

The All Souls' Message

All Souls Memorial Episcopal Church • Volume 110, Issue 1 • February/March 2010

From the Rector

Thinking about the Future

By the time this newsletter is published we will have begun our work with MTFA architects. They are helping us fine-tune our vision, and prioritize our projects, and they will soon begin to draw up images and drawings around which we can plan. While the clear priority for our work is an elevator, we are also hoping to include accessible bathrooms and perhaps an entrance to the church building from the back parking lot. (While entering the church through the kitchen has a certain charm, it's not exactly the easiest way for newcomers to figure out how to get in the building. And the steps make it a nightmare in terms of accessibility.) MTFA will help us come up with an overall plan so that we can then proceed as finances and fundraising allow.

Just as I came to All Souls you were finishing the work on the front sidewalks and entrances to the church, reducing steps and making it easier for people to get into the church. It is a great thing that people can get into the church more easily. But that's where our accessibility stops. Our bathrooms are not big enough for walkers or wheelchairs, and one has to use the stairs in order to join in the fellowship or programs in the undercroft.

*We're called
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beyond the
short term.*

In our thinking and praying about the future, I hope we can begin to think about what All Souls might be like in ten years, twenty years, or even fifty or a hundred years. How can we make good decisions that will help those who come after us? How can we make investments now that might reduce maintenance costs in the future? How can we make improvements to our building that will help to welcome? How can we make small changes in order to be more available to our neighborhood?

A while back I read a biography of the landscape architect Frederick Law Olmsted, who designed New York's Central Park, Montreal's Mount Royal Park, and many smaller areas. (Many of you probably know that Olmsted also designed the grounds for St. Alban's School, the National Zoo, and the grounds of the U.S. Capitol.) During his day some clients were disappointed with Olmsted's work because he didn't design gardens and parks for imme-

diately gratification. Instead, he designed them so that they would grow into maturity a hundred years later.

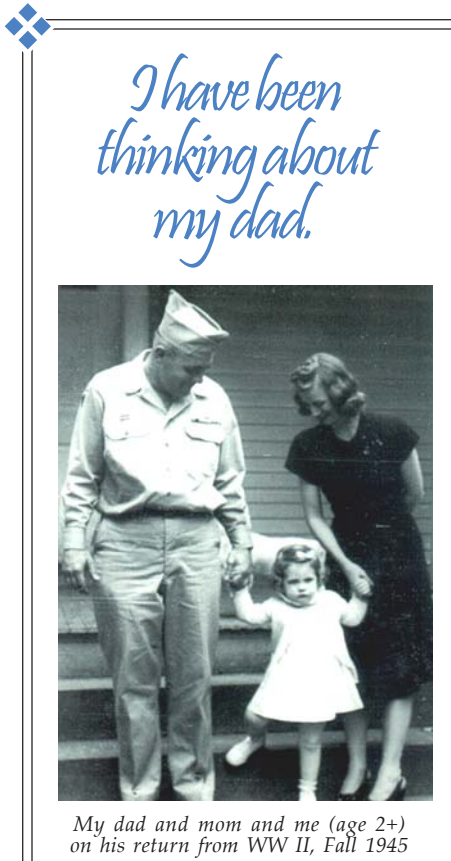
It's hard to imagine anyone having Olmsted's kind of vision in our day. Even at church, our tendency is to focus on the short run—how to staff the Sunday school for the next month, how to finish the upcoming newsletter, how to recruit leaders. But I believe we're called to try to think beyond the short term. We're called to think a little like Moses, who knew that he might not see his plans to completion but kept a vision while keeping faith in God's guidance day by day. We are called to act a little like the disciples, who spread the good news of Jesus Christ without always knowing what the next day would bring. And finally, we're called to be like our own forebears at All Souls, who gave of themselves to create the church we love.

John Beddingfield ◆

In This Issue is on page 3.

At our Christmas Eve service, my husband nudged me and pointed out a young man in uniform, asking me if I knew him. I did not but was glad to see him here with his family. At the reception, I was walking around wishing "Merry Christmas" to all and came up to this handsome young Marine and his family. We had been praying for him for some time, as we do for those from our parish and for all who serve our country. He was very tall and good-looking in his spiffy uniform. I thanked him for his service and wished him and his family a "Merry Christmas." Ever since Christmas Eve I have been thinking about my dad. You may wonder why that fine young Marine would cause me to think so much about my Dad. I believe it is because I was thinking about Christmases a long time ago when I was young and my dad had returned from the war.

My father was drafted into the Army in the spring of 1943. He was sent to Fort Dix for basic training, leaving behind his pregnant wife, his mother and father, and sisters. He attended Fork Union Military Academy for high school, so he was not unfamiliar with the military and he was not surprised to have been drafted. He wasn't prepared to leave his family at such an important time, but duty called. He was allowed a few days at home in Washington, D.C., before being shipped off to fight in the European Theater of Operations under General Eisenhower. It was during those few days at home that I was born. He left to join his unit when I was less than a week old and did not return until I was more than two years old, in the fall of 1945. He was not the only one. There were many like him, who left their families and babies to fight in the war, as do the



My dad and mom and me (age 2+) on his return from WW II, Fall 1945

soldiers of today. He was one of the lucky ones who came back to their families. There were many who did not return. There are many who do not return.

I remember the hubbub that went on that Christmas after his return. I have photos of him in his uniform. He talked little about his service, even to my mother and grandmother. Later in his life he said that it was too painful. He returned with a Purple Heart and with shrapnel embedded in his body that was never removed. It caused him great pain and many infections throughout his life. He had nightmares and would awake shaking and sweating. When I was a teenager he told me that he was in a foxhole and everyone in it was killed. He wondered why he was the one who was spared. In spite of having graduated from a military

academy, he said he was totally unprepared for war. He said he killed "the enemy," but they were kids just like he was. He said: "I'm a lover, not a fighter."

That first Christmas after the war, he purchased a real honest-to-goodness Lionel train for under the Christmas tree. He told my mother that it was for me, but we all knew it was for him. He loved that train and spent hours under the tree on many Christmases watching it go around and around. I think he thought it would give him a bit of his childhood innocence back. Time passed as did many Christmases, and my dad became more unsettled. He didn't want to grow up and take on the responsibilities of adulthood and fatherhood. He didn't want to live in a world filled with problems and more wars, so at age 32 he ran away and joined the circus. He later became a comedian. If he could make people laugh, then he and they would be carefree, if only for a little while.

When my Dad would come home after traveling on the road for months at a time, it was like Santa Claus, a circus clown, and the ice cream man showing up on the same day. It was a whirlwind sweeping through the house. All routines were interrupted and changed. There was eating out and going to movies and being silly. There were concerts and singing and acting out. There were the smiling faces of all of us who were so glad to see him. And then he was gone again and we were all exhausted and discombobulated, and it was hard to get back into the routine. There was calm. There was music but it sounded different. There was ice cream but it didn't taste as good. There was an empty space where this very large presence had been.

Continued on the next page.

So what does any of this have to do with that fine young Marine I met on Christmas Eve? I hope that this young man will have a wonderful, fulfilling life after his service commitment has been fulfilled. I hope that if he needs help fitting back into life after military service, that there will be someone there to assist him. In my father's day no one knew about "post traumatic stress syndrome." My dad returned a hero, but he could never quite get back into the rhythm of everyday life at home. That Marine is a hero, but he too will have to return to everyday life. I would like his transition to be easier. I would like him to know that we are proud of him but he doesn't have to spend the rest of his life trying to be a "hero." I would like him to return to the ordinary, to the day-to-day with his family. I would like him to be happy and to enjoy the freedoms that he fought for. What I would really like is for there to be no more wars. In the meantime, let us remember those who served in times past and to thank those who serve in the here and now.

Oh, how I wish you could have met my dad. As exasperating and exhausting as he was, he would have left you laughing. He would say: "I know what's in every book in every library in the world." And you would look properly amazed and say: "Really? What is in every book in every library in the world?" Then he would smile and wink and say, "Words."

Nancye Suggs ◆

Thanks to all who supported our Advent/Christmas outreach.
In spite of the snowstorm, we were able to deliver gift cards
to the Community of Hope in time for Christmas.
We gave donations to the Order of St. John
for the eye hospital in Jerusalem.
This hospital treats children of all faiths, saving and restoring sight. The
Sunday School collected money to provide teddy bears
for the children of Swaziland.
Your generosity made all of this possible.
You may never meet the people that received the gifts
you made possible, but I know they are grateful,
and I know that you are blessed.

Nancye Suggs ◆

We are receiving nominations for election to the Vestry. You may nominate yourself or someone else (better ask them first). One sign of a healthy parish is a congregation willing to serve in different capacities. Think over your gifts of time and talent and see if you might be willing to give them to this parish as a vestry member. We want to publish a photo and brief statement from each candidate in the next issue of *The Message*. Several slots will be available. Nomination forms are available in the church office. Serving on the Vestry is a great way to get to know your parish and to bring new ideas to the table. These are exciting times, my friends. We are exploring handicapped accessibility and new uses and configurations of our space. We are preparing for our Centennial Year. Contrary to what you may believe, no one has been seriously injured or disabled by Vestry service. Don't delay—get those nominations in today!

👉 **Annual Meeting and Election is May 16** 🗨️

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

Our handicapped accessibility project is moving quickly now. On January 8 and 9, the architect conducted a visioning session with about 20 “ambassadors” from All Souls. The visioning began with discussions of what is going on at All Souls that we want to preserve. The visioning then turned to the question, “What’s not going on here that God is calling for?” That portion of the visioning resulted in a list of 43 needs which the Ambassadors were asked to rank in importance, with “5” being highest and “1” being lowest. Here are the top 10.

Accessibility (score 5.0)—There was no question that this was the most important need: the architect remarked that absolute consensus between Ambassadors is uncommon in his experience.

Elevator (4.8)

Fire Alarm (4.6)—Our fire alarm system does not have detectors of any sort and does not call the fire department—pulling the fire alarm merely activates bells.

Kitchen (4.55)—Food is central to fellowship in this parish. Our kitchen is basically functional, but there are issues.

Bathrooms (4.5)—Existing bathrooms are old and hard to clean, and there aren’t enough of them.

Environment/Green (4.45)—We are committed to reducing our carbon footprint and becoming more energy efficient.

Website to Communicate Vision/Church (4.4)—That’s not to say that our website isn’t excellent, but we can probably do more with it.

Accessible Toilets (4.2)

Heating and Air Conditioning (4.1)—It generally works, but elements

What's not
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of the system are very old and the technician is here enough that we are on a first name basis with him (really) and—I was stunned to learn!—that there are people who don’t much appreciate the racket from the blowers in the sanctuary. As we were doing the visioning on a very cold Friday p.m., the 80+-year-old radiators in the undercroft couldn’t heat the room above 62 degrees.

Flexible Multi-Purpose Space (4.0)—Do we really want to stop conversations over breakfast to have the Adult Forum and then have people walking through the Adult Forum because the Adult Forum is on a main thoroughfare?

By the morning of the second day of visioning, we were seeing All Souls in terms of three key characteristics:

1. **All Souls is a welcoming place of refuge.** The architect described it as “an island in the city.” We are a “destination church”—many people come here from a distance. There is a lot of fellowship that goes on in this parish. Have you noticed how many people stay for breakfast after the 8:30 or for coffee after the 11:00? A lot of us are here because we might not fit or be welcome elsewhere. Our gardens also factor into this discussion—they really do make us an island in our very urban neighborhood.

2. **All Souls is a comfortable, traditional church.** We are singularly adept at doing Rite 1 with warmth. The architecture of our sanctuary matches our standard of liturgy.

3. **All Souls is a place of education.** This characteristic was a bit weaker than the two preceding ones, but it was important to the Ambassadors and is an area where we will want to grow.

These three characteristics must factor into any construction we undertake.

The ambassadors evaluated several key functions in light of the ability of our facility to support those functions. Finally, we were asked to write “postcards” to the person seated next to us about what we imagined seeing as a result of our visioning session if we came back to All Souls 20 years from now. The architect collected the postcards to prepare his report, but we’ll get copies of those and share some of them with you.

So what’s next? We’ll get a draft report from the architect in about two weeks. The Ambassadors will review that draft and comment before the architect finalizes the report. Once the report is finalized, it will be shared with the congregation. The Ambassadors will again meet with the architect in mid-February. At this point, the discussion will begin to focus on what the visioning report means for our site. The architects will propose some alternative building solutions to get the reactions of the Ambassadors.

After that, the architect will “prepare a draft long-range program of required spaces, areas, adjacencies, schedules, and budget ranges” to address the visioning report. This draft program will again be reviewed with the Ambassadors. Then the program will be turned into actual plans with various options. The plans will again

be reviewed with the Ambassadors. Finally, based on the input from the Ambassadors, the architect will prepare a “final master plan design that will reflect project phasing” for how this plan would be implemented. Presenting the final master plan to the entire congregation will be a major All Souls event.

There are a lot of very healthy things going on with this project. Of the initial group we asked to be Ambassadors, an extraordinary percentage accepted the invitation. The full engagement of the Ambassadors in the visioning sessions was obvious from the outset. The architect wants us involved throughout the planning process; having been a program manager for quite a few years now, I can tell you that continuous stakeholder involvement has everything to do with success.

So where do you fit in this? First and foremost, keep this process in your prayers. It was no coincidence that we started the visioning process with a short Mass in the sanctuary. Why don't you take some time to think about what is going on here that works and “what's not going on here that God is calling for.” You might take the time to write a postcard about what you would like to find here in 20 years. Do let me know what you come up with!

Dale Lewis ◆

All Souls Are Green!
Our ushers recycle bulletins.
Please leave any
unwanted service materials
in the pew after Mass.
Thanks for helping us
go green.

The Episcopal Men's Fellowship will meet on Thursday, February 4th in the church undercroft at 7 p.m. to...

☛ “Remember the Maine!” ☛
On the evening of
February 15, 1898
one of the first American battleships
blew up in Havana harbor
killing 266 American sailors.
Was it Spanish treachery
or poor design and negligence
that led to this disaster?

Dinner and drinks will be served for the low price. Please RSVP by sending an email to Ike.brannon@gmail.com or by signing up at the table by the front stairs into the undercroft.

Ike Brannon ◆

**February 21—March 21, 1 p.m.
in the Conference Room**

Ever wonder how to navigate the *Book of Common Prayer*? Are you curious why we sing the music we sing on Sundays and where some of the words originate?

This course will work both as a refresher for those who might want to be reminded of some of the basics of the Episcopal Church and faith and as a class for those who might wish to be confirmed on May 15, 2010, at the cathedral. The course will be taught by John Beddingfield, Ed Perlman, Cameron Soulis, and Seth Walley.

John Beddingfield ◆

Modern Yoga has its roots in a 2000+ year-old philosophical tradition that teaches stillness of the mind and meditative contemplation as one way to get closer to the Divine. And what better way to observe Lent than to still the mind and engage in some meditative contemplation? Join All Souls parishioner Richard McKewen, RYT, as he leads yoga classes every Saturday morning during Lent in the undercroft. Classes will meet from 10:00 to 11:30 on February 20, 27, March 6, 13, 20, and 27, and are open to everyone, from beginners to experienced yogis.

*What better way
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Part of learning to still the mind is learning to still the body through various physical poses. So be sure to wear loose, comfortable clothing (gym clothes are ideal) and bring a large towel. We will have a limited number of yoga mats available for people to use, so if you have your own, please bring it with you. And try not to eat for at least an hour beforehand. The classes are free, but donations will be gladly accepted, to be shared between All Souls and a charity to be decided by the class. If you have any questions, feel free to contact Richard at stoligimlet@hotmail.com or 202-309-3566.

Richard McKewen ◆

Activities Calendar for 2010

All Souls Memorial Episcopal Church

As of January 25, 2010

February

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		2 — <i>Presentation of Our Lord 3 in the Temple [Candlemas]</i>	4	5	6	
	<ul style="list-style-type: none"> • AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. 	<ul style="list-style-type: none"> • Christ House breakfast, 7 a.m. • Matins, 7:15 a.m. • Low Mass at noon • Christ House dinner, 4 p.m. • Centering Prayer, Mary Chapel, 7 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. & Low Mass, 7:30 a.m. • Episcopal Men's Fellowship—Remember the <i>Maine!</i>, undercroft, 7 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. • AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> • No Farmer's Market until May
7 — <i>The Fifth Sunday After the Epiphany [Sexagesimal]</i>	<ul style="list-style-type: none"> • Christ House dinner, 4 p.m. • AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. 	<ul style="list-style-type: none"> • Christ House breakfast, 7 a.m. • Matins, 7:15 a.m. • Low Mass at noon • Centering Prayer, Mary Chapel, 7 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. & Low Mass, 7:30 a.m. • St. Mary's Court, 3 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. • AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. • AA Meeting, conference room, 8:30 p.m.
14 — <i>The Last Sunday After the Epiphany St. Valentine's Day [Quinquagesimal]</i>	<ul style="list-style-type: none"> • Parish office will be closed • AA Meeting, conference room, 8:30 p.m. • Country Western Night, undercroft, 6–10 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. • Evening Prayer, burning of palms, and pancake supper, 5:30–8 p.m. • Vestry meeting, conference room, 7 p.m. 	<ul style="list-style-type: none"> • Christ House breakfast, 7 a.m. • Low Mass with Imposition of Ashes, 7 a.m., noon, and 7 p.m. • No Centering Prayer 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. & Low Mass, 7:30 a.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. • AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> • Lenten Yoga Practice, undercroft, 10–11:30 a.m.
21 — <i>The First Sunday in Lent</i>	<ul style="list-style-type: none"> • AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. • Parish Admin. lunch & meeting, undercroft, 12:30 p.m. 	<ul style="list-style-type: none"> • Christ House breakfast, 7 a.m. • Matins, 7:15 a.m. • Low Mass at noon • Seniors' Lunch, undercroft, after noon Mass • Centering Prayer, Mary Chapel, 7 p.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. & Low Mass, 7:30 a.m. 	<ul style="list-style-type: none"> • Matins, 7:15 a.m. • Stations of the Cross, 7 p.m. • AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> • Lenten Yoga Practice, undercroft, 10–11:30 a.m.

28—*Lent 2*

• Episcopobasics, conference room, 1 p.m.

* Regular Sunday Activities—Check dates for additions or exceptions

Holy Eucharist, 8:30 & 11 a.m.	Child care, 8:15 a.m.–12:30 p.m.	Sunday School, 11:15 a.m.
Healing Rite, first Sunday of the month—both services	Choir Rehearsal, 9:15–10:45 a.m.	Coffee Hour, after 11 a.m. Mass
Breakfast, after early Mass	Adult Forum, 10 a.m.	AA Meeting, 3 p.m., conference room

Activities Calendar for 2010

All Souls Memorial Episcopal Church

As of January 25, 2010

March

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<ul style="list-style-type: none"> AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m. 	<ul style="list-style-type: none"> Christ House breakfast, 7 a.m. Matins, 7:15 a.m. Low Mass at noon Christ House dinner, 4 p.m. Centering Prayer, Mary Chapel, 7 p.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m., & Low Mass, 7:30 a.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m. Stations of the Cross, 7 p.m. AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> No Farmer's Market until May Lenten Yoga Practice, undercroft, 10-11:30 a.m.
7—Lent 3	8	9	10	11	12	13
<ul style="list-style-type: none"> Episcobasics, conference room, 1 p.m. 	<ul style="list-style-type: none"> Christ House dinner, 4 p.m. AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m. 	<ul style="list-style-type: none"> Christ House breakfast, 7:00 a.m. Matins, 7:15 a.m. Low Mass at noon Centering Prayer, Mary Chapel, 7 p.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m., & Low Mass, 7:30 a.m. St. Mary's Court, 3 p.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m. Stations of the Cross, 7 p.m. AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> Dignity of Washington St. Joseph's Day event, undercroft, 6-10 p.m. Lenten Yoga Practice, undercroft, 10-11:30 a.m.
14—Lent 4, Daylight Saving Time begins	15	16	17—St. Patrick's Day	18	19—St. Joseph's Day	20—Spring begins
<ul style="list-style-type: none"> Episcobasics, conference room, 1 p.m. 	<ul style="list-style-type: none"> AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m. Parish Administrators' lunch & meeting, undercroft, 12:30-2 p.m. Mass & Vestry meeting, 7 p.m. 	<ul style="list-style-type: none"> Christ House breakfast, 7:00 a.m. Matins, 7:15 a.m. Low Mass at noon Centering Prayer, Mary Chapel, 7 p.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m., & Low Mass, 7:30 a.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m. Stations of the Cross, 7 p.m. AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> Lenten Yoga Practice, undercroft, 10-11:30 a.m.
21—Lent 5	22	23	24	25—The Annunciation of Our Lord	26	27
<ul style="list-style-type: none"> Episcobasics, conference room, 1 p.m. 	<ul style="list-style-type: none"> AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m. 	<ul style="list-style-type: none"> Christ House breakfast, 7:00 a.m. Matins, 7:15 a.m. Low Mass at noon Centering Prayer, Mary Chapel, 7 p.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m., & Low Mass, 7:30 a.m. 	<ul style="list-style-type: none"> Matins, 7:15 a.m. Stations of the Cross, 7 p.m. AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> Lenten Yoga Practice, undercroft, 10-11:30 a.m.

28—The Sunday of the Passion: Palm Sunday	29—Monday in Holy Week [Passover begins at sundown]	30—Tuesday in Holy Week	31—Wednesday in Holy Week
<ul style="list-style-type: none"> Morning Prayer, 7:15 a.m. & Mass, 7:30 a.m. AA Meeting, conference room, 8:30 p.m. 	<ul style="list-style-type: none"> Morning Prayer, 7:15 a.m. & Mass, 7:30 a.m. 	<ul style="list-style-type: none"> Morning Prayer, 7:15 a.m. & Mass, 7:30 a.m. Seniors' Lunch, undercroft, after noon Mass Centering Prayer, Mary Chapel, 7 p.m. 	<ul style="list-style-type: none"> Christ House breakfast, 7:00 a.m. Morning Prayer, 7:15 a.m. & Mass, 7:30 a.m. Low Mass at noon Centering Prayer, Mary Chapel, 7 p.m.

* Regular Sunday Activities—Check dates for additions or exceptions

Holy Eucharist, 8:30 & 11 a.m.
 Healing Rite, first Sunday of the month—both services
 Breakfast, after early Mass
 Child care, 8:15 a.m.-12:30 p.m.

Choir Rehearsal, 9:15-10:45 a.m.
 Adult Forum, 10 a.m.
 Sunday School, 11:15 a.m.
 Coffee Hour, after 11 a.m. Mass
 AA Meeting, 3 p.m., conference room

All Souls is blessed with beautiful Stations of the Cross, made especially for our church in the 1990s. Of the fourteen stations, eight are based directly on events recorded in the Gospels and six are based upon traditional stories about Jesus making his way through Jerusalem to Calvary. The simple weekly service on Friday nights allows us to walk to each station and pause for a reading from scripture and a prayer. We sing a verse of a traditional hymn between each station.

This is a wonderfully quiet and simple service. When we walk Stations of the Cross, we are given an opportunity to see each station with new eyes. The more one looks, the more one sees. We are invited to hear the scripture with new ears. We are invited to respond to the Way of the Cross, and indeed, to the Way of Christ, with new hearts.

John Beddingfield ◆

Join us on January 31 and February 14 for a discussion of the book *Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline* by Lauren F. Winner. This is an engaging little book about eleven rituals from Judaism and how they can inform and deepen our Christian lives. Winner, who converted from Orthodox Judaism to Christianity, writes with humor and knowledge about what these spiritual practices mean in Judaism and what they can teach us as Christians. I read this book last year and enjoyed learning more about these Jewish practices and reflecting on how they can enrich my own spiritual practice. We'll begin at 1:00 both Sundays with a light lunch. We'll meet briefly on January

31 for a short introduction and overview of the book and the author. We'll discuss the book on February 14 (I know it's Valentine's Day, but who better to spend Valentine's Day with than your church family?).

Please join us! You would not need to finish reading this brief and approachable book until February 14. The book is *Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline* by Lauren F. Winner; copyright 2003; publisher: Paraclete Press, ISBN: 978-1-55725-532-7. If you would prefer not to purchase the book, there will be five copies of the book available to borrow in the library.

Cameron Soulis ◆



Shrove Tuesday—Mardi Gras

Tuesday, February 16, 2010

EVENING PRAYER
*Burning of Palms
and Pancake Supper*
5:30–8 p.m.

Gather in the undercroft for something to drink and then join us in the lower garden for the burning of the palms. A pancake supper follows in the undercroft (there may also be doughnuts!).

ASH WEDNESDAY The First Day of Lent

Wednesday, February 17, 2010

LOW MASS
with Imposition of Ashes
at 7 a.m., noon, and 7 p.m.

You are being called to dinner—
an All Souls Foyer Dinner
that is. It is time to sign up for
our foyer dinner program. All are
welcome to participate. At the begin-
ning of the new year we form new
foyer dinner groups of about 10
people that rotate hosting the din-
ners in their homes, at restaurants,
in the church undercroft, or in homes
of All Souls parishioners who offer
their homes for the dinners. The
groups meet a minimum of four times
throughout the year. Many groups like
to gather more frequently and often
try to meet once a month.

The size of the groups depends on
how many people sign up and the
number of foyer dinner group cap-
tains who volunteer. The captains
usually host the first dinner for the
group and shepherd the group

At the beginning
of the new year
we form new
foyer dinner groups.

throughout the year to make sure that
dinners continue to take place and to
maintain communication among the
group.

To participate all you need to do is to
sign up on the foyer dinner form be-
low or that is available in the under-
croft on the newcomers table. Please
check the appropriate boxes indicat-

ing whether you need transporta-
tion, live near a Metro station, or are
willing to provide transportation for
members of your group to the din-
ners. Please mark the form if you have
children and their ages. If you do not
have children, please indicate if you
are willing to have young children
in your home.

This is an important program at All
Souls and one of our largest activi-
ties throughout the year. It is one of
the activities that unites those who
worship at the 8:30 and 11:00 ser-
vices. Butch Bradburn is the coordi-
nator of the foyer dinner program.
Please contact him if you have any
questions. A captains meeting will be
held in late February with last year's
captains. We hope to start the first
dinners in March.

Butch Bradburn ◆

2010 Foyer Dinners

Sign up any time during the year using this form
and place it in the Foyer Dinner box on the greeter's table in the undercroft.

Name(s): _____

Address: _____

Phones: _____

Email addresses: _____

- I have _____ children who may attend dinners. Please give ages _____.
- I need a ride. I can provide a ride for someone. I prefer a group that meets along metro stops.
- Yes, I will volunteer to be a group captain, too.
- Are you willing to host a dinner that includes under-school-aged children? Yes, No,



Let's Have a Party!



Country Western Night

Let's start the New Year with a rootin-tootin good time

Yeeeee Haw! Join us for Country Western Night

Sunday February 14, 2010—6 to 10 p.m.

Break out your cowboy boots, ten-gallon hats, and string ties...we are going country! We will be serving chow from the chuck wagon and adult beverages in the saloon. We will even do a little Texas two-step.

There will also be an All Souls Chili Cook Off. Is your recipe good enough to be the best? Let's start the New Year with a rootin-tootin good time. This party is definitely for grown-ups, but children are of course welcome.

Mark your calendars and stay tuned for details. If you would like to lend a hand in the planning or execution—bartenders and kitchen help always needed—please contact Marcia Anderson Marcia513@verizon.net.

*Copy deadline for articles for the April/May 2010 issue
of The Message is March 1, 2010*

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



February

- 1 Knight Champion
- 2 Norman Whitmire, Jr.
- 4 Lee Cohen
Dirk Peterson
- 5 Lisa Zaina
- 6 Stu Edwards
Joanna Edwards
- 7 Barbara Menard
- 8 Keith Melchers
- 9 Andoni Barreto
- 10 Charles Johnson
Sam Woodall
- 15 Julia Preston
Bob Publicover
- 18 Hilary Wilcox
- 21 Ram Hansen
- 24 Michael Pate
- 25 Tom Mabon

March

- 1 Christine Burkhart
John Coates
Joseph Rajnic
- 2 Clive Brady
- 4 McKenzie Barnes
Wes McCune
- 12 Barbara Brady
Josie Martin
- 13 Kevin LeGrand
- 14 Dale Lewis
- 15 Caroline Fernandez
- 18 Al Muller
- 21 Roland Houle
- 22 Dilara Brannon
- 23 Linda Iverson
Richard McKewen
- 25 Beatrice Beardsworth-
Aguilar
Kathy Nelson
Jim Norris
- 30 Erin Piel

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The Rev. Christopher Worthley,
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Seth Walley, *seminarian*
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Carlos Guerra, *sexton emeritus*
Barry Huber, *membership secretary*

Honoring the Great Sacrament of Baptism If your name is missing from this list and you would like to receive a baptism anniversary card from the church, or if there is a mistake, please call the parish office at 202/232-4244, and ask for the membership secretary. ◆

From the Membership Database
The Parish Register (as of 01/07/2010)



Baptisms

December 27, 2009
Jude Rowan McClain

Burials & Interments—None

Confirmations & Receptions—None

Marriages & Blessings

December 5, 2009
Katherine Elizabeth Bargoil &
Masato Nakagawa

January 2, 2010

Laura Elizabeth Tomes &
Thomas Gilmore MacLeod
Simchak

Transfers In

November 12, 2009
Sheila Brown Aubrey

November 19, 2009
Ben (Boon San) Chia

Transfers Out

November 5, 2009
Joyce Schlosser Nohowell



The Vestry

Marcia Anderson
Stuart Edwards
Stephen Jacobs, *registrar*
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

February/March 2010

All Souls Memorial Episcopal Church
2300 Cathedral Avenue, NW
Washington, DC 20008-1505



Holy Week & Easter at All Souls

Palm Sunday — March 28

Blessing of the Palms and Low Mass, 8:30 a.m.

Blessing of the Palms, Procession, and High Mass, 11 a.m.

Monday, Tuesday, and Wednesday in Holy Week — March 29–31

Morning Prayer at 7:15 a.m. & Mass at 7:30 a.m.

Maundy Thursday — April 1

Morning Prayer at 7:15 a.m. & Mass at 7:30 a.m.

Maundy Thursday Liturgy, 7 p.m., Washing of Feet and Holy Communion

Good Friday — April 2

The Good Friday Liturgy at noon

Holy Saturday — April 3

The Great Vigil of Easter at 7 p.m.

Easter Day — April 4

Low Mass with Easter Hymns at 8:30 a.m. High Mass at 11 a.m.