

THE ANGELUS

Volume 72 Number 1

Christ Episcopal Church • Winchester, Virginia

September 2021

Dear People of Christ Church,

As we progress forward, slowly, but forward, to being a community gathering in worship after a year and a half either apart or together, masked or unmasked, we are having to re-establish habits in our worship. That includes habits with when to stand, sit, or kneel. Even the signals we would rely to let us know when to stand sit or kneel are not all there yet.

As we work on these habits, we also have the chance to remember why we do what we do in our worship. Why do we stand, sit, kneel, stand, sit, kneel so often in our worship? Because worship is work – we are working our whole being – mind, spirit, AND body. You sit to listen, you kneel to confess and pray, you stand to revere, respect, offer, sing and pray. Pray is mentioned with both standing and kneeling – so how to know when to kneel or stand? That question depends on your personal theology of prayer. But either way, you are actively praying.

With all of that said, the prayer book rubrics (italicized print which used to be colored red, hence the term “rubric”) give directions. We are told to stand as we open our worship, and the Gloria (respect, offer praise). After the collect, we are told to sit for the readings (listen). We stand for the Gospel (respect, revere) and then sit for the sermon (listen). Back up to stand for creed while the prayers of the people have some choosing to stand, but other choosing to kneel to pray (either works). Confession is that time to kneel as act of penance and humility, but then, as people forgiven, we stand to greet each other in the name of the Lord.

When we sit for the offertory at this time, the presentation of the offering becomes that signal to stand. We will have that signal again. However, even if we gather at a time or place to celebrate Eucharist, we stand. This action is a powerful reminder that we offer ourselves, our entire beings, to God as we give God thanks for the redemptive action Jesus gives and calls us to remember in that meal. Perhaps a reminder can be that phrase, “Lift up your hearts” which is meant literally and figuratively.

After we sing the Sanctus, communities will vary with how many people kneel and how many people remain standing for the narrative of the Lord’s supper. For some it is a penitential moment. For others, it is a celebratory moment. For others, they will vary based on how they read the different Eucharistic prayers (Rite I, or A, B, C or D). Obviously, for others, they sit because of physical limitations, although they are inwardly standing or kneeling. Whatever we do, we are DOING something, not just being passive participants sitting around waiting for Jesus to show up and feed us. We are active participants in our worship.

All of our familiar signals in our worship will return. In the meantime, we have the chance to engage the challenge of being alert to our life of worship. The post communion prayer does not give specific direction for posture. That presents another opportunity based on your previous habit of kneeling or standing for that prayer. You might stand to pray in thanks or you might kneel to pray in humility – both give thanks, but give different physical expressions of offering that thanks.

Just as long as we remember in our life of worshipping the living God revealed in our Lord Jesus, the Christ: we work in worship, we don’t just sit there.

Faithfully,



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

September 2021



From the Clergy

Like many of our ministries, we're preparing for our children's ministry to take a new shape this fall. It will be meeting every other week, in the afternoons, and the topics are going to focus on the Baptismal Covenant. In thinking about what those gatherings will look like, I've also been thinking about what our service for baptism has to say to all of us as baptized people. Although we are only baptized once, what happens in baptism shapes our whole lives as Christians, and we can return to the words of the service over and over as a reminder of what God has done for us.

I think it helps us make sense of what baptism means for us if we remember that the whole service is primarily a response to God's call. We begin the service by remembering our hope in God's call to us, and the words of the service keep reminding us that everything we do depends on God's help and God's assistance. Although we are the ones saying the words, and performing the actions, the real power and meaning of baptism comes not from us, but from God, and the new life God offers us through baptism.

So those promises we make in the Baptismal Covenant, about how we will follow Christ, are also responses to the promises that God has made to us. We depend on God's help and God's grace to live them out. And the work of living them out is meant to be a lifelong call - which is why the promises come with words like "continue," and "persevere," and "strive." None of them are things we can check off a to-do list, but lifelong ways of responding to the grace of God.

What that means is that the way we live out those promises, the way we respond to God's call on our lives, isn't always going to stay the same. Because they are lifelong promises, we are going to keep having to find new ways to live them out as the world changes around us. We will meet new neighbors we are called to serve, find new ways to work for justice and peace, and yes, discover new reasons we have to repent and return to the Lord. But even as how we live out our promises changes, the God whose grace we depend on will not change.

Like all of you, I don't know exactly what this fall is going to look like at Christ Church, or what opportunities and challenges we are going to discover together. What I do know is that God will continue to be with us and assist us, and that the promises we made in our baptism will continue to shape how we live. Even as the ways we gather and learn and serve keep changing, we can trust that the God who offers us the new life of baptism will continue to guide us and sustain us.

Faithfully,



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

Coffee with Committees

Starting after Labor Day, the Vestry and church committees will host "Coffee with Committees" from 9:30 am to 10:15 am in the courtyard on Sunday mornings. Each Sunday, a committee will host the gathering and talk about what the committee is doing, or hopes to do, in their ministry going into fall. Each Thursday, the weekly email will announce which committee is hosting that Sunday. The conversation will include different ways we are adapting our ministries to serve and be safe, as well as new ministries in the parish. Whether you are a new or longtime member, this is a great way to learn what is going on at Christ Church!

Christian Formation

Daytime Faith Study Resumes

Daytime Faith Study starts again in September. We will be studying the Gospel of Matthew using the Anglican study guide *Conversations with Scripture: The Gospel of Matthew* by John Yieh. We will explore the text and themes in Matthew's Gospel discussing not just what Matthew meant then, but also how the Gospel speaks to us now. We meet on the second and fourth Mondays of each month from 10:00 am until 11:00 am. Initially, meetings will be on Zoom, but we hope to offer a hybrid Zoom/in-person option later in the fall. If you would like to join us, please email Noelle (communications@christchurchwinchester.org) for the link. You can order the study guide online. If you have specific questions about our gatherings, please call Webster at 540-662-5843, Ext 1.

Christian Formation for Children

In September and October, we are offering two types of opportunities for children to worship. The 4:30 pm Sunday service for young families is held every other Sunday. For as long as weather permits, we will continue to meet in the courtyard and/or in the sanctuary with distanced spacing. The focus will be to examine the baptismal covenant on a level suitable to young children so that when the service of Holy Baptism takes place on November 7th they will have a basic understanding of what is taking place.

Also, beginning on September 12th, Children's Chapel for children up to Kindergarten age will take place during the 10:30 am service in the Lord Fairfax Room (located downstairs from the sanctuary). Each week, there will be a team of two adults who will lead activities appropriate to the ages of the children present - very young and preschool. At the Peace, the children will be brought upstairs to the sanctuary to join their parents for the Eucharist.

The church building is equipped with a high-efficiency HVAC system which includes a fresh-air induction system. However, as long as the directive for indoor gatherings we currently have is in place, masks will be required for ages two and up.

From the Outreach Committee

CCAP Donation for September

In September, CCAP asks us to donate **new men's blue (or dark color) jeans**. Sizes can be 32-48, any inseam. Please bring jeans with you on Sunday to place in the CCAP basket at the church doors or drop off at the Church Office at 114 W. Boscawen St. on Wednesdays from 10:00 am to 1:00 pm.

CCAP (Congregational Community Action Project) is a ministry of 40+ worshipping communities in Winchester and Frederick County that have come together to support our neighbors in need with financial, material and other assistance. Thank you for your generous contributions every month.

There are many volunteer opportunities to help at CCAP. It's a wonderful place to serve our community and meet people from neighboring congregations. If you have any questions about CCAP or would like to volunteer for them, please contact Jim Taylor (annjimtaylor@verizon.net or 703-403-5264).



Church Calendar

Sundays at Christ Church

8:00 am Holy Eucharist, Rite I
10:30 am Holy Eucharist, Rite II
in the Sanctuary
4:30 pm Service for Young Families
in the Courtyard (September 12 & 26 only)
Masks required for everyone.

Please refer to email updates and website for updates and changes.

September



Look for
Christ Episcopal Church Winchester
and like us to stay up-to-date on the latest news!

The Rector's day off is Friday.

The Assistant Rector's day off is Monday.

The Church Office is open Tues-Thurs from 10:00 am to 4:00 pm. It's always a good idea to call ahead!

Church Office Tel. 540-662-5843

Committee & Group Meetings

Online Bible Study	Wed: 10:00 am (online)
Outreach Committee	4th Tues: 7:00 pm
Properties Committee	3rd Tues: 7:00 pm
Vestry	2nd Tues: 7:00 pm
Daytime Faith Study	2nd & 4th Mon: 10:00 am (online)



The Angelus is a monthly publication of Christ Episcopal Church.

ChristChurchWinchester.org

Church Calendar

September Birthdays

- 1 Ty Lawson
- 2 Robb Russell
- 6 Joyce Casey
- 7 Joan Bronson, Mary Pat Gronauer
- 8 Sharon Lower
- 9 Vicky Arculin
- 10 Judith Anderson, Frank Rupert
- 13 Pete Gronauer
- 14 Carolyn Lewis, Barbara Rupert, Lindsay Pifer, Debra Shows, Dawson Wiley
- 15 Ashley Haines
- 18 Polly Nesselrodt
- 19 Cheryl Crowell, Sandy White
- 22 Bill Major, Charles Turnbull
- 23 Bill Davis
- 25 Mary Puttock
- 27 Gus Wise, Maggie Wise
- 28 Katlyn Wall Painter
- 29 Ann Poling, Pem Hutchinson, Adelaide Turnbull, Rick Byler



September Anniversaries

- 3 Kirk & Linda Gibson
- 4 Stephen & Nancy Brown
- 9 David & Carolyn Lewis
- 20 John & Joan Claybrook
- 21 Steve & Terry Cluss

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.

Need a weekend away? Christ Church families are invited to visit Shrine Mont September 17-19, 2021. Cottages are available. Please call Shrine Mont for more information at 540-856-2141. There will not be a parish weekend-type program, just an opportunity to enjoy time away!



From the Treasurer

Steady Summer Finances

Tired of looking at detailed tables? Skip to the SUMMARY section below!

The detailed table below shows the summary Revenue and Expense totals for Actual and Budget for the first seven months of 2021:

January through July 2021	YTD JUL Actuals	YTD JUL Budget	YTD JUL Actual -Budget
Revenues			
Total Pledged	\$ 244,803.78	\$ 183,000.00	\$ 61,803.78
Total Unpledged	\$ 49,255.00	\$ 45,500.00	\$ 3,755.00
Total All Other Revenues	\$ 10,891.44	\$ 5,070.00	\$ 5,821.44
Total Operating & Budgeted Revenues	\$ 304,950.22	\$ 233,570.00	\$ 71,380.22
Expenses			
Operating and Budgeted Expense			
Total Personnel	\$ 247,150.66	\$ 247,877.51	\$ (726.85)
Total Utilities	\$ 15,789.06	\$ 13,240.00	\$ 2,549.06
Total Property/Maintenance	\$ 22,930.31	\$ 21,531.00	\$ 1,399.31
Total Office Expenses	\$ 11,601.46	\$ 11,279.31	\$ 322.15
Total Christian Education Expenses	\$ 677.82	\$ 766.00	\$ (88.18)
Total Music Expenses	\$ 935.00	\$ 1,680.00	\$ (745.00)
Total Worship	\$ 705.60	\$ 695.00	\$ 10.60
Total Stewardship	\$ (680.13)	\$ 75.00	\$ (755.13)
Total Outreach	\$ 20,200.00	\$ 21,700.00	\$ (1,500.00)
Total Pastoral Care	\$ 80.02	\$ 450.00	\$ (369.98)
Total Parish Life	\$ 107.85	\$ -	\$ 107.85
Total Communications	\$ 1,123.29	\$ 1,060.00	\$ 63.29
Total Expenses	\$ 320,620.94	\$ 320,353.82	\$ 267.12
Net Position	\$ (15,670.72)	\$ (86,783.82)	\$ 71,113.10

SUMMARY

Actual Revenue is almost \$62,000 ahead.

- All Revenue categories are ahead of budget!
 - * Some un-budgeted (late pledges) and even payments have already been received.
 - * In-person services, which bring in plate revenues (counted in All Other Revenues), started earlier than budgeted and are ahead of budget.

From the Treasurer

Actual Expenses are almost exactly as budgeted!

- Utilities and Property/Maintenance are the two categories that are most over budget.
 - * This is due primarily to earlier than budgeted in-person services
- All other categories basically offset the over-budget actual Utilities and Maintenance costs.

REMINDER

Our annual stewardship campaign starts soon — time to start thinking about pledging for 2022. The goal is to get back to FULL STAFFING and HISTORICAL FULL PROGRAM COST LEVELS.

Did You Know?

Prayer Lists at Christ Church

A small dedicated group of parishioners called the Intercessory Prayer Group prays independently and at special services for members of the congregation who have requested prayers. There are two ways you may request prayers from this group:

You may ask to be on the "Published List" which is printed each Sunday in the bulletin. The names are read aloud at the Wednesday Noon Day service and during Prayers of the People at Sunday services. The reason for your request is not made public and remains confidential. The entire congregation, as well as the members of the prayer group, is asked to pray for the names on this list.

You may prefer to request prayers in strict confidence. These names are placed on the "Quiet List." A service of Evening Prayer is held by the members of the prayer group specifically for those who are listed on the Quiet List. Individual prayers are also offered daily by the members of the prayer group.

Please be sure to provide updates if you are on the prayer list or added someone's name, and ask that you/they be removed when appropriate. To be placed on either list, to provide updates, or to become a member of the prayer group, please call the Church Office at 540-662-5843.

"I've been a member of the prayer group since it began—I think about 2000. I believe the prayer chain is very important for everyone involved, especially those that have asked to be prayed for. I begin each morning with morning prayer and end with lifting up all who are listed on our quiet list and published list in prayer. When I was working I would get up an extra 30 minutes early (5:30am) so that I could do my morning prayers and not feel rushed to get ready for work. It's just part of my day." ~ Sharon Lower

From the Parish Nurses

Brain-Healthy Habits

Cognitive decline is a condition that is often associated with aging, but even middle-aged folks can experience loss of cognition issues.

The Alzheimer's Association says that more than five million Americans are living with Alzheimer's disease and other dementias. By 2050, that number could rise to as high as 16 million people.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

- EXERCISE – Aerobic exercises increase blood flow to the brain.
- QUIT SMOKING - Smoking will decrease blood flow to the brain and may cause small strokes.
- EAT HEALTHY FOODS - like fresh fruits and vegetables, whole grains and fish-based proteins
- CONSUME CAFFEINE - It may BOOST memory performance and brain health.
- WORK THE BRAIN - Try stimulating activities (puzzles, reading, active discussions with others - in-person or on the phone, crossword puzzles, exercise class with a friend, or activities like bowling, crochet, and swimming).

The bottom line is that cognitive decline can come with aging, but through healthy habits, you can reduce your risk of memory loss and dementia.

Rosalie & Helen, your Parish Nurses



The Treasure Box Thrift Shop reopened Wednesday, August 18, and we have had a GREAT response from customers who are so happy to have the shop open again! We are open on Wednesdays and Saturdays from 10:00 am—2:00 pm at 114 W. Boscawen St. Please come visit and see our updates!

We also want to thank those of you who have donated items and hope that you will continue to contact Martha Lauve (540-662-3616) with further donations. And, we do hope that some folks will feel called to volunteer with us by calling Sally O'Neil (337-739-0074) to indicate your interest.