

The Grateful Heart

CHRIST CHURCH EPISCOPAL
November 2010 NEWSLETTER

Refreshing our Spirit

We have a guest visiting Christ Church the weekend of November 12-14. Brother Geoffrey Tristram, Superior of the Society of St. John the Evangelist in Cambridge, Massachusetts will be with Christ Church that weekend to speak and teach on prayer; and then also to preach at worship.

I came to know Brother Geoffrey earlier this year when he shepherded me through a personal retreat at SSJE. I had also heard him speak at conferences, and know of his service as chaplain to the House of Bishops of the Episcopal Church. He is a highly-respected and well-loved teacher in our tradition, and it's a grace that he can spend a weekend with us.

He will be teaching on Friday evening (Nov. 12) and Saturday morning (Nov. 13). He is not lecturing on prayer; but instead, is teaching, and then inviting us into our own prayer time. We are on the cusp of what is, for many of us, the busiest time of the year, with lots to do. Beforehand, we invite you to this time of centering.

So if it is you are seeking to grow in your prayer connection; or if it is you are seeking a time of quiet and rest; we invite you to be present for this time. You will experience an expansive understanding of prayer and connection. It may be that you learn something new; it may be that something you have already

experienced is affirmed; it may be that the blessing is simply spending a few hours being intentional in your connectedness. But regardless, we invite you to be present, and rest for a bit in the grace and mercy and love of God.

Because prayer is a lifelong practice, and because we seek to establish that practice early on in our children, there will be teaching for children on prayer during "Refreshing our Spirit;" teaching on all sorts of prayer, so that our children can experience how all sorts of things we do *are* prayer. It's a wonderful teaching Rebecca Guzman has created for our children about the practice and joy of being connected with God. They'll experience how much fun it is to pray, and how much joy God takes in being connected with us.

Brother Geoffrey will also be spending some time with our senior high youth during their Sunday evening gathering and teaching.

There is no cost for this retreat, and more information is available on the website. Please know that not only are you invited, so are your friends. So bring someone along with you.

Paul

Listening Session

We also have the privilege of welcoming more friends to Christ Church the evening of Wednesday, November 17. That evening, the Rt. Rev. Shannon Johnston, Bishop of the Diocese of Virginia, will be hosting a gathering at Christ Church called "Listen...and Be Heard: A listening session on faithful sexuality and same-gender unions." This is one of five listening sessions being held around the Diocese during October and November. This is an effort on the part of Bishop Johnston to listen to people's thoughts in what he calls "a safe environment." We are glad that Bishop Johnston considers Christ Church to be a safe place and people in which to have this gathering. We're grateful for the opportunity to host our diocesan friends for these times. Please know that you are invited to participate in this listening session. No registration is required; just show up.

For more information on the nature of these gatherings, please read a letter from the Bishop at <http://www.thediocese.net/news/newsView.asp?NewsId=4096868>. As well, there is a You Tube interview with Bishop Johnston in which he describes how this gathering will work, and his hopes for these times together. You can find that clip at <http://www.youtube.com/watch?v=hAGm57vEo00>.

Parish Retreat...for the entire family

FALL CONGREGATIONAL RETREAT

Refreshing Our Spirit

November 12,13

"Life can be so busy and rushed that we often lose touch with those deep sources of vitality and replenishment through which God longs to refresh and delight us. The weekend will be an opportunity to slow down and be still, to listen to the voice of Jesus, and deepen our connection with the God who knows and loves us. Brother Geoffrey Tristram

Join Christ Church for a retreat and teaching time the evening of Friday, November 12 and the morning of Saturday, November 13.

The adult portion of the retreat will be led by Brother Geoffrey Tristram, Superior of the Society of St. John the Evangelist in Cambridge, Massachusetts. The children's portion of the retreat will be led by Rebecca Guzman and the Children's Ministry Team of Christ Church.

Table with 3 columns: Date, Time, and Description. Rows include Friday, November 12 (6:30 pm and 7-8 pm) and Saturday, November 13 (8:30 am and 9-noon).

Brother Geoffrey will preach at all three services that week-end. He will also teach on Sunday evening for the Senior High Youth Group.

Please help us in the planning of this week end by completing the form below. Name _____ Email _____ Number of adults attending: _____ Friday evening _____ Saturday morning _____ Number of children attending: _____ Friday evening _____ Saturday morning _____ Name & age of children attending _____ Please place this form in the box in the Milling Area A suggested donation of \$15 for Fri. \$20 for Sat or \$25 for both sessions (\$40 max/family) will help with the expenses of this week-end.

from Hillary

Dear Friends

As I write this message it is November 1, All Saints Day, the day in the life of the church when we especially remember all those who have gone before us in faith. Those who stood for hope and perseverance, for what is just and true and right. Saturday and Sunday November 6-7, in worship we'll remember all those and read the names of those lost to us within the past year and now rest in God's heavenly kingdom. And, because life in the Lord is eternal, we'll come full circle, and welcome the newest members into the body of Christ through the sacrament of baptism. We celebrate with great thanksgiving how God calls us to be the church, near and far, in times of joy and celebration as well as in times of struggle.

The people of Southern Sudan, 5 million of whom joyfully serve as members of the Episcopal Church, will vote for their independence January 9, 2011. They need our support in mind, body and spirit.

Here's what you can do to support Southern Sudan in these next months:

Learn more about the Episcopal Church of Sudan, through the American Friends of the Episcopal Church of Sudan (www.afrecs.org). AFRECS, with our own Bishop David Jones as its president, works to advance peace and stability in Sudan, and to communicate synergy between the Episcopal Church in the United States and Sudan. **June 17-19, 2011 Christ Church will host an AFRECS conference with Episcopal Churches from across the nation gathering to share information about how best to build its support of Sudan.**

Currently, Christ Church is planning another **mission trip to Hope and Resurrection Secondary School, scheduled May 23-June 4, 2011**. Please, keep this team in your prayers as they travel to bridge the gap between our two continents, and strengthen our friendship found in Christ.

Support Hope and Resurrection Secondary School through **the Giving Tree during the Advent season before Christmas**. The Giving Tree will once again be located in the Milling Area. Ornaments on the tree indicate what is needed for the students at the school. You're invited to contribute to the success of the school through your Giving Tree contributions.

Keep Sudan in **your prayers**, especially during these next months as the referendum vote nears on January 9th. There is genuine concern that tension is mounting. Presiding Bishop Jefferts Schori, during her recent visit heard stories of Sudanese bishops observing weapons being moved into southern Sudan by jeep and camel. Friend to Christ Church, Archbishop Daniel Deng Bul, of the Diocese of Southern Sudan, travels often at some risk among his churches promoting peace and civilization, yearning for these people to raise their families, farm their lands, educate their children and practice freedom of religion without anxiety or fear. Please, keep the Episcopal Church of Southern Sudan, Archbishop Daniel, Hope and Resurrection Secondary School and all of Sudan in your prayers. Pray for peace; take note of the prayer weekly in your Sunday bulletin. Invite your children to pray for peace in Sudan and in all parts of our lives.

Lord, bring peace to this troubled land of Sudan so that brothers need no longer fight brothers and mothers may no longer cry over lost children. Bring the kind of peace that allows farmers to grow crops in safety and cattle herders no longer fear attacks; the kind of peace that allows for the development of schools, hospitals and commerce to nurture a growing society; the kind of peace that allows the people of Sudan to put their efforts into the business of life and not simply survival. Bring peace, Lord, in all its glory to every square inch of Sudan and into every Sudanese heart – we pray. Amen.

God, help all of us love peace. Use your wisdom to guide the leaders of all countries, so that your peace may grow until the world is filled with the knowledge of your love, now and forever. Amen.

from Hillary *cont.*

Here's a little background about the upcoming referendum vote. On January 9th 2011 the people of Southern Sudan will vote for independence from their brothers and sisters of northern Sudan. This referendum vote is the final stage of the Sudan's Comprehensive Peace Agreement signed in 2005 by Sudan Peoples Liberation Movement in the south and the Government of Sudan, based in Khartoum in the north. The 2005 Peace Agreement, supported and upheld by the United States, Great Britain, and other countries across the globe, ended the 21 year long war between Arab and Muslims in the north and Christians in the south. The agreement calls for equal sharing of the oil revenues, equitable geographical boundaries and rightful and just care of citizens. It is believed that the south will fully support independence in the referendum vote in January. With the south responsible for oil reserves numbering somewhere around 485,000 barrels a day, naturally northern Sudan has no interest in the south becoming independent. Consequently, these next months as the referendum vote nears, with the outcome very undecided, Peace is critical.

The Episcopal Church of the United States and the Episcopal Church of Sudan have enjoyed a long lasting and growing relationship. We share a common bond as two of the more than fifty churches of the Anglican Communion. Following the immigration of the "Lost Boys" in 2001, many of us have

met and befriended Sudanese refugees. Christ Church is blessed with members now active in our congregation from Sudan, through this immigration. Most especially, Christ Church continues to offer ongoing support to Jennifer and Darryl Ernst in their oversight of Hope and Resurrection Secondary School. As you know, Hope and Resurrection Secondary School serves as a beacon of hope for the young people of Southern Sudan; that they will emerge as leaders of peace, and reconciliation bringing an end to the decades of violence that have plagued this country. Finally, as brothers and sisters in Christ, we share in our common faith, that in Christ nothing is impossible and we need not be afraid. Our friends in Sudan are faithful, strong, loving people, eager to reveal the hope of Christ. They value and cherish our relationship with them, as it sustains them and gives them hope for a brighter future. They join those who have gone before us, those newest to the faith and those yet to come in the sainthood of the church. As we remember all those saints who lived by faith, may we remember too, our friends in Sudan, and give thanks for our support. Thank you.

Blessings,

Hillary

Thanksgiving Day

Thanksgiving Service

Thursday, November 25, 10:00 am

(Church offices closed November 25 and 26)

Kids' Quest: Our rotation studying the disciples begins this Sunday, November 7. The beginning of a rotation is always a good time to come to Kids' Quest if you haven't been in a while. Look for a family page to come home with your child this weekend!

Christmas Pageant: All children ages 4 and up are invited to enter into the story of the birth of Jesus by participating in the annual Christmas Pageant. The pageant will be held on December 18 at 5:30 pm. It will be a simple retelling of the Christmas story. Everyone has a part to play, whether it be angel, animal, shepherd, Mary, Joseph, etc. Older kids (3rd-5th graders) are invited to be non-speaking actors or dramatic readers if they wish.



Pageant Rehearsals will take place November 17, as well as December 1, 8, and 15 to coincide with Advent dinners and programs. Parents or other adults are needed to serve in various capacities: costumes, set, help during the pageant, and organizing a reception to follow the pageant.

Please sign up at www.christchurchrichmond.com/christmaspageant to participate. All are welcome!

Thanksgiving Boxes will be collected November 8-15. Please use a **sturdy box (not a bag or basket)** and fill it with enough non-perishable food for a family of six.

Here's what is suggested: canned vegetables, canned soup, canned fruit, peanut butter, bread, jelly, canned gravy, stuffing mix, potatoes, dessert item, as well as a gift card for the purchase of a turkey.



It may be that a whole box is not in your budget right now, so we encourage folks to work together. This ministry is sponsored through Kids' Quest, and we also need drivers for Saturday Nov. 20th at 8:00 to deliver boxes to St. Martin's Episcopal Church.



Refreshing Our Spirit: Brother Geoffrey from the Society of St. John the Evangelist will be with us the weekend of Nov. 12-14. This will be a great opportunity for the whole family. In particular, children will be participating in their own program led by seminary students. This will be a prayer workshop, and we'll be learning to pray with the labyrinth, markers, candles, and even rocks! Find out more and register at www.christchurchrichmond.com/



CHRIST CHURCH EPISCOPAL PRESCHOOL
 LET YOUR LIGHT SHINE - MATTHEW 5:16

Dear Friends,

Registration for 2011-2012 is just around the corner. We will begin registering for the 2011-2012 school year in January. If you are interested and would like more information, please visit our website at www.christchurchpreschool.com or contact me at 364-5905 to set up a tour. I look forward to meeting you and hope you will consider Christ Church Episcopal for your child's preschool experience.

Our preschool program is designed to develop the child intellectually, physically, emotionally, and socially while integrating Christian values to introduce spiritual awareness. We partner with our families to provide the best possible learning experience for our children. Parents are actively involved in planning enrichment activities which includes our Fall Festival, Original Works fundraiser, Mystery Readers, chaperoning children to California Pizza Kitchen, and planning Halloween parties. Four year old and PreK teachers are busy planning educational activities using the information taken from our PALS PreK screening. Our three year old teachers are busy teaching the children about the five senses, the earth, the moon, and Thanksgiving. In addition to classroom time, we've enjoyed several on campus field trips including; Henrico County Fire Station #16, Henrico County Police Officer DeShayso, Henrico County Bookmobile, a petting zoo, and a pumpkin patch! These are only a few of the fall activities staff and parents have provided to instill a life-long love of learning for our children. CCEP is truly blessed.

Each week our letters come to life as a new Puppet Pal visits our three year old classrooms. This month our three year old children will meet Ethan the Eagle, Freddie the Firefighter, Gertie Goat, and Happy Hippo. Each Puppet Pal includes an "action song" that reinforces the sound and the letter they are currently studying. Our 3's are also learning to recognize letters using the Handwriting Without Tears® curriculum. Children are able to master the proper way to build letters through directed exploration before advancing to the next level in our 4's and PreK classes. The threes are quite pleased when they can independently build the letter of the week!

Our 4 year olds and PreK students continue to explore their letters, sounds, and numbers using a multi-sensory approach. Each morning includes open ended art, science, pre-reading, and graphing activities. This month our fours and PreK will focus on energy, rhyming, the rain cycle, Native Americans, and Thanksgiving. A Native American dressed in full regalia will visit the PreK classes to talk about the customs of his Native American tribe. Our 4's and PreK children go home happy and tired after their busy preschool morning!

"Let your light shine"

Cheri Erk

Lydia's Purse

On the sabbath day we went outside the gate by the river, where we supposed there was a place of prayer; and we sat down and spoke to the women who had gathered there. A certain woman named Lydia, a worshipper of God, was listening to us; she was from the city of Thyatira and a dealer in purple cloth. The Lord opened her heart to listen eagerly to what was said by Paul. When she and her household were baptized, she urged us, saying, 'If you have judged me to be faithful to the Lord, come and stay at my home.' And she prevailed upon us. Acts 16:13-15

Those two short verses from Acts tell us a lot about Lydia. It is a powerful story of a woman becoming a believer and going to work for Christ. The Lord opened Lydia's heart, she believed, she became baptized and she immediately began to serve by inviting Paul into her home. Lydia was a business woman, possibly a widow or single parent, she created a Christian home and she served in her community.

This community - this incredible Christian community that we call Christ Church - is made up of men and women like Lydia. We sit down together, we listen, we worship, our hearts are opened to hear God's word and we serve. The Vestry has approved a request to establish a fund to help members of our community financially during times of great need.

Distributions from Lydia's Purse will be handled by clergy. All requests will be confidential. members of our community that have financial needs should contact Hillary West or Paul Johnson directly.

If you would like to make a contribution to this fund, you may do so by check made payable to Christ Church (with a note in the memo that is for Lydia's Purse).

Stewardship Ministry

Pledge Update: Nov. 6,7

294 pledges have been received for a total of \$993,276 (84% of our goal)

Every pledge counts.
If you are yet to make your pledge, you may pick up a pledge card in the Milling Area.

You can also complete your pledge card online by going to the Christ Church Website.

Sundays

5:00 pm –6:30pm

November 7,14,21

December 5,12,19

January 9,16,23

Practices are....

spiritual disciplines; things we do with intention to strengthen our relationship with God; a way of “putting a frame” around everyday life.”

We eat, work, sleep, live in community with intention towards God and this makes our everyday life holy. Spiritual practices are guides, supports, wisdom to help us in our world of brokenness and hurt

Practices for Daily Living teach us a rule of life for living God’s way, a practical guide to actually “doing” faith in our every day lives.

Each session will have:
a 30 minute presentation
followed by a 50 minute
facilitated small group

Practices

FOR DAILY LIVING

To sign up for Practices,

check the website or
contact

Rick Rowland:
r.rowland@comcast.net

We seek to grow in our relationship with God, to know Christ as the center of our lives, to connect meaningfully with others, to listen for God in all that we do to bring sense to our overworked, overscheduled, over stimulated lives.

Through the discipline of spiritual practices we find balance in our daily lives “lived in Christ and lived well”.

Course Sessions

Nov 7	Introduction
Nov 14	Listening
Nov 21	Faith
Dec 5	Prayer
Dec 12	Confession and Forgiveness
Dec 19	Generosity/ Giving/ Wealth
Jan 9	Service
Jan 16	Hospitality
Jan 23	Stability

www.christchurchrichmond.com

November 2010 Rev. 11/3/10	Nov. 7—All Saints		November 14		November 21		Thanksgiving Nov. 25—10:00 AM		November 28	
	9:00 AM	10:45 AM	9:00 AM	10:45 AM	9:00 AM	10:45 AM	9:00 AM	10:45 AM	9:00 AM	10:45 AM
S (Senior Acolyte) S1 & 2 J1 J2 J3 Acolyte Master Lay Worship Leaders FR PP	Mayes Gillespie TBA Brady Goode Barnett Goode Morgan Castellano Eric Gillespie	Peter Johnson Kathleen Kelso Stephen White S. Loudemilk Leigh Rogers Eric Gillespie	Daniel Jagdmann Alex Stokes Sara Moncure Kristian Lafayette Anna Robertson Charles Moncure	Drew Anderson Brittany Anderson Eliza Dudoworth Anna Phares Emma Garnett Moncure	Stephen Plotz Jonathan Plotz Ransomo Schulz Sahana Tharakan Mee Shan Bright John Franklin	William Andrews Peter Andrews Philip Crump Leigh Rogers Sierra Loudemilk John Franklin	Mayes Gillespie Dana Gillespie Eric Gillespie	Hailey Bunting Shajun Chappelle Brady Goode Barnett Goode Morgan Castellano Greg Phillips	Kimberly Borden Cullen Dotson Tyler Phillips Stephen White Emma Garnett Greg Phillips	
Chalice 1 2 3 4	Jim Heck Lee Heck	Ken Royston Joe Gallagher	Linda Nicholson Tom Nicholson	David Maguire Rebecca Maguire	Denise Ferguson Hugh Greene	Lily Andrews Jen Rose	Laura Lafayette Laura Jane Owen	Addison Jones Doug Elliott	Margaret Crews Elaïne Champion	
Bread 1, 2, 3 Distributor 4	Sharon Fairbanks Nancy Rieckman Robbi Schieicher Pam Board Kevin Kintler Chris Robertson John Napier Carol Napier Lee Heck	Harry Kelso Margaret Crews Laura-J Owen Susan Rowland Adair Roper Libby Bush Ken Royston Kay Holmes Paul / Hillary R. Rowland Joe Gallagher	L. Gawronski Linda Nicholson Barbara Case Page Gravelly Mason Harper Doug Elliott Laura Lafayette Steve Barnett A. Jones Tom Nicholson	Judy Heppert Bill Beatle Joe Gallagher Tom Tyler Lee Muckey Jeanne Bowles Susan Manning Diane Muska Hillary T. Williams Marc Halbritter	Chris Schools Barny Hayes Lee Heck Jim Heck Steve Foster Addison Jones Hugh Greene Kim Ferguson John Napier Carol Napier	Jen Wasik Amy Goodman Diane Muska Margaret Crews Bill Beatle Adair Roper Libby Bush Jen Rose Paul / Hillary Susan Ann Glass	John Napier Carol Napier Paul / Hillary Doug Elliott	Addison Jones Kevin Kintler Steve Barnett Gerry Escalara Michele Damasco Pam Board Robert Nicol Meilinda Hancock Gray Glass Doug Elliott	Margaret Crews Lee Muckey Susan Manning Sue D'Alessandro Marc Halbritter Ken Royston Shawn Dunham Libby Bush Hillary Brock Vaughn Elaïne Champion	
Bread Baker(2 loaves)	Chris Turner	Tricia Williams	Janet Willis	Lee Heck	Carrie Kuzemchak	Susan Ann Glass	Tricia Williams	Jon Fairbanks	Gaie Hawes	
Tellers	Holy Borden/Coordinator Lin & Carol Bottoms, Bob Watts Kammy Hambrick, Lisa Radez	Jim Sowers & Jeanne Walker/ Coordinators, Jenn Sarych, Beth Pemberton, Judi Goldnetz	Jim Sowers & Jeanne Walker/ Coordinators, Jenn Sarych, Beth Pemberton, Judi Goldnetz	Mike & Judy Heppert, Tom Valiquett	Laura Armour & Gary Farral/ Coordinators, Laura Debusk, B.J. Duerson, Valerie Wallis	Channing & Lori Haas Ken & Marilyn Wayland	Count with Sunday	Pete Gallagher & Anne Atwood/ Coordinators, Paul Kuzemchak, Donna Weed, Martin Atwood		
Greeters / Hosts	John Carol Napier, Nancy Elliott, Tom Valiquett	Susan & Frank Ashby, Gary & Michelle Fairar	Matt & Kelly Carr Nan Pascal Shelly Nicol	Mike & Judy Heppert, Tom Valiquett	Anne Atwood Hunter Stott Tom Valiquett John Franklin	Channing & Lori Haas Ken & Marilyn Wayland	John & Carol Napier	Keech LaGrand Nan Pascal Doug Elliott	Carol Hams Shelly Putney Teri Brennan	
Ushers	Bruce & Janet Willis, Martin & Anne Atwood B. & P. Gallagher	Debbie Bormholdt Dutch Bumpartner Mike Neigan B.&J. Sheehorse	Minoy & Doug Elliott, Don Miles Donna & Tom Weed	Mike & Peggy Neely, D. Hasek Mike & Peggy Neely	Mark Herzog, Bob & Barb Slate Steve Foster Fried West	Harry & Cathy Kelso, Ron Andrews Harry Handshaw	Steve Foster Janet Willis	Will & Henry Watkins, J. Draicos Jeff & Sharon John Chris Schools	Flora & Sons J. Theado, G. Glass, Roy Goodman Lisa Loudemilk	
Allar Guild	Linda Nicholson	Carla Beatle	Barbara Slate	Linda Anderson	Carol Napier	Janis Todd	Carol Napier	Gerry Escalara	Kay Holmes	
Vestry Person Children's Chapel Activity Bags	Rick Elliott Patty Lafratta Ken Link	No Chapel	John Daylor Margaret Crews Becky Hansell	No Chapel	Amy Goodman TBA Jen Hoerner	Amy Goodman No Chapel	Joe Gallagher No Chapel N/A	Mike Richards TBA Peggy Bentley	Mike Richards No Chapel Peggy Bentley	
S. Board/ Computer	Lee, Mike Jeff, TBA	Lee, Mike Jeff, TBA	Lee, Mike Lee, Darryl	Lee, Darryl Lee, Warren	Lee, Darryl Jeff, Warren	Jeff, Warren	Tim, Gordon	Lee, Lin	Lee, Gordon	



Advent Supper Series



KEEPING
it
SIMPLE

Wednesday December 1

As we begin the season of Advent, we ponder the birth of Jesus, our Savior, who preached simplicity, generosity and frugality. Yet during this holiday period we tend to spend more money than at any other time during the year, and we all struggle to keep things simple. Although we want to draw closer to God, there are lots of forces pulling us farther away. What can we do to reclaim the true spirit of Christmas? Join Dave Wasik for an interactive session that will explore ways for us to be more present with God and with one another during this special season.

Presenter: Dave Wasik and his family have been members of Christ Church for 9 years. Dave recently served as Treasurer and was a member of the Christ Church Vestry. He is passionate about the topic of financial education, and is a board member for the Episcopal Church Foundation and Junior Achievement of Central Virginia. Dave is a trained facilitator for Nathan Dungan's Share, Save, Spend program and teaches classes for children and adults.

Wednesday December 8

All through the Holy Scriptures we find evidence that God seeks to dwell among God's people. With Adam and Eve, God was heard walking through the garden in the cool of the day. (Gen 3:8-9) To Moses God was heard to say, "Let them make me a sanctuary that I might dwell among them." (Ex. 25:8) Through the Apostle Paul the Church was taught that God desires to dwell in a spiritual house where all are a part of its creation. (Eph 2:19-22). In the birth of Jesus, we find the ultimate evidence of God's desire to dwell among us. (John 1:14) In this session, we will respond to God's desire and continuous seeking by exploring how we are building God's holy habitation and experiencing the presence and portraits of Christ in our midst.

Presenter: The Rev. Janie M. Walker is currently serving as Program Director for Embrace Richmond, an outreach ministry to under-resourced urban communities. She previously served eight years as Associate Pastor for Individual Ministry and Spiritual Guidance at Richmond Hill. Rev. Walker has a special interest in healing and building communities.



Celebrating
the
Sacred



Be Still
and
Know

Wednesday December 15

We read in the Psalms, "Be still and know that I am God." But how can we find stillness in a culture that seems to mandate overly crowded schedules and an abundance of busyness? It's difficult enough to just be still, but how to quiet the mind? "Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship." (quoted from ContemplativeOutreach.org) This experiential session will introduce you to the practice of Centering Prayer, offering a respite from the Christmas rush and an opportunity to rest in God.

Mimi Weaver, is the owner of GraceMoves with a practice of life coaching and spiritual direction for both individuals and couples. You can learn more about Mimi at www.gracemoves.com.



Advent Supper and Teaching Series

DECEMBER 1: 5:30 pm
6:30 pm

Dinner,
Program: *“Keeping it Simple”*
Presenter: Dave Wasik
Christmas Pageant Rehearsal for Children

DECEMBER 8: 5:30 PM
6:30 pm

Dinner,
Program: *“Celebrating the Sacred—Christ Among Us”*
Presenter: Rev. Janie Walker
Christmas Pageant Rehearsal for Children

DECEMBER 15: 5:30 PM
6:30 pm

Dinner,
Program: *“Be Still and Know”*
Presenter: Mimi Weaver
Christmas Pageant Dress Rehearsal for Children

DINNER RESERVATIONS

PLEASE PLACE YOUR RESERVATION AND PAYMENT IN AN ENVELOPE AND PUT IN
the RESERVATION BOX IN THE MILLING AREA...(or mail to the church office)

Cost is \$6.00 (adults and children age 10 and older) \$3.00 (children under age 10)
(Children 3 and under are free)
(Maximum \$20 per family/per week)

Dec. 1	Number adults & children age 10 and up _____ x \$6 = \$ _____ Number children under age 10 _____ x \$3 = \$ _____
Dec. 8	Number adults & children age 10 and up _____ x \$6 = \$ _____ Number children under age 10 _____ x \$3 = \$ _____
Dec. 15	Number adults & children age 10 and up _____ x \$6 = \$ _____ Number children under age 10 _____ x \$3 = \$ _____

(maximum per week is \$20) **TOTAL ENCLOSED** _____

Name _____

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Happy Thanksgiving



If you would prefer to receive the monthly newsletter electronically,
please send an email to Josie,
in the church office: j.sicheri@christchurchrichmond.com



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