

The Grateful Heart

CHRIST CHURCH EPISCOPAL
June 2011 NEWSLETTER

Dear Friends,

In my personal scripture reading over the last little while I've been reading some of the letters of the Apostle Paul; in particular, some of his shorter letters that we don't often read in worship. We read the scriptures more than once in our lifetime because every time we read them we see something new. Or if we don't see something new, we are reminded of something we had seen before but maybe not paid much attention to.

In the case of this time through, what was brought to my attention is Paul's simple practice of almost always beginning his letters with words of gratitude. Almost every letter Paul writes begins with words of thanksgiving. Regardless of his own situation; regardless of the situation of those to whom he writes; he begins by giving thanks to God.

Pay attention to the words in scripture... the letters, the Gospels, and in particular the psalms...and it is revealed how prevalent the theme of gratitude is. It's a constant part of the witness of the Word.

There are times and seasons when we seem to pay greater attention to the practice of gratitude...Thanksgiving Day, Christmas, Easter..."high" occasions, when we are especially aware that we are receivers, and have received from God.

But it is a practice of our worship that we give thanks and express gratitude each time we are together. The Holy Eucharist..."the central act of worship of Christ Church and the Episcopal Church"...is our weekly expression of gratitude, our weekly thanksgiving meal. After all, the word "eucharist" means "thanksgiving."

We celebrate this meal each week together that the Lord may cultivate within us a spirit of gratitude. We receive from the table in thanksgiving for all that God does for us and with us that our hearts may be formed into the shape of gratitude; in the conviction that grateful hearts are open to receive God's mercies and then share them; that we may be biased towards grateful living. Gratitude opens us up, to receive and give. And for me, at least, gratitude seems to heighten my awareness to the small things that make the day more joyful...the birds singing in the morning; a clever joke at the dinner table; a kind action of a stranger. Gratitude seems to be a fundamental prerequisite to hope.

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And gratitude is a practice. It's something we can choose for; and as we choose for gratitude, gratitude forms within us. In his book The Return of the Prodigal Son, which I mentioned in a sermon a while back, the author Henri Nouwen writes this: *In the past I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realized that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy. Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint... The choice for gratitude rarely comes without some real effort. But each time I make it, the next choice is a little easier, a little freer, a little less self-conscious.*

"This is the day the Lord has made; let us rejoice, and be glad in it," writes the psalmist. Elsewhere, the ones who wrote the psalms write "On this day the Lord has acted; we will rejoice and be glad in it." In these, and other words, the psalms bring us back to the joy and gift of this day, and invite us to the place of gratitude and thanksgiving.

And so it is I write this early in the morning, before the sun rises; nevertheless, with the birds again singing...the first thing to be grateful for today, and a reminder that there is more gratitude to come.

"Thanks be to God!"...as we say at the conclusion of every worship service. Good words to remember; good words to live into...

Paul

Ordination

Saturday, June 4, 10:30 am

Bishop Johnston will ordain Kathy Guin, (a member of Christ Church), Joshua Morgan Caler, Young Kwon Francis Choi, June Hardy Dorsey, Herbert H. Jones, Tracey Elizabeth Kelly, Evelyn Wheeler, Amelie Allen Wilmer and Lauren Frances Winner to the transitional diaconate on June 4 at 10:30 a.m. Christ Church will host the ordination.

All are welcome to attend the ordination,
followed by a reception in the GCC.

Baptism

The next Baptism at Christ Church is scheduled for Pentecost, June 11/12.
If you have someone in your family wishing to be baptized, please contact
Jan in the church office (364-0394).

Newcomers Luncheon

If you are new to Christ Church within the past year or so,
please plan to attend the Welcome Luncheon on

Sunday, June 12

We'll gather in the Parlor of the Worship Space,
following the 10:45 worship service.

This is an opportunity to hear from clergy and staff about
Christ Church and how to be connected.

Children are welcome and the lunch will include "kid friendly" food.

Childcare is available.

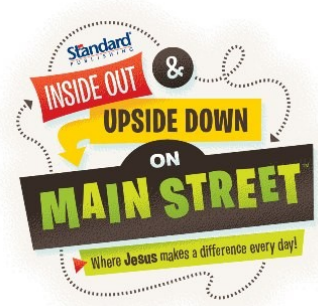
When you RSVP, please let us know if you will require childcare
(and give us the names and ages of the children).

We look forward to seeing you !

The Newcomers Ministry

So we may plan for the luncheon please RSVP to
Tom Valiquett (tvaliquett@comcast.net)

Vacation Bible School



July 11-15

So far,
there are
320 children
signed up.

**We need adult and youth volun-
teers!**

*In particular, we need crew leaders and
assistant crew leaders.*

*If you aren't available the whole week, we
can work with your schedule.*

We also need stuff! We are collecting paper towel and wrapping paper rolls in particular. Come by our table in the milling area to find out what else we need and how you can help.

Volunteer Training Dates are:

June 22nd at 6:30 pm

June 23rd at 9:30 am

June 26th at 5:30 pm.

Please come to one of the training sessions.

Additionally, there is a
VBS Craft Work Day
on June 13th at 10 am
(Ed Bldg)

Come and help prep for VBS...a fun way to get ready and visit with co-workers all at the same time!

Childrens Ministry

Summer Book Club

Summer Book Club Registration is open! Book Club is for rising 5K through completed 5th graders from 9:30 to 10:30 am on June 22, July 6, July 20, and August 3. Check here (<http://www.christchurchrichmond.com/form10245.htm>) to register.

Summer Sunday School

There will be two sessions of Summer Sunday School:

June 12, 19, and 26

July 10, 17, 24, and 31.

Summer Sunday School will be at the 9:00 service on Sundays. Children should meet in the parlor before worship and will join their families for communion.

Summer Children's Chapel

Children's Chapel (for 3 year olds through 1st graders) will be held at the 9:00 worship service when there is no Sunday School and at the 10:45 worship service every Sunday until Kids' Quest resumes. We are doing a Children's Literature and Theology series for the summer months.

Want to help with children's summer education?

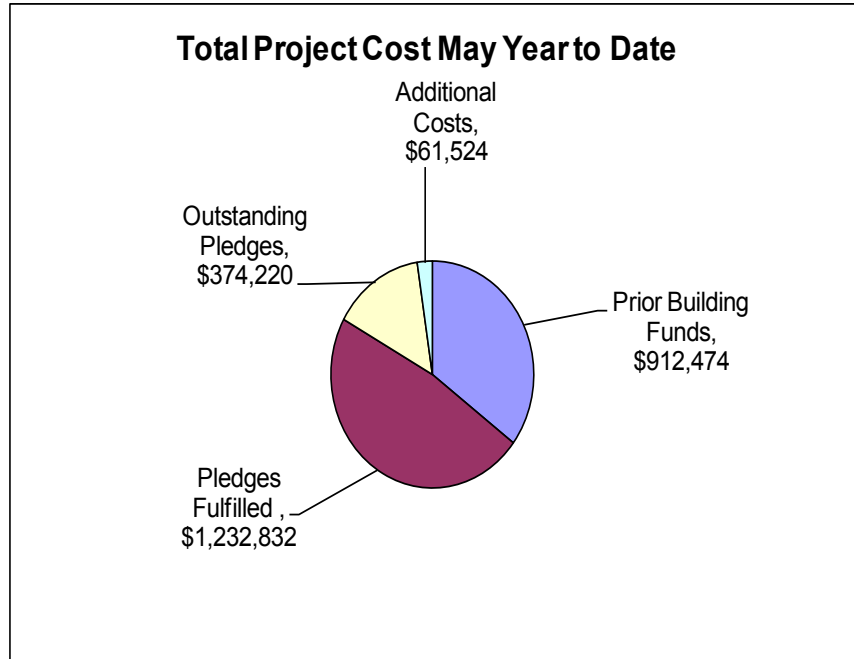
See the schedule above and contact [Rebecca](#) (364-0394) if you are interested.

Growing for the Generations

Growing for the Generations, the three year capital campaign which began in 2009, resulted in renovations to our campus that provide: an expanded sanctuary, a dedicated space for our thriving music ministry and the "Garage at Christ Church" facility for our youth which was dedicated this winter. The total cost for Growing for the Generations is approximately \$2,581,050.

This chart shows where the funds have come from to pay for our new buildings.

The Outstanding Pledges and Additional Costs together have been financed with a loan (Axp \$427,000)



If you have a pledge that has not been fulfilled please consider fulfilling that pledge as soon as possible (but not later than December 31,2011). If you did not pledge but witness the value that our new buildings bring to our community, please consider making a contribution.

Checks should be made out to Christ Church with G4G (Growing for the Generations) in the memo line. If you would like to donate stock or have other questions, contact Kathy Nunn (k.nunn@christchurchrichmond.com) or Kathy Rogers (k.rogers@christchurchrichmond.com) in the church office.

AFRECS

American Friends of the Episcopal Church of Sudan (AFRECS)

The American Friends of the Episcopal Church of Sudan, founded in 2005, is a network of individuals, churches, dioceses, and other organizations that seeks to focus attention on the needs and priorities of the Episcopal Church of Sudan (ECS) and enable American friends to assist the ECS in meeting the needs of the Sudanese people.

Christ Church is pleased to host the National Conference of AFRECS June 17-19, 2011. Attendees will join Christ Church in worship on Sunday, June 19 at the 10:45 am service.

Preaching at that service will be The Most Rev. Dr. Katharine Jefferts Schori, Presiding Bishop of the Episcopal Church of the United States

Caritas Furniture POD

The CARITAS Furniture Bank has located a permanent furniture POD on the Christ Church campus. This drop off site will be available to anyone in the area with items to donate.

The POD will be unlocked Monday through Friday from 8:30AM to 4:30PM, Saturday 10:00 to 5:00PM and Sunday 8:00AM to 2:00PM.

To drop off at other times, please contact [Christopher Pandak](mailto:cmpandak@aol.com) (cmpandak@aol.com) (357-9216) to get the combination for the lock.

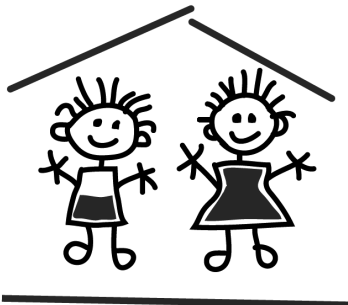
Furniture and household goods that you donate will be provided free through CARITAS to individuals and families who are exiting homeless shelters and crisis-intervention programs.

Essentials we collect and distribute:

Mattresses, Sofas/Loveseats, Bed frames (all sizes), Dining tables and chairs, Dressers, Pots and Pans, Bed Linens, Bath Towels, Dishes/Flatware, Chairs, Lamps, Rugs, Small Appliances, Heaters

(if you have questions about what is accepted please contact [Christopher Pandak](mailto:cmpandak@aol.com) (cmpandak@aol.com))

Christ Church Preschool



Two year old class
is opening this fall!

Children must be two by September 30, 2011.
This class does not require child to be potty trained.

We're filling up quickly! Please call 364-5905 or email me at cheri@christchurchpreschool.com
for more information.

Missions and Outreach: Roman Family update

This family of 7 arrived in the US in 2006 as refugees from Ethiopia. The family came to Christ Church through Caritas in March 2010. Since that time many Christ Church folks have become involved in helping this family. We have made so much progress in moving Roman and her family to a safe environment and good schools. The family is doing well and the children are excelling!

We are ready to take the next steps and your help is needed.

Citizenship: Roman (the mother) and her family currently have permanent resident status in the US. However, it is critical that Roman and Shimendi (17 year old son) obtain US citizenship in order to retain services they are currently receiving (Medicaid). . A woman at the Catholic Charities Refugee and Immigration Services, who knows the family, has agreed to help Roman and Shimendi obtain their citizenship, (submit all the paperwork etc)..Also, there is a citizenship class (beginning in June) that Roman and Shimendi will need to take to prepare them to take the citizenship test.

A person/s is needed to oversee/coordinate this process with Shimendi and Roman. The actual work will be done as described above. But it all needs to be coordinated. Obtaining US citizenship is so important for this family in their effort to be successful here in the US.

If you are interested in helping Roman & Shimendi with Citizenship please contact Jenni Pandak (357-2174) pandakjs@aol.com

Habitat for Humanity House: There is a possibility that Roman and her family can be awarded a refurbished Habitat for Humanity House. A person (or persons) is needed to oversee/ coordinate this effort, calling the Habitat for Humanity , meeting with them, filling out the registration etc. This would be such a blessing for this family but can only happen with your help to oversee the effort!

If you are interested in helping with this Habitat request/project please contact Jenni Pandak (357-2174) pandakjs@aol.com

Teaching Roman to drive: Roman needs to study the DMV driver training manual and pass the test. She has taken the driving test twice so far and been very close to passing. Shimendi (her son) has passed the test and has his drivers license. He has been helping his Mom study and will continue to do that. Once she passes, her actual behind the wheel training will be conducted by a professional driving school free of charge. We need a volunteer to oversee/ coordinate this project. It is absolutely critical that Roman learn to drive for this family to live successfully in the US.

If you would be interested in helping teach Roman to drive please contact Jenni Pandak (357-2174) pandakjs@aol.com

Altar Flower Dedications

If you would like to make a dedication for Altar Flowers
on a particular weekend, please sign up
on the poster in the Milling Area

Suggested donation for a dedication is \$40.

(The church office will call you to get the wording for your dedication.)

Youth Ministry

Moving On Up

The first youth group for current 5th graders is Sunday, June 12 at 3:30 pm. We are so excited to welcome in our new students!

On June 12, current 8th graders are welcome to move up to high school youth group (6:30 pm).

If you have any questions about middle school or high school transition please feel free to contact Joe or Jenna in the Youth Ministry office. (364-0394)

Going on a Mission Trip this summer?

The Mission Training Day is June 11 (9:00 am—2:00 pm). This is an important day for anyone attending a YouthWorks trip this summer. We will do team building and learn ways to serve.

Middle School Mission trip to Raleigh:

Reminder: If you have not submitted your paperwork...it is past due.

Caritas in July

Christ Church will host Caritas July 16-23. The youth ministry prepares a meal for our guests one evening during their visit. We are looking for an adult Volunteer Coordinator/s to head up this dinner planning and preparing. If you are interested in helping, please contact Jenna (j.vinci@christchurchrichmond.com)

Youth Group Schedule

June 5

Regular Youth Group Schedule
Mid Highs 3:30 pm
Sen Highs 6:30 pm

June 12

Mid Highs 3:30 pm
5th Graders move up into Middle School Youth Group
Sen Highs 6:30 pm
Current 8th graders are welcome to move up into High School Youth Group

June 19 Father's Day
no Youth Group

G Force Go Carts

6th—12 graders....want to go?

We'll be going to **G Force Go Carts** on Wednesday, June 22. Cost is \$20 for one race and one laser tag. \$35 for 2 go cart races and 1 laser tag. Meet at church at 6:15 pm and return @ 9:30 pm.

Youth Ministry Summer Interns

My name is **John Holden** and for the next several months I will have the privilege of serving as an intern here at Christ Church Episcopal. I look forward to spending time here and getting to know the youth as well as their parents as I develop leadership skills and grow in my faith over the course of the summer.

My relationship with Christ first began to develop about ten years ago after I started attending youth group at my home church in Midlothian. Joe Torrence was my youth minister at the time and we have kept in touch ever since.

While I serve here, I hope to both strengthen my own relationship with Christ as well as encourage the youth to do the same. I hope to get to know as many of them as I can on an individual basis as I serve at youth group as well as participating in both the middle school mission trip and Student Life Camp. I am sure that this will be a fun and rewarding time for me and I look forward everyone here!

My name is **Aleece Hurt** and I am thrilled to be a youth intern this summer. As a psychology major & dance minor, I am excited to develop relationships of influence with the youth and parents, as well as use creativity to share in God's love and spread His good news.

Christ Church Episcopal was the first church my family was actively involved in and guided my faith throughout my youth. I began attending youth group in sixth grade and continued to do so in my high school years as well. When I look back on my teenage years, Christ Church Episcopal takes precedence in providing memories of retreats, friendships (that are *still* going strong!), and outrageous youth group games that I look back on and laugh about even to this day. The youth ministry helped shape my faith into a personal, joyful, transforming relationship with our living God.

I look forward to furthering an environment that welcomes, loves, and impacts.

Kings Dominion
welcomes

Kings Fest

... the summer's hottest Christian music concert series

Friday, July 8.

The Friday Lineup:

Chris Tomlin, David Nasser, Newsboys, Tenth Avenue North, RED, Anthem Lights

Tickets

King's Fest is a three-day event, of which the youth group will be attending only ONE DAY of the event. (July 8)

Here's what we suggest...

Youth Ministry is happy to have you buy your tickets through us. **This event is selling out fast! We have limited tickets. Please let us know that you are coming as soon as possible so we can buy more tickets if we need to! Contact Jenna. Payment is due upon registration!!!**

Price

The price for attending Kings Fest on Friday, July 8 is:

1-Day \$60.00

1-Day Season Pass Holder \$30.00

A King's Fest Ticket includes admission to Kings Dominion, WaterWorks Waterpark, and the performances.

However, if you have already bought tickets, just let us know you are coming with us, this will insure that we will have a seat for you on our way to and from King's Dominion

What you need to Bring...

Money for lunch and dinner

Water bottle

Sunscreen

Bathing suit (modesty please)

Towel

Your ticket or season's pass if you didn't buy it through us

Your liability release form

Chaperones needed...

Are you interested in chaperoning for King's Fest?

We need drivers and vans to transport to Kings Dominion!

Come hang out with us at King's Dominion and enjoy an awesome concert!

Contact Jenna at: j.vinci@christchurchrichmond.com

We need to get some drivers lined up, based on how many youth we have you may not have to drive, but we definitely still want you with us!

If you are a season's pass holder and you get free parking we need you!

Sudan Mission Team...update



The team arrived, safe and happy at Hope and Resurrection School in the southern Sudan on Wednesday, May 25.

They write:

"We drove from Rumbek to the school and on the way, the students greeted us on the road with marching, singing, drumming, rejoicing and posters of thanks. It was very moving for the team and students alike. What an incredible welcome. "

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Senior Sunday
June 12
10:45 am Service