

# THE ANGELUS

Volume 64 Number 5

Christ Episcopal Church • Winchester, Virginia

January 2014

## Prayer for the New Year

**Prayer of self-dedication:** Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be entirely yours, utterly dedicated to you; and then use us, we pray, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. Amen. (Book of Common Prayer, page 832)

Dear People of Christ Church,

You and I know the tradition of those New Year's resolutions. The spectrum of resolutions is as broad as the human condition itself – from health, to wealth, to time management, to family and friends, to life in general. And, while I often fail to follow through on those resolutions, one thing I gain as I reflect on the resolutions is an insight to myself and where my angst in my life can be found. After all, the resolution itself is often simply admitting what part of life needs to be “fixed.”

It's ironic how often we fail to keep our resolutions. Even if the resolution is a good one, it requires a change. That change may perhaps be an old habit, or adjusting to take on something new. Either way, it is still a change. The challenge, of course, with change is it can also be uncomfortable. I have heard that the best way to break a habit or begin a new habit is to do it for a length of time such as six weeks. The more you do it, the easier it becomes. So at the end of that time, it is simply engrained into daily life.

At the same time, there is another struggle with change. As I read from a recent article on change, the writer remarked that there is no such thing as a dysfunctional system. He pointed out that, whether the system is healthy or not, those living within the system have a certain level of comfort which has allowed that system to come into place. If there was no comfort, then people would change the system to make it comfortable.

The Christian life of discipleship is about establishing habits. Discipleship calls us to order our lives with God at our center. That includes our participation in the life and worship of the community as individuals and families. That includes how we witness the love of Christ in how we conduct our relationships with neighbors, people at work and in service to the world around us. It is representing Christ to the world, modeling our “holy habits” out of the witness God reveals in Jesus. (By the way, I did not invent the phrase “holy habits.” See the works of Jeremy Taylor as an example.)

*Continued on p. 2*

### Contents

1	Rector's Message	9	Birthdays & Anniversaries
2	Rector's Message , Cont.	10	Outreach
3	Assistant Rector's Message	11	Outreach
4	Christian Formation/Music	12	Finance Committee News
5	Christian Formation	13	Stewardship
6	Vestry News	14	Parish News
7	Properties Update	15	Parish News
8	Calendars	16	Nurse's Musings

## Rector's Message

So, as you and I engage the New Year, perhaps a place to begin the conversation is with the prayer of self-dedication. Breaking and establishing life-changing habits is not an easy task. I figure we need as much help as possible to keep resolutions, particularly when we resolve to change parts of our lives where we are too comfortable to want really want to change. I also find that change requires asking for directions (a male problem, I have heard), and who better to seek direction from than God? In the praying process, we may find ourselves not only keeping a resolution, but also finding our resolve to be shaping our faith so we are "*entirely [God's], utterly dedicated to [God].*"

May your new year be blessed by the grace of our Lord, Jesus Christ.

Faithfully,



The Rev. Webster Gibson, Rector

### *Celebration of the Feast of the Epiphany with Christ Episcopal Church and Grace Lutheran Church Monday, January 6<sup>th</sup> at 7:00 pm*

The Feast of the Epiphany, celebrated on January 6<sup>th</sup>, is often overlooked by the church. This is the day which marks the arrival of the Magi at the manger and the presentation of their gifts. Christ Church and Grace Church have a long tradition of gathering together to celebrate this event. This year, Christ Church will host the service and The Rev. Martha Sims from Grace Church will be preaching. It is a wonderful ecumenical witness to the greater community of Winchester as our two congregations join together once again to hear of the Magi, the gifts and the child, as well as share in the communion. All ages are welcome and please be sure to invite friends and neighbors.

## From the Assistant Rector

Dear Friends in Christ,

The season of Epiphany, meaning “to show forth, manifestation, appearance, revelation,” commemorates the visit of the Magi, the wise ones who traveled to worship the Christ child in Bethlehem and who represent all the nations of the world. This year, Christ Church will host our annual joint celebration of the Feast of Epiphany with Grace Lutheran on January 6<sup>th</sup> at 7:00 pm. It is a special time for our congregations to gather together and celebrate the light of the world and our common journey as the people of God in this community, as reflections of the very light that came as a baby to dwell among us.



One of the traditional ways to mark Epiphany is to ask God’s blessing upon our homes. During this time, it is appropriate to invite the clergy into your home to bless it. Our Book of Occasional Services includes this beautiful blessing: “May Almighty God, who led the Wise Men by the shining of a star to find the Christ, the Light from Light, lead you also in your pilgrimage, to find the Lord. May God, who sent the Holy Spirit to rest upon the Only-begotten at his baptism in the Jordan River, pour out that Spirit on you who have come to the waters of new birth. May God, by the power that turned water into wine at the wedding feast at Cana, transform your lives and make glad your hearts.”

Another tradition, known as Chalking the Door, is a way individuals or families can ask God’s blessing upon their house that will leave a visible reminder for months to come. The markings include letters, numbers, and crosses in a pattern like this: 20<sup>+</sup>C<sup>+</sup>M<sup>+</sup>B<sup>+</sup>14; the numbers correspond to the calendar year; the crosses stand for Christ; and the letters have a two-fold significance: C, M, and B are the initials for the traditional names of the magi (Caspar, Melchior, and Balthasar), but they are also an abbreviation of the Latin blessing *Christus mansionem benedict*, which means, “May Christ bless this house.” A brief liturgy for chalking the lintel and chalk will be available on Sunday, January 5<sup>th</sup> and at the Epiphany service Monday, January 6<sup>th</sup>.

The Magi, who journeyed a great distance to recognize the birth of a foreign king, recognized the blessings of peace that this king’s appearance signified. Their gifts and obeisance to the new king implied their acceptance of his peaceful reign. As we reenact the Magi’s blessing, we acknowledge that Christ’s entrance into the world makes our homes places of peace.

The stories we read during the season of Epiphany reveal the Jesus we know – God’s son, miracle maker, teacher, healer, and prophet. And as the Magi journeyed to greet the newborn Christ and then went on their way, we too are called to welcome Christ into our hearts and homes and enter into the journey again of following Christ as he is revealed throughout this season.

In the season after the Feast of the Epiphany, we share the good news that Jesus is the savior for all people, that God’s love is for every person and for all of creation!

How will Christ be revealed to you in 2014?

Blessings,

A handwritten signature in cursive script that reads "Bridget".

The Rev. Bridget Coffey, Assistant Rector

## Christian Formation

### Sunday School News

Happy New Year! Sunday School classes resume on January 5<sup>th</sup>. Younger classes begin their Epiphany lessons with a visit from the Magi! Besides learning that their visit confirms that God's love and grace are available to all, we will be reminded of the gifts they offered to the Christ Child and begin to consider the gifts we can offer. They will show us their gifts of gold, frankincense, myrrh, and leave us with a small gift of chocolate.

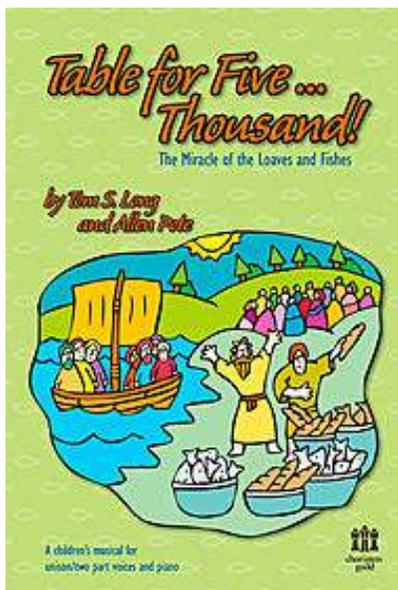
Also on January 5<sup>th</sup>, our nursery resumes its schedule during the 10:30 service and Children's Chapel will meet at 10:30 am. The group from Children's Chapel will join their parents in the Sanctuary at the Peace.

### Winter Youth Retreat

Plan now to attend the Winter Youth Retreat—February 14-16, 2014 at Shenandoah River National Park. It's fun, food, fellowship for youth in grades 6-12. Contact Bridget (bcoffey@christchurchwinchester.org) to register by January 15th. The cost will be \$25. Checks should be made payable to Christ Church with Youth Retreat in the memo line.



### Music Notes



**Cantamus and Alleluia Singers** will present a concert/semi-staged version of the musical, "Table for Five Thousand! The Miracle of the Loaves and Fishes," on **Sunday, January 26, at 4:30 pm**, in the Sanctuary. This musical, by Tom S. Long and Allen Pote, is based on the New Testament gospel stories about Jesus feeding the five thousand. In the musical, a young boy learns that even the smallest and humblest among us can do great things with God's help! Please join us as our youth and children inspire us, through music, to serve others. In case of wintry weather, our performance date will be Sunday, February 2, at 4:30 pm.

**January is always a time for resolutions!** Why not make yours a resolution to join our adult bell choir, **Gloria Ringers**? We meet on Thursdays at 7:00 pm in the bell rehearsal room. Even though being able to read music is helpful, it is not necessary. Contact Sue Correll, director, for more information (703-395-4923 or sueellen.correll@gmail.com).

**"Alleluia Ringers"** is the official new name of our youth bell choir (for 2<sup>nd</sup>—8<sup>th</sup> graders). We are now accepting new members! Rehearsals are Sundays 5:00-5:45 pm. New members are also being accepted in **Alleluia Singers** (for 2<sup>nd</sup>—8<sup>th</sup> graders) and **Cantamus** (for girls in grades 6-12). Alleluia Singers rehearse Sundays mornings, 8:45-9:25 am, in the Children's Chapel. Cantamus rehearses on Sundays, 5:45-6:00 pm. Contact Sue Correll, director, for more information.

# Christian Formation and Music

## Adult Christian Formation

### **John Dominic Crossan's The Challenge of Jesus**

(Meeting in the Tilford Room)

We continue this series of short DVD presentations by Crossan followed by discussions. The facilitated discussions offer the opportunity to learn about Jesus in the “Matrix” of his time. Thanks to our facilitators: David Bicking, Tom Ellington, Deidra Kriewald, and Michael Mohn.

### **Conversations as we share Coffee - considered to be “the 3<sup>rd</sup> Sacrament” of the Episcopal Church**

(Meeting in the Parlors)

We have discussed all kinds of questions people have of Christ Church, the Episcopal Church, or Christianity in general. One and all are invited to join with clergy, newcomers, or people who would like a cup of coffee and some conversation to learn more about our faith. While answers to people’s questions are not guaranteed, the conversation and coffee will hopefully be a start to considering the questions.

## Table Manners for Kids

On Saturday, January 18th, from 9:00 am - 10:00 am, the clergy will have a class for young children (toddler on up) called “Table Manners.” When children come to the rail on Sundays, 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—their “table manners.” The clergy will spend this hour talking with the children about the Eucharist, teaching the children how to approach the rail, and explaining to 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 gather in the Tilford Room at 9:00 am to begin working on our “Table Manners.” Please join us!

The Men's Fellowship Group will meet at 7:00 pm on Thursday, January 9th, in the Tilford Room. We will see a presentation by our friends from Preservation of Historic Winchester (or PHW, as they are more commonly known). Our speaker will be Sandra Bosley and she will focus on all the work PHW does in the city to preserve our historic structures. All are welcome to attend and refreshments will be served!

## Vestry

Vestry elections will happen soon now— in March 2014. To help all get ready for the parish meeting and vestry elections, it's a good idea to highlight some of the things a vestry does, especially the vestry's basic duties.

The Constitutions and Canons of the National Episcopal Church and the Diocese of Virginia provide the detail on how a vestry is composed and what it does. You can find these documents on the Internet at the Diocese of Virginia's website, [thediocese.net](http://thediocese.net), under Resources/Governance. Some of the major responsibilities are as follows:

The first two responsibilities of a vestry are to maintain the finances of the parish and to maintain the parish buildings. In the case of Christ Church, this means the Vestry oversees the intake and disbursement of all funds for the parish. It also oversees the upkeep of the five buildings within the Christ Church complex. This does not mean the twelve members of the Vestry count the collection or sweep the floors each week. (The Vestry will, of course, if needed!) Because the Vestry ascribes to St. Paul's description of the Church as one body with many members (1 Corinthians 12), it welcomes the assistance of parish members with their particular ministries.

The Diocesan Canons further explain the responsibilities of a vestry to include: "Each Vestry member shall support the programs of the Church through a commitment to service and biblically-based standard of proportional giving. Each vestry member shall also continuously encourage the members of the congregation to support the programs of the Church and to give generously towards the support of those programs; and each Vestry member shall extend personally a hearty welcome to newly baptized, confirmed, received, or transferred members of the congregation."

This brings us to the final responsibility of a vestry, which is to choose individuals to fill various leadership positions within the parish. This would include committees, diocesan convention delegates, the rector and other individuals as are necessary to help run the parish.

The Vestry at Christ Church meets on the 2<sup>nd</sup> Tuesday of each month at 7:00 pm. All of the committees of Christ Church fall under the responsibility of the Vestry. While the members of the Vestry normally do not chair committees, the Vestry usually has a member of the Vestry on each committee to serve as a liaison between the Vestry and its committees.

Your Vestry was elected to serve the parish and its congregation. It functions best when it hears from the congregation on a regular basis. If you have questions, comments, or just want to talk, seek out a member of the Vestry to find out more about what is happening at Christ Church. Members of the Christ Church Vestry are listed on the website: [christchurchwinchester.org](http://christchurchwinchester.org).

### Highlights from December Vestry Meeting

- Vestry set the date of February 9, 2014 for the Annual Meeting in Tilford Room at 9:15 am. Members of the Nominations Committee for Vestry elections are David Wingenschach, Pete Gronauer, Leslie Harper and Marty Tabaka.
- Vestry approved a recommendation from the Properties Committee to have Doug Thomas solicit bids from local companies for the interior work to the Smith Building. Vestry also agreed with the Properties Committee that the main exterior work to the building will have to wait until spring.

*Continued ...*

## Properties Committee

### Smith Building Update

On Sunday, December 8th, the Properties Committee met and got an update from Doug Thomas on the proposal from Shockey for work to repair the Smith Building and an invoice of their work to date.

The committee agreed to forward to the Vestry our recommendation to pay the invoice of \$4,567 of work to date to stabilize the building and make it safe for continued use. The committee then reviewed the detailed proposal from Shockey to complete the inside work of the addition of added wall supports, electrical, drywall, etc. to complete all inside work to get our staff back in their offices. Included will be the placement of 12" plates with threaded rod to hold, not compress, the wall until the re-pointing of the exterior brick wall (outside work) can be completed. We think the cost for this work will be in the \$10,000-15,000 range.

Doug Thomas was given the go-ahead by the committee to put together a verbal description and map on the construction work needed so Christ Church can get bids for the work from multiple contractors as soon as possible.

The Properties Committee has met two additional times in the past month due to the urgency of this project!

The Vestry met Sunday, December 15th, and approved for payment the invoice from Shockey in the amount of \$4,567, and gave approval to move forward on the bidding process.

Respectfully,

Sandy White, Junior Warden

*Christ Church in the snow*

### Vestry Highlights, Continued

- Vestry approved the Finance Committee's recommendation to pay the invoice from Shockey for their emergency work to stabilize the Smith Building roof. Vestry and Finance Committee will await bids to determine actions for funding the next phase as they do not know the costs for the phases.
- Vestry reviewed its vote by proxy which approved the Outreach Committee's recommendation for \$2,500 for Christ Church to fund the digging of a well through Episcopal Relief Development. Our gift was doubled thanks to a generous matching grant that ERD had available to it in December.



## Calendar and Upcoming Events

### Church Services

#### Sunday

Holy Communion Rite I 8:00 am  
Holy Communion Rite II 10:30 am

#### Wednesday

12:00 pm Pilgrim's Chapel  
(Healing Service 3rd Wed)

#### Second Monday

6:30 pm Special Needs—Sanctuary

#### Weekdays

7:30 am Morning Prayer Pilgrim's Chapel

### January

- 4 Musical Rehearsal at 1:00 pm
- 6 Epiphany Service at 7:00 pm
- 9 Men's Fellowship Meeting at 7:00 pm
- 11 DR Mission Workshop at 4:00 pm
- 12 WATTS organizational meeting at Noon
- 13 Special Needs Service at 6:30 pm
- 18 Table Manners for Children at 9:00 am
- 22 Salvation Army dinner at 5:00 pm
- 23 WATTS Bingo Night at 7600 pm
- 26 Musical—*Table for 5000* at 4:30 pm

### Committee & Group Meetings

Adult Hand Bell Choir	Thurs: 7:00 pm
Adult Choir Rehearsal	Wed: 7:00 pm
Adult Forum	Sun: 9:30 am
Alleluia Singers	Sun: 8:45 am
Knit Unto Others	3rd Tues: 2:00 pm
Liturgical Bible Study	Wed: 10:30 am
Men's Fellowship	2nd Thurs: 7:00 pm
Outreach Committee	4th Tues: 7:00 pm
Properties Committee	3rd Tues: 7:00 pm
Treasure Box	Wed & Fri: 10 am-4 pm
Vestry	2nd Tues: 7:00 pm
Women's Bible Studies	Tues: 10:45 - Noon Wed: 6:15 pm - 7:30 pm
Youth Group	Sun: 6:00-7:30 pm
Youth Handbells	Sun: 5:00 pm

#### *Children's Chapel*

Join us on the 2nd floor of the Parish Hall from 10:30 am until the Peace. We welcome children ages 3-7. No registration is required. The service is child-sized and allows our young parishioners to explore the same Gospel we hear in the Sanctuary but with more opportunity to wiggle and talk! Our Children's Chapel leaders always welcome an extra pair of hands if you would like to join them!

#### *Nursery*

Our nursery is open from 10:15 am through the end of the 10:30 am service to serve infants and children up to age 3.

***The Rector's day off is Friday.  
The Assistant Rector's day off is Monday.***

## January Birthdays

- 1 Olivia Adams, Steve Martin,  
Anissa Strosnider
- 2 Nancy Davis, Chelsea Trant
- 3 Jim Griffin, Sara Major, Eleanor Witty
- 4 Neile Martin
- 5 Ben Sheppard, Sam Wise
- 7 Alexandra Barton
- 9 Owen Turnbull
- 10 Chris Northrup
- 11 Phyllis Fraser, Caroline Lawson,  
William Wiley, Susan Ross
- 12 Sam Leinbach, Jr.
- 13 Thomas Ellington, Jim Petrie,  
Stephen Pettit
- 14 James Elster
- 15 Bunny Benham, III, Amy Whipkey
- 16 Claire Lewis, Bryant Miles, Betsy Young
- 18 John DeBergh, Pam Lamborne,  
Nathaniel Goodman
- 23 Joseph (Clay) Morris
- 24 Margaret Arthur, Katie Steadman,  
Helen Zebarth
- 25 Robert Bronson, Josephine Burns
- 26 John Menge, Christopher Northrup,  
Ned Stock, Sebastian Barrett
- 27 Cassie Carroll, JoAnn Larsen,  
Emmalene Morris, Jonathan Sheppard
- 28 Roger Lamborne
- 31 Hunter Gaunt, Jr., Jazmine Pellot,  
Kim Gronauer



## Wedding Anniversaries

- 1 Wayne & Pam McKinley
- 16 Robert & Edna Chase
- 17 John & Janet Waller
- 29 Ron & Koy Mislowsky



The Treasure Box is open on Wednesdays and Fridays from 10:00 am until 4:00 pm. It is located in the Smith Building. Stop by and find a treasure of your own for the new year!

### 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.**

## Outreach

### Dominican Republic Missions Workshop and Dinner

Christ Church is hosting a Dominican Republic Missions workshop on Saturday, January 11th at 4:00 pm. We are fortunate to have Dr. Richard Taft, who leads medical mission trips to the Dominican Republic for the Diocese of East Carolina, as our speaker. He will discuss ways to set up mission trips, focusing especially on medical trips. Christ Church is looking at doing a medical trip in January/February 2015 and anyone interested in learning more is welcome to come. Rebecca Gibson and Rosa Gibson will also speak about Bible School trips.

Even if you do not want to come for the workshop, please join us at 5:30 pm for a Dominican-style dinner to help us get in the spirit of what we will eat on the trips! Donations can be made to support Christ Church's missions. So come and join the fellowship and greet our guest speaker as we explore our call to mission in the Dominican Republic. (By the way, the food in the Dominican Republic is delicious!)

If you have questions or would like to help, please feel free to contact Webster at the office (540-662-5843).

### Get ready for WATTS

There will be a **WATTS organizational meeting** on Sunday, January 12, 2014 from Noon to 1:00 pm in the Commons area above the Tilford Room. WATTS is a program conducted by congregations in Frederick and Clarke Counties and Winchester to provide warm, safe shelter and nourishment to homeless members of our community during the winter months. WATTS has been very successful and is now in its fifth year. During this time, WATTS has grown from eight to 18 host congregations, which significantly increases support to the most vulnerable members of our local homeless community. Christ Church hosts WATTS this winter February 10 - 17, 2014 and volunteers are needed to help in-process guests, prepare, serve and clean up meals, set up and clean up facilities, provide needed hygienic and cold weather supplies and to provide fellowship to our guests. Thanks to all who've helped host WATTS in the past; please consider helping again this season! If you've never participated in WATTS, this is a good time to start. At the January 12<sup>th</sup> meeting, we'll provide a short overview of the Christ Church role in WATTS, identify specific tasks, and begin our organizational planning for the upcoming season. We look forward to seeing you on January 12<sup>th</sup>.

**Christ Church WATTS/Homeless Outreach Ministry Bingo Night** will be Thursday, January 23, 2014 from 6:00 pm to 7:30 pm. Bring your family and friends to the Third Annual Secret Bingo Night in the Christ Church Parish Hall! This is a family event and will end at 7:30 pm to allow time for children to do their homework and get a full night's rest. Nick Nerangis will be the bingo caller again – so be prepared for a very entertaining evening. Admission is free but there will be free-will donation basket at the door. All proceeds will go toward the Christ Church Homeless Outreach program – also known as the Winchester Area Temporary Thermal Shelter (WATTS). Pizza slices, soft drinks, and baked goods will be on sale so come hungry. Also, anyone wishing to donate a small gift as a bingo prize should leave it on the table in the Tilford Room that is marked for Secret Bingo Gift donations.

For information about the WATTS program, please contact Pat Kofalt ([patkofalt@gmail.com](mailto:patkofalt@gmail.com)/540-722-0429) or Chris Ferguson ([cferguson@zwickerc.com](mailto:cferguson@zwickerc.com)/978-360-4501).

## Outreach

### Angel Giving Tree 2013

The words “thank you” do not adequately convey the gratitude that Ann and I feel for the congregation of Christ Church as we tackled the project of the Salvation Army’s Angel Tree gift-giving for our first time. I must say a huge thank you to Joyce Casey and to Sally Megeath, who over the past several years, have set the system up so well and were so helpful to us this year. We so much appreciate the support of the families of Christ Church who eagerly chose all 130 angels off the decorated trees following the services on November 17th and 24th. Most impressive was the effort put forth to bring in your gifts for the children as God decorated Winchester in a white blanket of snow on Sunday morning. That beautiful snow made it impossible for us to deliver all the gifts to the Salvation Army on that Sunday, so we finished up later with additional trips. Our thank yous continue to members of Christ Church who shared their vehicles and muscle to get the final gifts delivered on Wednesday, December 11th. Thank you to everyone for your flexibility and your generosity sharing in Christian outreach at Christmas time and throughout the year!

*Jim Taylor*

### January CCAP Collection

Many thanks from the Outreach Committee for your generous donations in December. The foyer of the Tilford room sure smelled fresh and clean with all of the laundry detergent donations!

CCAP's food pantry is vital to its clients, but it's also important for CCAP to be well-stocked with the basic daily necessities for these individuals and families who count on CCAP for support. One of the items that CCAP needs to have available is SHAMPOO. Let's collect as many bottles of SHAMPOO (any size) as we can for CCAP in January.

Please place any donated items on the big bench in the foyer of the Tilford room, or feel free to find Ann McQuinn (540-327-8700) or Ann Taylor (703-662-7059) at coffee hour and they will be happy to receive any donations. Please visit [www.ccapwinc.org](http://www.ccapwinc.org) for more information about CCAP. Thank you!

### Backpack Ministry Volunteers Needed!

We will begin this new ministry as school resumes in January. Please contact Bridget if you can help!



**Save the Date!**

**April 26, 2014 will be the day  
we come together to prepare  
meals for the hungry.**

## From the Finance Committee

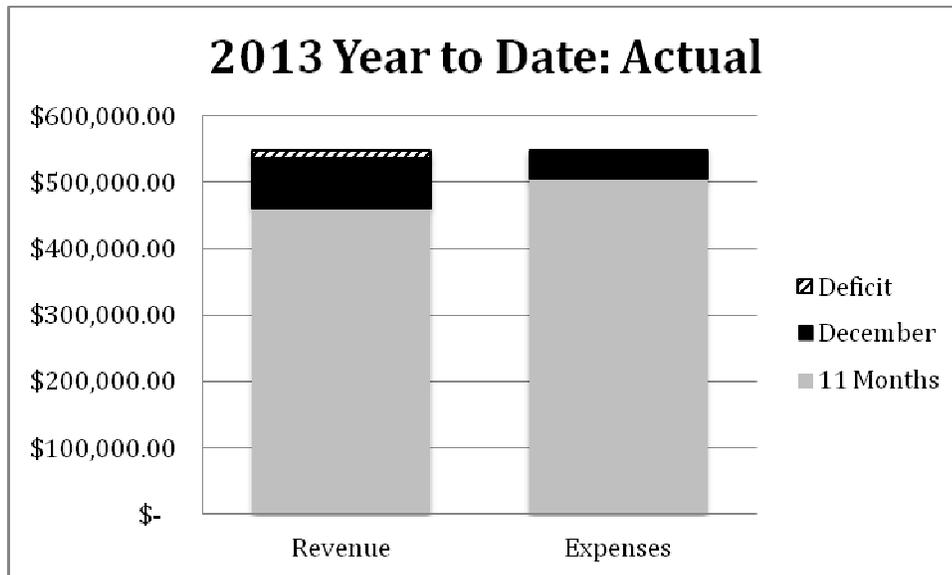
**DID WE MAKE IT?** By the time this Angelus gets to you, the year will have ended and we will know if revenues in December have met our goal and we made our budget for 2013.

### **Current Update through November of 2013:**

The table shows that expected revenues in December of \$73,500 should far exceed expenses of \$42,648.

Historically, we receive a large amount of revenue in December, and we certainly hope that we end 2013 with a very strong December. Year to date, as expected, expenses have exceeded revenues. A strong December will greatly help bring revenues back to level with expenses for the year.

Some of you like to see the data visually and the same data from the table above is shown in the graph below:



### **2014 Budget**

At the time of writing this article (December 23rd, 2013), we had received 157 pledges for 2014, totaling \$469,720 for pledged revenue in 2014. The 157 pledges represent about 90% of the quantity of pledges we hope to receive.

Once the year 2013 ends and we have received all the pledges for 2014, we can finalize the 2014 budget. A good deal of work has been done on the budget, but we must wait until we have a final estimate of revenues before we make any last adjustments and balance expected expenses to expected revenues.

## Stewardship Update

As of December 23rd, we have received 157 pledges for 2014, totaling \$469,720. Our challenge this year was to look at our giving habits in a new light, to discern if we could raise our giving out of thanksgiving for what God has done in our own lives, to maintain and increase the mission and ministry of Christ Church.

I am happy to report that, to date, we have 64 pledges that are increased over their 2013 giving level, and 17 pledges that are first-time pledges to Christ Church.

If you have pledged and requested envelopes for 2014, they can be found on the bench at the rear of the Sanctuary with your name on them. Our 2013 experiment with the smaller envelopes is over and the traditional larger ones are back by popular demand. If you made a pledge and would like envelopes but did not check the box indicating that you wanted envelopes, please contact Theresa ([tseitz@christchurchwinchester.org](mailto:tseitz@christchurchwinchester.org)) or call the office at 662-5843. Theresa can also make arrangements to get your booklet to you if you cannot attend services.

If you haven't yet made a formal pledge for 2014, and have questions, please contact me, Webster, or one of the wardens.

*Marty Tabaka*

CHRIST EPISCOPAL CHURCH PLEDGE CARD FOR 2014	
<p> "Giving beyond our habits" I/we pledge to: pray regularly for the ministry of Christ Church, attend worship regularly, give to support God's work.</p>	My/Our pledge will be ( <i>please fill in one</i> ): \$ _____ Each week \$ _____ Each month \$ _____ for the year will be:
I/we would like to receive offering envelopes: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Name: _____	
Address: _____	
Contact Phone: _____	
E-mail Address: _____	
See Reverse Side	

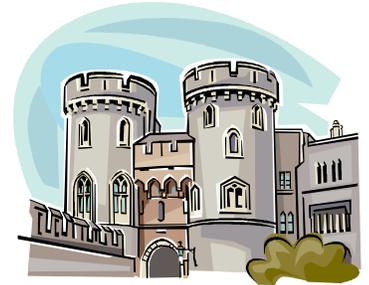
*2013 Year End Contribution Statements will be  
mailed by January 10, 2014.*

If you have questions about this financial information,  
please submit them by e-mail to Theresa Seitz at [tseitz@christchurchwinchester.org](mailto:tseitz@christchurchwinchester.org)

## Parish News

### Spring Pilgrimage 2014

The Christ Episcopal Church Spring Pilgrimage from Edinburgh, Scotland to Canterbury, England is still welcoming travelers! The focus for the journey is contained in the theme, "Finding the Sacred in Holy Places and Ancient Saints." The first week of the trip is centered in Edinburgh and Northumberland, the northern most territory in England where the spirits of very ancient Celtic and Roman Christian missionaries can still be felt by spiritually-aware modern pilgrims.



After Northumberland, the travelers will spend the second weekend in Oxford. The town is home of Oxford University, where several important 16<sup>th</sup> century Reformation "saints" were martyred. We will attend Sunday worship at the University Church of St. Mary the Virgin where Archbishop Thomas Cranmer was tried and convicted for the Protestant principles he wrote into the first Book of Common Prayer. After Oxford, we head south toward Salisbury where the Sarum liturgy was born and early Gothic architecture dominates the stunning 12<sup>th</sup> century cathedral. Finally, we end our journey traveling on Chaucer's pilgrim road to Canterbury Cathedral. As in the case of pilgrims for a thousand years, we will enter the gate and cross into Canterbury and to the mother cathedral of the Anglican family of Christians.

We will also visit Harry Potter's Hogwarts School in the Alnwick castle, other castles, a sacred island, well and springs, a haunted church, spend our nights in the ancestral homes of royal families and a 13<sup>th</sup> century coach inn, eat great Anglo food, attend sung Evensongs, ride on the Thames, view Stonehenge, and visit a theme park of a more contemporary type of "saint," the author Charles Dickens.

If you would like more information about the flights, transportation, inclusions, and costs please contact Jim (539-0000) or Diedra Kriewald at [dkriewal@gmail.com](mailto:dkriewal@gmail.com).



*Our Altar Guild did another beautiful job preparing the church for Christmas this year! Pictured are Pam DeBergh, Pam McKinley, Nancy Mitchell, and Barbara Laidlaw.*

## Parish News

### Thank You!

*We received these notes from our military members for whom we prepared holiday care packages:*

Dear members of Christ Episcopal Church,

Thank you all so much for sending the two boxes of goodies for me to share with my team here in Afghanistan. I received one box a couple days ago and the second box arrived today, Thanksgiving Day.

The goodies are awesome and the cards are absolutely amazing. I felt like I was right there as a member of your church. The cards from the Little River Elementary School in Chantilly were adorable.

What a blessing to know there are so many great folks like yourselves back home in Winchester, pulling for us over here. May God pour out His richest blessings upon each and every one of you.

Blessings,

*LTC Scott Lowdermilk*

Afghanistan Area Office OIC  
Bagram Airfield  
Middle East District  
U.S. Army Corps of Engineers



Dear Christ Church Outreach Committee,

I was so touched and honored to receive your wonderful cards and packages. It makes me feel very blessed to know that you have thought of me, and I would like to thank you from the very bottom of my heart. I have shared the many items in this package with my fellow Marines down here, and they send their deepest gratitude as well. The drawings that were sent from Michael and Mira are sitting on my desk and I get to see them every time I sit down to do some paperwork. Please be safe throughout the holiday season, and know that you are all in my thoughts as well. Thank you.

Respectfully,

*Joshua W. Waldie*

**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, Winchester, VA. Tel: 540-662-5843  
For weekly updates, please see *The Sunday Announcements* in the Bulletin or our website: [www.ChristChurchWinchester.org](http://www.ChristChurchWinchester.org).

## **Parish Nurse Musings**

I have been reading about “mindfulness” in several journals and thought I would share some of what I have learned. The practice of mindfulness is rooted in ancient traditions. It was originally used to ease suffering and cultivate compassion, according to the Mayo Clinic Health Letter. It is a way of learning to concentrate on one thing and retain control of our thought process. It is learning to be completely present in what you are doing. You set aside worries, expectations, and other thoughts and emotions to become aware of the moment. Here are five exercises to increase awareness:

1. Use your non-dominant hand to do an ordinary task.
2. When eating or drinking, just do that.
3. Use waiting in line to practice mindfulness by focusing on breathing.
4. Use gentle, loving hands to touch even inanimate objects.
5. When the telephone rings, take a deep breath or two before you answer. Practice deep breathing by inhaling through your nose with your mouth closed and breathe in slowly watching your abdomen expands; hold it for a few seconds. Then, exhale through the mouth slowly. Do this several times each day.

More next month!

Helen Zearth, Your Parish Nurse