

THE ANGELUS

Volume 70 Number 3

Christ Episcopal Church • Winchester, Virginia

November 2019

From the Rector

Dear People of Christ Church,

Every once in a while, I find it helpful to remind the parish community about many things which we assume everyone knows. As Martin and I plan the holiday season worship, programs, as well as in our conversations with new people around the parish, I find that assumptions get me into trouble. So, here we go with Christ Church basics:

For our church services, November and December are the same for Sunday worship. We also have a couple of additional services coming up. On Monday, November 11, we have a special service of Holy Communion with our All Abilities Worship (to which all are welcome to come). We have a 10:00 am service with Holy Communion on Thanksgiving Day. Since this service is not offered in other parishes around town, if you know of any family or friends looking to give thanks to God on Thanksgiving in a worship service, please invite them to come. December offers additional Christmas services, which you will find on the church calendar for December and more information will be in the next newsletter.

With holiday programs, projects and events, there are often questions about contacting the Church Office. A parishioner who came to the office not so long ago, made the remark to me how surprised they were with all of the activities going on around the office and parish, even though it was not Sunday. I am pleased to say that we have an active congregation! The office is open Monday through Thursday from 10:00 am until 4:00 pm, and Friday from 10:00 am to 1:00 pm. Our staff is mostly part-time, and we have a small cohort of faithful parishioners who volunteer in the office. If you get the recording when you call the church office, please do not assume the office is closed! Rather, choose an extension to reach the staff directly. If there is no answer, please be sure to leave a message. Even if you are not sure which staff person to reach, you can always choose Ext. 6, which is the general mailbox, and leave a message. Either the clergy or the staff will get back to you.

- ◇ If you would like to talk to the clergy, know that Martin's day off is Monday and Webster's day off is Friday. To reach either of us, call the office (540-662-5843) and enter the extensions (Webster is Ext. 1 and Martin is Ext. 2). We do check voicemails, so if you miss us, please leave us a message.
- ◇ Noelle Creamer, our communications coordinator, is here Tuesday, Wednesday and Thursday from 10:00 am until 3:00 pm. She is Ext. 4.
- ◇ Theresa Seitz, our bookkeeper, is here Monday—Friday from 10:00 am until 4:00 pm. She is Ext. 5.
- ◇ Our parish nurses, Helen Zebarth and Rosalie Lewis, are here by appointment only. If you need to reach them, leave a message at Ext. 3.
- ◇ To reach Margery Wingenschach (for Christian Education), DeLyn Celec (for Alleluia Singers) and Marsha



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From the Rector

Baden (for Cherub Choir), you can either leave a message on the general voicemail (Ext. 6), or find their phone number in the parish directory (which is available from the church website (www.ChristChurchWinchester.org) using access code 19CCW.

Many of us, especially those of us who have been around Christ Church for a while, assume that we know how things are done. But things change—new routines, new people, new programs. And newer members of Christ Church need information about how things work. Clergy, staff, vestry members, committee leads, and parishioners all need to work to keep each other informed about what is going on! And above all else, if you have a question, please call the Church Office or ask a member of the Vestry. If we don't know, we can find out.

As we celebrate Thanksgiving, Christmas, through Epiphany and heading towards Lent, there are wonderful programs, events, services going on here. Together, we can be sure to welcome one another to participate in the different events, and join in the fellowship of worship and service of our Lord.

Faithfully,



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



Blessing of
the Animals
2019

From the Assistant Rector

Dear Friends in Christ,

As we approach the holiday season, and especially as we prepare for Thanksgiving this month, the practice of gratitude has been on my mind a lot. Even though “Thanks” is right there in the name of Thanksgiving, it can be a hard practice to actually make time for. The demands of cooking and entertaining, all the work we do to get ready to celebrate Thanksgiving, can take up so much of our time and our attention that we forget the purpose of the holiday.



Although we often treat Thanksgiving as a secular celebration, it has deep roots in Christian and Jewish tradition – reaching back to Jewish festivals, to medieval blessings of the harvest, and of course, to the Thanksgiving days of the early American colonists. The purpose of all of these traditions was to give thanks to God – for the gift of creation, and especially for the blessings of a bountiful harvest. We can use the day now to give thanks to God for an even wider range of things. The Prayer Book offers a beautiful litany for Thanksgiving on page 836. It offers thanks to God for creation, for our homes and families, food and drink, health and strength – all gifts we receive from God in our lives.

One of the keys to practicing gratitude, both at Thanksgiving and throughout the year, is learning to slow down and pay attention. Brother David Steindl-Rast, a Benedictine monk in Austria, calls this the work of beholding, of pausing long enough to understand the moment you are in, and how God is present in that moment. He writes, “When you are in practice, a split second is enough — “stop.” And then you look: What is, now, the opportunity of this given moment, only this moment, and the unique opportunity this moment gives?” Gratitude practiced well is not just a rote giving of thanks, but a practice of paying attention that helps us understand the moment we are in, and how God is calling us to respond to it.

And if we keep practicing this kind of attention, it can become not just an practice we keep, but an orientation with which we live our whole life. It can help us see the unique gifts and opportunities of each day. This kind of gratitude can help us greet each day, in the words of Maya Angelou, “This is a wonderful day. I’ve never seen this one before.” Of course, that’s really just a paraphrase of Psalm 118: “This is the day that the Lord has made; let us rejoice and be glad in it”

So let us give thanks to God – on Thanksgiving, and every day, for all of God’s gifts to us, and let us take time to pay attention to them, and to rejoice.

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

Don't forget! We return to standard time November 2nd at midnight. That's an extra hour of sleep before Sunday morning programs and worship on Sunday, November 3!

Our All Saints' Day program for Children's Chapel on November 3 will explore the stories of some of those people who, through the ages, have left us with all kinds of examples of how to live with God's help. There will definitely be dress-up and props so don't be late! We may not all be famous saints but, through God's grace, we can be pretty amazing.

Looking ahead: Sign-ups for those interested in being part of the annual Christmas Pageant at the 4:30 pm service on Christmas Eve will begin Sunday, November 10. Check the bulletin board in the Commons or contact the Church Office (540-662-5843). There's an opportunity for everyone who wants to participate – animals to angels, visiting grandchildren, friends, etc. Rehearsal will take place in December. As always, volunteer help is encouraged and welcome.

Sunday School classes and Children's Chapel will observe a regular schedule Thanksgiving weekend. The first Sunday of Advent is December 1 this year.

Youth Group Happenings

*Youth Group in the Tilford Room, 6:00 pm,
on Sunday, Nov. 10 and Sunday, Nov. 24.*

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

Chiming In



In December, we will have the opportunity to enjoy our hand bells and chimes as part of the All Abilities Worship on December 9 at 6:30 pm and for the Christmas Eve service at 4:30 pm. This will be a multi-generational group. If you are interested in participating, please contact DeLyn Celec (dcelec@su.edu) as soon as possible so she can take your schedule into consideration as she plans rehearsals!

Daytime Faith Study will not meet in November or December.

Christian Formation

Adult Forum in November

The Sunday Morning Adult Forum begins at 9:30 am in the Tilford Room in the Parish Hall. There is always coffee! November Adult Forum has a variety of topics:

November 3 is our observation of All Saints. If you Google "saints," you will get a variety of understandings of saints - from the faithful to the magical. Martin Geiger will discuss theology and saints from a perspective of the Episcopal Church. Come and talk about what it means as we sing in the hymn about the saints of God, "and I mean to be one too."

November 10, the Outreach Committee has invited Nancy Mango, Director of the Bright Futures program, with whom our Panda Ministry works to pack food for kids. Bright Futures does lots more with the schools than just food. This is a wonderful chance to meet Nancy and learn about our relationship with Bright Futures, and the other ways Bright Futures works with the Winchester/Frederick County schools. You may even discover a way to help you never considered before.

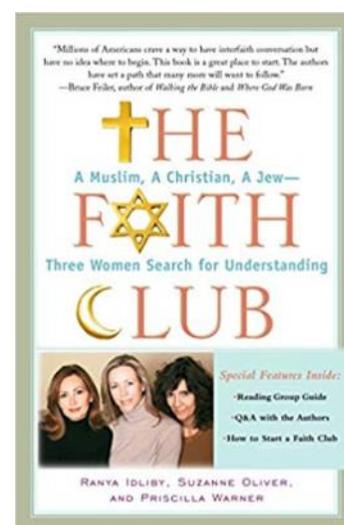
On November 17, the clergy and lay delegates to our diocesan convention (Sandy White and Larry Pettinger) will give a report on the 2019 Diocesan Convention. Convention is November 14-16. Learn about any actions of convention, or ask questions about what went on this year.

On November 24, we welcome the holidays! But what are the holidays we talk about in the church versus in the community around us? Sometimes people are surprised to learn about the church's idea of what a "holy day" is when we come to this busy season of the year.

Christ Church Community Book Study

On Sunday, November 17, from 5:30 pm until 7:00 pm, the Christian Formation Committee invites everyone to gather for a potluck supper followed by discussion about our Christ Church community book, *The Faith Club: A Muslim, A Christian, A Jew - Three Women Search for Understanding*. Using the basic format of the book, we will have facilitated group discussions about themes from the book. At the end of the discussions, we will have a guest speaker to answer more specific questions about the faith traditions. Please note, this is not a lecture, but rather a community study and conversation.

Again, the book we are reading independently is: *The Faith Club: A Muslim, A Christian, A Jew - Three Women Search for Understanding* by Ranya Idliby, Suzanne Oliver, and Priscilla Warner. Since 9/11/2001, there has been much discussion, opining, and misunderstanding of the similarities and differences among the three faiths of our one God. In *The Faith Club*, three mothers set out to write an interfaith children's book highlighting the connections between Judaism, Christianity and Islam. The endeavor becomes a journey of reflection and faith for each of the women within their own faith and resulting in the ultimate discovery of what unites them in God.



Outreach Committee

Hygiene Kits for Church World Services

The Outreach Committee will again organize an effort Saturday, November 23, 2019 to pack 1,000 hygiene kits for Church World Services (CWS). We will gather in the Tilford Room to begin packing at 9:00 am. Last year, we finished in about two hours. Through CWS, we have learned that there is a great need for hygiene kits in many places around the world, but especially in refugee camps in the Middle East. Check out the CWS website for all the work they do: www.cwsglobal.org.



This year, we ask the congregation to donate ONE ITEM: bath-sized bars of soap individually-wrapped. There are donation boxes in the back of the church, the parish hall and in the Church Office. We need 1,000 bars of soap! Please do not bring in hotel-sized bars of soap. Also, if you buy in bulk, please be sure that each bar of soap is individually wrapped. The Outreach Committee is ordering everything else and will have it on hand for the packing day. The main gift you bring is your desire to serve and your ability to pack.



If you have questions, please, or can help with the setup before the event, contact Linda Miles (540-665-5131 or lindammiles@hotmail.com). We look forward to seeing you there!

CCAP Donations for November

CCAP is asking for our help in November to ensure their clients have food to celebrate Thanksgiving. Please donate any of the items below to help CCAP provide Thanksgiving meals. Please note that they do not need donations of canned vegetables. If you would like to donate a frozen turkey, please contact Jim or Ann Taylor (annjimtaylor@verizon.net or call 703-403-5264) so we can get them to CCAP in good condition.

Frozen turkeys	Boxed stuffing	Cans of gravy (not glass)
Boxed instant mashed potatoes	Other boxed potatoes	Canned sweet potatoes/yams
Marshmallows	Boxed cake mixes	Cake icing
Other boxed desserts	Canned cranberry sauce	Disposable aluminum turkey roasting pans

Please bring donations to the shelf marked CCAP in foyer of the Parish Hall (under the window) from November 10 through November 17. CCAP will distribute the food on November 23. **Volunteers** are needed at CCAP on November 18, 19 and 20 to sort the items and on the 23rd. Bring a friend and help! Contact Jim or Ann Taylor (annjimtaylor@verizon.net or call 703-403-5264) if you can be part of this giving ministry.

After November 17, we will continue collecting cans of hearty soup in pop-top cans.

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.

There are many volunteer opportunities to help at CCAP—from working in the baby/toddler room to sorting clothes. It's a wonderful place to serve our community and meet people from neighboring congregations. 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).

Outreach Committee

Angel Tree



This is the happiest time of the year! Once again, the Outreach Committee invites the entire congregation to join in the ministry of the Angel Tree. The Angel Tree ministry is an opportunity to give a merry Christmas to children in our community who have little or nothing. This year you can select your “angels” off the Christmas trees after both services on **November 17** and **November 24**.

Participating in the Angel Tree Ministry with the local Salvation Army is a traditional opportunity and blessing for parishioners to help families in need by providing gifts at Christmas. The Salvation Army, through an interview process, registers children who reside in Winchester, Frederick or Clarke Counties to receive holiday assistance. The Salvation Army expects there will be nearly 850 children in our community who qualify this year. Many of these children have a parent or parents who work, but can barely feed and clothe them, and cannot provide anything extra at Christmas. To support this community need, individuals and families at Christ Church will have the opportunity to select the name of a child or children “to adopt.” We do not try to serve all 850 children, only about 15%!

“Angel” cards with the children’s first names, ages, and some gift suggestions can be picked up in the Tilford Room on Sunday, November 17, and Sunday, November 24, following both services. Members of the Outreach Committee and volunteers will be available to help with your selection, offer suggestions and answer questions. It is suggested that each child receive some new warm clothing and a few toys – board games, books, riding toys, doll babies, purses, trucks, etc. Please do not think poorly of the children if their toy requests are “pricey items”. Remember the effect of television advertising and how it targets certain high ticket items throughout the holiday season, and what children hear from each other. The suggestions are just that – guidelines – and each Christ Church participant can purchase what makes you happy. Speak with Ann or Jim Taylor with any questions you have about a particular “Angel.” Some families or individuals may even team up together to provide for a single child to keep your costs reasonable. Making a child happy gives us all such joy!

The final collection day of all gifts is **Sunday, December 8**, when you return and check in your “Angel’s” gifts in the large clear plastic bag (which is provided to you). The number on the “Angel” should be prominently displayed inside the bag which you return to the Tilford Room. Please do not wrap the gifts. You may include rolls of wrapping paper to help the Salvation Army. We can also accept donations by check in the collection plate on any Sunday. It is important that you place the note “Angel Tree” in the memo line.

Ann and Jim Taylor need additional volunteers after both services on November 17 and November 24 to assist the distribution of “Angel” cards and bags. On December 8, we need volunteers with cars, large vehicles or pickup trucks to transport the gifts and bicycles to the Salvation Army collection center. A huge “Thank You” to all of the volunteers who helped so generously in previous years. Join us again, please.

Please sign up to help in the Tilford Room (look for the Christmas tree!) beginning November 3. Bill and Maria Tedesco will help you to sign up as a volunteer in the Tilford Room on Sunday, November 3. There will be meetings for volunteers after each service on Sunday, November 10, in the Parlors. Contact Jim Taylor at 703-403-5264 or Ann Taylor at 703-622-7059 to offer your time to assist with this generous ministry. If you have any questions, please call so that we can give you the proper answer. Thank you for helping us and making Christmas a wonderful time for the children.

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



- 2 Parish Keep Day
- 3 Daylight Savings Time Ends
- 5 Voting in the Parish Hall
- 9 Men's Fellowship at Youth Development Center
- 11 Veterans' Day—Church Office Closed
- 14-16 Diocesan Convention
- 17 Community Book Discussion/ Potluck Dinner
- 23 Hygiene Kit Packing Day
- 28 Thanksgiving Service at 10:00 am
- 28-29 Church Office Closed

Committee & Group Meetings

Adult 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	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**

November Birthdays

- 5 Stephanie McWhorter, Kenneth Vicchio
- 6 Charlie Gaynor, Laura Button-Cain
- 9 Mariel Becker-Welts
- 10 Delores Wheatley, Bill Jarvis , Scott Arthur
- 11 Katie Clarke
- 13 Nicole Francis , Jeffrey Dodd
- 14 Bill Old, Kim Pifer, Marrea Riggs
- 16 Jason Conrad , Ann Taylor
- 17 Farley Massey
- 18 Steven Martin, Koy Mislowsky, Wendy Breslin
- 19 Steven “Tuffy” Whitacre
- 20 Rosa Gibson
- 21 Joy Nesselrodt
- 22 Alex Waldie
Graham Giller
- 23 Arlene Hill
Christopher Ferguson
- 24 Emilie Pifer
- 25 Dorothy Gibson
- 26 Sally O'Neil
- 27 Dennis Shows
- 28 Shannon Dodd
- 29 Jay Russell
- 30 Ned Howard



November Anniversaries

- 10 Christopher & Adelaide Turnbull
- 28 Nick & Kathy Nerangis
- 28 Frank & Sandra Armstrong
- 30 Robb & Cathie Russell

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.



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

Stewardship Committee

Why Pledge to Christ Church?

This year's stewardship theme for much of the Diocese of Virginia is *Wonder in All*. The focus is drawn from the prayer said just before the waters of baptism are administered:

Give them an inquiring and discerning heart,
The courage to will and to persevere,
A Spirit to know and to love you,
And the gift of joy and *wonder in all* your works. Amen.
BCP, p.308



Put succinctly, this passage might be summarized: “Please, God, give this person all of the good stuff.”

But while baptism ushers the candidate presented over a singular spiritual threshold, the celebration is not some sort of magical filling of the spiritual gas tank; an ecclesiastical, “Hey, God. Over here. We’ve got another one for ya. Fill ‘er up!”

God was present in the newly-baptized’s life well before the water was poured and the less liturgically-familiar relatives were herded around the baptismal font with kind reassurance.

So, if baptism is not a something-from-nothing transaction, where then does the celebration draw its strength? What is the relationship between baptism and stewardship?

The brawn of baptism is the participation and commitment of the congregation:

“Let **us** welcome the newly baptized.”

“Will **you** who witness these vows do all in your power to support *these person* in *their* life in Christ?”

The congregation, all of us who are members of the Body of Christ, are called to renew our baptismal covenants and support the newly baptized together. God’s grace, working through each of the assembled witnesses, is a part of the baptismal equation that cannot be subtracted or overlooked. It is foundational.

The Church cares for each of us as individual members; and each member, in turn, contributes to well-being of the Church. This is the Church. This is stewardship.

Even in the Episcopal Church, stewards are called do more than just serve wine. Though less apparent today, the word *steward* itself reminds us of the duty to which we are called. It is a compound: *Sty* + *Ward(en)*. These days, the semantic swath of *sty* has contracted so that it is almost exclusively associated with pig pens, but in Old English, a *sty* was an enclosure for living: a house or even a hall. Armed with this understanding, it quickly becomes apparent that a good *steward* is the *keeper of the house*, the shelter we cannot live without.

The stewardship to which God bids us is two-fold. We are to grow God’s Church on earth with the awareness that it is a temporary shelter, which anticipates and prepares us for the more perfect Kingdom of Heaven. You’ve heard this before:

“Thy kingdom come;
Thy will be done;
On earth as it is in heaven”

If this seem daunting, you are right. Bringing this world into alignment with God’s design is no light work. A very important question resounds: How are we to care for each other and glean goodness in world hounded by hatred and bound by bigotry?

St. Paul might offer that we ought to contribute, “according to the grace that is given to us.” (Rom. 12:6) As

Stewardship Committee

the Body of Christ, we are both unique and united. Our individuality and common mission has direct bearing on how we can and should give.

So, let's get to work.

What are your gifts? What do you have to give? Be honest. Be prayerful. Give the gifts you have to give, remembering that whether it is capital, time, or talent, the act of giving stems from the grace of God.

None of these things are really ours in the first place: "For all things come from Thee, and from Thine own have we given Thee." (1 Chron. 29:14)

Wonder in all of God's works because all of God's works are wonderful.

~ Joe Wingenbach

Stewardship 2020

Information and Pledge Cards
available online at www.ChristChurchWinchester.org



Properties Committee

Help with the Chores!

If you think of Christ Church as a family, please consider that the call to help on this fall's Keep Day is like being asked to help your family with chores around the house. When family members lend a hand, chores are quickly done and are, sometimes, even fun! Keep Day is a request each spring and fall for parishioners to spend a couple hours helping with cleaning and upkeep and projects around the church and grounds – inside and out. There are jobs for everyone from raking to dusting to cleaning windows; all ages can help. Join the Properties Committee on Saturday, November 2, at 9:00 am for this fall's Keep Day. Thank you for helping with chores and being good stewards of our parish!



Finance Committee

Annual Budgeting for 2020

Note: The 2019 Operating Budget Performance: Actual VS Plan for January through October will be reported in the December Angelus.

2020 Annual Budgeting: Quick Overview

Purpose:

Using best available Revenue and Expense information, create a balanced operating budget for the next year – 2020.

Some of the Objectives:

- Pay our staff – covering salaries with the intention of providing annual increases as recommended by the Diocese of Virginia, if possible, & attempting to cover annual increases for insurance and other benefit categories.
- Plan for expected utilities, properties and maintenance expenses.
- Maintain the percentage level of Annual Diocesan Pledge, if possible.
- Maintain and possibly increase funding for all other expense categories (Program expenses that include - Christian Education, Music, Worship, Stewardship, Outreach, Pastoral Care, Parish Life, and Communications).
- Balance expenses with revenues.

Recent History:

- In two of the past three operating budgets (2017 & 2019), planned expenses have EXCEEDED planned revenues and a “Budget Challenge” Revenue line item was added to balance the budget.
- For 2019, some surplus revenue from 2018 was utilized for the “Budget Challenge” line item.
- In the past two years, we have ended the year with a surplus and it appears we may have a surplus this year!

How can we budget Expenses to exceed Revenues and then have Revenues actually exceed expenses?

Here is how ... remember that

In 2017, our Assistant Rector left after two thirds of the year.

In 2018, we had planned to hire a new Assistant Rector at mid-year, but this did not happen.

Now in 2019, our Music Director retired about mid-year.

All three of these unexpected staffing events have resulted in actual expenses being lower than budgeted. In every case, this has contributed to or directly resulted in an operating surplus at year-end.

Finance Committee

Annual Budgeting for 2020

Looking toward 2020

Recent Angelus articles have shown that Pledge Revenue has been flat for the past five or six years, while total expenses have increased by about 11% (about 2% per year mostly for minimal increases for salaries and insurance expenses).

We are already looking at expenses for next year:

- Planning for a full staff for the entire year (We will plan for a Music Director for all of 2020.)
- Reviewing Diocesan recommendations concerning salary increases
- Reviewing insurance cost estimates
- Asking program expense categories to provide their budget estimates for next year

We are also looking at revenues and are watching closely as pledge cards continue to come in during the Stewardship Campaign.

Next Month: Update on the 2020 operating budget and Actual vs. Plan results for 2019 year-to-date.



Parish News

Community Thanksgiving Dinner

Christ Church will participate again this year in the **Community Thanksgiving Dinner** hosted by First Presbyterian Church. Each Thanksgiving, many volunteers from community churches and businesses gather to give back. Last year, the group plated 1,400 meals with the help of 450 volunteers!

If you would like to have a meal delivered to your home, please call 540-435-9897 between November 4 and November 26.

There are several ways to lend support. The Christ Church Outreach Committee will cook turkeys this year. If you would like to donate an **uncooked turkey**, please bring it to the kitchen in the Tilford Room on Sunday, November 24.

If you would like to donate a pie (pumpkin, apple or pecan), please sign up at www.fpcwinc.org after November 4. You will take your pie directly to First Presbyterian Church (116 S. Loudoun St.) on Wednesday, November 27, between 9:00 am and 5:00 pm.

If you would like to be a volunteer on Thanksgiving, please also sign up using the website above.



LET'S GIVE
thanks
**COMMUNITY THANKSGIVING
DINNER**
*presented by the Frederick &
Winchester Corporate Sponsors,
Business Supporters, Church Partners,
and Community Volunteers*

WHEN THURSDAY NOVEMBER 28 11:30AM-2:00PM	WHERE FIRST PRESBYTERIAN CHURCH 116 South Loudoun Street Winchester, VA 22601
DELIVERY* HOME MEAL DELIVERY AVAILABLE TO RESERVE, CALL* 540.435.9897	RESERVATIONS FOR MEAL DELIVERY Accepted November 4-November 26



PLANNING FOR NEW YEAR'S EVE?

Christ Church participates each year in First Night Winchester, a day-long family celebration of the arts downtown. In the evening, we host entertainers and welcome guests in the Sanctuary and Parish Hall. Volunteers are needed every New Year's Eve to be on hand for a two or three-hour shift to check for tickets and answer questions. Volunteers also get **FREE ADMISSION** to all First Night performances around town! Plan now to join us as a volunteer for this fun evening. Jim & Ann Taylor can tell you all about First Night! Email them at annjimtaylor@verizon.net.

Parish News

Men's Fellowship Meets

The Men's Fellowship will not have our usual meeting in November, instead all men of the parish are invited to a free breakfast on Saturday, November 9, at 9:30 am, at the Youth Development Center. The purpose is to publicize the need of young boys in our community for positive male mentors in their lives. Many of these boys and their families will be attending as well. The organization hosting the event is Baker's Action Mentors (formerly known as Big Brothers and Sisters of the Northern Shenandoah Valley). If you'd like further information about the event, please contact Marty Tabaka at 540-771-0187, or by email at martin_tabaka@hotmail.com.

Women's Lunch Group



The Women's Lunch Group meets on the first Thursday of each month (November 7) 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!

Tip of the Month: Restrooms Aplenty

Here's some good news to point out: There are about a dozen restrooms in the church and Parish Hall! Still, we get a lot of questions about where they are. So, let's do a quick tour!

If you are in the church, you can find a bathroom down the stairs in the back of the church. When you enter the Lord Fairfax Room at the bottom of the stairs, you will go straight into a big room. If you look across to the other side, you will see a large red sign that points to the restrooms. There is also a baby-changing station in the smaller room to the left as you enter the Fairfax Room.

If you are in the Parish Hall and/or need our most handicap-accessible bathroom, there are restrooms off the hall that connects the Parish Hall to the church. There is a small powder room off the foyer. There are restrooms upstairs in the Sunday School Commons. There is a restroom in the nursery upstairs, as well as a baby-changing station.

In the Old Rectory, near the Parlors, there are two bathrooms.

The clergy have their own bathroom in their vesting room, in case you wondered about that.

Now that you're aware, please help anyone searching on Sundays!

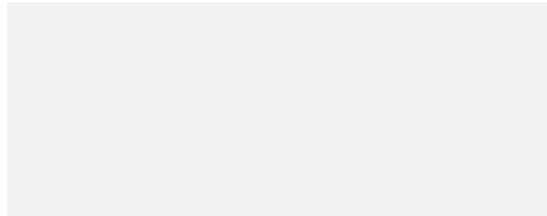




THE ANGELUS

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

This month, I thought that we can focus on building healthy habits with our children and grandchildren. Here are some ideas:

- * EAT breakfast every day—helps to refuel both bodies and brain.
- * ENJOY being active—running, walking, hiking, bowling.
- * DRINK more water—the best form of hydration! Drink fewer sugary drinks.
- * EXPLORE fruits & vegetables and limit sweets.
- * SLEEP the right amount (children ages 3-5: 10-13 hours; ages 6-12: 9-12 hours; and teens: 8-10 hours).
- * LISTEN to music—elevates the mood. Maybe dance and stimulate the brain!
- * EXPERIMENT with new recipes or a new food. Children like to help.
- * LIMIT screen time. American Academy of Pediatrics suggests less than two hours/day.
- * PRACTICE MINDFULNESS—slowing down and enjoying the moment.
- * READ! Learn something new or share stories with positive themes.
- * TALK with friends and family.
- * SHARE a meal together—gives children a chance to tell about their days!

See you in church!

Your parish nurses, *Helen and Rosalie*