

# THE ANGELUS

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Christ Episcopal Church • Winchester, Virginia

March 2023

Dear People of Christ Church,

I have had a series of conversations with local organizations such as CCAP, Bright Futures, and Rise Against Hunger about the ministries of Christ Church that help those organizations with food. At the same time, our Worship Committee continues to work on ways to distribute our bread and wine at Holy Eucharist. There are also people who have talked to me about their Lenten disciplines and practices with fasting. Add into the mix the food shortages around the world and the increase to the cost of food we see in the stores, I cannot help but consider how much conversation is going on around food and feeding right now.

As a church community, we are caught up in the conversation both the spiritual sense of literal food and the spiritual sense of sacramental food. For me as a disciple of Jesus, spirituality is what the Holy Spirit empowers us to do with our God given gifts. This is in the literal giving of ourselves in service to God as well as in the sacramental ways that we worship and seek to know Jesus in our own lives. As a disciple, my spirituality is not just something of emotion or intellect, but also action. So in our discussion of food, the spiritual sense of literal food and the spiritual sense of sacramental food are all part of being a disciple of Jesus.

Through Lent, we will see that collision of literal and sacramental spirituality become very present in Christ Church. Literally, we will be gathering food in the sanctuary for Bright Futures so we can actually see how much food we provide each month. Of course, what we are gathering is only enough of one item of the bag of food which goes home with the children for a weekend. And then, there are all of the other weekends of the school year Bright Futures provides food. I encourage you to read the article about Bright Futures on p.6 to learn more.

Having the presence of physical food in our worship helps to see discipleship as a sacramental act (outward and visible sign of God's inward and spiritual grace) in our worship of God, our love of neighbor, and our giving of ourselves to the community. It truly takes a village to feed the hungry. Through the church year, and I bet long into the future, food ministries will be an active part in the life and witness of Christ Church. I thank you for presenting yourselves at the altar to be fed and then going out to feed others. It is a great witness of our full spirituality of food.

Faithfully,



The Rev. Webster Gibson, Rector  
rector@christchurchwinchester.org  
540-662-5843, Ext 1 or 540-773-5562

Meal Packing Event at Christ Church on April 1



Watch for details in March!

## From the Clergy

One of my favorite parts of the Ash Wednesday service is the invitation to keeping Lent the Prayer Book provides (p. 264). In a couple of paragraphs, it provides a summary of where the season of Lent comes from, and how it fits into our spiritual lives. And the very first thing it does is remind us that Lent began as a season of preparation for the days where we remember Jesus's death and resurrection, a time to get ready for Holy Week and Easter. But the invitation also reminds us what that preparation looks like. It's easy to think of preparation as frantic, or anxiety-provoking, like packing for a trip. But the goal of Lent as a season of preparation is not that it should make us anxious, or worried about not being ready enough for Easter. Instead, the invitation to Lent tells us that the goal is to be "put in mind of the message of pardon and absolution in the Gospel of our Savior." Lenten preparation is not about how much we can get done, but about putting our focus back where it belongs.

So what does the Prayer Book say about how we do that? It talks about three sorts of things, three sets of practices that help us keep our focus on God and renew our faith. First, self-examination and repentance - because honesty about ourselves is central to this sort of renewal. In Lent, we try not to look at those parts of our lives that we sometimes avoid thinking about, so that we can turn them over to God's grace and forgiveness, so that God can help us fix those things that need fixing in our lives. Second, prayer, fasting, and self-denial. This set of practices looks different for each of us, because we each find different things that are distracting us that we may need to give up, and different practices of prayer that will help us deepen our relationship with God. And finally, the Prayer Book talks about reading Scripture, spending time listening to what God has to say to us.

What all of these practices have in common is that they are about focus; they ask us to refocus our attention and time on God, to learn to see our selves as God sees us. And central to all of it is God's message of mercy and forgiveness, the message we see so clearly in the Cross and Resurrection. My hope for all of us this Lent is that the preparation we are called to us will help us know God's love for us ever more deeply.

Faithfully,



The Rev. Martin Geiger, Assistant Rector  
mgeiger@christchurchwinchester.org  
540-662-5843, Ext. 2, or direct 540-773-5564

## Christ Church Annual Meeting is March 12

Please join us for the annual meeting on Sunday, March 12, at 9:30 am in the Tilford Room.

At the annual meeting, 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. 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 check with the Church Office. 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. The Treasurer, Bob Puttock, will be presenting several items for a comprehensive financial report. This will include the 2022 end-of-year final report and balance sheet, the Vestry's proposed budget for 2023, and the current state of the special purpose funds. We will be looking at the impact of the pandemic, comparing our current status with 2019, and explaining the government support we received during the pandemic. Importantly, we will be looking toward the future and our congregational development.

Please join us in this important part of parish life!

# Christian Formation

## Sunday School in Lent



One of our themes for Lent is to be aware of the needs of others and giving. It's a focus that our children can really enjoy and learn from at the same time. We had an early start with the Valentine project that Children's Chapel completed in February by making 50 Valentines over two weeks for our WATTS guests. It was a huge project for children to complete in a limited time frame, but the Valentines were delivered on time and well received!

Sunday School will focus on three Lenten themes: giving, fasting, and prayer. We will learn about these broad ideas from our curriculum where they are part of the Sunday lectionary, and by offering ways that children can begin to learn that Lent is not just giving up chocolate until Easter or making a single offering to a charitable cause.

Your child or children should bring home a list of ideas to help you talk about Lent, a difficult concept for children, and some simple activities you can do at home. Every day, or as often as possible, you can choose a very brief activity from one of the three themes.

On Saturday, March 11, there will be a pretzel-making activity for families at 10:00 in the Tilford Room. Yum! Please let us know by March 8 if you'll attend so there will be enough supplies on hand. There is a signup list on the bulletin board in the Sunday School commons or you can email [Wingenbach@comcast.net](mailto:Wingenbach@comcast.net). While our pretzels are baking, we will learn a little bit about why we are making them in Lent. The event will last about an hour.

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.

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**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. Registration forms are on the website.

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).



# 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



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

# Church Calendar

## March Birthdays

- 1 Janie Mohn
- 2 Sandra Armstrong
- 3 Gwendolyn Conrad, Michael Roberson,  
Jack Kalbaugh, Charlie Kalbaugh
- 6 George Glass, Kent Stevens
- 8 Dreusilla Koonce, Connie Pettinger
- 11 Susan Sheppard
- 12 David Lewis
- 13 Steve Cluss, Landon Haines
- 15 Mary Stevens
- 19 Eddie Richard
- 20 Frank Baxter
- 27 Lori Ellington, Jack Nelson
- 28 Ann Thomas
- 31 Deanna Stouffer



## March Anniversaries

- 16 Jim & Rebekah Wiedower

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.



### 2023 Easter Flowers

*If you would like to make a donation in thanksgiving for or in memory of someone to help the Flower Guild adorn our Easter altar, please take an envelope from one of the tables in the rear of the Sanctuary*

*(available mid-March), complete it, and include your check made payable to Christ Church with "Easter Flowers" in the memo line. Suggested donation is \$15-20 per thanksgiving or remembrance. You may put the envelope in the offering plate or bring it/mail to the Church Office. Envelopes must be received by Monday, March 27. Please note that this is a donation to the Flower Guild, not the purchase of a plant.*



### Shop Spring at the Treasure Box Thrift Shop!

Open on Wednesdays and Fridays 10—4  
and Saturdays 10-1 at 114 W. Boscawen St.

Join us as we host Coffee Hour  
on Sunday, March 5!

# From the Outreach Committee

## Focus on Bright Futures

In March, the Outreach Committee is focused on Bright Futures and our ministry with them. Bright Futures – Frederick/Winchester is a non-profit organization that works to bring together the community to focus on the success of children. The organization acts as a framework to engage local businesses, human services agencies, faith-based organizations, and parent groups in our community to meet the needs of children in school in Frederick County and Winchester.



Bright Futures has several important programs, but the one that Christ Church regularly supports is the Food Pack Program. The number of students in Winchester and Frederick County who experience poverty and hunger at home continues to rise each week. The Food Pack program currently serves more than 1200 children, at all of the schools in both school districts, with a weekly pack containing two breakfasts, two lunches, a vegetable, a fruit and a snack. These are distributed at schools on Fridays.

Other programs at Bright Futures include the annual “Stuff the Bus,” where school supplies are collected to share with students and teachers; a summer food assistance program, where a school bus delivers family-sized food boxes from the Blue Ridge Area Food Pantry to several locations in the area for students and their families to pick up; and a holiday assistance program, where, in 2022, just under 1000 kids were sponsored by individuals in the community and given gifts.

And, aside from the established programs, Bright Futures answers any calls from school guidance counselors asking for assistance for students and their families – from providing an emergency bag of clothes to a family-sized food box to sending several inflatable mattresses for a family staying with friends when they are suddenly homeless.

The Outreach Committee at Christ Church began a program called "Panda Pantry" in 2014 as a response to the need we saw in the community to help feed children. We began packing backpacks with food for children at a neighborhood elementary school to take home on weekends. It began with about 30 bags of food packed each week in the Baden Center and continued to grow each year.



Bright Futures was established several years later and, working with them instead of an individual school, the program at Christ Church has evolved. Now, we have a team of parishioners that visits the Bright Futures warehouse once or twice a month to stuff bags. And, Christ Church currently purchases and donates the cereal that is used in the food packs. We make this cereal purchase once a month to supply Bright Futures. The money spent monthly used to provide four weeks of cereal, but due to rising costs, is now about three weeks-worth.

The packing team is a small group that just spends about an hour packing bags each visit. Sometimes, they get 500 bags packed in one visit! Amelia Wheeler has been involved since the start and says, “Now we are part of a more community-wide effort but the fellowship with other Christ Church members and the sense of helping children and families in the

# From the Outreach Committee

community is the same. The name may change but the benefits to me, as a volunteer, and to the community are the same.”

Pat Shaner adds, “I stay involved because it is a way to help without a large time commitment, and I enjoy the fellowship.” Apparently, there is a lot of fun conversation along the packing line!

Elise Stine-Dolinar, Program Coordinator at Bright Futures, says, “We have great packers – from Shenandoah University, corporate groups, civic groups, church groups – but getting the food is our biggest challenge every week.” If donations of food don’t come in, Elise and Administrative Assistant, Cheryl Maggard, have to make more calls or shop using money from donations to bridge the gap. This is why it’s important to Bright Futures that they know they can rely on Christ Church for a regular, monthly delivery of cereal.

“We are constantly fundraising and asking for donations,” says Elise. They’re working with Martin’s Grocery stores right now, collecting “round-up” donations, and just did a fundraiser with Chipotle.

The Outreach Committee uses money in the operating budget to help fund our ministry with Bright Futures, but that’s not enough to cover the expenses, especially as food prices continue to rise. The Marie Cooper Fund at Christ Church also helps supports the ministry. This spring, Christ Church will use the proceeds of ticket sales for the Apple Blossom parades to support the ministry, as well. Hoping to return to pre-Covid attendance at the parades, that should provide \$2500 or more to continue our work with Bright Futures.

As we collect trail mix in March and you see the donated boxes add up, think about what a drop in the bucket those packets of trail mix are. If we collect 100 boxes of 24 trail mixes, that only covers the snack in the bags for just two weeks. The need is great! You can visit the Bright Futures website or Facebook page to learn more about their programs and needs.

In March, we are collecting BOXES of snack packs of trail mix for the food bags given by **Bright Futures** to local school kids. You can find these boxes of 24/28 at Walmart or Costco, & other stores.

Drop off in church on Sundays or at the Church Office on Wednesdays from 10-2.



## From the Outreach Committee

### Thank You!

Thanks to all in our congregation who served and supported during our Winchester Area Temporary Thermal Shelter (WATTS) Host Week, February 4-11, 2023!



# 65

**Volunteers**

# 504

**Volunteer Hours Spent**

# 45

**Guests Served**

### Special Thanks to our partner organizations:

Dormition of the Virgin Mary  
Greek Orthodox Church  
Alamo Drafthouse & Cinema  
Shenandoah University  
McDonalds of Winchester  
Bonnie Blue Southern Bakery  
The Bingo Ladies  
(Heather & Vickie)

### A Note from the Parish Nurses about WATTS

Over our many years of hosting WATTS guests at Christ Church, our parish nurses and parishioners with medical training have played an important role in host weeks, providing a compassionate presence and basic first aid to guests. What seems like a smaller element of the hosting week, actually has a big impact on folks who likely do not have access to medical care.

Parish Nurses work with the WATTS managers on site. We see guests in the order in which they arrive and immediately handle any emergencies. If there is ever a need for a higher level of care (e.g., transport to the ER for shortness of breath, seizure, etc.), we request the WATTS manager call 911.

We provide Band-Aids, check temperatures/blood pressure, and provide over-the-counter medications like Tylenol and throat lozenges. All medications given/vital signs checked are documented in the medical log.

See you in church!

Your Parish Nurses - Helen and Rosalie