Director of CCAP in Winchester, was the guest of the Outreach Committee at their January 24th meeting in the Smith Building. Christ Church is a long-time partner of CCAP.

Andrea began with a thank you for the church's financial support in 2022 and gave a recap of CCAP's work throughout the year. With a 20% increase in clients, they were able to help 3,219 households in Winchester and Frederick County. They had 1,964 visitors to their food pantry, over 1,000 to their clothing house, and gave out 52,000 diapers. They gave out \$560,000 in financial aid in 2022. Their holiday dinner giveaways for Easter, Thanksgiving and Christmas continue to be an important outreach. All of their work throughout the year is detailed in their newsletters on their website ([www.ccapwinchester.org](http://www.ccapwinchester.org)).

Andrea has been the paid director of CCAP since December 2020 and is happy to have an additional paid staff member working with her now on coordinating volunteers and many of the other administrative tasks. CCAP is working more collaboratively now with other local organizations so that they can focus more on helping clients, many of whom are working poor, through crisis situations and spend less effort on combatting homelessness, which is the main focus of several other Winchester groups.

New initiatives that have been successful in community include CCAP's mobile food pantries. Distribution of food packs in the Mountain Falls area of western Frederick County brings food to 60-70 families. Locations in the northern part of the county and the southern part of the county are in the works.

Working with the Rotary Club, CCAP has offered two new successful programs. One offers bicycles to clients who need transportation to work, and the other offers free, and then low cost, firewood to clients.

Their community "freedges" is a program that is expanding. Currently, CCAP stocks a refrigerator at the Careerworks building on N. Cameron Street twice daily during the week with perishable food that is free for the taking—including sandwiches, fruit, veggies and water in the summer. The goal is to help those who can't get to a market for fresh items.

Andrea is excited for the direction of CCAP and is happily welcoming new board members with financial and local government experience. Betsy Young is the representative from Christ Church who joins with other congregations' representatives quarterly to work with CCAP's directors.

CCAP continues to do fundraising, applying for grants, and is working to gain appropriations from local government. Volunteers are always needed at CCAP for a wide variety of tasks and responsibilities, all of which are explained on their website ([www.ccapwinchester.org](http://www.ccapwinchester.org)).

The Outreach Committee will continue to communicate to the parish about how we, as a parish, can help at CCAP, starting with inviting CCAP's volunteer coordinator to come speak with us. If you have any questions, please contact Betsy Young ([betsykyleyoung@comcast.net](mailto:betsykyleyoung@comcast.net)).



## WATTS Fundraiser to Follow Host Week

WATTS is participating in the **Coldest Night of the Year** fundraising walk on February 25, 2023. CNOY is an international walk to raise awareness and funding for homeless service providers. It is a "walk in their shoes" type of walk. Participants can participate in a 2K or 5K WALK (no running) at night (actually 4-7 pm) around downtown Winchester. It will end at Braddock Street United

Methodist Church where New Life Christian Church will be providing a soup kitchen. The idea is to help people in the community understand what it is like to have no place to go when it is cold outside at night. The walk is open to all ages, no WATTS guests will be present. Please contact Marty Tabaka to join Christ Church's team to walk at 540-771-0187 or [martin\\_tabaka@hotmail.com](mailto:martin_tabaka@hotmail.com). For more information about the event, please visit: <https://cnoy.com/location/winchester>.

# Pastoral Care

## From the Parish Nurses

As February is National Heart Health month, we want to share some guidance and resources for you to keep your heart healthy! This is from the website of the National Heart, Lung and Blood Institute ([hearttruth.gov](http://hearttruth.gov)), which also provides other great information on their Facebook page.

### THE TEN COMMANDMENTS FOR A HEALTHY HEART

- Know your risk for heart disease.
- Talk to your doctor about reducing your risk of heart disease.
- Have your blood pressure checked regularly.
- Know your cholesterol numbers. (These include total cholesterol, HDL (“good” cholesterol), LDL (“bad” cholesterol), and triglycerides.)
- Have your blood sugar level checked for diabetes.
- Do not smoke cigarettes or use tobacco products.
- Eat for your heart health.
- Get regular physical activity (at least 30 minutes of moderate physical activity on all or most days).
- Aim for a healthy weight.
- Know the signs and symptoms of a heart attack and the importance of seeking medical help immediately.

Another great way to celebrate National Heart Health month is to give blood. You can schedule an appointment with the American Red Cross in Winchester.

See you in church!

Your Parish Nurses - Helen and Rosalie

