

THE ANGELUS

Volume 70 Number 7

Christ Episcopal Church • Winchester, Virginia

March 2020

Dear People of Christ Church,

As we prepare for Martin and Ted's first Lent with us at Christ Church, one recurring question has to do with an ancient problem, a counter-cultural act that the Christian community has always struggled with. Something so simple anyone can do it; yet, it's so difficult that many can't or refuse to do it. It is an action written into the rubrics (the italicized instructions) of the prayer book. Optional or required in the instructions, it is either ignored or skipped because it is so unnatural for us. It's "silence." And we need to do it.

In our Sunday service of Holy Eucharist, you will find the word "silence" as an option after the readings of Scripture. It is also an option between the invitation to confession and our saying the confession. It's often an option in the Prayers of the People. At the breaking of the bread, or the "fraction," the rubric takes on a different direction: "A period of silence is kept."

I have had many questions about why there are moments of silence in the service, particularly around the fraction, which are quite revealing about our discomfort with silence. Silence too often is understood to be an awkward moment when something has gone wrong or an inefficient moment when we should be doing something. We struggle with silence because if we are not doing something, we are wasting time.

Our worship challenges this assumption of silence as wasteful. If we consider moments of silence to be pauses so we can prayerfully, meditatively, intentionally reflect on what we are doing, then nothing is being wasted. But our discomfort can also be revealing about why we resist the silence.

When we kneel at the confession, if we think in the silence about what we have done, should not have done, or ought to have done in days past, such a confrontation with ourselves is terrifying. We are supposed to be living changed lives, trying to be in step with what God would have us do, but if we are really not changing, that is a hard truth to reflect on. And if we reflect on the fact that it is only by God's grace that you and I have this moment of meditation to prepare ourselves to lived changed lives, knowing of God's forgiveness for us, that can be terrifying because we realize how much you and I need to rely on God.

When the bread is broken, the direction to pause gives a variety of things to ponder. I am not talking about transubstantiation, but rather how we are changed by the events of the last supper. The time of reflection can be challenging for us because we might realize how distracted we are. Sometimes, people do not even realize that we are supposed to reflect about our part in the mystery of the bread and wine, which invites us to be disciples. Silence allows for us to be attentive to our part as members of Jesus's people, and not take the meal for granted. It can be the thought of what Jesus has done for us in his life, death, and resurrection, which this meal draws us into so that we, being fed by the meal may then go serve as instruments of God's grace. Reflection in the silence can move us from being passive recipients to being active participants beyond the walls of the church, which our sacraments intend for us to be.

Silence is a pause. But not a pause to do nothing. Rather, it is a pause to make room for God to be present and maybe even heard. Not us talking, but us listening. Silence is a discipline which takes practice to achieve. The wisdom in our worship keeps silence in the rubrics so that you and I don't forget about it in our busy lives.

So, be attentive for the silence. It can be a basic Lenten discipline - practicing silence. Listen for it. Participate in it. It is not easy. It takes time. But it also allows us to be reflective of ourselves and where we need to change. It allows us to consider what Jesus is inviting us to do. It allows us to listen. Then see what you hear or learn.

Faithfully,



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

March 2020



From the Clergy

Dear Friends in Christ,

The church I grew up in didn't keep the season of Lent, so when I first came to the Episcopal Church, I had a fairly limited idea of what it was about. I remembered hearing people talk about how they needed something to give up, and I remember one of my friends had a particularly hard Lent the year her parents gave up caffeine! I thought that this practice of giving something up was the main point of Lent – until I started looking carefully at the Ash Wednesday service. Although self-denial is one of the things mentioned in the service's invitation to a holy Lent, it's only one of a whole list of things: "self-examination and repentance; prayer, fasting, and self-denial; reading and meditating on God's holy Word." All of these practices are tools that help us go deeper in our relationship with God, and help us prepare for the joy of Easter.

But all of these practices begin, ultimately, with the work of self-examination, of understanding who we are, and what's going on in our lives. I've come to think of Lent as a season of truth-telling, of being able to take a long, honest look at our lives, and acknowledge both those places where we have grown in our love of God and neighbor, and those places where we have failed. This kind of honesty is what allows us to make use of the practices of prayer and reading Scripture and self-denial in ways that will help our spiritual growth.

One of my favorite tools for this kind of spiritual self-examination comes from Ignatius of Loyola, the founder of the Jesuit order. It's called the examen, and it's a method of prayer intended for the end of the day, as a way to reflect on the day that has passed, and prepare for the next day. It has five steps:

1. **Gratitude:** The prayer begins with recalling the blessings of the day, and giving thanks to God for them
2. **Review:** Recalling the events of the day, and noticing particularly where you felt God's presence, and where you turned away from opportunities to care for others
3. **Repentance:** Acknowledging any actions for which you are sorry
4. **Forgiveness:** Praying for God's forgiveness, and reflecting on if there is anyone you need to reconcile with
5. **Grace:** Asking God for the grace you need tomorrow, and praying that you can see God's presence in your life more clearly

(Credit for this way of presenting the examen goes to James Martin, in his book *The Jesuit Guide to Almost Everything*.)

I've often found that this way of self-examination helps me see God's presence in my life more clearly, and engage each day more deliberately, and with more attention to God's call on my life. My hope is that whether you find this method helps, or you choose something else, that this Lent can be an opportunity for this kind of self-reflection. It not only helps us become more honest about who we are, it brings our attention back to God and God's presence in our lives – and putting our focus on God is what Lent is all about.

Faithfully,



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



Christian Formation

Sunday School News

Vacation Bible School is coming July 6-10! Mark your calendars now for **Rocky Railway**, where trusting Jesus pulls us through life's ups and downs. Look forward to tons of learning and fun in our yearly program and its outreach to our community's children.

Do you think you would like to work with our children's program but don't feel able to take a role during the regular program year? VBS is for you! We need lots of help in many ways and virtually everything is provided including plans, materials, all kinds of support, and lots of fun. Our volunteers include parents, seniors, youth (after they finish 7th grade) and VBS alumni. Call or text Margery Wingenschach (540-667-0386) to volunteer!



Lenten Mite Box Offering

Our Sunday School classes will begin their offering on March 1st. Children are again encouraged to bring their offering in weekly so they can measure how they are progressing toward their Heifer Project goals. The offering will conclude the Sunday after Easter.

*Youth Group in the Tilford Room, 6:00 pm,
on Sunday, March 8 & Sunday, March 22.*

Contact Martin at mgeiger@christchurchwinchester.org
for more information about Youth Group!

Daytime Faith Study

Daytime Faith Study will see a date change for meetings in March. We will meet on Monday, March 9, and Monday, March 16, at 10:00 am in the Commons. Rabbi Scott Sperling will join us to discuss the history of rabbinic interpretation. If you have any questions, please email Webster at rector@christchurchwinchester.org.

Adult Forum in March

The Sunday Morning Adult Forum begins at 9:30 am in the Tilford Room in the Parish Hall each Sunday morning. There is always coffee! Our March adult forums will use a video series by Virginia Theological Seminary and the Society of St. John the Evangelist, an Episcopal monastic order in Massachusetts. Called Signs of Life, each week will focus on one of the essential signs and symbols of Christian life: light, water, food, shelter, and community. Here's what the monks say about it:

“This series comes right from the heart of our lives as monks at SSJE, as it takes up the signs and symbols of our shared Christian worship. We are excited to share with you an offering like none we've ever made before, with longer explorations of each weekly topic, featuring Brothers in conversation and illustrated by rich footage of life at the Monastery.”

Altar Guild

Behind the Scenes at Christ Church



One of the important behind-the-scenes ministries at Christ Church is the Altar Guild. At a historic church with long-standing traditions, beautiful linens, and fine silver, the Altar Guild has much to do. The Altar Guild corps includes a handful of ladies who have served nearly five decades and met many rectors. Nonetheless, this is a ministry open to all and they invite you to help.

The Altar Guild is responsible for setting the altar table for all services in the main sanctuary each Sunday, on feast days, for special services such as funerals and weddings, and for Wednesday services in the Pilgrim's Chapel. Responsibilities are shared among about 50 members who serve on one of six teams. Each team of six is responsible for one month every six months,

thereby serving twice a year. Each team has a captain who coordinates scheduling their team members to suit their availability.

While members of the Christ Church Altar Guild take their roles extremely seriously, they find they have the resources to do their job well – from experienced members willing to mentor, to a detailed guidebook, to clergy who are happy to answer all questions. And, they have each other.

And yes, while pressing linens and polishing silver is a role of the Altar Guild, that work is spread amongst entire teams and is not overwhelming for anyone!

Several members of the Altar Guild are busy moms. They find their participation to be a meaningful way to contribute to the parish community without a big time commitment.

Mary Margaret Wise has been serving for more than five years now. She typically works on Wednesdays, getting the chapel ready for the weekly noonday service. Even though she's serving "solo" on Wednesdays, she says, "I know I can always turn to the members of my team - or any team - with questions regarding Altar Guild. Barbara Laidlaw, who is on my team, went to nursing school with my mother and was in my parents' wedding. So, serving on Altar Guild is special to me in that I am able to spend time with a friend of my mother's, even though Barbara and I aren't always "at work" together setting up, I smile knowing she is on my team."

Polly Nelson has also served about five years. She says, "I was very nervous at first. I was concerned there would be a ton to learn and remember, and that if I made a mistake, it would be the end of the world. As it turns out, there are so many wonderful resources in place to help us. There are clearly-explained instructions, and I have never found myself alone and not knowing what to do. There is always someone nearby ready and willing to help. On the off chance something is truly done wrong, it can easily be fixed without any drama. The clergy are helpful and understanding about any questions that come up. The idea of getting in trouble for messing up does not exist at Christ Church!"

Polly adds, "I love the quiet, behind the scenes nature of Altar Guild. It is a spiritual practice for me to set the table. I enjoy doing it quietly and peacefully, as well as working with the ladies I've gotten to know. It is a privilege to share in this aspect of our worship."

Martha Roberson's daughter, Sarah, who serves as an acolyte at Christ Church, has watched her mom do Altar Guild work for fifteen years. Martha says, "This ministry offers a wonderful opportunity to be involved in the life of the parish with minimal time commitment, while enjoying time with a wonderful intergenerational

Altar Guild

group of parishioners. Sarah has grown up assisting with Altar Guild as she was in tow for many Saturday morning setups and Sunday morning cleanups!”

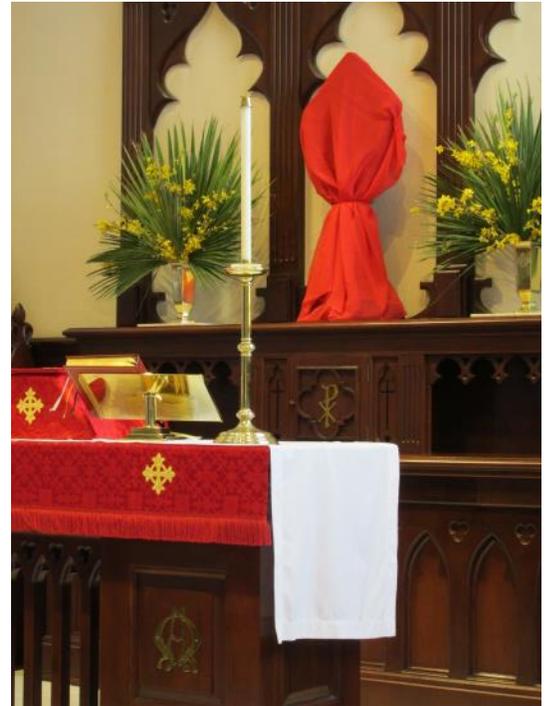
Martha initially joined the Altar Guild because she was asked and, as a newcomer to Christ Church, she thought it would be a great way to get involved, meet people, and learn what the clergy are doing on Sunday mornings. Mary Puttock and Pat Shaner, both relatively new to Christ Church, have joined Altar Guild for similar reasons.

Mary and her husband, Bob, retired to Winchester and Sue Jarvis asked Mary to join the Altar Guild. Mary says, “Sue has been my kind and gentle mentor ever since, and always schedules us to be on the same Sundays. I had never served on an Altar Guild before. With having to be at the church at 7:30 am for the 8:00 am service, I realize now how many parishioners are there early to make sure everything goes well! Not only the Altar Guild members, but I see ushers, LEMs, readers, Helen or Rosalie to make sure last minute additions make it into the Prayers of the People, and of course Webster and Martin. It does take a “village” to make everything work!”

Mary also notes that being on the Altar Guild has also made her more aware of exactly what’s going on at the altar during Communion, especially. “Bob and I usually sit near the back and do not really ‘see’ the altar,” she says. “I can visualize what is happening more clearly now.”

Pat Shaner also joined without experience when she and her husband, Dan, came to Winchester. She says, “I’ve never participated in Altar Guild before, but I’ve been an usher. It is challenging because there are a lot of details in preparing the altar, although we have written instructions with diagrams to make it easier. I find it rewarding to be behind the scenes in preparing for services and enjoy some quiet time in the sacristy.”

If you would like to enjoy being part of a team at Christ Church and have an opportunity to play a role in Sunday worship, the Altar Guild at Christ Church would welcome you!



Church Calendar

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



- 5 Women's Lunch Group
- 8 Daylight Saving Time begins (spring forward)
- 9 All Abilities Worship
- 10 Vestry Meeting
- 14 Men's Fellowship
- 17 St. Patrick's Day

Committee & Group Meetings

Senior Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:45 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	2nd/4th 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.
 The Assistant Rector's day off is Monday.**

Church Office Tel. 540-662-5843

Church Calendar

March Birthdays

- 1 Janie Mohn, Brandi Vicchio, Lindsay Fairbanks
- 2 Sandra Armstrong
- 3 Gwendolyn Conrad, Michael Roberson
- 4 Daniel Rupert
- 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 Isabella Vicchio, Frank Baxter
- 21 Richard Lewis, III
- 24 Ned Browning
- 25 Sam DeBergh, Haley Jacobsen
- 27 Lori Ellington, Jack Nelson
- 28 Ann Thomas
- 30 Margaret Trueblood
- 31 Deanna Stouffer



March Anniversaries

- 16 Jim & Rebekah Wiedower

celebrate!



Please note that upcoming dates for baptisms at Christ Church are Saturday, April 11, at the Easter Vigil, and Sunday, May 31, which is Pentecost. Please contact the clergy if you have any questions about baptism.

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.



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

From the Treasurer

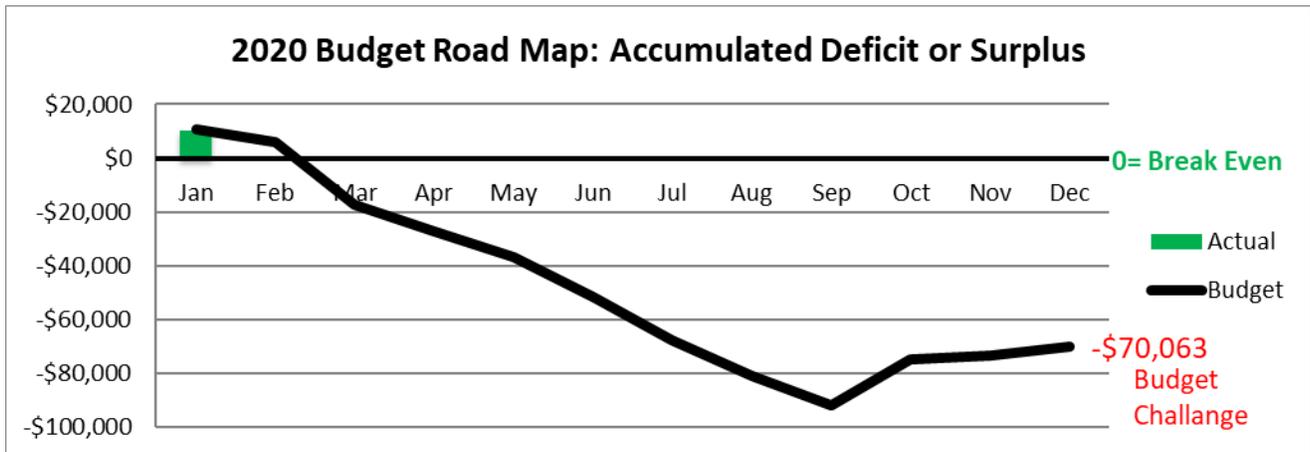


2020 Vision

Below is a budget “Road Map” for the entire 2020 year. Every other month here, we will use this map to SEE and track how we are doing. Here are a few things this map already tells us about 2020:

- For the first two months, due to year-end gifts and early year gifts, total revenue will be more than total expenses.
 - From February through September, expenses are greater than revenues and the solid budget line heads downward!
- Beginning in March, total expenses will then be greater than total revenues.
- During the summer months, when attendance is low due to vacations, our deficit may reach as high as \$90,000.
 - This means we have to have over \$90,000 in our bank account at the beginning of the year to continue to pay our staff and our expenses!
- In the fall and at year-end, revenues again are greater than expenses each month and the solid budget line heads back up.
 - Without meeting the budget challenge, we will end up with a \$70,063 deficit.

The goal, as we have every year, is to break even!



Here is a summary table to that gives more detail about our first month of 2020. As you can see, revenues did exceed expenses in January. HOWEVER, we did miss the budget by about \$600.

2020	Jan Actual	Jan Budget	Jan Actual-Budget
Revenues	\$53,898	\$54,170	-\$272
Expenses	\$43,791	\$43,455	\$336
Net Position	\$10,107	\$10,715	-\$608

Outreach

Spring at CCAP

With the end of the WATTS program for the season, many of the clients of CCAP will be migrating from sleeping indoors into the woods around us. Please consider helping those who cannot afford to live in motel room or in a house. The living arrangements outside require **Waterproof Tarps** and **Poly Rope** to secure the tarps as a shelter. Harbor Freight even offers **Tarp Clips** this year. This need is fairly specific. These three items can be purchased online or at the Harbor Freight Tools store at 1131 Berryville Ave. (Rt. 7) just west of I-81. The 4 mil tarp is the Blue Waterproof 11' x 17' size with grommets (cost \$12.99) and the Poly Rope comes in 100 ft. yellow lengths (\$3.99). If you wish, the multi-purpose Tarp Clips cost \$4.99, but these are not a priority. We have checked that these prices are the best for less in the area. You can find 20% off coupons for Harbor Freight in the Sunday paper or ask Jim Taylor for one if it would help you make a donation. The Outreach Committee hopes to furnish 40+ tarps and rope from Christ Church. Please leave your donations on the shelves marked "CCAP Donations" in the foyer of the Parish Hall (under the window).



Also in March, CCAP is asking for our help preparing **Easter Baskets** that they will give to local children in early April. The Outreach Committee requests donations of children's Easter storybooks, seasonal coloring books and colored pencils, markers, and baby-safe stuffed animals, and baskets to be filled. Don't forget the colored grasses for inside those baskets and clear cellophane bags to wrap the completed baskets! Additional items for the baskets are individually wrapped pieces of Easter candy, fun socks, sidewalk chalk, a \$5 gift card to McDonald's or 5 Below, and baby-appropriate

toys. The baskets are for children under 12 years old. Donations can be left in the Tilford Room through Sunday, March 29. Martha Griffin (marthagvestry@yahoo.com) is the contact for questions.

The Outreach Committee invites volunteers to help assemble the baskets on Wednesday, April 1, at 10:00 am in the Baden Center. Please contact David Bicking (westbury106@comcast.net) to sign up to help. We also need help driving the completed baskets to CCAP that day. Please let Martha or David know if you and your vehicle are available to transport baskets to CCAP on S. Kent Street. If you would like to help at CCAP with distributing the Easter baskets, please let Jim Taylor know! There are always opportunities for you to volunteer there!

Parish News

New Outreach Committee Members

The Vestry has appointed three new members to the Outreach Committee: Dan Wall, Dan Shaner, and Clare Dame join serving members Ken Bradley, Linda Miles, Jim Taylor, Martha Griffin, Nancy Tabaka, and Mary Margaret Wise for 2020. The committee chair is Linda Miles and the Vestry member working with the committee is Dan Gloster.

Thank you to John Applin, Cheryl Crowell, and Pam Kennedy who just completed their terms.

The Vestry established the Executive Outreach Committee in 2017 in order to help the Vestry give better guidance to the variety of parish outreach ministries. This nine-member committee is charged with coordinating the financial gifts made to projects locally and around the world, overseeing parish involvement in our current outreach projects, and review and make recommendations to the Vestry about new programs and current programs. The Committee is appointed by Vestry to meet monthly for their work of providing guidance and support for the outreach ministries and projects of Christ Church. The nine members are broken into three classes, each class serving a three-year term.

This committee does not DO the outreach for the congregation! They help provide the resources and support needed to help the congregation do the ministries of outreach

Tip of the Month: Palm Sunday in our Community



Palm Sunday is April 5 this year. It's the Sunday before Easter and marks the triumphant return of Jesus to Jerusalem. You will see information about the "Community Blessing of the Palms" in our bulletin before Palm Sunday. Christ Church participates in this service each year with other downtown parishes including Grace Lutheran, First United Methodist, Market Street United Methodist, Braddock Street United Methodist, First Baptist, First Presbyterian, and more. This will be the 24th year for the processional and service on the Old Court House steps/lawn, according to the Winchester Star. 300-500 people participate each year, depending on the weather. Once everyone has processed to the spot, there is a brief service.

So, please join us when we gather in front of the church on W. Boscawen Street on Palm Sunday morning at 10:15 am for the processional to the walking mall. The 10:30 am service will begin in the church on time for those who don't participate in the walk, and we will join the service when the Blessing of the Palms has concluded.

And, a fun note: the Winchester Star has quoted our own Tom Ellington in their articles the past two years. Will he be featured again in the paper this Palm Sunday?

Parish News

Men's Fellowship Meets

Men's Fellowship meets at their normal 7:30 am time on Saturday, March 14, in the Tilford Room, for a discussion around "what brings joy into ones life" and its meaning to all of us. Please read Galatians 5:22,23 as a starter for our discussion. A full and hearty breakfast will be served! All men are welcome!

Women's Lunch Group

The Women's Lunch Group meets on the first Thursday of each month (March 5) 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!



Parish Weekend 2020



Our annual Parish Weekend at Shrine Mont will be May 8-10—Mother's Day weekend. The weekend will be full of prayer, fellowship, s'mores, hiking, napping, and games.

Shrine Mont is famous for their home-cooking and their own apple butter. Shrine Mont's website is www.shrinemont.com. On the site, you can learn about The Cathedral Shrine of the Transfiguration, an open-air cathedral of the Diocese of Virginia, that was consecrated in 1925. Plus, there are maps of the facilities and information about on-site and local activities.

Brochures and registration forms will be available soon!

Treasure Box News

In 2019, due to the generosity of many donors, the Treasure Box Thrift Shop was able to contribute to a number of local charities. These included Baker's Anchor Mentors, Head Start Frederick County, ARC of the Northern Shenandoah Valley, Henry and William Evans Home for Children, Concern Suicide Prevention Hotline, Oxford House Transitional Housing, Edgehill Recovery Retreat Center, Family Reaching Out Group (Froggy's Closet), Fremont Street Nursery, Winchester Day Nursery, Winchester Rescue Mission, ADAPT Program, Salvation Army clients' heating bills, Rector's Discretionary Fund, and Christ Episcopal Church General Fund. We hope to make equal or greater donations in 2020. Your gifts of women's, children's, and men's clothing, as well as jewelry, art objects, housewares, and linens are greatly appreciated. We look forward to another successful year.

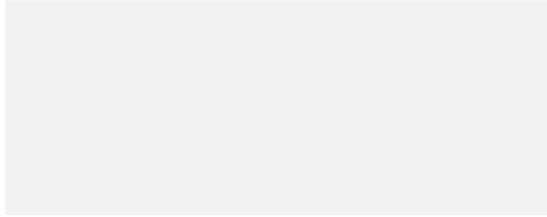




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The Angelus is a monthly publication of Christ Episcopal Church.

From the Parish Nurse

Let's talk about the Influenza A (H1N1) vaccine as flu continues to be widespread in recent weeks. The CDC estimates that, so far this season, there have been at least 29 million flu illnesses, 280,000 hospitalizations and 16,000 deaths from flu by mid-February. There have been 105 pediatric deaths.

Vaccination is an essential part of keeping adults healthy and reducing risk of illness, disability, and death due to vaccine-preventable disease. Vaccines are safe and effective. It is important for all people six months and older to get the influenza vaccine every year! You can get your shot too early in the season. If administered in August, it will not protect you the entire flu season. After vaccination, it takes two weeks to be effective.

If you have the flu, stay home! Rest, drink plenty of fluids, take Tylenol for fever. The flu is a virus and antibiotics don't help you get well, but antiviral medications may help. Ask your doctor.



And, all the time, **wash your hands**. Such a simple thing that protects us from all viruses and other nasty germs. Here are the CDC's instructions:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

See you in church!

Your parish nurses, *Helen and Rosalie*