

THE ANGELUS

Volume 60 Number 25

Christ Episcopal Church, Winchester, Virginia

September 2010

PARISH PROGRAM YEAR OPENER

Christ Church Open House and Potluck Picnic

Sunday, September 12, 2010

Come and join us as we show off the church facilities, give tours of the Sunday School classrooms, the sanctuary and other parts of our facilities.

Tables will be available for parish ministries so you can see what is going on around the place, and how you might get involved.

Following the 10:30 service, we will gather in the churchyard for food and fellowship.

(If you wish, please bring a side dish or dessert. Just leave it in the Parish Hall kitchen)

RECTOR'S MESSAGE

Dear People of Christ Church,

We once again shift gears from summer to the start of the church's program year. To help us with that transition this year, we are going to celebrate our gift of hospitality for the newcomer. On kick-off Sunday, which is September 12, we will have an open house of Christ Church facilities and a picnic in the courtyard for everyone. There are so many new faces on Sunday mornings; even more will come on Kick-off Sunday. We want to take the time to meet them and help them see what goes on at Christ Church on Sundays and other days of the week.

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RECTOR'S MESSAGE *(CONT)*

The open house will consist of tours of the Sunday School classrooms and meeting spaces to help parents and children see where they will meet and have a chance for questions to be answered. We will also have a kind of mini-ministry fair in the Tilford Room (Parish Hall) for those committees who would like a table to show what they do and answer questions people may have. We also hope to have some tours and tales about the history of Christ Church in the sanctuary. Finally, we will also share a picnic lunch which you can help prepare by bringing a dessert or side dish when you come to church that Sunday.

As you look through this newsletter, you will see this year has wonderful ways for people to serve our Lord through ministries and programs of Christ Church. Sunday, September 12 is a way to celebrate these opportunities as we welcome the new people and catch up with friends we have known for a while. I look forward to seeing you there.

Faithfully,



FROM OUR ASSISTANT RECTOR

Dear Friends,

This time of year, as school begins and summer winds down, is bittersweet for many of us. I loved this time of year as a child because it meant new school clothes, school supplies and a new start. Now that I have children of my own, I realize how stressful this time of year can be as we say goodbye to our children and drop them off at college or put them on the school bus for the first time. Not only is it stressful emotionally but also economically. I remarked to my husband recently, on our fifth trip to a local discount store that I felt my name should be ATM rather than mom. Just as this time is stressful for parents, it also takes its toll on our kids.

Stress has become a way of life for most American teenagers. They're bombarded from every angle with pressures and expectations, leaving too little time for unwinding and resting. When *Group Magazine* asked 20,000 Christian teenagers about their top needs, the third most common response was "I need help managing or dealing with the stresses in my life." Pennsylvania youth minister Jana Snyder said of today's kids, "I sense an overwhelming burden to be successful and to be busy doing 100 different things every day." I have seen this with our own kids. Many are overcommitted and have little time to just be themselves.

In a recent Associated Press/MTV survey, 13- to 17-year-olds said school is their main worry. Stress, not relationships, is the hottest topic of conversation at school, says one teenager. Another adds, "I'm just really overwhelmed. I even compete with my parents about who's stressing more."

There are ways that we can help our kids deal with stress. Child psychiatrist Thomas McCormack suggests several ways that parents can help ease teenagers' academic stress. First, discuss your expectations. Assure kids that you're proud of them when they try their best, no matter the outcome. Second, stay involved. Show interest in your teenagers' classes, extracurricular activities and schedules. Be available to help or talk when needed. Finally, watch for sudden declines in academic performance. These could indicate a learning disorder or emotional distress (such as depression and anxiety) that requires professional evaluation.

FROM OUR ASSISTANT RECTOR *(CONT)*

Stress is a part of life, but how we handle it is up to us. We are fortunate that we have an excellent model on how to deal with stress in Jesus, who had an incredible amount of stress in his life with competing demands coming from all different directions. Jesus made time for rest, family and prayer to help alleviate stress. He also tells us in scripture “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.” (Matthew 11:28-29)

Jesus offers respite from the many anxieties and cares of daily life. Because he was fully human, he knows what it’s like to face challenges and expectations. By praying to Jesus and trusting him to help us, we can find peace for our worried hearts and minds. This fall, be mindful of the stress you and your kids face and find opportunities to rest, re-group and have fun. Remember we are here to support you. Encourage your kids to come to Sunday school and youth group. Both are places where our kids can blow off steam, be loved and nurtured for who they are and not what they do. Remember, stress is inevitable but stressing out is optional.

May this new season be a time of blessing for you and your family.

Peace and Grace

Ann +

Here are some expert tips that teenagers—and parents— can use to manage a stressful situation:

- Pray, turning your worries over to God.
- Confide your stressed-out feelings to a trusted adult.
- Exercise to release tension and to benefit from your body’s endorphins.
- Get enough sleep to reduce irritability.
- Eat regularly. Avoid junk food and sugar, as well as “emotional eating.”
- Avoid caffeine—it can increase anxiety
- Avoid smoking, drinking alcohol, and taking drugs.
- Take a bath or shower.
- Pause and do some deep breathing.
- Keep a journal to help process your experiences and feelings.
- Find a new hobby to enjoy together.
- Remember the worst-case scenario. For test anxiety, kids could ask, “What’s the worst thing that can happen if I bomb the test?”
- Break large tasks into little pieces.
- Refuse to demand perfection from yourself or others.
- Learn to say “no” to excessive activities and unrealistic expectations.

WATTS GRACE & GRATITUDE CELEBRATION

Please mark your calendars!

On Sunday, September 19th, the Winchester Area Temporary Thermal Shelter (WATTS) will host a Grace & Gratitude celebration from 4:00 to 6:00 PM at First Presbyterian Church, 116 South Loudoun Street in Winchester. The celebration will recognize all who supported WATTS during this past season, hear testimony of WATTS' positive impact from some of the WATTS' Guests, apprise Winchester City and Frederick County Community Leaders of WATTS' contributions to the community and identify WATTS' goals for the upcoming Season.

There are many great things to celebrate from our first season of WATTS and the members of the Christ Church Congregation can take special pride in being a charter WATTS member Congregation. During this past season we, as a Congregation, played a key role in helping WATTS achieve their mission of providing safe, warm shelter and meals for the most vulnerable members of the Winchester and Frederick County communities during the coldest months of the year. It may have been coincidence or possibly God's will that WATTS started up during the winter of 2009 which was the most severe in the recorded history of Winchester. For ten weeks during the months of January, February and March 2010, WATTS served an average of just under 20 Guests per night for a total of 1126 "bed nights". This included warm safe shelter, a voluntary health screening, dinner, breakfast, a bag lunch and entertainment/companionship for each Guest each night that they stayed in WATTS. We did this at a cost of less than \$19,000.00 which worked out to less than \$20 per night per guest. This is a tremendous bargain, but it could not have happened without your generosity and support.

Both WATTS' Guests and Congregational volunteers benefitted immensely from their participation in WATTS. The most obvious benefit is that WATTS saved lives and provided comfort and medical assistance to our Guests. In addition, WATTS provided an opportunity for Congregational Volunteers to minister to their less fortunate brethren. One of the WATTS Guests was recently Baptized, several received much needed medical support and several others found meaningful employment.

This upcoming season WATTS plans to expand to twelve weeks and new Congregations will join. The WATTS board is in the process of setting schedules, hiring and training staff and preparing in general for the upcoming Season. Please join in the Grace & Gratitude celebration on September 19th to celebrate the past Season's successes and to hear all about the new and exciting plans for the upcoming Season!

WOMEN'S BIBLE STUDY

Will begin Tuesday, September 7 at 10:30am and continue weekly in the Smith Building conference room. Also an evening Group will meet on the first & third Tuesdays @ 7pm in the parlors, also starting Sept 7. Title of the first series of studies is "Old Testament Stories from the Other Side."

MEN'S GROUP

The next Men's Group breakfast meeting will be Saturday September 11 @ 7am. Questions, contact Chris Ferguson.

AUGUST VESTRY HIGHLIGHTS

New Business:

Ann Ritonia announced that Christ the King at Orange Farms, El Dorado Park, South Africa has requested to be a sister Parish with Christ Episcopal Church.

Properties:

Bill Jarvis did a great job in showing us a slide show of The Bell Tower Project. It is now on its final stages. The project is on time and looking great. If you get a chance, please take a look 'Up'. You will be impressed at what you see.

The Parish Hall re-roof held its pre-bid meeting with prospective roofing contractors this past Monday, August 9th. Bids are due on August 26th.

Clergy:

We are celebrating another year of having Webster and Ann at Christ Church. Webster and Ann have been with us Christ Episcopal for 3 and 2 years, respectively.

Dates to Remember:

Next Vestry meeting: Tuesday, September 14, 2010 at 7PM.

WATTS board will gather on September 19th, 4-6PM, at First Presbyterian Church.

The Men's Group will meet on Saturday, September 11th at 7AM in the Tilford Room.



Restoration work is moving towards completion of Phase I.

BIRTHDAYS



- 1 Carolyn Duff, Ty Lawson, John Nelson
- 6 Tom Dame, Joyce Casey
- 7 Joan Bronson, Virginia Rae, Laurel Jones
- Purdy
- 8 Sharon Lower
- 9 Beryl Evans, Vicky Arculin, Jacob Sheppard,
Mary Ann Netschke
- 10 Judith Anderson, Frank Rupert
- 11 David Sperry
- 12 Clint Hill, Jenne Newill
- 14 Carolyn Lewis, Barbara Rupert, Lindsay Pifer
- 15 Sue Jones, Donnie Pearson, Ashley Major
- 18 Polly Nelson, Isabella Dastjerdi
- 19 Cheryl Crowell, Sandy White, Eric Melkerson,
Owen Sargent
- 20 Carolyn Morgoglione, Andrew Myers
- 21 Patricia Stierhoff, Elizabeth Ritonia
- 22 Bill Major, Samuel White, Charles Turnbull
- 23 William Davis, Churchill Gibson
- 24 Marge Gibson, Brookes Giller
- 25 Roberta Gunnell
- 26 Irene Cornwall, Mary Foltz
- 27 Anne Bromley, Gus Wise, Maggie Wise,
Valerie Kitchen
- 28 Boyd Hamman, Katlyn Wall
- 29 Ann Poling, Pem Hutchinson, Adelaide
Turnbull, Justin Raymond
- 30 Tom Gibson, Sue Bonnett, Jessamy Austin,
Andrew Major, Thomas Minchew

WANTED

A FILING CABINET FOR OUR
JUNIOR CHOIR DIRECTOR.

If you are cleaning house & come across a surplus cabinet please contact Bill Jarvis at the office.

WEDDING ANNIVERSARIES



**Happy
Anniversary**



- 3 Kirk & Linda Gibson, George & Pat Stierhoff
- 4 Stephen & Nancy Brown
- 9 Conrad & Robin Koneczny, David & Carolyn
Lewis
- 16 Donald & Stephanie Pearson
- 21 Steve & Terri Cluss
- 22 Ned & Susan Howard

TREASURE BOX NEWS

Grand reopening September 1st.

Please remember us in your autumn time of cleaning out closets.

Call Sara Bicking 540-635-4452 if you need someone to meet you at the church at a time when the shop is not routinely open.

Please do not leave items that you are donating to the Treasure Box on the floor outside the door. We have tax receipts for those wishing to have one.

Please note: We will only publish birthday and anniversary information with explicit permission. Please contact the church office if you wish to be added or deleted from these lists.

Please keep the church office informed of any changes to your address, phone number(s), and e-mail accounts.

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

CHURCH SCHOOL NEWS

Welcome and Welcome Back!

Summer and Vacation Bible School are great, but we are set to switch gears on September 12th. Whether your family contains a 2½ year old, a senior in high school or just adults ready for the stimulation of adult forum, our offerings in Christian formation are set to begin for 2010-11.

Children and youth can register online with the form on the website announcements page. Drop the form in the Tilford Room mail box or complete one on September 12th. For children and youth our classes are divided into ages 2½ & 3, preschool ages 4- 5, Kindergarten - grade 1, grades 2 - 3, grades 4 - 5, Rite 13 I (grade 6), Rite 13 II (grades 7 - 8), Journey to Adulthood (grades 9 - 10) and Young Adults in the Church (grades 11-12). Preschool, primary and elementary grades will be using the *All Things New* curriculum while youth classes will use the appropriate level of the *Journey to Adulthood* program.

Immediately after the 10:30 service on the 12th we will join together for a cookout and open house. Be sure to get the date on your calendar. You can't beat food, fun and fellowship!

Also on the 12th our nursery for infants through age 2 will resume the schedule of 9:15 through the end of the 10:30 sanctuary service.

And, adults, look over those "how you can help" checkboxes on the registration form. There are lots of ways to support our programs for children and youth through occasional options if you are not able to commit to something every week. The kids would love to see you be a part of their church experience.

See you all on the 12th.

ADULT SUNDAY SCHOOL FORUMS

Sunday School 2010-2011 begins Sunday, September 12.

For those new to the community, Christ Church offers an adult forum in the parish hall every Sunday from 9:30-10:15am to which all adults are welcome to attend. In the past we have discussed Scripture, the traditions of the Episcopal Church and Christianity, theology, as well as presenting guest speakers from the community and the diocese.

This fall's program year begins with the chance to learn about ministries of Christ Church during our mini-ministry fair and open house. Part of the forum time will offer a chance for people to ask questions about the parish and the program year. We will discuss the topics and areas of study in the Adult Forum for the up and coming year. You will also have time to learn about the ministries so you can see if there is something in particular in which you may want to get involved. So please grab a cup of coffee and join us in the parish hall.

PROPERTIES PERSPECTIVES

Most home-owner know that his/her own lovely domicile will require regular outlays of money for upkeep, and that their home can also present them with rather unpleasant expenses at times. Our lovely, historic church--and accompanying buildings--provide a multitude of sites where things can wear out, breakdown or spring leaks. Just as with our homes, opportunities to spend money for improvements or updates can be superseded by needs which may not be subject to “good manners”: these needs give little or no warning of their arrival, and they will not wait.

A neighboring church, Centenary Reformed United Church of Christ on South Cameron Street, recently experienced one of those “unpleasant surprises”, when one of the pinnacles on its bell tower collapsed without warning. Luckily, everything fell into the roof of the bell tower, instead of down onto the road below.

We hope that everyone has been looking up at Christ Church’s bell tower as the scaffolding comes down, and the new renovations are revealed in all their glory. On a sunny day, one needs sunglasses to take in the shiny new metal and the gleaming new white paint!

While the bell tower renovation is approaching its final stages, things—as with our own homes—are not always as straight-forward as might be wished for. The fine people with Waters Craftsmen have been professional about pointing out any structural issues which become exposed as the scaffolding is being removed. A recent revelation was of the rotten roof joists, decking and sole plates in the upper mezzanine roof at the East parapet wall. This damage was caused by years of water seeping in through failed mortar joints and rusted-out metal in part of the sanctuary roof on the north side of the wall. Because of the compromised support members, the brick wall in that area could actually be pushed back and forth by hand! Without that timely repair, a collapse similar to—or worse than—that experienced by Centenary Church could have been in Christ Church’s future.

Besides shepherding along the bell tower project and nursing along over-stressed air conditioners, your Properties Committee has been largely involved with the business of water management. All home owners know how essential that is. From proper drainage of the courtyard and alley to providing efficient egress on and around the bell tower to soliciting bids to replace the leaky roof over the Parish House, dealing with “water, water everywhere” demands time, attention and money.

Since there is no Moses to “part the waters” (and keep it from hitting the roofs and finding cracks and crevasses to seep through), and there is no Jesus to turn the “water into wine” (which might be sold to pay for the repairs), it is left to us, the parishioners, to attend to these needs and raise the money to pay for the extensive repairs. (Kevin Kennedy)



THANK YOU FROM YOUR 2010 DOMINICAN REPUBLIC MISSION TEAM.

On behalf of the mission team, I want to thank all of you for your love, prayers and support during our mission trip to Bani in the Dominican Republic. It was a good trip as we taught two Bible Schools helped with the closing day of a third Bible School and completed as much painting as we could at their amazing childcare center. We were well cared for by the Garcia family, especially Iris Garcia's lunches. We also had the opportunity to see the Diocesan Conference Center in the beautiful mountain region of Jarabacoa. During all of this, we made new friends, met some incredible adults and children and found our lives changed.

Now we are going through all of the pictures we have of the trip. Later we will share the pictures with the parish over the next few months to give people an idea of our experiences.

Thank you for your support and care during our remarkable trip to Bani.

Webster.



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For weekly updates, please see *The Sunday Angelus* in the Sunday Bulletin or check the website: www.ChristChurchWinchester.org

PARISH NURSE MUSINGS

As we begin September and get away from all the physical exercise of the summer, many people will notice fatigue, weight gain, difficulty concentrating, strange aches and pains and erratic sleep patterns. Often they blame it on the return to all the activities of fall with school etc. Sometimes these symptoms have been overlooked with the excitement of vacations, summer activities etc. If you notice them for the first time or perhaps begin noticing them again, see your physician. It may be that your body's "thermostat" is out of whack. You ask, what is the body's thermostat? It is the thyroid gland which can cause hormone imbalance. There are about 27 million Americans living with overactive or underactive thyroid glands. Often they have been seen by physicians, therapists etc. and are told there is nothing wrong; however, many are diagnosed, treated, and have such an improvement in their lives that they wonder how they ever lived before.

Sometimes, after being tested and found to be "low normal," another physician will think that perhaps the person is allergic to his own thyroid and will give the person a synthetic thyroid, and that makes a world of difference. The reason that hypothyroidism is missed so often is threefold: doctors don't always screen for thyroid dysfunction; patients may not discuss the symptoms correctly; and the symptoms are common to many other conditions.

Don't let this make you miserable! Ask for help!

See you next month!

Helen Zebarth.