

The Grateful Heart

CHRIST CHURCH EPISCOPAL
March 2011 NEWSLETTER

Change; Return; Come back...that is the call of Lent.

Dear Christ Church Friends,

With worship on Ash Wednesday (March 9), we begin our observance of Lent.

Lent is an ancient, special time of the Church. It began as a time of final preparation for those being baptized. Preparation for baptism was a three year process, culminating in a final period of fasting and penitence lasting forty days. As well, it was a time when those who had fallen away from the community were invited to repent and return to the godly fellowship. Over the centuries, the nature of Lent has changed, so that it is now a time when all the faithful are invited into a special time of prayer, fasting, worship, and repentance.

Every significant relationship we have occasionally calls for special attention that the relationship may flourish...with a friend, or a spouse, or a child, or a parent. For us, Lent is a “special attention” time with God. Lent is a “special attention” time with God.

The call of Lent is to repent. “Repentance,” in its truest form, means more than the popular understanding of feeling sorry for our sins. Rather, to repent is to turn, and to come back. In Greek, the word is “metanoia,” which means most literally “to change one’s mind,” or “to have a change of mind.” Change; Return; Come back...that is the call of Lent.

So in Lent, we are invited into disciplines and practices that direct our hearts towards a God who is already directing his heart toward us. Some people deny themselves a pleasure. Sometimes, it’s a simple pleasure. Others choose a more rigorous act of self-denial...fasting from sunrise to sundown, or observing a fast on a certain day of the week...all for the purpose of reminding ourselves of God’s love and call.

Some of us during Lent choose greater intentionality in a spiritual practice...to be more regular in prayer or study or worship or service or giving.

Elsewhere in this edition of The Grateful Heart you will see some community opportunities to enter into the practices of prayer, worship, learning, and service.

I invite you to choose one—or more than one—and be part of it. To keep Lent...to set the season aside as a special attention time...that we may grow in our love of God and one another.

A discipline or practice is intended to bring us along in our walk of discipleship, to help our heart be formed. To be a disciple is to love the Lord our God with all our heart, and soul, and strength, and mind, and our neighbors as ourselves. Disciplines and practices are intended to help us do that.

May this Lenten season be a blessed one for you. I invite you into a practice that carries you further down the path God intends for you, and through which we experience powerfully the grace and mercy of the loving God who always keeps calling us back, into a deeper relationship with Jesus—who died on the cross and was raised, that always we might enjoy real life, and enjoy it abundantly.

Blessings, friends, and I bid you God’s grace and peace this Lent.

Paul

Ash Wednesday, March 9

Services at 7:45 am and 7:00 pm Eucharist and Imposition of Ashes at both services

Dear Friends,

Lent is the 40 days before Easter. It symbolizes Jesus 40 days tempted in the desert following his baptism before he emerges to spread the kingdom of God. Typically as faithful followers of Jesus, we journey through the penitential season of Lent turning and returning to God with renewed trust and gratitude for the steadfast love and faithfulness of God. Lent is what we practice as a reminder of Jesus' sacrifice for us, his abundant love for us, made known to us upon the cross so that we may be made free in his resurrection.

Engaging in spiritual disciplines is a common practice during Lent to ready us for Easter. After all, without Easter, we wouldn't be the church. We're a resurrection people. We live with the full knowledge that Jesus' life, death, and most especially, his resurrection, brings us into new life; eternal life of abundant love, hope and promise. Because we live in the glory of Easter, we journey along reflecting on our relationship with Jesus and his sacrifice to make us Easter people.

This Lent, which begins with Ash Wednesday, March 9, you are invited to practice spiritual disciplines in the following ways...

DAILY PRAYERS (7:45 am and 6:00 pm)

Morning Prayer at 7:45 a.m. (Monday, Tuesday, Thursday, Friday).

(Each Wednesday at 7:45 am, we celebrate Holy Eucharist)

Morning Prayer is self guided. This means you may come to the worship space each weekday at 7:45 a.m. and orders of worship will be available. You will also be able to access the order for worship on the Christ Church website if you prefer to guide yourself through worship in your neighborhoods, your household, school, small group or work place.

Evening Prayer 6:00 p.m. (each week day) will be led in the worship space, with one exception: 7:00 p.m. April 6 is 1st Wednesday, contemplative worship with Holy Eucharist, Laying on of Hands and anointing for healing.

SPIRITUAL PRACTICES (a 5 week series, beginning March 13)

Spiritual practices are catalysts to growing in our relationship with Christ. Practices are a way of "putting a frame around everyday life." During Lent, come learn of five spiritual disciplines to practice. All five teachings will define each practice, explore its scriptural significance and give examples for your own practice.

Fasting (Sunday, March 13-5:00 – 6:30 pm)

...denying ourselves in food, drink, unnecessary talking, as a means of strengthening our dependence on Christ.

Solitude (Sunday, March 20 – 5:00 – 6:00 pm)

...the act of listening to God.

Simplicity (Sunday, March 27 – 5:00 – 6:30 pm)

...freedom to make us more gentle, serene, with joy and balance.

Sabbath, (Sunday, April 3 – 5:00 – 6:30 pm)

...a command from God to discover holy time.

Celebration (Sunday, April 10 – 5:00 -6:30 pm)

...embracing a joyful spirit of festivity.

You can register for Practices on the website. If you have questions, please contact Becky Hansell at bhansell@verizon.net

PRAYER RETREAT: “Drawing Closer to God”

Saturday March 19 – 9:00-12:00 noon. Drawing closer to God through prayer. Two ancient forms of prayer, Lection Divina and Ignatian focusing on scriptural reading. Led by Shawn Dunham and Rick Rowland. Sign up on the website.

STATIONS OF THE CROSS

Throughout Holy Week, **April 17-23**, come, walk the Way of the Cross throughout the grounds of Christ Church as a sign of Jesus’ walk to his crucifixion. This is a self-guided, interactive journey of 14 stations, leading from Jesus’ trial to his torturous journey to the cross, his death and his burial in the tomb.

SERVANTHOOD: CARITAS

Christ Church will host the women of CARITAS April 2-9. Servanthood is about focusing on Jesus, following in His footsteps, and becoming His hands and feet in the world. If you are looking for a way to become the hands and feet, the heart and the face of Jesus to those less fortunate, prayerfully consider helping Christ Church provide a home to the homeless for one week. There are many ways you and your family can help—pack some lunches, prepare a meal, serve as an overnight guest. You may sign up at the tables in the Milling Area.

During the weeks of Lent you will notice banners posted each week along Pouncey Tract Road. Each banner will state the theme from the Gospel of Luke we’ll explore that week. The themes are:

Excuses?	Luke 14:1-24
Come Home	Luke 15:1-32
Thank You	Luke 17:11-19
Change	Luke 19:1-27
Now	Luke 21: 5-33
There’s More	Luke 22:39-23:50
Rise!	Luke 24:1-12

As we continue with The Big Read in the gospel of Luke, may these practices help you in your journey, strengthening and deepening your relationship with Christ. May these themes be invitations to you to bring others along with you to worship, and to enter into the season of Lent with the practice of spiritual disciplines. Bless you during this season of growth in our relationship with the love of Jesus Christ. I look forward to traveling along on the journey with you.

*Blessings,
Hillary*

HOLY WEEK WORSHIP *schedule*

Monday, April 18	Morning Prayer (7:45 am) Evening Prayer (6:00 pm)
Tuesday, April 19	Morning Prayer (7:45 am) Evening Prayer (6:00 pm)
Wednesday, April 20	Eucharist (7:45 am) and Evening Prayer (6:00 pm)
Thursday, April 21	Morning Prayer (7:45 am) Eucharist and Foot Washing (7:00 pm)
Good Friday, April 22	Good Friday liturgy (9:00 am) Stations of the Cross (7:00 pm)
Saturday, April 23	Family Worship (5:30 pm)
Easter Sunday, April 24	6:30 am Sunrise Service (outside) followed by breakfast prepared by the men’s cooking team 9:00 am Eucharist 11:00 am Eucharist

Easter Egg Hunt

Christ Church's Annual
Easter Egg Hunt and Petting Zoo
will be held April 10th, from 3-5pm.



Hunts are at 3:30 (ages 3 and under)
 3:45 (4s & 5s)
 4:00 (6 to 8)
 4:15 (9 & up)
 4:30 (all ages).

Rain date is Saturday, April 23rd at 10 am.

Girl Scout Troop



Calling all girls in K-5th grade!

Christ Church is sponsoring a new Girl Scout Troop.

We are Troop 828!

We meet on the 2nd and 4th Friday of the month
at 6:30 (Ed Bldg)

Please come and join us for a great Girl Scout experience.

Questions: Chelley Watkins-Kennedy 747-3566 or R3AngelsnDemons@verizon.net

CARITAS is Coming to Christ Church.....

Congregations Around Richmond Involved to Assure Shelter

Become the hands and feet, the heart and the face of Jesus.

*Christ has no body now but yours
No hands, no feet on earth but yours
Yours are the eyes through which he looks with compassion on the world
Yours are the feet with which he walks to do good
Yours are the hands with which he blesses all the world.*

St. Teresa of Avila

Christ Church will be hosting the women of CARITAS April 2—April 9

Discipleship is about focusing on Jesus, following in His footsteps, and becoming His hands and feet in the world.

If you are looking for a way to **become the hands and feet, the heart and the face of Jesus** to those less fortunate, prayerfully consider helping Christ Church provide a home to the homeless for one week. There are **many** ways you and your family can help—pack some lunches, prepare a meal, serve as an overnight guest. You may give of your time, but you will receive much, much more in return.

You may sign up in the Milling Area after each service

If you have questions concerning our CARITAS Outreach activities, please contact:

Sandra Garrett
360-0738
swgarrett62@aol.com

Jenni Pandak
360-0672
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 bulletin board in the hallway off the Milling Area(near the restrooms...on the way to the parlor).

Suggested donation for a dedication is \$40.

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

Haiti Mission Trip

A mission trip is scheduled for July 11-18

Everyone interested, please contact Susan Bruce
(273-1977 shornsbybruce@verizon.net)

Update from the Director of Parish Operations

There have been some changes to job responsibilities on the administrative staff. I thought it would be a good time to clarify the responsibilities of each member of my staff.

Josie Sicheri has assumed the role of Communications Director effective immediately. Josie new role is all about communications: the web site, the Grateful heart, the weekly email and the bulletin. If you need to “spread the word” about an event, a meeting, a class, anything, Josie is the person to contact. Previously Josie had been involved in coordinating events for CCE but her responsibilities have shifted to communications as that requires more staff time and we have many capable volunteers that can handle events. Josie can be reached at j.sicheri@christchurchrichmond.com or 364-0394 x29.

Jan Modlinski is the Parish Administrator. She is responsible for overseeing the facility, the calendar and working with our Buildings and Grounds Team. If you need a meeting room or would like to host an event on campus, she will be able to help you arrange for space, tables and chairs. She also coordinates baptisms, weddings and funeral. And if that is not enough, she provides administrative support for the Worship team, the Stewardship team and the Adult Ministry team. Jan can be reached at j.modlinski@christchurchrichmond.com or 364-0394 x 10

Kathy Rogers is the Accounting Clerk. Kathy has responsibility for handling financial gifts to Christ Church. She tracks pledges and make the banks deposits. Kathy is also responsible for processing invoices and check requests. If you have questions about your pledge statement, need to get an invoice paid or need a reimbursement, Kathy is the go to person. She also assists ministries if they need a cash box and change for an event. Kathy works part time and is usually in the church house Mondays, Wednesdays and Fridays. Kathy can be reached at k.rogers@christchurchrichmond.com or 364-0394 x35.

If you have a question and it is not clear who to call, feel free to contact me, Kathy Nunn, at k.nunn@christchurchrichmond.com or 364-0394 x24.

Monument Avenue 10k

Come join Christ Church at the Monument Avenue 10K race on April 2nd!

For more information, call
Joe Jagdmann at 310-5762 or write him at jjagdmann@verizon.net.

Youth Ministry

Pillow Fight

Youth are invited to bring in a pillow or two...or more!
(February 27-March 27 at Youth Group)

This is an awesome way for us to take part in caring for our CARITAS guests. Not only is this fun...it's the right thing to do! Our CARITAS guests do not have a place to call home. Your gift provides a pillow for them to sleep on after a long hard day. **Youth:** for every pillow you bring, your name will be put in your team's basket. The team with the most pillows brought in will have their names drawn to win prizes.



Current standings: Middle School Boys team and High School Girls team are in the lead!

Middle School Spring Retreat

6th - 8th Graders: Looking for an incredible weekend of growing closer together, great fun and worshipping our awesome God? You won't want to miss this! The dates are April 8-10. We'll be at West-view on the James. The cost is \$110 (this includes transportation, food, activity and board) To sign up: write a check to "Christ Church" (memo: *MS SPRING; and the student's name*). Be sure to have a 2011 liability release form turned in to us before departure. There are limited spots available. **Sign up by March 27th.**

Journey (Confirmation) Retreat

...is scheduled for March 25 (6:00 –9:00 pm) and March 26 (9:00 am-noon).

Youth Ministers want to know...

If your son or daughter has a sports schedule, a recital, concert or performance coming up they want to know about it! We would love to come out and support him or her. The sooner we know the better. Send an email to Joe or Jenna.

YOUTH GROUP...our road sign series continues...

ROAD SIGNS



You can't get to the south beach by driving north, and you can't get to the top of the mountain if you are walking down it. In the Road Signs series, we will examine the book of Proverbs for wisdom to help each of us navigate the choices life brings because our choices determine the direction of our lives. And it's our direction, not our intention, that ultimately determines our destination. Where are you heading?

*Middle School Youth Group ...every Sunday at 3:30 pm
Senior Youth Group...every Sunday at 6:30 pm*

**3rd Annual
Pasta Dinner
& Auction**



**Sunday
March 20, 2011
5-8 p.m.**

**Join us for
Food
Fellowship &
"Fun"raising**

Proceeds To Benefit

**Christ Church Youth
Scholarship Fund**

**Hope & Resurrection School
in Sudan**

**Christ Church
Sudan Mission Team**

**Tickets on Sale
after
Worship Services
\$10 per person or
\$25 per family**



Saturday, March 19th 9:00-12:30

As a follow up to our time with Brother Geoffrey in the fall, the Adult Ministry team will be presenting a second on campus retreat.

Led by Shawn Dunham and Rick Rowland, the retreat will offer teaching on two ancient forms of prayer that focus on scriptural reading:

Drawing Closer to God

- Lectio Divina is often called "sacred reading" and uses a 4 step method that progresses from hearing the word of God, to studying it, reflecting upon it, praying upon it in order to see how it may speak to our present situation. This "ladder of prayer" is one that seeks to lead us deeper into our relationship to God.
- Ignatian prayer is similar to Lectio Divina, but will add the dimension of imagining oneself in a scene depicted by Gospels. The purpose is to make scripture become so alive and real to us that we can make a personal application of the teachings. The workshop will be designed to offer times of group teaching, personal reflection and small group sharing.

**Suggested donation is \$10. You can register on the website at:
www.christchurchrichmond.com**

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**You can register for Practices by contacting Becky Hansell at
bhansell@verizon.net**



a 5 week series
beginning March 13

**at Shrinemont
Orkney Springs Virginia**



spring women's retreat

April 8-10

Registrations are now being accepted for the Women's Retreat that will take place at Shrine Mont the weekend of April 8-10. It will be a weekend of fellowship and fun--please join us and bring a friend!

Registration is \$165 .

Discounted rate of \$155 for registrations that are received by March 10.

Registration forms are available in the Milling Area and on the website.

Questions? Contact Jane West at 364-2272 or [mjwest@gmail.com](mailto:mjewest@gmail.com)



Children's Clothing & Toy Consignment Sale

(Clothing, toys, bikes, books, games and more.... ages 0-14)

**Christ Church Episcopal
Saturday, March 12**

Public Sale - 7:30am-11:30am

½ price sale - 12:00pm-1:30pm

*All proceeds from the sale go to the
Missions and Outreach Faith in Action Ministry
at Christ Church*

MARCH 2011 Rev. 3-4-11	March 6		March 13		March 20		March 27	
	9:00AM	10:45AM	9:00 AM	10:45 AM	9:00 AM	10:45 AM	9:00 AM	10:45 AM
S1	Haley Bunting	Robert deWolff	Alexander Stokes	Peter Johnson	James Sylvester	Kimberly Borden	Stephen Plotz	Drew Anderson
S2	Shajun Chappelle	Carsten deWolff	Jonathan Plotz	Philip Crump	Shajun Chappelle	Kathleen Kelso	Haley Bunting	Brittany Anderson
J1	Veronica Will	Stephen White	Sara Moncure	Emma Garrett	Kristen Lafayette	Tyler Kelso	Sara Moncure	Eliza Duckworth
J2	TBA	Sierra Loudermilk	Sahana Tharakan	Eliza Duckworth	Brady Goode	Stephen White	Mee Shan Bright	Emma Garrett
J3	Morgan Castellano	Leigh Rogers	Brady Goode	Anna Phares	Barrett Goode	Leigh Rogers	Ransom Schulz	Sierra Loudermilk
Acolyte Master	Charles Moncure		Charles Moncure		Greg Phillips		Charles Moncure	
Lay Worship Leaders								
FR	Sharon Fairbanks	Margaret Crews	Gerry Escalera	Jeanne Bowles	Addison Jones	Joe Jagdmann	John Franklin	Joe Todd
PP	Denise Fairbanks	Lee Muckey	Laura Lafayette	Libby Bush	Chris Schools	Mac Thayer	Addison Jones	Shawn Dunham
Chalicers								
1	Sharon Fairbanks	Harry Kelso	Michele Damasco	Judy Heppert	Chris Schools	Mac Thayer	Nancy Rieckmann	Susan Darden
2	Nancy Rieckmann	Margaret Crews	Chris Schools	Gray Glass	Doug Elliott	Page Gravely	Kevin Kinter	Adair Roper
3	Robbi Schleicher	Libby Bush	Gerry Escalera	Jeanne Bowles	Sharon Fairbanks	Jen Rose	Jim Heck	Judy Heppert
4	Pam Board	Lee Muckey	Barbara Case	Mary Ann Cooley	Chris Robertson	Margaret Crews	Lee Heck	Sue D'Alessandro
5	Kevin Kinter	Rick Rowland	Mason Harper	Tom Tyler	Steve Foster	Bill Beattie	Barry Hayes	Elaine Champion
6	Kim Ferguson	Susan Rowland	Chris Robertson	Ken Royston	Addison Jones	Lee Muckey	Robert Nicol	Laura-Jane Owen
7	Joe Jagdmann	Joe Gallagher	Laura Lafayette	Libby Bush	Hugh Greene	Joe Jagdmann	John Napier	Shawn Dunham
8	Robert Nicol	Page Gravely	Melinda Hancock	Diane Muska	Lorraine Gawronski	Susan Manning	Carol Napier	Kay Holmes
Bread 1 & 2	Jim Heck	Paul / Hillary	Doug Elliott	Paul / Hillary	John Napier	Paul / Hillary	John Franklin	Paul / Hillary
Distributor 3 & 4	Lee Heck	Elaine Champion	Tom Nicholson	Joe Gallagher	Carol Napier	Susan Ann Glass	Addison Jones	Marc Halbritter
Bread Baker(2 loaves)	Betsy Gallagher	Jane Carter	Christine Turner	Janet Willis	Beth Pemberton	Susan Ann Glass	Pam Board	Carrie Kuzemchak
Tellers								
	Holly Borden/ <i>Coordinator</i>	Lin & Carol Bottoms, Bob Watts	Jim Sowers & Jeanne Walker/ <i>Coordinators</i>	Beth Pembleton, Jenn Sarych	Laura Armour & Gary Farrar/ <i>Coordinator</i>	B.J. Duerson, Valerie Walls	Pete Gallagher & Anne Atwood/ <i>Coordinators</i> , Martin Atwood	Donna Weed, Paul Kuzemchak
	Kammy Hambrick, Lisa Radez	Judi Goldnezh	Anne Atwood	Channing & Lori Haas, Gary & Michelle Farrer	Keach LeGrand	Carol Harms	Krys Meier, Fred Shultz, Tom Valiquett, N.Elliott	Charring & Lori Haas, Mike & Judy Heppert
Greeters / Hosts								
	Matt & Kelly Carr	Mike & Judy Heppert	Hunter Stott	John Franklin	Nan Pascal	Shelly Putney	Donna & Tom Weed	Debbie Bornholdt
	Nan Pascal	Margaret Popik	John Franklin	John Franklin	Doug Elliott	Terri Brennan	Martin & Anne Atwood	Dutch Bumbartner
	Shelly Nicol						Betsy & Pete Gallagher	Mike Nelligan
Ushers								Bonnie & John Shelhorse
	Steve Canella, Bob & Sara Watts	Harry & Cathy Kelso,	Will & Henry Watkins	John Dracos	Mary Beth & Bob Smith,	Mike Heppert	Donna & Tom Weed	Debbie Bornholdt
	Fred West	Ron Andrews	Sharon & Jeff Jahn	Mark Herzog	Bob & Barbara Slate	Darryl Ernst	Martin & Anne Atwood	Dutch Bumbartner
	Steve Foster	Harry Handshaw	Mark Herzog	Mark Herzog	Chris Schools	Andy Hagy	Betsy & Pete Gallagher	Mike Nelligan
	Linda Nicholson	Lisa & Sierra Loudermilk	Gerry Escalera	Janis Todd	Barbara Slate	Grayson & Revere Johnson	Lee Heck	Bonnie & John Shelhorse
Altar Guild								Carla Beattie
Vestry Person								
Activity Bags	Jim Wheeler/ Andy Reisinger	Claire Gallagher	Joe Gallagher	Joe Gallagher	Barry Hayes/ Lee Heck	John Daylor/ Tom McNally	John Daylor/ Tom McNally	John Daylor/ Tom McNally
S. Board/ Computer								
	Lee Bowles	Lee Bowles	Lee Bowles	Brian Sullivan	Lee Bowles	Lee Bowles	Lee Bowles	Warren
	Joe Wiertel	Warren Swanson	Lin Merritt	Warren Swanson	Warren Swanson	Gordon Macgill	Mike Dunn	Peter Andrews

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Daylight savings time begins March 13

*If you would prefer to receive the monthly newsletter electronically,
 please send an email to Josie, at j.sicheri@christchurchrichmond.com*

www.christchurchrichmond.com



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 Glen Allen, VA 23059