

THE ANGELUS

Volume 68 Number 7

Christ Episcopal Church • Winchester, Virginia

March 2018

From the Rector

Dear People of Christ Church,

I think it is so important for us at Christ Church to strive to ensure that people around us understand the terms we use in our life as Episcopalians. My uncles, as clergy, always pointed out to me that “Episcopal” is an adjective and “Episcopalian” is a noun. (As Episcopalians, we follow the worship style of the Episcopal Church.) That is just the easy part.

Terms and titles and roles for the clergy are challenging. As Dean of our region for one more year, I am given the title, The Very Reverend Webster Gibson. My children morph that into “The Very Pop.” It’s more complicated with bishops. There are different kinds of bishops. The presiding bishop is The Most Right Reverend Michael Curry. Our diocesan bishop is The Right Reverend Shannon Johnston. Our suffragan bishop is The Right Reverend Susan Goff; she serves under the direction of the diocesan bishop. Add in the assisting bishop (still a right reverend); this is someone who served as bishop elsewhere and has retired, but is now appointed by the diocesan bishop to serve part-time in some needed capacity of diocesan ministry. And now, in our diocese, we are talking about an “associate bishop,” who is a retired bishop whose age is beyond the mandatory retirement age of 72. (See p. 3 for information about our new Associate Bishop, The Rt. Rev. Robert Wilkes Ihloff.) Finally, we add in the current conversation of discernment for a new suffragan bishop, and it’s confusing for all.

The reason I bring this up is for you to consider how a new person feels when they come into Christ Episcopal Church with our Book of Common Prayer and our 1982 Hymnal and our liturgical tradition with which we are familiar and comfortable. How do you (and I emphasize – YOU) help a new person feel welcome and comfortable? During Lent, it is quite common to find people of all ages (who might be new to Winchester) looking to find a church where they might come to celebrate Easter. Our tradition is a rich Christian liturgical (having to do with worship) tradition that offers spiritual depth and grounding. Our tradition also requires that the congregation provide support and guidance for those new to the community.

So, again, how do YOU welcome people to the parish? If you notice an unfamiliar person at a service who picks up a bulletin, opens the prayer book or hymnal, and joins in, they are probably Episcopalian. So, introduce yourself and extend an invitation to coffee hour. If a person looks nervous or confused, does not have a bulletin and is looking around, please ask them if they would like to use your prayer book or hymnal, which you hand to them open to the correct page. The worst they can say is, “No, thank you.” After the service, introduce yourself and invite them to coffee hour. Do NOT ask anyone if they are new, as it will be uncomfortable for all if they are not new!

As the weather becomes warmer and people are more inclined to stay and visit, your invitation to our fellowship time at coffee hour is so important. New people will not understand the terms “parish hall” or “Tilford Room.” That is more of our Christ Church-language we have to simplify. Be clear about what coffee hour is and where and why they should come along.

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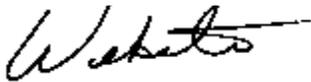
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From the Rector, Continued

Lent is a good time to learn more about our Christian faith and our Episcopal/Anglican heritage. It is also a good time to help those new to our parish family know that they are welcome as participants in our community. Please know that you do not have to explain the theological understandings surrounding Holy Eucharist, or how our church understands Scripture, when new people come to Christ Church. You simply need to be a gracious host when talking with visitors coming through Winchester or people moving into our community. We want people who encounter our parish community and our worship to know that our “Anglicanese” is something we share with those not “in the know” so they can learn and participate.

And, during our search process for a suffragan bishop, if you have questions about our terms and why we do what we do and who does what, please ask. I love such questions at coffee hour and it helps me know what we need to work on to make sure our Episcopal tradition is celebrated as a gift and not considered impossible to understand.

Faithfully,



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



Procession for the Blessing of the Palms

On Palm Sunday, March 25, please plan to meet at the Parish Hall at 10:15 am for our traditional march to the downtown mall for a brief service of the Blessing of the Palms with other Winchester churches.

We will return to the church together and rejoin the 10:30 am service.

Sunday School will run only from 9:30 am until 10:00 am so children can meet their families for the procession.

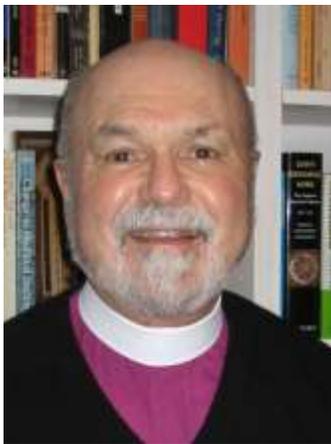
The 10:30 am service will begin at the usual time in the church for those who do not walk downtown.

*The annual community **Good Friday Ecumenical Service** is here this year, at Christ Church, on Friday, March 30. The hour-long service will be at noon in the Sanctuary, with the Rev. Jonathan Boynton of Grace Lutheran Church preaching.*



From the Diocese

New Associate Bishop



The Rt. Rev. Shannon S. Johnston is pleased to announce his appointment of the Rt. Rev. Robert Ihloff as Bishop Associate in the Diocese of Virginia. Bishop Ihloff served as the Bishop of Maryland from 1995 until his retirement in 2007. He will provide key support to the Diocese during the transition between Bishop Ted Gulick's retirement at the end of 2017 and the election of a second bishop suffragan later this year. Bishop Ihloff's full biography is available on the website (www.thediocese.net).

"I have long admired Bishop Ihloff's work in the Diocese of Maryland and in the broader Church," said Bishop Johnston, "and I know how valuable his skills and gifts will be to our Diocese during this time of transition. Bob is both a strong leader and a model of humility. Also, he is a compelling combination of optimism and straight-talk, in which each of those qualities is strengthened by the other one. He is eager to get started, and I am eager to welcome him."

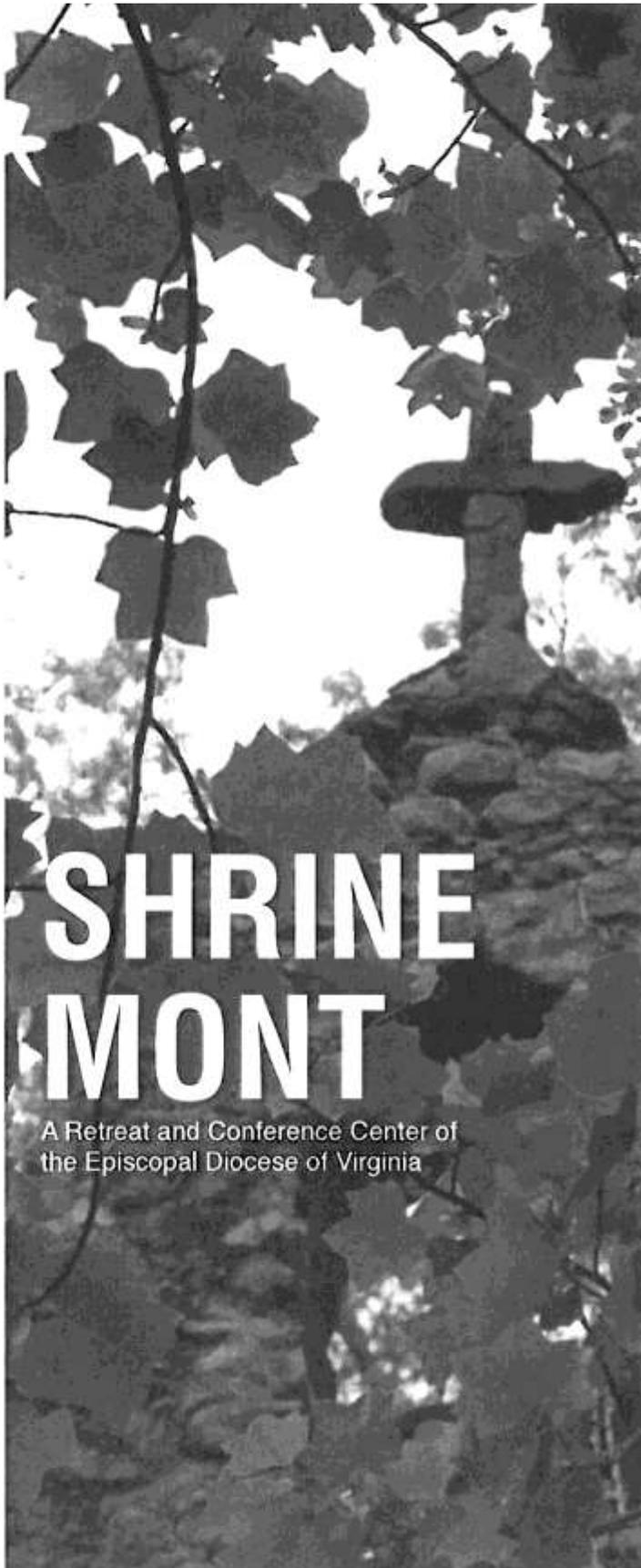
Like Bishop Gulick, Bishop Ihloff (pronounced Ee-loff) will work out of the diocesan office in Northern Virginia. He will make Sunday visitations and provide support to clergy and congregations across the Diocese.

"Because my favorite ministries are preaching, teaching, and working with parishes on issues of mission and congregational development, and because I find it humbling and exciting to work with clergy on discerning their roles in ministry, I am excited about assisting as a Bishop in Virginia," said Bishop Ihloff.

"Virginia is a very healthy diocese with fine leadership. Over my years in neighboring Maryland, I have come to appreciate the ways in which the Diocese of Virginia models mission and ministry, and I feel privileged to share a small role in that ministry as your Bishop Associate."

Bishop Ihloff's first day on the job is March 11. Please join Bishop Shannon in welcoming him to the Diocese of Virginia!





APRIL

13 – 15

Labyrinth / Walking the Path of Life
Yoga Retreat

MAY

4* – 6

Spring Digital Photography
*MAY 4 – Adobe Lightroom Workshop

19

Gourmet Dinner and Wine Tasting

JUNE

1 – 3

Women's Retreat – with Bishop Susan Golf

8 – 10

Painting Workshop

30 – 3

A Summer Camp for Grown ups

JULY

1 – 6

Kids stay FREE

6 – 8

Bishop's Jubilee

8 – 14

Family Camp

SEPTEMBER

9 – 10

20th Annual Tee with the Bishop Golf Tournament

14 – 16

Arranging for the Joy of It
Yoga Retreat

OCTOBER

12 – 14

The Mountains are Calling And I Must Go (a hiking weekend)

22 – 25

Fall Camp – Tri-Diocesan Council on Aging

26 – 28

Fall Digital Photography

Shenandoah Valley Music Festival
Concert Schedule www.musicfest.org

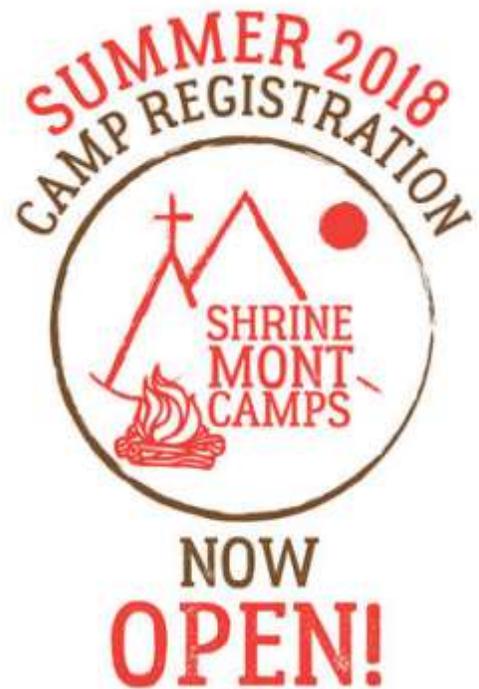
Parish Life (at Camp)

Parish Weekend at Shrine Mont

Parish Weekend at Shrine Mont is May 11-13—Mother’s Day weekend. More details will be available soon about the program planned for the weekend, but in the coming weeks, the Shrine Mont Committee will be talking with us about why we should all take advantage of this opportunity to visit this beautiful camp and spend time together.

Parish Weekend is known for fun and fellowship for all ages. At Shrine Mont, you will rest body, mind, and soul in the beauty of the mountains, as you hike, read, snooze, bird-watch, sketch, play games, smell the flowers, and gather around a bonfire for s’mores. And, Shrine Mont is famous for their comfort food—fried chicken, meatloaf, roast beef, and all the fixings. 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. If you’d like more information, please call the Church Office at 540-662-5843 or speak with Webster.



www.shrinemontcamps.net

Scholarships from Christ Church are available!

Christian Formation

Sunday Adult Forum in March

Please join us in the Tilford Room on Sunday mornings at 9:30 am for our Adult Forum. Coffee is always provided!

March 4: The Rev. Canon Pat Wingo will join us to talk about goings-on around the diocese and the bishop search process and why does it matter to parishioners. Pat Wingo graduated from the University of Alabama in 1982 and from the Seminary of the Southwest in 1992. Before entering seminary, he worked in banking, equipment sales, and construction. Pat served as rector of Church of the Resurrection in Gadsden, Alabama, and St. Thomas', Birmingham, Alabama, before beginning his ministry at the diocesan level. While in the Diocese of Alabama, he served for three years as president of the Standing Committee. He has been a summer camp director and a deputy to General Convention. Pat helped begin the Cooperative College for Congregational Development in Province IV, and is trained in conflict mediation for congregations through the Lombard-Mennonite Peace Center. He and his wife, The Rev. Sara-Scott Wingo, have three daughters.

In his role as canon to the ordinary, Pat is responsible for assisting and supporting the bishop in areas of episcopal ministry, including disciplinary matters, prevention of sexual misconduct training, congregational development and the discernment process.

March 11: We will talk about what WE do in ministry WITH our bishops. One component of life in the Episcopal Church that many do not recognize is our theology of community as the diocese and parishes. We will explore what wonderful and varied ministries we do as a diocese, some of which you may not be aware (and may want to become involved in).

March 18: As we wind down our exploration of the Episcopal Church and the roles of laity/bishops/priests/deacons, we will talk about what the election process looks like over the next year to year and a half.

March 25 – Palm Sunday: This Sunday is going to be a short Adult Forum from 9:30 to 10:00 am. We will talk about the order of worship on Palm Sunday and how it came to be as an odd service.



Christ Church Annual St. Patrick's Day Dinner

Saturday, March 17, 2018 at 6:30 pm

Tickets On Sale Now! Proceeds support youth pilgrimage.

\$10 - adults/ \$5 - children 10 and under/ \$40 maximum per family

See youth for tickets or call the Church Office (540-662-5843).

Please invite friends and neighbors to join us for the fun and fellowship.

Christian Formation

Sunday School News

Vacation Bible School is coming July 10-14, 2018! Mark your calendars now for “Shipwrecked: Where Jesus carries us through life’s storms.” 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 but aren’t 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. Call or text Margery Wingenbach (540-667-0386) to see how you could help this summer.

Lenten Mite Box Offering

Our Sunday School classes began their offering on February 18. As we support Heifer Project International, we again encourage children to bring their offering in weekly so they can measure how they are progressing toward their goals. The offering will conclude the Sunday after Easter.

As always, you don’t have to be a child to participate! Make a dollar a day part of your Lenten practice. Like the widow’s two mites, it doesn’t seem like much and will make a huge contribution to our effort.

Holy Week and Easter schedule

On Palm Sunday, Sunday School classes will meet as usual at 9:30 am, but will conclude shortly after 10:00 am in order for children to join their parents for the walk to the downtown mall for the Blessing of the Palms.

On Easter Sunday, there will be no Sunday School. Our regular schedule resumes the Sunday after Easter, April 8.

Table Manners Class

On Saturday, March 31, from 10:00 am - 11:00 am, the clergy will host a class for young children (toddler on up) called “Table Manners.” While the sacrament of Holy Baptism is the only requirement for a person to receive Holy Eucharist, the Church also relies on the parents to have a sense of when the child is “ready” to receive communion. In many ways, it has to do with family customs or maturity of the child. Regardless of when children first come to the rail, they are full of excitement, energy, and expectancy to be able to participate in the Lord’s Supper. However, they also need to know what to do once they get there, to learn “table manners.” The clergy will talk with the children about the Eucharist, teach the children how to approach the rail, and teach them how to receive the bread and the wine (when their parents feel they are ready). The purpose of the class is for parents and children to share in the wondrous joy of participating in the Lord’s banquet. We will first gather in the Tilford Room to begin working on our table manners.



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 Special Needs—Sanctuary

March

- 10 End of Life Workshop
- 17 St. Patrick's Day Dinner
- 25 Palm Sunday

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
Women's Lunch Group	1st & 3rd Thurs: 11:30 am
Vestry	2nd Tues: 7:00 pm
Women's Book Studies	Tues: 10:30 - Noon Thurs: 6:30 pm – 7:45 pm
Youth Group	Sun: 6:00-7:30 pm



**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**

March Birthdays

- 1 Janie Mohn, Kamran Dastjerdi, Brandi Vicchio
- 2 Sandra Armstrong
- 3 Gwendolyn Conrad, Michael Roberson
- 4 Daniel Rupert
- 6 George Glass, Mark Pennypacker, Jr.
- 8 Dreusilla Koonce, Connie Pettinger
- 9 Robin Northrup
- 11 Susan Sheppard, John Dastjerdi
- 12 David Lewis
- 13 Steve Cluss
- 16 Ellen Ford
- 19 Eddie Richard
- 20 Isabella Vicchio, Frank Baxter
- 21 Richard Lewis, III, Webster Gibson
- 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
- 27 Doug & Terry Ewell

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. Please let the office know the school addresses of our college students.

Holy Week & Easter 2018

Palm Sunday • March 25, 2018

- 8:00 am Holy Eucharist Rite I
- 10:15 am Procession of Palms to the downtown mall
- 10:30 am Holy Eucharist Rite II

Holy Week Services

- Holy Week Noonday Eucharist:
Monday, March 26—Wednesday, March 28
in the Pilgrim's Chapel
- Maundy Thursday Service—
March 29 at 7:00 pm
- Good Friday Ecumenical Service —
March 30 at noon at Christ Episcopal Church
- Good Friday Liturgy—March 30 at 7:00 pm
- Easter Vigil — March 31 at 7:00 pm

Easter Sunday Services • April 1, 2018

- Ecumenical Service at 6:30 am
at Mt. Hebron Cemetery
- Services at 7:30 am, 9:00 am , and 11:15 am
in the Sanctuary



Finance News

Monthly Financial Report

Budget Performance

A strong December 2017 had a very positive effect on our first month of 2018. We received about \$15,600 of 2018 paid-in-full pledges in late December that we were able to carry over into January 2018. We also received some after year-end payments on 2017 pledges that we had to count in January 2018.

The January budget called for revenues to exceed expenses by about \$10,500. With the prepaid 2018 pledges from December and the late 2017 pledge money, we ended the month with actual revenues exceeding actual expenses by over \$28,000. In short, a GREAT month – but mostly due to the year-end timing of exceptional pledge gifts. The detail table below shows actual in comparison to budget.

Year-to-Date through January 2018	Actual	Budget	Difference
Revenues			
Pledged	\$48,402.63	\$35,000.00	\$13,402.63
Unpledged	\$2,595.00	\$3,000.00	(\$405.00)
All Other	\$10,557.07	\$8,430.00	\$2,127.07
Total	\$61,554.70	\$46,430.00	\$15,124.70
Expenses			
Personnel	\$28,375.89	\$28,847.51	(\$471.62)
Utilities	\$2,536.54	\$3,050.00	(\$513.46)
Property/Maintenance	\$487.82	\$1,460.00	(\$972.18)
Office	\$1,407.75	\$1,665.00	(\$257.25)
Christian Education	\$0.00	\$323.00	(\$323.00)
Music	\$338.35	\$300.00	\$38.35
Worship	\$0.00	\$0.00	\$0.00
Stewardship	\$0.00	\$0.00	\$0.00
Outreach	\$0.00	\$0.00	\$0.00
Pastoral Care	\$0.00	\$0.00	\$0.00
Parish Life	\$0.00	\$80.00	(\$80.00)
Communications	\$33.23	\$140.00	(\$106.77)
Total	\$33,179.58	\$35,865.51	(\$2,685.93)
Net Total			
Net Total	\$28,375.12	\$10,564.49	\$17,810.63

Annual Meeting Review: Balanced Budget for 2018

At the annual meeting in late January, the 2018 full budget was presented, showing a balanced budget where total expenses and total revenues are planned to be \$569,679 for the year.

Revenue drops from 2017 – It was explained that this was a drop of about \$35,000 from Actual Revenues received in 2017. The drop in revenue is due to the loss of some major pledge donors in 2017 (loss due to death, moving out of the area, or some other reason).

Expenses will be down in 2018 – We are not budgeted to have an assistant rector (the position Webster has explained in a previous Angelus is actually a “curate”) until mid-year, which means personnel expenses compared to 2017 will be down. This allows us to balance the budget for 2018.

Looking ahead to 2019 – It was pointed out that with a “full year” assistant rector/curate in 2019, we will need to increase total revenues from the 2018 level by \$30,000 or more (assuming cost of living raises and increases in health insurance costs in 2019). This \$30,000 increase is about 5% of the total budget.

Future Communication - We will be using many methods (Angelus articles, coffee hour postings and perhaps special meetings) to get the word out to the congregation that we face higher expenses in 2019. Fortunately, we knew about this potential 2019 revenue shortfall in January at the annual meeting and we have already started to communicate that an increase in revenue is needed for next year.

Impact our Future Through Planned Giving

As we continue our discussion on Planned Giving, the last article in the December 2017 Angelus discussed how you can support Christ Church’s mission through various bequests. There are a number of ways you can make a bequest to Christ Church. Below are a couple of examples for you to consider:

Gifts of Stocks and Bonds

Donating appreciated securities, including stocks or bonds, is an easy and tax-effective way for you to make a gift to Christ Church.

Gifts of Retirement Assets

Donating part or all of your unused retirement assets such as a gift from your IRA, 401(k), 403(b), pension or other tax-deferred plan is an excellent way to make a gift to Christ Church.

These are just a few examples of ways you can help support and continue the ministry at Christ Church. Please contact the rector, The Rev. Webster Gibson, if you have any questions about how to make a bequest or to request any additional information that might be helpful to you and your attorney and/or financial advisor as you consider making a bequest to the church.

If you have already included a bequest for Christ Church in your estate plan, please contact Webster to let him know. We would like to thank you and recognize you for your gift.

Outreach Committee News

Outreach Ministries Flourish

One of the main charges the Vestry gave to the Executive Outreach Committee is to find ways to improve communication about what our different outreach programs are doing, when they are doing them, and how people can get involved. As the committee has met and set up a timeline and process for meeting with the different outreach programs and establishing ways to get information out to the congregation, the committee has also found a pretty basic point of confusion, which continues to come back to committee members about the committee.

The Executive Committee is not replacing the leadership and structures of our outreach programs. As WATTS, Panda Pantry, Angel Tree, Salvation Army dinners, Winchester Rescue Mission dinners, and CCAP continue, and other new programs we might look to start are explored, the Executive Committee provides the hub of continuity and direction to make sure the programs remain healthy and vital. At our last meeting, we discussed what may be one of the biggest parts of our programs: to help each of us in the parish grow in our own relationships as we find ways to serve and witness the love of Christ in the world around us.

While some of our larger outreach programs are done for the year, others continue. Two of our ministries are very similar—the Salvation Army dinners and the Winchester Rescue Mission dinners. Kay and Bill Jones are the lead people for the long-standing Salvation Army dinner program, which has parishioners shopping, cooking, and serving dinner at the Salvation Army campus once a month. More parishioners have wanted to help with this ministry than are actually needed!

Recently, the Men's Fellowship group came to the Executive Committee about setting up a similar program with the Winchester Rescue Mission. Now, parishioners also cook dinner once monthly to be served to all comers at the Winchester Rescue Mission. This outreach is being led by Pat Kofalt and Marty Tabaka. While the two programs serve two **different** non-profit organizations, who meet different needs with these dinners, both dinner programs give our parishioners the opportunity to serve.

The Executive Committee makes sure programs like these two dinner programs have funding, do not conflict on the church calendar, and are understood by the parish. The committee also works with the program leadership on ways to measure how the congregation is participating in the programs, as well as navigating the challenging times of leadership transitions, as some members of our congregation continue to explore new and additional ways to serve. While we rejoice in having those parishioners who can always be counted on to pitch in, the Executive Committee recognizes that some people may not want to do the same thing for the rest of their lives!

Next month, we will report on Christ Church's work with WATTS (the Winchester Area Temporary Thermal Shelter) and we will continue to work with the leadership of outreach ministries on current, new, and future efforts. If you would like information about a specific ministry and how you can be involved, please talk with any member of the Executive Outreach Committee (Cheryl Crowell, Chris Ferguson, Katie Harvard, Pam Kennedy, Farley Massie, Linda Miles, Jim Taylor, and Jeremy Welts as chair) or call the Church Office (540-662-5843) for assistance.



Properties Committee News

New Porch Coming Soon

Last September, the Properties Committee requested bids from local contractors on the porch project for the Old Rectory. Plans were drawn up by Andrew Boyd, architect, in 2016-17, to replace the crumbling, unsafe and unsightly staircases. Bill Pifer took the plans to the Board of Architectural Review for their critique, and with a minor suggestion, the plans were approved.

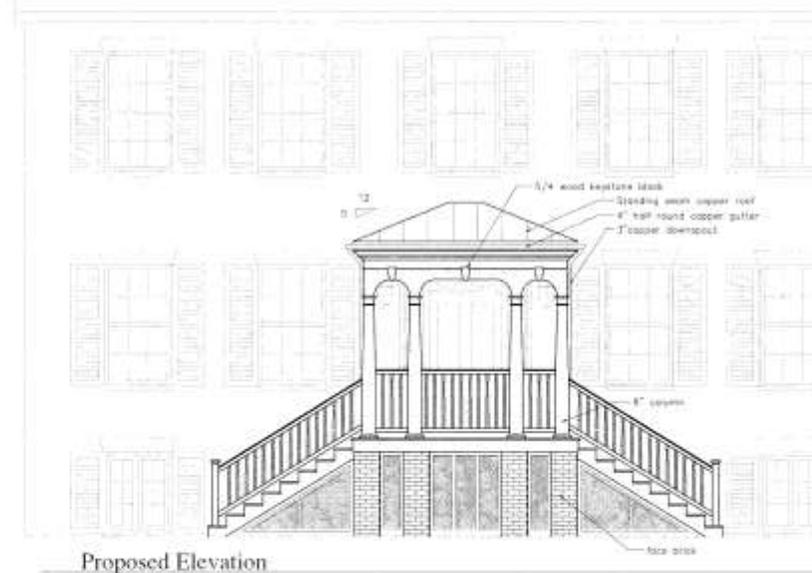
After reviewing the four bids which were submitted, the Properties Committee has awarded the project to Carroll Construction and they are very excited to be a part of this historical building project! Work will begin at the end of March and is expected to take four weeks to complete. We know many of you are as excited about this project as we are! It will bring a beautiful new look to the front of the Old Rectory with a covered porch and double straight staircases going down to the sidewalk, reminiscent of the 1930s porch pictured below.

We know it has been an inconvenience not having access to the building via the front door, but by the end of April, you will be able to use the front door to the Old Rectory again!

Old Rectory today



Drawing for the project



Old Rectory c. 1930



Parish News

End of Life Workshop at Christ Church



Please join us on Saturday, March 10, from 10:00 am until noon for a workshop to learn about and discuss ways that we can prepare ourselves and our families for end of life issues. When we held this workshop in 2015, the feedback we received included, “Our adult children need to be here with us to learn about this stuff.” As we set up the workshop, we hope you will ask family members to attend with you.

Some of our guest speakers include a funeral director from Omph Funeral Home to discuss what funeral homes, in general, offer in funeral planning. We will also have local attorney, William A. Truban, Jr. of the firm Owen and Truban, PLC, to talk about estates and wills. Dr. Shannon Dodd, who is an internist at the hospital, will speak about hospital care and medical care at the end of life. Our parish nurses, Helen Zearth and Rosalie Lewis, will discuss resources in the community for end of life, and Webster will answer end of life questions involving the church.

The workshop will conclude with a light lunch at noon. To ensure we have information packets for everyone, please let Helen Zearth or Rosalie Lewis know if you will attend by calling them at the Church Office (540-662-5843, Ext. 3).

From the Christ Church Flower Guild

As you sit in church this Easter, take a look at the beautiful flowers in the windows and on the altar. Thanks to all of you who donate to the flower fund! Without you, these beautiful arrangements would not be possible. And, without the Flower Guild these arrangements would not be possible.

The Christ Church Flower Guild is a group of dedicated ladies who love working with flowers. They range from fledgling to very experienced flower arrangers. They all work together and learn from each other. They even have workshops where they learn new ideas and put them into practice. It’s a fun and beautiful ministry!

If you have never worked with flowers but have always dreamed of doing so, please join the Flower Guild. If you are experienced and want to put your skills to good use, please join! We are open to all!

Please contact Katie Harvard at klhwsh@yahoo.com or 757-999-3816.

If you would like to make a donation in thanksgiving for or in memory of someone to help the Flower Guild adorn our Easter altar, please take an envelope from one of the tables in the rear of the Sanctuary, complete it, and include your check made payable to Christ Church with “Easter Flowers” in the memo line. Minimum donation for thanksgiving or remembrance will be \$12. You may put the envelope in the offering plate or bring it to the Church Office. All envelopes must be received by Monday, March 19. Please note that this is a donation to the Flower Guild, not the purchase of a plant.



Parish News

Spring at the Treasure Box

The Treasure Box is stocked for spring, even if winter hangs on in March! Please stop in to shop men's and ladies' apparel, clothes, toys, books, housewares and more.

Begun in November 1959, the Treasure Box is Winchester's oldest thrift shop. Our mission is to provide quality merchandise from donations at affordable prices. Please stop in to donate, shop, or visit! Proceeds support local ministries.



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

Women's Lunch Group



The Women's Lunch Group meets on the first and third Thursdays of each month (March 1 and 15 this month) at 11:30 am at the Firefly Café and Bakery (3035 Valley Ave.). The food is excellent, the conversations are lively, and there is much laughter—everyone is welcome! No RSVP is necessary.

CCAP Collection Items for March

CCAP continues to request donations of feminine hygiene products. Additionally, as the warm weather approaches, many CCAP clients are living outdoors. CCAP asks us to donate **DEEP WOODS OFF and bug repellent products.**

CCAP will be giving **Easter Baskets** to area children on March 24. They will be collecting cellophane/plastic wrapped filled baskets until March 24 for distribution. Won't you help with this need? Get together with neighbors or friends to donate an Easter Basket for the kids. CCAP thanks you for your love and contributions!

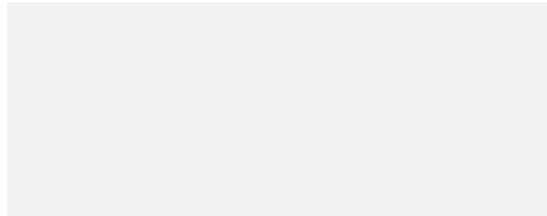
CCAP (Congregational Community Action Project) is a ministry of 46 worshipping communities in Winchester and Frederick County that have come together to support our neighbors in need with financial, material, and other assistance. There is a bookshelf in the foyer of the Parish Hall marked CCAP. Please leave items there and thank you for your generosity! Contact Jim Taylor (703-403-5264) with any questions.





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

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Parish Nurse Musings



February was Heart and Stroke Awareness Month. Please do everything you can to keep yourself healthy! Heart disease deaths claim 1 in 4 persons. There are many things you can do to prevent heart attacks including: Watch your weight, eat properly, watch your cholesterol, exercise regularly and reduce your stress. In order to reduce stress, keep your resolutions simple, tangible, obvious, and believe you can attain the results of the resolution! Write your goals down and plan what you will do on a weekly basis. Never plan to do more than five items a day! Only one item should take more than one hour. The other four should be short and achievable in less than an hour. Keep a journal so you can see your progress and be proud of your accomplishments.

See you in church!

Your Parish Nurses – Rosalie & Helen

www.CHRISTCHURCHWINCHESTER.org