

# The All Souls Message

All Souls Memorial Episcopal Church • Volume 109, Issue 4 • September 2009

From the Rector

**Seeking God in Silence—Centering Prayer Returns on Wednesdays at 7 p.m.**

For a number of years at All Souls, Wednesday evenings were particularly special times. It was then that a handful of people would come together to pray in silence. Sometimes they would use the ancient method of *lectio divina*, reading a passage several times from scripture or a spiritual reading and allowing time between readings for silence and prayer. At other times the Rosary was prayed. On special feast days, a simple Eucharist might be offered, but no matter what form the prayer took, there was less emphasis on words, and more time given for silence. Vicki Lowe, with the help of others, nurtured this group through the years.

The background for this weekly prayer group (as I understand from former participants) was the concept of “centering prayer.” This is a type of contemplative prayer that has been made especially popular over the years by such people as Father Thomas Keating and Father Basil Pennington, both Trappist monks, and Father John Main, a Benedictine. While the term, “centering prayer” has been popular since the 1970s, this way of praying would be familiar throughout the history of the church—from the practices of the Desert Fathers and Mothers, to the medieval tradition represented by such manuals as “The Cloud of Unknowing,” to such luminaries as St. John of the Cross, St. Teresa of Avila, and others. In centering prayer, Father Keating and others have sought to distill the teachings of Christian mystics and saints through the ages and to offer a simple form that invites anyone and everyone to prayer. Locally, the Shalem Institute has over the last thirty years

“  
Look up joyfully  
and say to the Lord  
in words or the desire  
of the heart:  
“That which I am,  
I offer to you, Lord.”  
... Call upon Him,  
and see how you get  
on. He is always most  
willing and is only  
waiting for you.”  
”

From *The Cloud of Unknowing*,  
anonymous, 14th century

offered a wide variety of programs and resources for spiritual directors, clergy, lay leaders, and individuals who want to open themselves more fully to God in their daily lives and work.

Centering prayer is being offered again at All Souls on Wednesday nights, and I am excited that we are doing this. My own history with centering prayer is a

spotty one. There have been times in my life when silent prayer was like going to a spiritual gymnasium. It gave me what I needed to get through the day or the week. Silent prayer has never come easily for me, but when I am patient with myself and trust that God’s Spirit will help me, I slowly rediscover the patterns of breathing, and praying, and simply “being” that come when I meet God in silence.

Beginning on September 16, 2009, we will again use Wednesday evenings for contemplative prayer. Centering prayer will begin at 7 p.m. in the church, with most of us probably sitting in or near the Mary Chapel. The main doors to the church will be unlocked, as will the door on the Woodley Place side of the church. If you are late, simply enter as quietly as you can and join in, as you’re able. While I expect our first few Wednesdays to be structured around simple centering prayer (allowing time for silent prayer after reading and listening to a passage of scripture or a spiritual reading), we will keep Wednesday flexible and open to the leading of the Holy Spirit as the Spirit informs our group. If, over time, a slightly different format evolves, then that will be just fine. We might eventually include a simple Eucharist, some chanting from the Taizé community, or other forms of prayer that have roots in the Christian tradition. But regardless of the particular form, the time will remain one that is dedicated to silent prayer.

Continued on page 2.

See “In this issue” on page 2.

**Seeking God in Silence—Centering Prayer Returns on Wednesdays at 7 p.m.**

The official starting time for the prayer will be 7 p.m., but each Wednesday night at 6:50 p.m. one of us will offer a short introduction to centering prayer, in case someone arrives for the first time. We are committed to this being a time of prayer that is open to any and all, to beginners, as well as to those who are more experienced in meditation or contemplative prayer. It doesn't matter if you come once, or come every week, you will always be welcome. After the formal time of prayer is over, some may wish to leave quietly. Others may want to linger for conversation. Again, we will be flexible as the Spirit moves.

If you would like to learn more about centering prayer

- Attend any Wednesday night at All Souls.

Healing Rite Resumes in October

**Prayers & Holy Oil on the First Sunday of the Month**

Beginning in October, on the first Sunday of each month we will resume the healing rite in the Mary Chapel at both the 8:30 a.m. and the 11 a.m. Mass. As in the past, after receiving communion, those who wish to receive prayers for healing with holy oil should proceed to the Mary Chapel, where they may kneel or stand at the

- Check the programs and events of the Shalem Institute [www.shalem.org](http://www.shalem.org)
- Check the programs of the National Cathedral's Center for Prayer and Pilgrimage at [www.nationalcathedral.org/worship/prayerPilgrimage.shtml](http://www.nationalcathedral.org/worship/prayerPilgrimage.shtml)

**Books:**

- Pennington, Basil. *Centering Prayer: Renewing an Ancient Christian Prayer Form*. New York: Doubleday, 1982.
- Keating, Thomas. *Open Mind, Open Heart*. New York: Continuum, 2006.
- Main, John. *Word into Silence: A Manual for Christian Meditation*. Norwich: Canterbury Press, 2006.

John Beddingfield ■

**Lay Eucharistic Ministry**

On August 30 we had an initial meeting and training session with some of those who have agreed to serve as Lay Eucharistic Ministers. Other opportunities will be offered, and we hope to draw additional volunteers.

On Friday of each week, the rector and parish office will coordinate with those who may be at home or in hospital to see if they would like to receive the Sacrament of Holy Communion on Sunday. If so, then during the Mass, just after Communion, two volunteer Lay Eucharistic Ministers will come forward to receive the Elements in one of the parish's home communion sets. A prayer will be said, and the two will then be sent out on behalf of the entire parish to share Communion with the person who is unable to attend church.

If you, or someone you know, would like to receive communion at home, please contact the Parish Office at 202/232-4244. ■

**In this issue**

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The Message is published every two months except for a June/July/August issue and a single issue in September.

**Upcoming NEWSLETTER deadlines**

Copy deadline for articles for the October/November issue of The Message is Sunday, August 30

Copy deadline for articles for the December 2009/January 2010 issue of The Message is Sunday, October 25

Please have your articles in George Barnum's hands by that date. Electronic submission preferred at [message.allsoulsdc@gmail.com](mailto:message.allsoulsdc@gmail.com). Call George with story ideas, questions, and comments at 202/986-2998. ■

Some years ago a priest that I very much admire reminded the Congregation that there are days when all we can do is to just be present. We don't feel like getting out of bed—let alone going to work or church or fulfilling promises or commitments. We can barely put one foot in front of the other. We come to church and sit in the pew—and no prayers come; the music sounds flat; we cannot find our voice and we are not sure that God is there or that God cares or listens. BUT, the fact that we got up, dressed and made our way to church becomes in itself an act of faith. We are present.

At some point, being present is not enough; we have to show up and participate for our families, friends, church, and those who are counting on us—the ones we don't even know. Sounds daunting, doesn't it?

I recently read a book by William Gates (father of THE Bill Gates) titled *Showing Up for Life*. In this book, Gates discusses what it means to show up. I recommend it to you. Although written from a secular point of view, much of what he writes incorporates moral and religious principles that we all try to live by. He explains why we have to move from just being present to really showing up. I paraphrase from Gates' book:

#### Why should we show up?

- Because we care about issues
- Because we care about the people who asked us to show up and are expecting us to do so
- Because it's VERY irritating when others fail to show up.

#### What does "showing up" mean?

- Lending a hand
- Learning to see endless possibilities and to think BIG and to not be afraid to compete—and maybe to lose

“  
We all warm  
ourselves by fires  
we did not build  
and drink  
from wells  
we did not dig.  
”

Robert Lawrence Smith

- Learning to “get along”—in spite of challenges and discomfort, no matter if people are rich or poor, black or white, educated or illiterate, Buddhist or Christian
- Learning to treat everyone as if they are important—they are
- Learning to honor commitments and confidences
- Learning the power of “one”:
  - by sharing your gifts—all of them
  - by creating the change you'd like to see happen
  - by celebrating life—yours, theirs, everyone's.

I urge you to make this the day, the week, the month, the year—when you transition to a more active role at All Souls. We are creating a committee to be composed of people from all of our various ministries to develop a plan for activities to take place during our centennial year. Believe me folks, this is one

time you won't want to be on the sidelines. You are going to want to be “where the action is.” Help us to plan a year filled with faith and hope and love—for our congregation, our neighborhood, and our diocese. It really doesn't take much to become a blessing to others. Surely you want to share what you have received from All Souls. Don't be the person at the end of the Centennial Year who says: “I should have listened to that silly old Senior Warden when she asked me to show up and participate. This time (maybe the only time) she knew what she was talking about—and I let the opportunity slip away.”

Stay tuned in. There will be a lot of activities to choose from—some big, some small and some in-between. Some events will be of a religious nature and some will be just for having fun; many will involve food—one of our favorite things at All Souls. I have a vision of something involving hot dogs, shaved ice, balloon hats, and flowers; face painting with sparkles; and maybe—just maybe, a moon-bounce! Now, who could pass all of that up? You probably can't participate in everything, but you surely will want to be involved in something. Did you know that in the average church, 10% of the people do 90% of the work? I sure don't want All Souls to be “average”—not to mention that a lot of that 10% are getting really tired!

We'll talk more about “showing up” later. In the meantime, be more than just present—SHOW UP—STAND UP—GET BUSY.

It's all good.

Nancy Suggs ■

I'm not sure where this summer went. It certainly has been busy. Perhaps, in the next issue of *The Message* I'll write about something other than our facility, but for now I've been busy trying to get my hands around where we need to go with our buildings, from learning about our stained glass windows to jump-starting the air conditioner with our HVAC technician.

The Willet Hauser Company of Philadelphia inspected our stained glass windows. The company representative has made some recommendations, but our windows are largely in good shape thanks to the restoration efforts of the 1990s. You will see some work starting very shortly around the large Goodhue window at the rear of the sanctuary. There is some water leakage around this window that has caused plaster to "bloom" at the upper right of the window (I get nervous about leaks—it's a submariner thing—bear with me). I'm still waiting for bids from another company to address a number of other issues with other windows outside of the sanctuary.

Thanks to the All Souls Are Green group, we've made tangible headway on energy efficiency. Almost all of the light bulbs in the education and administration wing are now energy-efficient CFL bulbs. We just replaced the three thermostats that were not programmable with programmables (the fourth thermostat in the sanctuary has been a programmable type for some time). These are "friendly" thermostats which will allow people using the building to adjust them for comfort; however, after two hours, these thermostats will reset themselves to a very energy efficient setting: I won't be coming in again on a Saturday morning in January to find the heat set at 72. I'll look forward

“  
Please pray  
about where you  
can contribute your  
time to support our  
ministries including  
those that support our  
facility.  
”

to reporting significant savings as a result of the new thermostats. This is just a beginning: we have a lot more to do to improve the energy efficiency of All Souls and the "greenness" of how we manage the church. We'll be asking for your help with several projects (e.g., weather stripping, etc.).

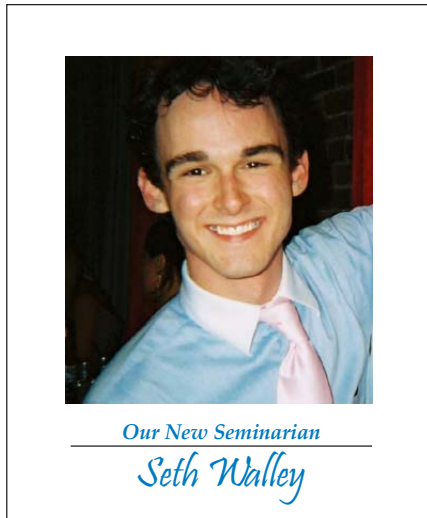
We're actively pursuing the handicap accessibility project. Several of us went to St. Alban's to look at their handicap accessibility modifications with our architect Marc Fetterman. We learned a lot and got a number of ideas from that visit. Based on Marc's recommendation (the soonest he would have time to work with us would be January and that was iffy) we will actually work with the architect who did the work at St. Alban's, Jim Clark. As a member of St. Alban's Building Committee, Marc monitored Jim's work for St. Alban's, so the fact that Marc would recommend Jim carries a great deal of weight.

By the time you see this issue of *The Message*, we will have already had our first meeting with Jim. In the meantime, based on Marc's initial sketch of the project, Trish Cleary has done a remarkable amount of work constructing drawings of what we think we want in the handicap accessibility project. In addition to the elevator and fully accessible restrooms, her drawings include an attractive entrance to the building from the parking lot (no loss of parking spaces and something that should work very nicely with our beautiful gardens) and more restrooms (our forebears at All Souls were very generous with the stained glass that they left us, but somewhat less generous in the number of restrooms). I am hoping that by my next article for *The Message* I will have some very concrete next steps to put in front of you. Please be assured that those next steps will include getting your inputs before we get anywhere close to having a final design.

In closing, I ask you to pray about two things. First, pray about how you will be able to support the handicap accessibility project financially when we get to the point of being ready to do fund raising. Secondly, we will have another Ministry Day on September 27; please pray about where you can contribute your time to support our ministries including those that support our facility (Buildings and Grounds Committee, All Souls are Green, and the Garden Guild.)

Dale Lewis ■

Over the last year, parishioners have met a number of seminarians from Virginia Theological Seminary. Some of our visitors have been friends of Norman Whitmire, and others have come to hear particular speakers or preachers. Another group was here to “check out” All Souls as a possible site for field education. The process for matching prospective seminarians with parishes is coordinated by The Rev. Jacques Hadler and the Office of Field Education. After meeting with each first-year student, Jacques suggests a number of parishes to the student. The students visit the churches and meet with the rectors of the



churches. Then, in February, the rectors extend invitations to the students for the upcoming year.

Seth Walley comes to us from the Diocese of Mississippi. He is a graduate of “Ole Miss,” the University of Mississippi, with a degree in business, cum laude. Seth brings a number of skills and interests to All Souls and looks forward to getting to know as many people as possible. In the coming months he will write an article for *The Message*, telling you more about himself. In the meantime, please introduce yourself and welcome him to All Souls. ■

Sunday School Update  
A New Year

Sunday school will resume on September 13. We hope to have a fun and interesting year for the children, with some new ideas and continuation of activities we started last year.

“  
Sunday School  
will resume on  
Ingathering Sunday.  
”

Plan now for the Halloween Party on Saturday, October 17, the Christmas Party, Saturday, December 12, and several new events in the spring.

We would love to hear any ideas you may have for the Sunday School. Speak with the Rector, Kate McClain, Karen McClain, or Stefanie Vestal.

John Beddingfield ■

Mark your Calendar  
Ingathering Sunday

## Welcome Home!

*Ingathering Sunday, September 13, brings us together as a church family once again after Summer vacations and times away.*

Some of us have visited other churches in our travels, but for most of us, there’s no place like home—All Souls. Whether you are a longtime member, a relative newcomer, or are visiting us for the first time, we welcome you and invite you to participate in any activities and ministries that are of interest to you. We

“  
There’s no place  
like home.  
”

have saved a place for you in church, at the Lord’s table, and at our breakfast and coffee hour. Whether you have come to pray in silence or to join us in making a joyful noise unto the Lord, you are welcomed. We have been expecting you, and your place is ready.

Nancye Suggs ■

See article on page 7  
announcing special music for this day

NOTE: We're used to having parishioner Jim Child's poetry appear in *The Message*. In this issue and next, Jim shares his wealth of understanding of the early Christian church. — Ed.

A true picture of the events leading to the Council of Nicaea must take into account the dynamics among the political and military forces of Imperial Rome and the rapid spread of Christianity from the Middle East to Britain. The interrelationships among them all have provided enough material for several libraries: large amounts of material have survived to become grist for scholarship to this day.

Here we will try to capture the principal events of the evolution of Christianity as the religion of the Roman Empire, with emphasis on the conception and realization of the Council of Nicaea in late May 325. Then we will attempt to clarify the major theological issues that were considered during this truly great though preliminary undertaking.

From the political point of view, the accession of Constantine in 305 as western Emperor of Rome was fundamental. Determined to preside over a Christian empire, he nonetheless was reasonably tolerant of other faiths, provided they kept a low profile. In 313 he and Licinius, his fellow emperor for the east, issued a joint proclamation establishing Christianity for the empire: the so-called Edict of Milan. However, the initial harmony between the emperor (Licinius married Constantine's sister the same year) was short-lived. From about 318 to 320, relations had deteriorated to the point that Licinius had begun to forbid the holding of synods and began harassing Christians in petty ways. These actions came at a critical point for Constantine, who was facing a growing heresy known as Arianism, after the dissident priest Arius, in the



*CONCILIUM NICAENUM I—fresco from the Vatican City*

church of Alexandria, to which he could not give his full attention.

By the year 324, Constantine had gained room to operate. In the summer of that year, he had gone to war with Arminius. In a naval battle that proved crucial, a fleet under the command of Constantine's son Crispus defeated Licinius' forces. Licinius was finally taken prisoner on September 18 and driven into exile. Constantine could thus begin to deal with Arius.

Arius was a priest of Boukalis, a district of Alexandria, who had broken with the orthodox Bishop Alexander over the relationship between God the Father and Christ the Son. The orthodox doctrine was that the two were equally divine and had always been so. Arius taught that Christ, while metaphorically the son of God, was nonetheless a "creative," brought into existence by the Father's will. Hence, while doubtless superior to the order of mankind, he was not truly human, but rather a kind of angel or "super-being." Obviously, this doctrine had far-reaching theological consequences that must be considered elsewhere. For now, we will consider its practical effects.

Constantine's first reaction was one of irritation: he felt that "Arianism" was not really different from Bishop

Alexander's doctrine and that the two could be readily reconciled by changing a few words or phrases. He wrote as much in a letter he sent in two copies to Alexandria via Bishop Ossius of Corduba (now Cordova, Spain) in November 324.

Ossius had the trust of the Emperor for all religious questions. Though not apparently a great theologian, he was solidly orthodox and as committed as Constantine to spreading the faith. In addition, he was skilled as a diplomat and administrator: a natural choice for the mission.

Nevertheless, it failed. Ossius reported back that the rift between Alexander and Arius had become too wide and that Alexander's theology was much more to Ossius' liking than that of Arius. On receiving this report, Constantine realized that the theological divergences were actually far more than matters of words and that the situation was serious. He therefore instructed Ossius to establish a "great council" to which bishops from east and west would be invited, and he initially chose Ancyra (modern Ankara, Turkey) as the site. He later changed his mind and instructed Ossius to hold it in Nicaea, a pleasanter place more accessible to his capital in Nicomedia, only 30 miles away.

It is unclear from the historical record whether Ossius extended his stay in Alexandria after negotiations broke down or returned to Nicomedia. In any case, aided by the extensive logistical support provided by Constantine, he began making arrangements for the Council, which was to host some 250-300 bishops and lesser clergy, preponderantly from the east (only seven persons represented the west, five bishops and two deacons, as far as can be determined).

Ossius' labors were interrupted in January 325 and he was called to Antioch.

In late December 324, Bishop Philogonius of Antioch, a theological ally of Ossius and Alexander, died. Constantine summoned Ossius to intervene in the proceedings to elect a new bishop, since the atmosphere had become heated. Eustathius, whose doctrine was known to be "sound," was elected. This Council went on to draft a provisional creed that would reassure the Emperor that the Church of Antioch was moving in the right direction. Unfortunately, during the proceedings three bishops offered wording suggesting an Arian orientation and were promptly "provisionally excommuni-

cated" by the Council. Their cases would be reconsidered at Nicaea.

These events did not derail the start of the Council of Nicaea, which began its deliberations the last week of May 325. There were, however, warning signs of the difficulties which lay ahead for the orthodox faith.

*[Continued in the next issue]*

*Jim Child* ■

**Conversations with Non-Christian Religious Traditions**

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**Beginning Sunday, September 20**

*“How are we called to respond to people who have ideas about God that are different from ours?”*

What does it mean to be a Christian in an age of religious pluralism? What does it mean to be a Jew, a Muslim, a Buddhist, or a Hindu in America today? How as Christians can we understand these religious traditions better? And how are we called to

respond to people who have ideas about God that are different from ours? These are some of the questions we will be pondering in our series of conversations with other religious traditions. We shall begin by talking about what the Christian tradition has to say, and

then welcome representatives of other religions to come and talk to us about their experiences. We hope you'll be able to join us.

The Adult Forum this fall and winter is coordinated by Laura Tomes and Erwin de Leon. ■

**Choir of King's College, London to Sing at All Souls**

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**Special Music on Sunday, September 13**

On Ingathering Sunday, September 13, the Choir of King's College, London will sing at our 11 a.m. Mass. The choir is one of the leading university choirs in England.

Consisting of twenty-five choral scholars and two organ scholars, it is directed by the College Organist, David



Trendell, (who is also a friend of several All Souls parishioners). The choir performs a large and varied repertoire

ranging from the fourteenth century to the present day and has made many celebrated recordings of sixteenth-century English and Spanish music.

More information is at <http://www.kcl.ac.uk/about/structure/dean/choir/about.html>.

*Philip Cave* ■

# Activities Calendar for 2009

## All Souls Memorial Episcopal Church

As of August 21, 2009

# September

|                                                                                                                                                                                                                              | Sunday*                                      | Monday                                                                                                                            | Tuesday                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                    | Thursday                                                                                                                | Friday                                                                                                                                                                                        | Saturday                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                              |                                              | <b>1</b>                                                                                                                          | <b>2</b>                                                                                                                                                                                                 | <b>3</b>                                                                                                                                                                                                                                                     | <b>4</b>                                                                                                                | <b>5</b>                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                   |
|                                                                                                                                                                                                                              |                                              | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> </ul>                                                             | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• Christ House breakfast, 7 a.m.</li> <li>• Low Mass at noon</li> <li>• Christ House dinner, 4 p.m.</li> </ul>                       | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m. &amp; Low Mass, 7:30 a.m.</li> <li>• St. Mary's Court, 3 p.m.</li> </ul>                                                                                                                          | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul> | <ul style="list-style-type: none"> <li>• Farmer's Market, parking lot, 8:30 a.m.–12:30 p.m., every Sat. until mid-December</li> <li>• Garden Guild meets periodically, 9 a.m.–Noon</li> </ul> |                                                                                                                                                                                                                                                                                                   |
| <b>6</b> Pentecost 14                                                                                                                                                                                                        | <b>7</b> Labor Day                           | <ul style="list-style-type: none"> <li>• Office closed</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>               | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> </ul>                                                                                                                                    | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• Christ House breakfast, 7 a.m.</li> <li>• Low Mass at noon</li> <li>• Woodley Park Comm. Assoc. meeting, conference room, 7:30 p.m.</li> </ul>                                         | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m. &amp; Low Mass, 7:30 a.m.</li> </ul>                         | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• Mitiguy-Gutierrez Wedding, rehearsal, church, 5 p.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>       | <ul style="list-style-type: none"> <li>• Mitiguy-Gutierrez Wedding, church, Noon</li> </ul>                                                                                                                                                                                                       |
| <b>13</b> Pentecost 15<br><i>Ingathering Sunday</i>                                                                                                                                                                          | <b>14</b> —Holy Cross Day                    | <ul style="list-style-type: none"> <li>• Christ House dinner, 4 p.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul> | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• Parish Administrator's Lunch &amp; Meeting, undercroft, 12:30–2 p.m.</li> <li>• Vestry meeting, conference room, 7 p.m.</li> </ul> | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• Christ House breakfast, 7 a.m.</li> <li>• Low Mass at noon</li> <li>• Centering Prayer, Mary Chapel, 7 p.m.</li> </ul>                                                                 | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m. &amp; Low Mass, 7:30 a.m.</li> </ul>                         | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                       | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                                                                                                                           |
| <b>20</b> Pentecost 16                                                                                                                                                                                                       | <b>21</b> —St. Matthew, Apostle & Evangelist | <ul style="list-style-type: none"> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                        | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> </ul>                                                                                                                                    | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• Christ House breakfast, 7 a.m.</li> <li>• Low Mass at noon</li> <li>• Centering Prayer, Mary Chapel, 7 p.m.</li> </ul>                                                                 | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m. &amp; Low Mass, 7:30 a.m.</li> </ul>                         | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                       | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>• Adult Forum resumes, 10 a.m., <i>Topic: Conversations with Non-Christian Religious Traditions</i></li> <li>• Newcomers Wine &amp; Cheese reception, undercroft, 4–6 p.m.</li> </ul> | <b>22</b>                                    | <ul style="list-style-type: none"> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                        | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> </ul>                                                                                                                                    | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• Christ House breakfast, 7 a.m.</li> <li>• Low Mass at noon</li> <li>• Centering Prayer, Mary Chapel, 7 p.m.</li> </ul>                                                                 | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m. &amp; Low Mass, 7:30 a.m.</li> </ul>                         | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                       | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                                                                                                                           |
| <b>27</b> Pentecost 17                                                                                                                                                                                                       | <b>28</b> —St. Michael & All Angels          | <ul style="list-style-type: none"> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                        | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> </ul>                                                                                                                                    | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• Christ House breakfast, 7 a.m.</li> <li>• Low Mass at noon</li> <li>• Wise &amp; Mature Lunch, undercroft, after noon Mass</li> <li>• Centering Prayer, Mary Chapel, 7 p.m.</li> </ul> | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m. &amp; Low Mass, 7:30 a.m.</li> </ul>                         | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                       | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>• Adult Forum, 10 a.m.</li> <li>• Ministry Fair, undercroft</li> <li>• Endowment Fund Board meeting after later Mass</li> </ul>                                                       | <b>29</b>                                    | <ul style="list-style-type: none"> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                        | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> </ul>                                                                                                                                    | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• Christ House breakfast, 7 a.m.</li> <li>• Low Mass at noon</li> <li>• Wise &amp; Mature Lunch, undercroft, after noon Mass</li> <li>• Centering Prayer, Mary Chapel, 7 p.m.</li> </ul> | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m. &amp; Low Mass, 7:30 a.m.</li> </ul>                         | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                       | <ul style="list-style-type: none"> <li>• Matins, 7:15 a.m.</li> <li>• AA Meeting, conference room, 8:30 p.m.</li> </ul>                                                                                                                                                                           |
|                                                                                                                                                                                                                              |                                              |                                                                                                                                   |                                                                                                                                                                                                          |                                                                                                                                                                                                                                                              |                                                                                                                         |                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>• Holy Eucharist, 8:30 &amp; 11 a.m.</li> <li>• Choir Rehearsal, 9:15–10:45 a.m.</li> <li>• Adult Forum, 10 a.m.</li> <li>• Sunday School, 11–15 a.m.</li> <li>• Coffee Hour, after 11 a.m. Mass</li> <li>• AA Meeting, 3 p.m., conference room</li> </ul> |

### \* Regular Sunday Activities

#### Check dates for additions or exceptions

Holy Eucharist, 8:30 & 11 a.m.  
 Choir Rehearsal, 9:15–10:45 a.m.  
 Healing Rite, first Sunday of the month  
 [starts in October]  
 Sunday School, 11–15 a.m.  
 Coffee Hour, after 11 a.m. Mass  
 AA Meeting, 3 p.m., conference room

*Mark Your Calendar*  
**St. Francis Day**



*Evening Prayer and  
the Blessing of Animals*

*Our celebration of St. Francis Day  
will be on Sunday, October 4,  
at 3 p.m.*

We gather on the front lawn of the church for Evening Prayer and the Blessing of Animals. Please bring animal companions as we give thanks to God for all the special creatures that grace our lives. Within the liturgy there is an opportunity to name, give thanks for, and bless with holy water our animal companions. Those who have lost a beloved animal companion may also find this an appropriate occasion to bring a picture or other token of remembrance, that we might give thanks. Spread the word, as this is a perfect opportunity to invite friends and newcomers. Earlier on Sunday morning, the Sunday school children will help prepare dog and cat treats (with a note from our church) that will be given to those who attend. ■

*From the Foyer Dinner Program*  
**Guess Who's Coming to Dinner?**

**You may join this activity  
at any time during the year**

Foyer dinners, one of All Souls' oldest ministries, are a popular way to get acquainted with the diverse community who attend All Souls. Under the direction of dinner captains, small groups of about ten share potluck dinners in homes and other informal settings. Generally, several dinners are held by each group during the church year. You may join this activity at any time during the year. Contact either Butch Bradburn (703/525-0262) or Kathleen Scholl (202/244-2297) if you wish to be added to a group.

*Butch Bradburn & Kathleen Scholl* ■

*Episcopal Men's Fellowship*  
**Columbus Day Event**

**All men are invited to attend  
starting Thursday, October 1**

The Episcopal Men's Fellowship is a chance for the men of All Souls to come together to socialize, reflect, and hear scintillating discussions on historical events, issues of cultural significance, or matters integral to the history and stature of All Souls Church itself. We meet about every other month. Events begin with a cocktail hour before a dinner prepared by one of our ace chefs and conclude with a discussion led by a parishioner. All men are invited to attend.

On Thursday, October 1, the Episcopal Men's Fellowship will have its next meeting at 7 p.m. in the Undercroft. John Coates will be discussing the origins and celebrations of Columbus Day while also giving us a glimpse into the man Christopher Columbus himself. All those interested in attending should sign up on the list in the undercroft or send an email to [ike.brannon@gmail.com](mailto:ike.brannon@gmail.com).

*Ike Brannon* ■

*Beyond the Pews*

**All Souls and the Bishop Walker School "Do Lunch"**

On Friday, July 10, at 10:30 a.m. the bus from the Bishop John T. Walker School for Boys arrived in our parking lot with fifteen 4- and 5-year old boys; Headmaster, The Rev. Kwasai Thornell; two teachers; and two parent chaperones. Each was given a bag lunch with a drink, fruit, pretzels, a sandwich, cookies, and wet naps—and the promise of more goodies when they returned from their field trip to the Zoo.

They returned at 1:30 p.m., none the worse for wear and full of enthusiasm,



after a few hours of fun, animals, and learning. They washed up and prepared to leave. Everyone was given a bottle of cold water and a popsicle.

Each of the boys received a Spiderman book whose cartoon characters teach lessons about good citizenship, good behavior, and friendship. We took a group photo and they were on their way.

We have \$200 remaining that will be given to the school to help purchase uniforms for the new students arriving in the Fall. It was a beautiful day for everyone. Thanks for making all of this possible.

*Nancye Suggs* ■

Flu & Pneumonia Vaccinations Coming

Once again this year, Maxim Health Systems will offer flu and pneumonia shots in the Undercroft on Saturday, October 24, from 10 a.m. till 1 p.m.

Maxim will bill Medicare Part B or participating health plans for those with valid Medicare coverage and proper documentation. For those without Medicare Part B, the cost of the flu shot is \$30, and \$45 for the pneumonia shot.

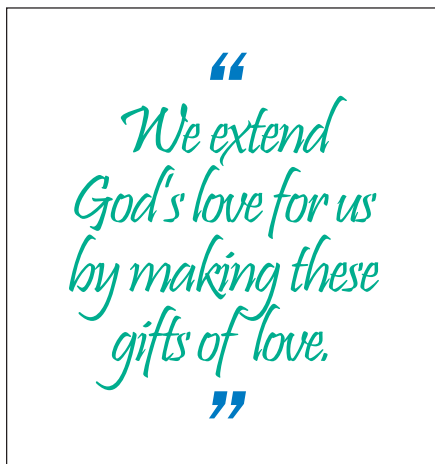
Our very own Dr. Al Muller is responsible for setting up this worthwhile service at All Souls. Please contact Al directly if you have questions or need more information, 301/657-1671.

Dr. Al Muller ■

All Souls Knitting Ministry Shawls and More!

The knitting ministry at All Souls has been wonderfully productive and thanks to all who have contributed to the success. Father John has received many shawls and mantles and given them to our families and friends. He has an additional "wish list" that reflects the growing nature of All Souls. He would like us to add baby blankets to his inventory of handmade gifts! Just knit and give the items to Father John. He also accepts financial contributions to underwrite knitting projects.

SO OTHERS MIGHT EAT (SOME) is a well-established charity ([www.some.org](http://www.some.org)) which provides a wide variety of services to needy DC citizens. Even when



A Gathering of the Wise and Mature Senior Lunch Bunch

September 30 following Noon Mass

The next luncheon of the "wise and mature" will be on Wednesday, September 30 at 12:30 p.m., following the noon Mass. Please have your reservations in to the parish office no later than Monday, September 28, if you plan to attend. This will be our "ingathering lunch." Note that all our lunches are on the last Wednesday of the month.

Thanks to everyone who has joined in this time of fellowship and who have assisted with this ministry. We look forward to seeing you in September.

Mark Hoffman, ESM Representative ■

All Souls at Gay Pride Day

All Souls actively participated in this year's Gay Pride events.

Fifteen All Souls members were in the Pride Parade on Saturday, June 13 (up from four people in 2008, the first year All Souls participated) and ten All Souls members helped to staff the Diocesan booth at the Pride Festival on Sunday, June 14.

We had 2,000 WWW.ALLSOULSDC.ORG wristbands made up for the event—1500 of which were given away during the parade. Bishop Chane had a bag of our wristbands to throw from his car, and we put wristbands on bystanders' wrists when the parade would slow. After the parade, Robert Mitchell hosted a reception for the participants at his home.

We gave away another 400 wristbands at the Pride Festival and we had a beautiful All Souls flyer featuring our "Round our restlessness, his rest" rainbow window. Copies of the flier and a few remaining wristbands are on the welcome table in the undercroft. Twenty-five people who signed our contact list were invited to the last Newcomer's Wine and Cheese. Although none of those folks came to the Wine and Cheese, there have been reports of people visiting who became aware of us at Pride.

We will definitely participate in Pride next year. We are considering having our own booth so that we can fully focus on our mission of inviting people to All Souls. Additionally, we are looking for events in the Woodley Park/Cleveland Park area where we can have an All Souls presence.

Dale Lewis ■

our days are hot and humid, we know the weather will turn cool (and even very cold) before too long. And that's when SOME will be grateful for hats and scarves for their clients—what a natural outlet for knitters. Hats and scarves are small and easy to carry while being knitted and will be very welcome at SOME.

Please help with our knitting ministry—shawls, mantles, blankets, hats and scarves. We extend God's love for us by making these gifts of love and expressions of care for families, friends and strangers.

Martha Domenico ■

**Baptisms**

May 10, 2009  
William Austin McAllister

May 17, 2009  
William Henry Robinson Wadsworth

May 31, 2009  
Adam Vodraska

May 31, 2009  
Theodore Ogilvey Mottur

**Burials**

None

**Confirmations & Receptions**

None

**Marriages & Blessings**

None

**Reaffirmations\***

Judy Ayala-Fowlkes  
Matthew Cohen  
Harry Feely  
William Henry, III  
Mary Hitchcock  
Roberto Ifill  
Steven Kerchoff  
Linda Martin  
Robert Mitchell  
Terry O'Bryan  
Charles Peterson  
John Price  
Ryan Ricci  
Shannon Rodes  
Kathy Ruffing  
Edgar Russell, III  
Terry Tyborowski  
Kelly Vielmo  
Sam Woodall, III

**Transfers In**

May 21, 2009  
Charles Briody, III

May 28, 2009  
Clay Doherty

June 18, 2009  
David & Kate McClain &  
Henry Wade McClain

**Transfers Out**

July 9, 2009  
Gary Norcross

July 16, 2009  
Lila Wolff

\* This category includes new members who join by providing the required information, and existing members who provide missing information, primarily a baptism date. The names are from May through July. In addition, some of these names are the result of updating our membership database. ■

**September**

1 Merry Bruns  
4 Steve Jacobs  
5 Samantha Brady  
7 Margaret Beardsworth  
10 Ric Haines  
Lamar Smith  
12 Nancye Suggs  
Willis Tatterson  
15 Ed Able  
Susan Morrison  
Mark Porter  
16 Martha Domenico  
Page Plissner  
Sarah Plissner  
18 Erwin de Leon  
20 Bob Colborn, Jr.  
21 Elizabeth Dresser  
Maggie Tomasello  
25 Anselm Neville-Rhody  
27 Bob Green  
28 Campbell Buchanan  
29 Tamara Floyd  
30 Carolyn Farmer  
Abby Fitzsimons  
Thomas Gardner

**Honoring the Great Sacrament of Baptism**

If your name is missing from this lists and you would like to have it included in this newsletter, or if there is a mistake, please call the parish office at 202/232-4244, and ask for the membership secretary. ■

*The All Souls Message*

All Souls Memorial Episcopal Church  
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202/232-4244  
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email the rector:  
jfbeddingfield@yahoo.com  
Website: http://www.allsoulsdc.org

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**All Souls Church Staff**

The Rev. John Beddingfield, *rector*  
The Rev. Christopher Worthley,  
*adjunct clergy*  
Seth Walley, *seminarian*  
Isaac Borocz, *parish administrator*  
Philip Cave, *director of music & organist*  
Harriet Curry, *assistant treasurer*  
Patricia Dresser, *Endowment Fund*  
*Board chair*  
Moises Flores, *assistant sexton*  
Carlos Guerra, *sexton emeritus*  
Barry Huber, *membership secretary*  
Oscar Prado, *sexton*

**The Vestry**

Marcia Anderson  
Stuart Edwards  
Stephen Jacobs, *registrar*  
Frank Karel, III  
Dale Lewis, *junior warden*  
Sally MacDonald  
William Miller  
Robert Publicover  
Stephen Rhody  
Eugenio Sexton  
James Solomon  
Larry Sturgeon, *treasurer*  
Nancye Suggs, *senior warden*

*The mission of All Souls Church is to be a Christ-centered sanctuary where a diverse community worships and serves. We live this mission through faithful celebration of the Eucharist, Christian education, and loving nurture of both members and neighbors.* ■

*The All Souls Message*  
September 2009  
All Souls Memorial Episcopal Church  
2300 Cathedral Avenue, NW  
Washington, DC 20008-1505

# *Ingathering Sunday*

*Welcome home —  
renew and refresh your All Souls spirit.*

**Please join us on September 13th  
for the start of the fall church year.**

Adult Forum begins, the choir returns, Sunday school,  
the regular breakfast, and coffee hour resume.

*And as a special music treat, The Choir of King's College, London  
will sing at the 11 a.m. Mass*