

THE ANGELUS

Volume 69 Number 10/11

Christ Episcopal Church • Winchester, Virginia

June/July 2019

From the Rector

Dear People of Christ Church,

As we head into the summer, we begin a season of transitions. The Rev. Jane Piver completes her work at Christ Church on Sunday, June 16. I hope that you can join us to thank Jane for her service to Christ Church. Over the past six months, she has completed her project for her interim clergy certification training. As she has done her project on a parish in a community of new growth and development, she has shared with the Vestry some items on which the parish and its leadership need to work. These include, but are not limited to, growth which impacts various age groups of Winchester and the parish, the challenge of welcoming new people who may or may not have ever been in a church before, and how the parish works on its vision of discipleship of Jesus when so many changes can become distracting.

In July, we welcome The Rev. Martin Geiger who is a recent graduate of Virginia Theological Seminary and sponsored by The Diocese of Missouri. His first Sunday is July 7 and I hope that you will be here to welcome him. In some ways, Martin's seminary process reflects a significant change is the demand for clergy in the Episcopal Church. Whereas before, a person would graduate seminary, be ordained a deacon soon after, and then ordained a priest six months to a year after that, different diocese are now exploring different options with ordination. For the Diocese of Missouri, because of their need for priests, the bishop ordains their seminarians to the diaconate in December of their senior year, and then the priesthood in June after graduation. So Martin's ordination to the priesthood is June 24, and as he arrives here, he will have a steep learning curve around actually presiding at the liturgy. You probably will not notice any difference from other clergy fresh from seminary that have come to Christ Church, but be mindful that new clergy now do not have as much time to learn. I have the utmost confidence in Martin's ability to figure all of this out. However, I think this is a good example of how the clergy shortage is leading to changes.

At the end of May, I began to meet with our choir director/organist search committee. When the Vestry met with the choir, we reminded them that we do not have a definite timeline for hiring, but we have already begun to receive applications from interested candidates. Fortunately, I have wonderful people on that search committee: Opal Davis, Peggy Dowd, Katie Harvard, Phil Sargent and Bruce Trant. We will begin the search in earnest on June 1 and will continue our search process until the position is filled. We will keep the congregation updated, and if you have concerns or ideas, please let a member of the search committee know so communication is clear and open.

Thank you to Opal Davis for her six-week stint as organist. In coming weeks, we will have other supply organists helping with the 10:30 am service. We will include a brief biography of the organist in the bulletin each Sunday so you know who they are and can thank them for their help. A point brought up at the search committee meeting is the variety of organists upcoming will help us encounter a variety of playing styles as no

Continued...

Stay up-to-date this summer with weekly email updates. Visit the website to subscribe!

www.ChristChurchWinchester.org

JUNE/JULY 2019

Contents

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

Worship

two organists are the same. My hunch is not everyone realized that variety exists, and I am glad that we will have the chance to see what that variety sounds like!

We are in a season of change at Christ Church. That is for sure. As Rebecca and I proudly (and yet sadly) prepare to send our youngest off to the University of Richmond, we also encounter the changes of life in our home. While I know there is a good bit of conversation about my departure—I guess since change is going on—such is not the case. I will be here working with the family of Christ Church as we seek to listen to what God calls us to be. Much will be the same. And yet other things will change. Remember, at Pentecost, Jesus departs; he does not leave a church program for businessmen to run. Jesus left a bunch of people from various walks of life with a call to continue to follow our Lord as we seek to make God's kingdom known, a kingdom of love, compassion, forgiveness, and redemption. People grounded in a relationship with Jesus Christ, empowered by the Holy Spirit who seek invite others into a relationship with God which is a peace that surpasses all understanding. That family model is pretty open-ended as far as what life presents. But it also offers hope and fulfillment as we share our gifts to serve God with Gospel hope.



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

Welcome the new Assistant Rector

The Rev. Martin Geiger will begin serving as assistant rector at Christ Church on July 1, with his participation in Sunday services beginning July 7. Martin comes to Winchester from St. Louis, Missouri whose diocese sponsored him at Virginia Theological Seminary. Martin is a graduate of Cornell University where he majored in English. He's worked as teacher's aide, and two years as an intern through the Episcopal Service Corps.

Martin graduated from Virginia Theological Seminary in May. He will be ordained to the priesthood on June 24 in St. Louis by The Rt. Rev. George Wayne Smith, Tenth Bishop of Missouri. While a good bit of Martin's ministry at Christ Church will be with youth and families, through Christian Formation and out-reach programs, he will be involved in all aspects of parish life. Please welcome Martin to Christ Church!



Worship

Family Photo Album

First impressions are so telling. Reflecting on some of my first impressions of Christ Church back in December 2018 was engaging. I sat in the pews with you. I was noticed—granted I had my clerical collar on. I watched as you engaged in worship. I listened to the sermon and heard Webster quote the former Archbishop of Canterbury, William Temple, by saying, “The Church is the only institution that exists primarily for the benefit of those who are not its members.” We moved into Eucharistic Prayer C—the “Star Wars Eucharistic Prayer,” as it has been fondly dubbed. Advent and Star Wars. What a combination! Okay, I thought, some seeds are being planted; this congregation is in for some exciting, challenging times as they encounter and engage in the transitions that are afoot in their community.

On January 2, 2019, I started as part-time interim assistant rector, striving to complete a training program for interim ministry. Part of the role of an interim minister is to help a congregation start to tell its story—to hold the mirror up for you to get a clear picture of who you are at this point in time. Therefore, we embarked on a series of questions that were meant to help you focus on who you are as you begin to prepare for some major transitions that are (and have already begun) coming to the Winchester area.

I asked you to tell me where you live by placing a thumbtack on a map of the area, a blue dot on a timeline for when you were baptized, and a green dot for when you first came to Christ Church. I asked for some basic information such as age, gender, faith background and who/what brought you to this church. The family picture showed that the majority of parishioners lived within a five-mile radius of the church, with a large cluster at Westminster-Canterbury. The next picture to emerge was that of a woman in her early 70s, identifying as a cradle Episcopalian, who first came here looking for a church. The sense is a current parishioner came to this church knowing what they were looking to find in a church.

Next, we explored Christ Church (context) or community connections. You were asked when the last time you invited someone to join you at the church. The majority had extended an invitation to come within the past three years. I did not ask if it was to an event, such as the pancake supper, or to a worship service. Think about this one: Is not Christ Church’s mission statement, “To know Christ and make Christ known, through our worship, formation, fellowship and service?”

I asked a few more questions. I think the most prophetic picture emerged when you were asked, “If Christ Church were to close the doors, what would the community around the church miss the most? How would Christ Church be remembered? There were no surprises. Most of you felt that participation in local outreach ministries would be missed. Many thought our worship and music ministries would be missed. I found the “one of a kind” response the most intriguing. One person said, “Nada.” Another, “Good question.” Finally, one said, “A community of kind people, caring, compassionate, living into Christ’s call.” Why just one?

As I said, part of my training/ministry as an interim rector is to hold the mirror up to a congregation for you to get a clearer picture of who you are now. Your participation in my training has been invaluable to me. Thank you for sharing with me as you travel through this time of transition. Abundant blessings of challenge and clarity as you navigate the future.

Jane+

Outreach Committee

Summer Food Program

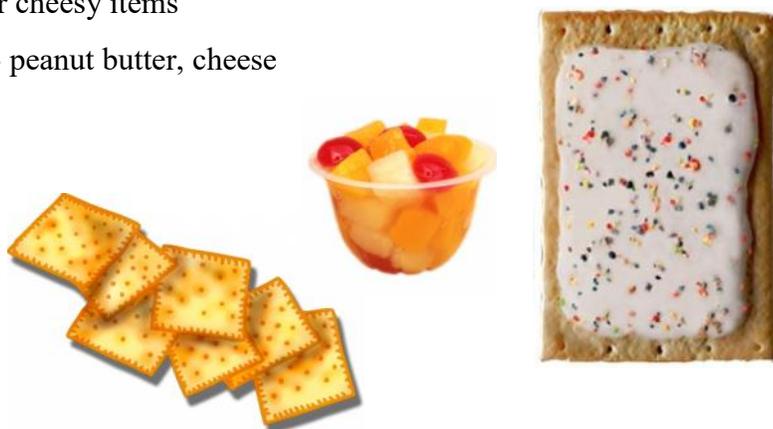
“For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me...” Matthew 25:35

Are you hungry right now? And if so, do you not only have food but also a choice of what you'd like to eat? If you answered yes/yes, consider yourself lucky. What if you could only answer yes to the first question? Did you know that three of five children in our area live below the poverty level? As followers of Jesus, we have an obligation to help with this critical problem – and we have an opportunity to do so.

For seven weeks this summer, approximately 125 students who participate in the Kids Clubs program during the week will be served breakfast and lunch each weekday. Our goal is to help provide food for them on the weekends. In order to do that we need your help! There is a job for everyone – regardless of age or ability!

We need lots of parishioners to **contribute** items from this list – all of which should be multiple-servings packaging.

- Snack-size bags of chips, pretzels or cheesy items
- Packs of "nibs"/sandwich crackers - peanut butter, cheese
- Fruit cups
- Granola or cereal bars
- Poptarts
- Rice Krispie treats
- Real fruit juice gummy snacks



NO CANDY OR COOKIES PLEASE!

We need help to **inventory items** brought in by parishioners each week to see where there might be shortfalls. We need **shoppers** to purchase any additional supplies for the week. We need **packers** each Thursday to assemble the items in bags. We need **drivers** to **help deliver** the bags to the Kids Clubs on Thursday afternoons and a few extra folks to **help unload** at the other end.

If you still find that none of these options is up your alley, know that we will gladly accept monetary donations in the offering or in the Church Office. Checks should be made out to Christ Church with “Kids Clubs” in the memo line.

Last but certainly not least, we ask for your prayers for this ministry – something we can ALL do!

For questions, please contact Outreach Committee member Martha Griffin at marthagvestry@yahoo.com or 540-533-8430.

Outreach Committee

Committee Retreat

The Outreach Committee met for a retreat day in March. One of the main objectives of the day was to re-confirm the mission of the committee. The main missions of the committee are:

- Vetting projects that are requesting funds or donations
- Communicating to the congregation about projects that have been approved by the committee and the Vestry (*all* projects must have approval from the committee and the Vestry), and the results of projects
- Balancing our giving between international, domestic, and local projects
- Recruiting from the congregation, across all ages, for help with projects

An in-depth conversation was held concerning the projects we have traditionally funded. Discussion showed that our primary projects have been, and continue to be, CCAP, Panda Pantry, WATTS, and Men's Rescue Mission.

Additionally, we talked about other projects that we should focus on in the coming year. It was felt that the summer food program for kids, homelessness, literacy and drug addiction were of prime concern. To this end, we have begun the summer food program with Kids Clubs of the Northern Shenandoah Valley, and have met with a drug addiction support group to learn more about their program and how we might support them. We will begin to learn more about how we can assist with literacy and what is being done through CCAP and other groups to address local homelessness.

As the year progresses, the committee will continue to communicate on the status of programs and how you can participate. Also, please remember if you have a project in mind or thoughts on current programs, or just have a question on how you can help, please do not hesitate to contact a member of the Outreach Committee listed below.

Outreach Committee: Linda Miles (Chair), John Applin, Cheryl Crowell, Pam Kennedy, Jim Taylor, Jeremy Welts, Martha Griffin, Nancy Tabaka and Mary Margaret Wise

CCAP Donations for Summer

Our neighbors at CCAP are very thankful for the white rice which you have been sending in! They can always use donations of bags of white rice, all year long. Thank you!

For the summer months of June and July, CCAP wishes for us to donate **Hearty Canned Soups** for elderly clients and those living in homeless camps. Let's aim to fill the shelves marked for CCAP in the foyer of the Parish Hall (under the window) with canned soups, preferably with pop-tops, each week in June and July. They will gladly use additional bags of white rice also!



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 or would like to volunteer for them, please contact Jim Taylor (annjimtaylor@verizon.net or 703-403-5264). There are many volunteer opportunities at CCAP in the clothing house, as well as the food pantry.

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

June & July

June 6	Women's Lunch Group
June 10	All Abilities Worship
June 23	Owls Concert
June 25	Church Music Institute Hymn Sing, Dinner at Winchester Rescue Mission
July 4	Church Office Closed
July 8	All Abilities Worship
July 30	Dinner at Winchester Rescue Mission

Committee & Group Meetings

Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:50 am
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 Thurs: 11:30 am
Vestry	2nd Tues: 7:00 pm
Women's Book Studies	Tues: 10:30 - Noon Thurs: 6:00 pm – 7:15 pm
Youth Group	Sun: 6:00-7:30 pm



**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**

June Birthdays & Anniversaries

- 1 Woody Baker, Jim Taylor
 - 2 Bernice Brown, Nancy Tabaka
 - 3 June Davies, Jeannine Raymond
 - 4 David Bicking, Scott Barnes
 - 6 Bryan Fairbanks, Calum Lewis
 - 9 Amanda Matthiesen
 - 10 Gerry Kiefer
 - 11 Evelyn Gibson
 - 12 Kay Jones
 - 16 Gerald Crowell, Harper Fritz
 - 18 Jim Wiedower
 - 19 Hannah Jacobsen
 - 20 Lindsay Trant, Kathy Smith
 - 21 Suzanne Pettit
 - 22 Christopher Francis
 - 23 Kathryn Schain
 - 24 Maria Tedesco
 - 25 Walter Jagiello
 - 26 Bill Wiley
 - 29 Rusty Holland
 - 30 Cameron Crowell
-
- 8 Bill & Katy Wiley
 - 9 Tim & Cathie Waldie, Matt & Kathy Smith,
David & Margery Wingenbach,
Tom & Lori Ellington
 - 12 Jim & Martha Griffin, Dick & Katie Clarke
 - 13 Rob & Susan Ross
 - 16 Don & Betty MacDonald, Bob & Nancy Mitchell
 - 19 Bill & Anne Drury, Nelson & Barbara Keech
 - 20 Mark & Judy Pennypacker
 - 26 Ashley & Betty Futral
 - 29 Doug & Lucia Thomas



July Birthdays & Anniversaries

- 1 Ann Crocker, Mary Estes,
Stephanie Fairbanks
 - 2 Betty MacDonald
 - 3 Gil Kesser
 - 5 Jim Laidlaw, Mark Pennypacker, Sr.
 - 6 George Gibson
 - 7 Sydney Barton, Nick Nerangis,
Philip Sargent
 - 9 Eve Brown, Bob Mitchell
 - 11 Pat Leinbach, Derek Collie
 - 13 Abigail Dodd
 - 14 Kirk Gibson, Linn Power, Matt Smith
 - 15 John Claybrook
 - 17 Julie Read, Timothy Shows
 - 18 Karey Starnes, Rebekah Wiedower
 - 19 Stacy Talbott, Luke White
 - 20 Emma Martin
 - 21 Kylie Russell
 - 22 Graham Becker-Welts, Braden Raymond,
Holt Roberson, Aaron Shows
 - 23 Robin Koneczny, Cathie Russell
 - 24 Jeffrey Davis, Katherine Miles,
Amber Strosnider
 - 25 Arthur Sperry
 - 26 Ashton Dodd
 - 29 Karen Daines
 - 30 George Stierhoff, Doug Thomas
 - 31 Tim Whipkey
-
- 6 Webster & Rebecca Gibson
 - 7 George & Tricia Glass,
Jim Greene & Wendy Oesterling
 - 9 Gary & Susan Sheppard
 - 16 Jim & Diedra Kriewald
 - 22 Pete & Mary Pat Gronauer
 - 24 Tim & Amy Whipkey
 - 30 Steve & Loretta Johnston,
Roger & Pamela Lamborne

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.



Christian Formation

Summer for the Kids

Summer schedule: After a fun brunch celebration, Sunday School classes and Children's Chapel will take a summer break until we begin our fall session in August.

Sunday mornings June through August there will be a play group on the second floor of the Parish Hall for children aged 2-5. Like Children's Chapel during our regular session, it will take place from 10:30 to approximately 11:05 am, when the children will be brought to join their parents in the church at the Peace. As always, at the back of the church, there are Eucharistic Prayer booklets that can be colored and taken home, and additional coloring sheets matched to the readings in the brightly colored Sanctuary Sacks. Look for baskets of more coloring materials under the choir loft stairs on the pulpit side of the sanctuary. Crayons are provided! A separate basket of toddler cloth books and other materials is located beside the Sanctuary Sacks.

The Fairfax Room (downstairs beneath the sanctuary) has a changing station and play materials where parents can watch the service and kids can move around for a few minutes, get a drink of water, or use the restroom.

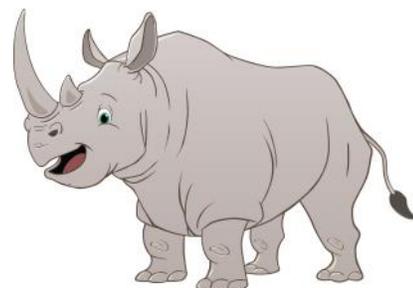
The Sunday School classes would like to thank and recognize the leaders who have worked so faithfully with our children and youth in Sunday morning classes throughout the 2018-19 session. Our great team consisted of Opal Davis, John & Rose Eberhardt, Rebecca Gibson, Martha Griffin, Mary Greene, Sue Jarvis, Judith Knopp & Patrick Cheatham, and Barry Schnoor. As you see them over the next few weeks, please thank them in person for answering the call to this vital ministry. Our team of Ashley & Steve Haines and Amy, Laken, and Brock Whipkey has led the Children's Chapel through the year and with the assistance of our youth. Many thanks to them for their ministry to our children and parents!

Vacation Bible School

July 8-12 will be here sooner than we realize! Preparations are well underway for *Roar: Life Is Wild; God Is Good*, our week of worship, learning and fun! All children from ages 2 through current 6th graders are invited to be a part. Neighbors, cousins, and friends are more than welcome! We would love to have youth who are currently in 7th grade, or older, serve as helpers in the classrooms and at games. We'll enjoy snacks; relax and play at game time; enjoy all sorts of activities, and sing classic worship songs and brand-new praise songs.

Registration is underway. Forms are in the Tilford Room at coffee hour or on the church website (www.christchurchwinchester.org). You can register on the first morning of Vacation Bible School (July 8), beginning at 8:30 am.

And, it's not too late to **volunteer** your help, and we always need adult help in many ways. It takes all of a congregation, and in our case, two congregations, to make this huge outreach to our local children possible. Think and pray about how you are called to help. Check out the volunteer jobs listed on the volunteer form online and contact Margery Wingenbach at 540-667-0386 for more details.



Finance News

More on Pledged Revenue...

Picking up from last month's Angelus... It is time to look at Pledged Revenue over the past five years (2014 to 2019).

First, the data presented last month was NOT correct! The 2014 Pledge Revenue reported was the total **GROSS** amount pledged, and the 2019 Pledge Revenue was the **DISCOUNTED** amount pledged (Discounted equals 97% of the GROSS amount to allow for pledgers that may move, pass away, and any other reason that a pledge is not collected completely). So, here are the correct DISCOUNTED values for 2014 and submitted for 2019.

	2014 Budget	2019 Budget	\$ Difference Since 2014	% Difference Since 2014
Discounted Pledge Revenue	\$ 475,000	\$ 492,000	\$ 17,000	3.58%
Total Budgeted Expenses	\$ 565,486	\$ 628,013	\$ 62,527	11.06%
% Pledge to Expenses	84.00%	78.34%		

So, Pledge Revenue has increased by 3.6% (not the 0.3% reported last month). Still, it is clear that Pledge Revenue has not increased as fast as expenses (3.5% VS 11.1%), AND has dropped as a percentage of total expenses (from 84.0% to 78.3%).

Some reasons for this 3.58% pledge growth trend:

The number of pledges received has dropped slightly from 170 pledges in 2014 to 168 in 2019:

- 51 new pledges have been added since 2014 and 53 have been lost in that time (a net drop of 2).
- Comparing the 51 lost directly to the 51 new shows the following:
 - 51 lost pledges provided \$116,996 51 while the 51 new pledges provide just \$97,954 (a net loss of \$19,042).
 - Without the \$19,042 drop the Pledge value would have grown by about 7.59% VS the 3.58% shown in the table.

There is movement from Pledged to Unpledged as well as from Unpledged to Pledged:

- When new members join during the year their donations that year are put into the Unpledged Account line. If they choose to pledge during the Stewardship Campaign in the fall they will then move from Unpledged in one year to Pledged in the following year.
- Likewise, due to personal circumstances a Pledging donor in one year may decide to not pledge the following year.

Another Question to think about... How do you balance the budget from year to year if pledges (the largest portion of church income) do not grow as fast as expenses?

Operating Budget Performance Through April: Actual still much better than Planned

More early "full year" pledge payments and some new unexpected Unpledged payments were received in April. Normal budget through April had a positive Net position of about \$21,600.

- ◇ Actual Total Revenues are greater than budget by about \$46,800.
- ◇ Actual Total Expenses are under budget by about \$13,100.
- ◇ Combining extra revenues with lower expenses shows we are ahead of budget by about \$59,900.

Consequently, at the end of April we had an Actual net position of about \$81,500!

Parish News

OWLs to Host a Performance

Christ Church's Older Wiser Laity (OWLs) invites you to a performance by Dixie Rhythm, a seven-piece Dixieland ensemble that has been delighting audiences for over 20 years.

The performance at Christ Church will be Sunday, June 23, at 3:00 pm in the Tilford Room. Please join us!

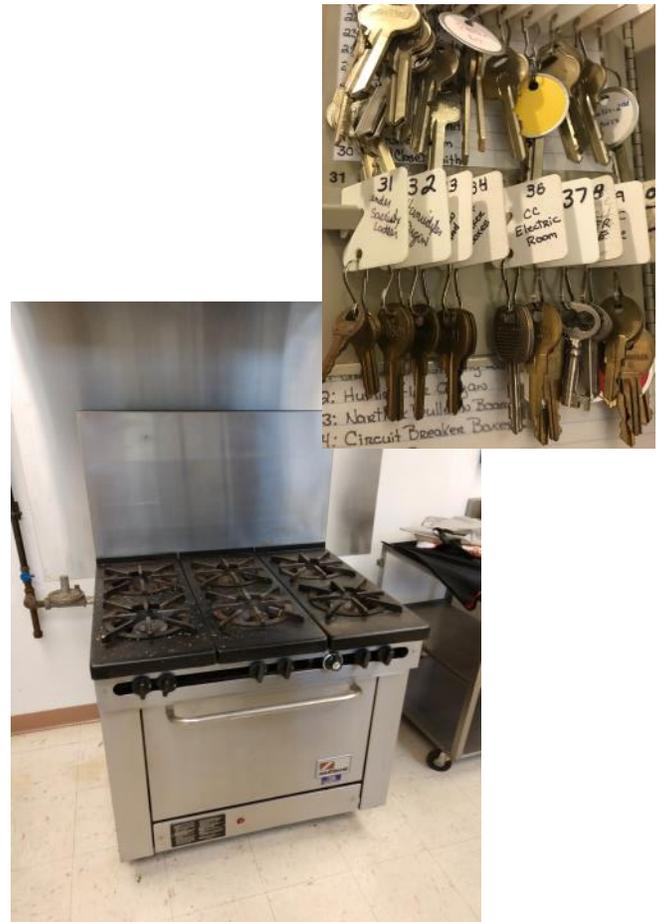


Tip of the Month: Like Bricks and Mortar?

For those of you interested in the "bricks and mortar" of our church campus, please know that you are always welcome to attend our Properties Committee meetings. We meet on the third Tuesday of every month at 7:00 pm in the Smith Building at 114 W. Boscawen Street.

In addition to our ongoing maintenance issues, there are a few things happening that you might find interesting. For example:

- We have another meeting planned this month with representatives of a security firm to discuss the design and costs for upgrading our building security. This will involve things like keyless locking systems and video monitoring. Christ Church has *many* keys, some pictured to the right, and a more efficient system for security is a necessity.
- We have invited Andrew Boyd, the architect who helped with the rebuild of the Old Rectory Porch, to help in the design of a handicap access ramp in the sanctuary.
- We are removing the massive old gas oven from the Baden Center (see right) and will be replacing it with a safer and more convenient electric oven/stovetop.



Parish News

Men's Fellowship Meets

The Men's Fellowship will meet one week later in June, on Saturday June 15, at 7:30 am in the Tilford Room, where they will enjoy breakfast and discuss, "What's Up in Heaven," and what this means to Christian men in our society today, with a focus on, among other passages of scriptures, I Corinthians 2:9-10: *"No eye has seen, no ear has heard, no heart has imagined, what God has prepared for those who love Him. But God has revealed them to us by His Spirit..."*

There is no meeting in July.

Women's Lunch Group



The Women's Lunch Group meets on the first Thursday of each month (June 6) 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!



There's still space on the mountain.

Register for Shrine Mont Summer Camps.

Congratulations to the Graduates!

Lauren M. Gronauer has graduated from Vanderbilt Law School and will work in Washington, DC.

Emilie K. Limoges, granddaughter of Nick & Kathy Nerangis, has graduated from The Hill School in Pennsylvania and will attend Penn State.

Becca Allen, granddaughter of Roger & Helen Zebarth, graduated from St. Catherine's High School in Richmond.

Handley High School 2019 Grads include:

Kimberly J. Gronauer will attend Shenandoah University.

Caitlin Varela, granddaughter of Jim & Ann Taylor, will attend the University of Virginia.

Emma Young will attend Virginia Tech.

Michael T. Roberson will attend the University of North Carolina, Chapel Hill.

James Boyce (Jack) Applin will attend Virginia Military Institute.

Samuel Tatum (Sam) Wise will attend Washington & Lee University.

And, George Gibson graduated from Sherando High School and will attend the University of Richmond.

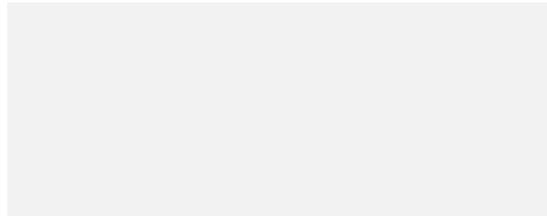




THE ANGELUS

Christ Episcopal Church
114 West Boscawen St.
Winchester, VA 22601-4116

Non-Profit
Organization
U.S. Postage Paid
Winchester, VA
Permit No. 216



The Angelus is a monthly publication of Christ Episcopal Church.

Parish Nurse Musings

Whew! Summer is here! It has been very windy today. Have you ever gotten the wind knocked out of you? Today, my chest felt like it's carrying a very heavy weight, my hair was wild, and I could not get enough air. It was scary and I felt like I am really out of shape.

Sometimes life can knock the wind out of us. Maybe we have received an unexpected phone call that was unpleasant news, or we did not balance the checkbook and now we are over-drawn, or we become ill and receive the shocking medical bill. These examples could knock the wind out of anyone.

This is the verse I read today,

“The Spirit of God has made me, and the breath of the Almighty gives me Life.”

Job 33:4 (ESV)

Try this: close your eyes and focus on your breathing. Pray that Jesus will fill you with his love. When you exhale, breathe out the stale stuff and be filled with the love that surrounds you.

See you in church!

Your parish nurses, *Helen and Rosalie*