

THE ANGELUS

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Christ Episcopal Church • Winchester, Virginia

May 2018

From the Rector

Dear People of Christ Church,

There has always been conversation in churches about having a newcomers' committee and how it should work. This is now seen to be too narrow a focus of responsibility as congregations have come to understand that welcoming must be done as a whole congregation, not by a small committee.

Over the summer, we at Christ Church are going to encourage the conversation with broader questions: How do we, as a congregation, welcome newcomers to make sure they are able to participate in our worship, be invited (by anyone at the service) for coffee hour, or helped to find where they need to go for anything from bathrooms to classrooms. Personal invitation and knowing someone is there to help are two of the best ways to make sure all have a positive and celebratory experience of worship and fellowship in the church.

A reason we need to do this is that there are assumptions we often make that lead us astray. Case in point: receiving communion. Any baptized Christian is welcome to come forward to receive communion. Those who are not baptized are welcome to come forward for a blessing. If people seem uncertain, please show them the instructions in the bulletin and invite them to come with you. They are also encouraged and welcome to talk to you or me about what Baptism means for us around communion and church life.

Another assumption is that people know how to receive Holy Communion. It's more complicated to someone unfamiliar than you might realize. In the Episcopal Church, people are invited to receive Holy Communion in "both kinds," which is a fancy way of saying both the bread and the wine. They do not have to, but they are welcome to if they wish. Wine can be received by sipping from the cup (with the recipient taking the base of the chalice to guide the cup to their mouth) or by intincting (dipping, please stand or have children stand if you cannot see in the cup).

Some recent questions have to do with people who cannot drink wine or have gluten. If you do not want to drink the wine, but wish to have some sacramental type contact with the wine, some options are: as the chalice is presented, simply touch the wafer to the outside of the chalice; or as the chalice is presented, hold the base while the chalicer says, "the blood of Christ, the cup of salvation," and then release the chalice; or cross your arms as the chalice goes by.

Gluten allergies are a reality in the community, and the gluten free wafers are brought by the clergy upon request. Some people have asked why the clergy hold the bowl out for the person to take the gluten free wafer rather than simply handing it to the person. It is simple – when the clergy are handing out wafers, we do not want the gluten on our hands to get on the gluten-free wafer. Some allergies are that sensitive, so we want to minimize risk.

So, we should not assume that everyone knows how we do things around Christ Church. There are also new realities in the community that we need to be aware of because we care about the people in and around our

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MAY 2018

From the Rector, Continued

parish. Hopefully, this makes you more aware so that, if you see a new face (they may or may not be new to the parish, but they are to you), and they seem uncertain about what to do at communion or at any other time before, during, or after the service, kindly ask if they have a question, or offer a gentle invitation to come up for communion *if they wish to*. Please do not assume people know what their options are.

Being a welcoming community to newcomers extends beyond a committee; the whole congregation must be engaged. It includes making sure people know to use our Book of Common Prayer, or our hymnal, or maybe pointing out the brochure in the pew which explains a good bit about the worship and the parish. Then, see if they want to join you to walk over to the parish hall after worship. This is not far off from how you would help greet friends and guests in your own home!

It is not a committee that welcomes, it is the parish. Thank you for your help in welcoming everyone to Christ Church – new people and people new to you alike.

Faithfully,



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

"Seeing the Face of God in Each Other"

A Workshop of the Committee on Race and Reconciliation of the Episcopal Diocese of Virginia

Dates: **Friday, May 11, 5:30 to 9:00 pm and Saturday, May 12, 9:00 am to 4:00 pm**

Location: Calvary Episcopal Church, Front Royal, Virginia

To Register:

<https://events.r20.constantcontact.com/register/eventReg oeidk=a07ef76l8ok81e12b2b&oseq=&c=&ch=>

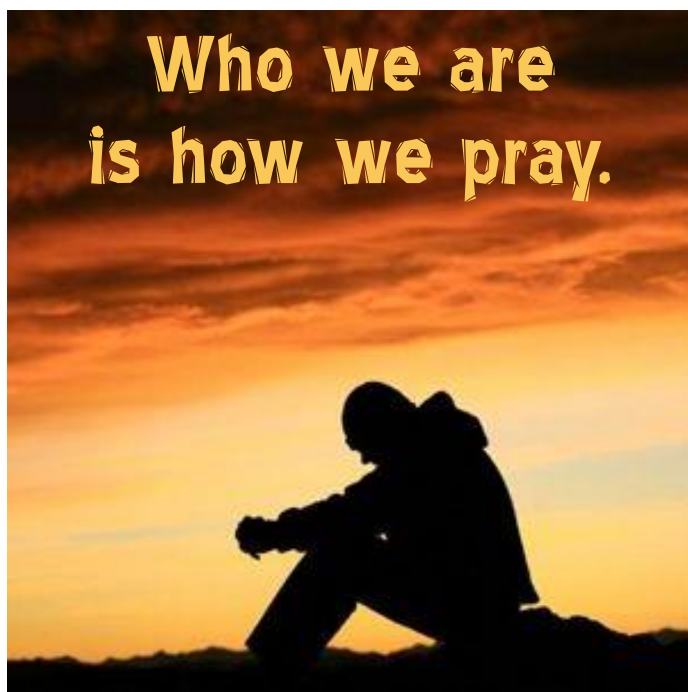
How can we, as Christians, move forward to dismantle racism and to overcome its painful effects, as we are called to do? "Seeing the Face of God in Each Other" is a workshop for people who want to learn more about racism and connect more meaningfully to brothers and sisters in Christ regardless of race or ethnicity. The workshop helps equip people to speak out effectively and to act effectively in these fraught times - and to build bridges based on our faith.

"Seeing the Face of God in Each Other" uses a curriculum created by the national Episcopal Church in response to the need for reconciliation and justice. It's a small investment of your time for a great return in learning, spiritual deepening, and preparation for advocacy.

The workshop costs \$25, which includes all materials as well as dinner Friday evening and breakfast and lunch on Saturday. To register, follow the link provided above. If you can't type all of that, please email Noelle at communications@christchurchwinchester and she will email you the link!

Parish Life

Parish Weekend at Shrine Mont



Parish Weekend at Shrine Mont

May 11-13, 2018
Orkney Springs, VA

We pray in worship. We pray at meals. We pray at bedtime. We pray before exams or for our favorite teams. We pray as adults. We pray as children and youth. We pray alone and we pray together. The weekend's challenge is to consider how we reflect who we are as disciples in our prayers. Using our *Book of Common Prayer*, prayers in our Sunday worship, prayers from other faith traditions, music, art, and even various ways we physically pray, we will explore who we are in how we pray, as we follow our Lord.

Our annual Parish Weekend at Shrine Mont will be May 11-13 — Mother's Day weekend. We are looking forward to this special time of fellowship.

If you have registered, please watch for additional details via email as the weekend draws closer. And, feel free to call the Church Office (540-662-5843) with any questions.

If you are not able to be with us for the whole parish weekend, but would like to join us for **Sunday morning worship** in the Cathedral Shrine of the Transfiguration, on Sunday, May 13, at 11:00 am. Be sure to arrive early.

While you're there, stay for lunch! This is the annual **Shrine Mont Mother's Day Lunch**, served "Southern style" in Tucker Dining Hall. The usual menu is fried chicken, lima beans, rice and gravy, biscuits, coleslaw, cucumber salad, a special Mother's Day dessert, iced tea and coffee. Contact Shrine Mont directly (540-856-2141) to make your lunch reservation. Be sure to mention that you are with Christ Church so they will put you with us in the dining hall! You'll pay Shrine Mont for lunch that day.



Worship

All Abilities Worship

As many of you may know, Christ Church hosts a worship service the second Monday evening of each month designed to be meaningful to people with intellectual and developmental disabilities, as well as to all individuals who enjoy celebrating worship in an uplifting format centered around the opportunity to be yourself. The monthly service provides a relaxed and informal atmosphere with the repetitive structure favored by the attendees. Each service includes a lesson through a story or brief narration, prayers, the celebration of birthdays, and a sharing of the peace. The highlight for many is that the service is filled with singing and music, accompanied by guitar, piano or drums, and includes rhythm instruments for all the participants, resulting in a most joyful and expressive sound of togetherness.

This worship opportunity is constantly evolving in an effort to meet our goal of offering a service relevant to all people and realizing everyone's wishes for worship and fellowship. So, as part of our efforts to more accurately capture the diversity of talents and strengths of all who participate, our service will now be referred to as All Abilities Worship (formerly known as the Special Needs Service). We continue to build on what has been going on for fourteen years at Christ Church and this more inclusive title focuses on our strengths and relates to everyone in our congregation and community! Each month, we are making connections as we are focusing on gathering in a manner that celebrates each individual in attendance.

Please join us the second Monday of each month at 6:30 pm in the Sanctuary. This experience of worship and joy will touch you in more ways than you can imagine. Worshiping with people of many backgrounds and ability levels may help you see an aspect of God in a whole new way!

If you have any questions about All Abilities Worship, please contact Martha Roberson (mwroberson@comcast.net) or speak with the clergy.



*A scene from the
2017 Christmas pageant*

Christian Formation

Sunday School News

The last Sunday of this year's Sunday School session and Children's Chapel will be May 20, Pentecost Sunday. We will finish the year with fun and refreshments. Be sure it's on your calendar!

Congratulations to our Preschool through grade 5 Sunday School classes whose Mite Box offering during Lent was again an extraordinary outreach! The children have funded projects through the Heifer Project. Well done!

Vacation Bible School: July 16-20, 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. Based on stories from Luke, Matthew, and Acts, kids will learn to depend on Jesus to anchor them through life's storms. Our program is from 9:00 am to noon each morning.

This is a **large scale children's outreach**. Together, with our neighbors at Grace Evangelical Lutheran Church, we make it one of our primary goals to reach out to the whole community. Remember, we include more than just the children of our two congregations. Let's include as many two year-olds through current 6th graders as we can – neighbors, visiting cousins, children of co-workers and anyone in between are all welcome.

Youth and adult members of the congregation: It's time to step out of your comfort zone! Our stewardship opportunities here are, as always, time, talent, and treasure. If you can't make a long-term commitment to help with programs, this is the perfect chance to be part of a week of mornings that will be an unforgettable experience for the 250+ children we serve each year. It really is fun and most of the children don't bite! We can use help for a couple of hours the week before the program starts, as well as on the mornings of VBS. Teachers and helpers are not expected to lead the class for three hours straight; each group of children rotates through a music block, a game time block, and a snack block with other adults in charge. Maybe you are an energetic youth helper, a crafter, a carrot-cutter, or like to watch over children as they play? We would love to have you as part of the team! Call or text Margery Wingenbach (540-667-0386) or email wingenbach@comcast.net.

Or, can you make a donation to the program if you don't have time to spend? Since we do not charge a fee for the kids to attend, financial support is always welcome! Please make your check out to Christ Episcopal



Adult Forum

Sunday, May 6, will be the last Sunday Adult Forum for this program year. We will have our final discussion on the celebration of Easter in the Creeds of the Church. We will look to start our Sunday School Adult Forums again in September after Labor Day. Thank you for being a part of our program!

Please note that this does not include the various weekday book and Bible studies. Those groups plan their scheduled meeting times.

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

May



- 4-5 Apple Blossom Parades
- 11-13 Parish Weekend
- 17 Blue Ridge Hospice Remembrance Service
- 20 Last Sunday for Christian Formation
- 28 Memorial Day—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
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



**CHRIST EPISCOPAL
CHURCH** WINCHESTER, VIRGINIA



**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**

May Birthdays

- 2 Anne Drury, Pam McKinley, Katy Wiley
- 3 Jo Pilette
- 4 Karen Jagiello
- 6 Jane Troup
- 7 Wayne McKinley
- 8 Jackson Stock
- 11 Ted Gronauer
- 13 Teresa Jacobsen
- 14 Liz Lindon, Simon Barton
- 15 Allison Schain, Kathryn Ellington
- 16 Bill Jones , Bob Read, Patrick Northrup
- 18 Tom Larsen, Zoe Conrad
- 19 Linda Russell, Ryan Hinkle
- 21 Susan McGilvray,
Barbara "Bobbie" Gouldthorpe
- 22 Jack Applin, Linda Miles, Cole Jones-Purdy
- 24 Wilborn Roberson
- 26 Kay Wise, Greg Jacobson
- 27 Sara Bicking, Tim Waldie
- 28 Alix Cooper
- 29 Bill Drury, Walt McIntosh, William Walsh



May Anniversaries

- 4 Glen & Paula Opheim
- 7 Ruben & Mary Rodriguez
- 8 Jim & Ann Taylor
- 14 Rob & Trish Boyd
- 18 Dan & Jody Wall
- 19 Gerald & Cheryl Crowell
- 24 Michael & Janie Mohn
- 25 Charles & Joyce Casey

celebrate!



*Congratulations to some of our
high school and college graduates!*

Catherine Ellington

Luke White

Rosa Gibson (Georgetown University)

Emma Martin (University of Tampa)

If you would like to recognize a graduate,
please email
communications@christchurchwinchester.org.

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.

Finance News

Operating Budget Performance

Actual Still Better Than Plan – We’re still riding the wave from pre-payment (at year-end 2017) of some 2018 pledge gifts, plus late 2017 pledge gifts received in January 2018. The budget for the first quarter of 2018 called for year-to-date revenues to fall short of expenses by about \$2,300. Actual performance has revenues exceeding expenses by about \$25,400. The detail table below shows actual in comparison to budget.

Year-to-Date through March 2018		Actual	Budget	Difference
Revenues				
	Pledged	\$123,501	\$108,000	\$15,501
	Unpledged	\$12,354	\$9,400	\$2,954
	All Other	\$14,171	\$11,760	\$2,411
	Total	\$150,026	\$129,160	\$20,866
Expenses				
	Personnel	\$85,601	\$88,008	(\$2,407)
	Utilities	\$9,173	\$9,400	(\$227)
	Property/Maintenance	\$6,106	\$9,035	(\$2,929)
	Office	\$5,209	\$6,315	(\$1,106)
	Christian Education	\$460	\$1,183	(\$723)
	Music	\$5,083	\$1,550	\$3,533
	Worship	\$65	\$420	(\$355)
	Stewardship	\$126	\$75	\$51
	Outreach	\$12,015	\$14,550	(\$2,535)
	Pastoral Care	\$0	\$0	\$0
	Parish Life	\$505	\$525	(\$20)
	Communications	\$307	\$472	(\$165)
	Total	\$124,650	\$131,533	(\$6,883)
Net Total		\$25,376	(\$2,373)	\$27,749

Last month total revenues exceeded total expenses by about \$37,700. The results for just the month of March, in the table below, show that our net position was budgeted to drop by about \$11,400 and actual performance had net position drop by \$11,300. This historical pattern of expenses exceeding revenues is expected and budgeted to continue through the summer and into late fall, until year-end giving finally pushes revenues in total to equal total expenses.

Just March 2018	Actual	Budget	Difference
Total Revenues	\$43,072	\$47,110	(\$4,038)
Total Expenses	\$54,377	\$58,485	(\$4,108)
Net Position	(\$11,305)	(\$11,375)	\$70

Outreach News

Sharing Meals in the Community

Last month, the Outreach Committee reported on the impact of the Christ Church Panda Pantry program, helping to feed so many children in our community. This month, we want to tell you about other outreach programs happening at Christ Church that also work to feed the hungry: Salvation Army dinners, Winchester Rescue Mission dinners, and that mysterious basket that gets carried up the main aisle every Sunday.

One night each month, members of the congregation on the Salvation Army Dinner Team, shop, prepare, and serve dinner to sometimes as many as fifty hungry people, including some children, at the Salvation Army's Ft. Collier Campus in Winchester. In addition to cooking and serving, volunteers also have the chance to sit and visit with those enjoying the meal. The dinner provides a needed break to the Salvation Army staff and a chance for the residents at the Salvation Army to meet some of our parishioners and to know that the world at large also cares for them. Other area churches also participate in this long-time program.

While many parishioners support the Salvation Army directly, the meal program relies on donations made via the Salvation Army Dinners envelopes in the pews. Please be generous in supporting this outreach program.

And across town, one evening each month, volunteers from the Christ Church Men's Fellowship take the time to shop for, prepare, and serve a balanced meal for men, women and children at the Winchester Rescue Mission. This is a fairly new ministry and if you are interested in volunteering, please email Pat Kofalt (patkofalt@gmail.com).

And, that basket... the Salvation Army Food Pantry is the regular recipient of the canned goods in the large basket presented at the altar each Sunday during services. Your generosity and hands-on support of this ministry are so important and greatly appreciated. Please always feel welcome to bring non-perishable donations on Sundays for the basket.

These are just a few of our outreach ministries where active parishioner involvement is essential! All this we do to honor our Lord and Savior, and to care for the needs of those among us. If you are interested in a particular outreach ministry, have ideas about how to improve one, or have ideas for a new ministry please contact Jeremy Welts (jbwelts@gmail.com), chairman of the Executive Outreach Committee.



Parish News

New Coffee Hour Potluck!

As you pick up that can of food for the food basket each week or the item you plan to donate to CCAP, would you also consider bringing in a small plate of food to serve at coffee hour on the first Sunday of the month?

The Coffee Hour Committee would like to engage more members of the congregation in coffee hour and make it more of a church community event, so we're changing it up a little bit! Everyone can help to host coffee hour and we're going to make it easy for you!

Starting in June, on the first Sunday of each month, the coffee hour following the 10:30 am service will become a parish potluck affair. Everyone is invited to participate by simply bringing just one small dish or platter to serve at coffee hour. Remember, coffee hour is not meant to be a meal, just a snack. This means that the plate that you provide should be a simple finger food that's easy to eat. It doesn't have to be a large dish, just enough for a few people. Please bring your item already plated and ready to serve, and drop it off on the table in the Tilford Room before the 10:30 am service. With enough participation, we'll have plenty for everyone to enjoy.

Please consider being a part of this important ministry in our parish. We look forward to lots of enthusiasm and participation! Thank you in advance for your willingness to help!



The Old Rectory Porch project is well underway! April showers have impacted progress, but we should have a finished new porch in coming days. Thanks to the Properties Committee for their efforts planning and managing the work!

Parish News

Spring at the Treasure Box

Did you know the Treasure Box is open on Saturdays? Most Saturdays, the ladies are there from 10 am until 1 pm. Stop in to see what's new in May!

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
10 am—4 pm
Saturdays 10 am—1 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 (May 3 and 17 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. The ladies plan to meet throughout the summer, so please come when you can!

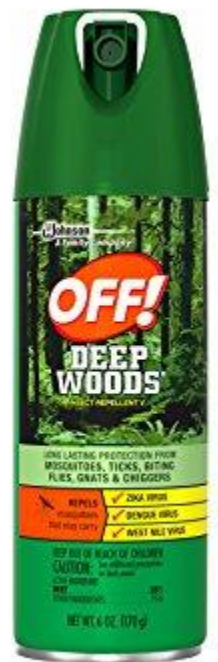
CCAP Collection Items for May

May brings lots of beautiful flowers. However, there are neighbors of ours who live amongst those flowers and trees out of sight. CCAP serves clients who live outdoors during the warmer months. While the beauty of the outdoors is enjoyable to most, these CCAP clients must put up with many of the pests which live in nature. CCAP is asking for us to donate DEEP WOODS OFF, or any bug repellent products, to protect our friends and neighbors. Put any donations on the shelf marked CCAP in the foyer of the Parish Hall (under the window).

A big, loving "Thank You" to everyone at Christ Church who donated Easter candy, plush animals, coloring books, and Easter baskets, which the Panda Packers were able to assemble. We donated 48 complete baskets to be distributed by CCAP. There were 500 children in the community who were served by the Easter Basket ministry of CCAP.

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.

Contact Jim Taylor (703-403-5264) with any questions.

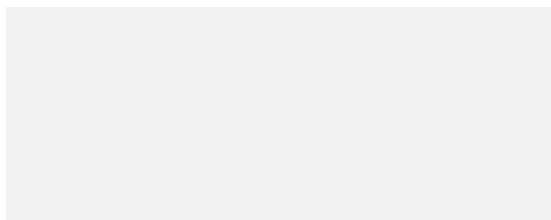




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Parish Nurse Musings

Spring is here, well maybe! One minute we are in shorts and the next we are in snow pants. That makes it difficult for our body to adjust. You will need to help it. Drink plenty of water to keep yourself hydrated. Stay away from soft drinks if possible. They can pull water out of the system or because you are drinking them you will not drink as much water as you should. Feel free to blow your nose when you come in from outside. Also pulling water into your nose can help clear out the pollen. Wet a clean wash cloth and sniff water up your nose and then blow gently to get rid of the pollen. Remember to walk after a rain when the pollen is less. Using a Neti Pot works well also. When the weather forecast says high pollen count plan to do your indoor chores. Use allergy medications sparingly and if it gets very bad see a physician for prescriptions. Don't keep old prescriptions around. Use them and then discard them. Have a wonderful spring! See you in church!

Your Parish Nurses – Helen & Rosalie

