

THE ANGELUS

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February 2019

From the Rector

Dear People of Christ Church,

As we move toward Lent, our Lay Eucharistic Visitors ministry will start again. This is a pastoral care/worship associated program to bring the Eucharist to people who are not able to be at our Sunday worship service. We take the Eucharist to shut-ins, to people in the hospital, and people who have circumstances which prevent them from attending worship. No, this does not include snow days, which has been asked!

The Lay Eucharistic Visitors (LEVs) are trained lay people who are licensed with the bishop of the diocese to be able to take the consecrated elements from Sunday worship to the person being visited. This is a special ministry which only happens on Sunday. If there is a request for communion on other days of the week, the clergy will bring the communion.

We send the visitors out from the Sunday service BEFORE the final post communion prayer. Why then? Because we want to be clear that we are extending the worship of the community to those to whom we are going. It is a way to include them in the worship of the community.

When the LEVs come forward to receive the bag containing the bread and wine, we use a prayer. There are two parts to the Prayer of Sending:

Celebrant: We send to those who cannot be with us the sacrament of Christ's loving presence.

Congregation: May the prayers of all of us go with you as you share in the communion.

In other words, it is an extension of our worship as a community of faith.

And what exactly is in the "black communion bag?" The kit contains the consecrated elements and copies of a simple order of service the LEVs use when distributing the communion. There are more than ample wafers if family members or caretakers who are there also wish to participate in the Eucharist.

As we begin again with the LEV program, I want to encourage you to contact the clergy or one of the parish nurses if you are hospitalized or at home due to illness, surgery, etc. and you would like to receive communion on a Sunday morning. The LEVs scheduled for that Sunday will contact you on Saturday before the visit to make sure that they are able to come and decide a time for the visit. They do not stay long since most people being visited need rest. The LEVs have copies of the service so you do not need to worry about "knowing what to say." The LEVs enjoy serving the parish in this ministry, so it is in no way a burden for them to come to you.

If you would like to receive communion, but Sunday does not work, please contact the clergy and we will find a time during the week that works for you. These opportunities for worship, spiritual nourishment and care help to deepen the experience and understanding of our Lord's Supper or Holy Eucharist being both something we do in corporate worship and what we do to grow our own personal faith.

Faithfully,



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

FEBRUARY 2019

Contents

- | | |
|-----------------------|-----------------------------|
| 1 From the Rector | 7 Birthdays & Anniversaries |
| 2 Worship | 8 Finance News |
| 3 Christian Formation | 9 Finance News |
| 4 Worship | 10 Parish News |
| 5 Treasure Box News | 11 Parish News |
| 6 Calendars | 12 Nurse's Musings |

Worship

The February “Whether” Report (whether or not to come to church in bad weather) from the Rector...



When we have inclement weather around our Sunday morning worship, any cancellations will be posted on the church website, sent out through email, and also announced on WINC.FM (92.5) on the radio. If you do not see or hear an announcement, then nothing has been canceled.

Rarely do we cancel our worship services. Even if the clergy are not able to make it to church, we are fortunate to have lay people near by who will lead those attending in Morning Prayer. We will let you know of such changes, but worship does go on.

Please do not feel guilt if you do not feel comfortable getting to church in bad weather. The more important issue is your safety and trusting your common sense which God gave you!

Explore Contemplative Prayer

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science. He to whom this “emotion” is a stranger, who can no longer pause to wonder, or stand rapt in awe, is as good as dead. His eyes are closed.”
Albert Einstein

Christianity is rich with many beautiful ways of deepening faith—the Jesus prayer, praying the rosary, meditation on scripture and more. Contemplative prayer is one of the life-giving paths.

Wisdom, paradox and mystery are at the center of Christian faith. According to the mystics, all our knowing must be balanced by unknowing, by what is yet mysterious. In our faith, we live inside mystery wrought with paradox, as we wrestle with concepts that seem to be contradictions: Jesus human yet divine, killed yet alive, powerless yet powerful, marginalized yet central. Mary: virgin yet mother. The left-brained logical mind cannot fathom such. We cannot “think” our way to God. Contemplation is an entry into a different way of knowing altogether. For the mystic, life moves from a mere belief system to actual inner experience.

Contemplation is not a quest for the future (afterlife) because the Kingdom of God is now... as well as “not yet.” We are held in the tension – and the potential – within the living moment.

Teresa of Avila says, “You find God in yourself and yourself in God.” The kingdom has already been given. Contemplative prayer opens a gift already within ourselves. God's indwelling within us is never earned by any personal righteousness but only recognized and realized. In the contemplative moment, one turns off thinking to just be. Augustine said, “Our hearts are restless until they rest in Thee.” Contemplation is an exercise in keeping one's mind and heart open. The present moment becomes a sacrament, a non-dualistic way of existing within time. We do not judge but receive. God is present in this mystery of silence and this is transformative. Held in God's living gaze, we have the capacity to be transformed. This is not a way onto “knowing” more. The anonymous 14th century British mystic referred to such prayer as entering the “Cloud of Unknowing.” God is always “just beyond.” The true mystic is humble; the mystic knows that they do not know. However, the mystic experiences a love of God that permeates deeper than any knowing. Throughout one's days, one somehow remains in awe before the underlying mystery of Creation, the coherence of life, the mystery of beauty and of deep connection with everything that is. The liturgy and Word of God remain always our anchor and key; the Word of God is holy.

One can experience God's presence in contemplative prayer – yet sometimes, for periods, prayer's silence can feel absurd, can feel like “nothing” (and no more interesting than looking at a doorknob). However, over time, one realizes that their perceptions have shifted. The practice is not about feeling “power” or “presence” (though such can be true). Contemplative prayer is about inner transformation in the heart of God. According to Meister Eckhart, we begin to look back at God with the same eyes with which God first looked at us. We



Christian Formation

Sunday School



Are you already making summer plans? Remember that our **Vacation Bible School** will take place the week of July 8-12, 2019. Put it on your calendar now!

Epiphany to Lent Lessons

During Epiphany, our preschool through grade 5 classes explore many of the stories of Jesus' teaching and healing, working to understand Jesus' ministry as *God with Us*. It's a great time to re-read these stories with our children and share them together. Our children are guaranteed to amaze you with what they understand and what they help us understand!

Register Now for Shrine Mont Summer Camps

Dates and rates are live for Shrine Mont Camps 2019 at www.shrinemontcamps.net! Registration began on January 8. There is a new registration system, so please allow a few extra minutes to register as you familiarize yourself with the new system. If you have issues registering, please email Megan Nolde (mnolde@thediocese.net), and include a phone number where you can be reached.

Christ Church enjoys being able to offer scholarship assistance. Please ask Webster!



Contemplative Prayer, Continued

love more and judge less.

Thomas Keating observed that silence – mere presence – seems to be God's primary language “with everything else a poor translation.” Thomas Merton talks about a Palace of Nowhere where our very self, our truest self is called into perfect union with God. Merton says, “Come with me to the Palace of Nowhere where all the many things are one.”

The (new) Christ Church Contemplative Prayer Group meets every Wednesday at 1:00 pm in the Pilgrim's Chapel, following the Wednesday liturgical service. We meet for half an hour. The first fifteen minutes are spent in contemplative silence followed by fifteen minutes of intercessory prayer. Come and join us when you can!

Worship

Bishop's Listening Sessions

Bishop Goff will host five Community Listening Sessions around the Diocese in the season of Epiphany. Each session will include a time for you and your Bishops to share your dreams for our Diocese. The session closest to us is **Wednesday, February 13, 5-7 pm at Emmanuel, Woodstock.** Register online at www.thediocese.net.



Learning Opportunity in Winchester

Would you like to learn
more about Judaism
and Beth El
Congregation?

Friday, February 22

**7:00 pm Discussion with
Rabbi Scott Sperling**

7:30 pm Sabbath Services

For more information

Rabbi Sperling 202-302-1635
E-mail: rebscott2@gmail.com

Beth El Congregation
520 Fairmont Ave.
Winchester, VA 22601



Community Outreach Sabbath has become a tradition for Beth El Congregation and its neighbors in the Winchester area.

Rabbi Scott Sperling will lead an informal discussion at 7:00 pm that will provide an orientation to the Sabbath service and to answer questions that you might have about any area of Jewish community life, belief and worship.

The service will feature some of the best of contemporary Jewish music and the beautiful prayerbook of Reform Judaism.

We look forward to welcoming you!

Treasure Box News

2018 Year-End Report

Thank you to all The Treasure Box Thrift Shop volunteers, donors, friends, and customers for another great year. Because of all your hard work and support, we have been able to contribute close to \$12,000 to the following local charities and Christ Church: The Rector's Discretionary Fund, Christ Church General Fund, CCAP (Congregational Community Action Program), Salvation Army – for clients' heating bills, Winchester Day Nursery, Freemont Street Nursery, Laurel Center, Evans Home, ADAPT (Adult Day Activities Team), Winchester Rescue Mission, Christ Church Men's Fellowship for dinners at the Rescue Mission, Free Medical Clinic, Independent School – for summer program, and Big Brothers/Big Sisters.

Although it is still winter, the Treasure Box is now accepting donations of gently used and clean spring clothing, especially children's clothing. And, housewares are always welcomed. Donations are accepted during shop hours. Any unsold clothing at the end of a season is sent on to other charities, such as Blue Ridge Hospice.

The Treasure Box Board of Directors



The Treasure Box will have its Spring Grand Opening on February 20 from 10:00 am to 4:00 pm with all new spring clothes, accessories, housewares, books and jewelry.



The Treasure Box is open
Wednesdays and Fridays
10 am—4 pm
Saturdays 10 am—1 pm
at 114 W. Boscawen St.

Calendar and Upcoming Events

Church Services

Sunday

Holy Communion Rite I 8:00 am
Holy Communion Rite II 10:30 am

Wednesday

In the Pilgrim's Chapel at noon
(Healing Service 3rd Wed)

Second Monday

6:30 pm All Abilities Worship —Sanctuary

February

- 3 Parish Potluck Coffee Hour
- 7 Women's Lunch Group
- 9 Men's Fellowship
- 14 Valentine's Day
- 17 Bingo Night
- 19 Knit Unto Others
- 21 Women's Lunch Group



Committee & Group Meetings

Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:50 am
Contemplative Prayer	Wed: 1:00 pm
Daytime Faith Study	2nd/4th Mon: 10:00 am
Knit Unto Others	3rd Tues: 2:00 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, Sat 10 am-1 pm
Women's Lunch Group	1st & 3rd Thurs: 11:30 am
Vestry	2nd Tues: 7:00 pm
Women's Book Studies	Tues: 10:30 - Noon Thurs: 6:30 pm – 7:45 pm
Youth Group	Sun: 6:00-7:30 pm

Ash Wednesday is March 6, 2019.



**CHRIST EPISCOPAL
CHURCH** WINCHESTER, VIRGINIA



**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.
Church Office Tel. 540-662-5843**

February Birthdays

- 1 Kay Teachout
- 2 Al McGilvray, Jr.
- 5 Scott Harper
- 6 Dee Johnston, Sean Raymond
- 7 Julia Smith
- 8 Bill Endorf, Glen Opheim
- 11 Rebecca Gibson, David Wingenbach
- 12 Tricia Glass, Ann McQuinn, Sally Megeath, Bernie Swope
- 14 Martha Griffin, Lucy Rockwood
- 15 Kathi Adams
- 16 Bruce Trant, Teresa Barton
- 17 Sarah Browning, Stephen Brown
- 19 Bruce Allen, Willie McGilvray
- 23 Richard DeBergh, Roger Zebarth, Skip Bowling
- 25 Beth Conrad
- 27 Bill Tedesco
- 28 Todd Barton



February Anniversaries

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

celebrate!

Save the Date— Parish Weekend at Shrine Mont

Christ Church parish weekend will be
Mother's Day 2019, May 10-12.



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.

Finance News

2018—A look back

<u>2018</u>	<u>Budget</u>	<u>Actual</u>	<u>Difference</u>
Revenues	\$ 569,678	\$ 643,599	\$ 73,921
Expenses	\$ 569,678	\$ 528,799	\$ (40,879)
Net	\$ -	\$ 114,800	\$ 114,800

Revenues:

- Pledged (uncollected) under budget \$(3,300)
- Unpledged WAY over budget \$59,000
 - \$29,000 by regular donors
 - \$30,000 UNEXPECTED year-end gift
- All other revenue over budget \$15,200
 - Rummage Sale over \$12,600
 - Misc. Other over \$2,600

Total Revenue OVER Budget \$73,900

Expenses:

- No assistant rector hired in 2018: personnel under budget \$38,000
- Misc. Other under budget \$2,900

Total Expenses UNDER Budget \$40,900

2018 Surplus BEFORE amount needed to balance 2019 budget = \$114,800

Finance News

2019—A look ahead

Category	2019 Budget
Total Revenues	\$ 581,360
Total Expenses	\$ 628,013
Net (Revenues - Expenses)	\$ (46,653)
From 2018 Surplus	\$ 46,653
2019 Net (Balanced Budget)	\$ -
2018 Original Operating Surplus	\$ 114,800
Vestry Moved to 2019 (Clergy Related)	\$ (3,950)
Less Used for 2019	\$ (46,653)
Net Surplus to Oper. Reserve	\$ 64,197

Revenues:

Total revenues up 2.1%

- Much of 2018 excess Unpledged moved to pledged for 2019
But total pledged only up 2% or \$9,900
- Unpledged budgeted equal to 2018 (most all 2018 excess moved to Pledged)

Expenses:

Total expenses up 10.2%

- Budget for part-time assistant rector first half of year and new full-time assistant rector second half of year \$51,300 increase
- Property reserve funded for 2019 \$5,000
- Diocesan Pledge and Outreach increased in total by \$5,000

Deficit before use of 2018 operating surplus \$(46,653) - 2018 surplus used to balance 2019 budget

Final NET 2018 Surplus \$114,800 – \$50,653 = \$64,197

Potential Real Source of NET 2018 Surplus

- \$30,000 UNEXPECTED year end gift
- \$38,000 no assistant rector on staff in 2018

Conclusion:

Revenues increased only slightly for 2019 and the cost of an assistant rector for the year has resulted in a deficit budget requiring use of part of the 2018 operating surplus to balance the 2019 budget.

Parish News

Winter Bingo Night



Our own celebrity bingo caller, Nick Nerangis, returns for another fun-filled evening of excitement and intrigue around "what games will he suggest and call" on Sunday evening, February 17, at 6:00 pm, in the Tilford Room. This is always a night of family fun and anticipation as to who will win games! The beneficiary of this year's bingo proceeds will be CCAP, with cash donations and donations of household supplies accepted at the door. Pizza, baked goods, coffee and soft drinks will be available for purchase. Donations of prizes for bingo winners will be accepted on Sunday morning, February 10, or on the 17th. Baked goods to be sold should be brought to the Tilford Room on the morning of Sunday, February 17. There will be a special table set up for them.

Tip of the Month

Prayer Lists at Christ Church

A small dedicated group of parishioners called the Intercessory Prayer Group prays independently and at special services for members of the congregation who have requested prayers. There are two ways you may request prayers from this group:

You may ask to be on the "Published List" which is printed each Sunday in the bulletin. The names are read aloud at the Wednesday Noon Day service and during Prayers of the People at Sunday services. The reason for your request is not made public and remains confidential. The entire congregation, as well as the members of the prayer group, is asked to pray for the names on this list.

You may prefer to request prayers in strict confidence. These names are placed on the "Quiet List." A service of Evening Prayer is held by the members of the prayer group specifically for those who are listed on the Quiet List. Individual prayers are also offered daily by the members of the prayer group.

Please be sure to provide updates if you are on the prayer list or added someone's name, and ask that you/they be removed when appropriate. To be placed on either list, to provide updates, or to become a member of the prayer group, please call the Church Office at 540-662-5843.



It's almost ready!

The 2019 Parish Directory should arrive mid-February. It will be distributed in church, so please watch for announcements. Please remember, if you did not have your photo taken, you can purchase one for \$5.

Parish News

Men's Fellowship Meets

The Men's Fellowship meets on Saturday, February 9, at 7:30 am, in the Tilford Room, where we will enjoy the feature film, *The Bells of St Mary's*, starring academy award winners Bing Crosby and Ingrid Bergman. It is a story around the success and power of prayer---led by Bergman, who plays a nun, and Crosby, as the headmaster of a struggling school. A full breakfast will be served!

Women's Lunch Group



The Women's Lunch Group meets on the first and third Thursdays of each month (February 7 & 21 this month) at 11:30 am at the Firefly Café and Bakery (3035 Valley Ave.). The food is excellent, the conversations are lively, and there is much laughter – everyone is welcome! No RSVP is necessary. Please come when you can!

CCAP Collection Item for February

For the month of February, CCAP has asked for **donations of feminine hygiene products**, specifically tampons and bladder control pads (the ones that aren't like diapers). Yes, these items are fairly expensive, but if every Christ Church family can furnish just one package, it would help so many women in our community. And, the spirit of giving continues!



Please leave your donations on the shelves marked "CCAP Donations" in the foyer of the Parish Hall (under the window).

CCAP (Congregational Community Action Project) is a ministry of 40 worshipping communities in Winchester and Frederick County that have come together to support our neighbors in need with financial, material and other assistance. Thank you for your generous contributions every month. If you have any questions about CCAP, please contact Jim Taylor (annjimtaylor@verizon.net or 703-403-5264).

When Spring Cleaning...

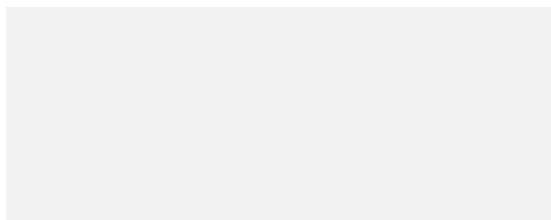
It's not too early to start thinking about the annual Christ Church Rummage Sale, which will be held at the end of October in 2019. Donations are accepted year-round to ensure the church has a sufficient supply of quality product on hand to raise as much money for our church ministries as possible! Questions concerning donations may be directed to Chris Ferguson at Chrisferguson_41@msn.com or 540-550-8308.



THE ANGELUS

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Parish Nurse Musings

What can you do when the weather is COLD and you need to continue to MOVE? You may not think much about your bones, but you can't move without them. **Strong bones** help you look good, stay active, and feel your best. Taking good care of your bones also helps to prevent osteoporosis (the disease that makes bones brittle and easy to break).

Two types of exercise that help build and maintain bone health:

- Weight-bearing exercises: walking, jogging, stair climbing (skip the elevator) and many team sports
- Muscle-strengthening exercises: lifting weights (appropriate for your body type and strength)—improves bone strength.

The reward? Exercise makes you stronger and more agile, improves balance, and reduces the risks of falls that lead to fractures. Hooray!

Have a SAFE February 2019. See you in church!

Your parish nurses, *Helen and Rosalie*

