

# The Grateful Heart

CHRIST CHURCH EPISCOPAL  
October 2010 NEWSLETTER



Dear Christ Church Friends,

This past week end we began "*The Big Read: The Gospel According to Luke.*" I'd like to explain a bit why we are entering into this practice, and how it will work.

A central practice in the Christian life is dwelling in the scriptures. We read the Bible differently than we do other books. It is something we live with; something we explore; something we linger in. We do so because it is "our book." It contains our roots. It tells the story of how God makes a people, a people blessed to be a blessing to others. It holds the story of God's saving work among humanity, a story witnessed to by the faithful throughout the ages. It bears eternal truths about Kingdom Life. So as we seek the Kingdom, it's the place we return to. So really, it isn't just a book. It's our Story, and God's Story.

But God's story isn't finished. It's never finished. God is at work now...among us, among all the faithful, and in the world beyond the Church. So we dwell richly in the scriptures to experience how Our Story and God's Story intersect, and so that God's Story might more become Our Story. In I Corinthians, Paul speaks of Christ being the sure foundation. But the superstructure that rests upon that foundation, and around which the life of the Church is constructed, is scripture.

So we're inviting one another to spend some time in it deeply during our Big Read.

We've chosen Luke because the primary story in the Bible for us is the story of Jesus. Luke...along with Matthew, Mark, and John...tell that story. We've chosen Luke because it is the fullest of the four gospels--the most polished in its composition, and the gospel that includes so many of the stories we already know...the Christmas

Story; the Lost Sheep, Lost Coin, and Prodigal Son; the Good Samaritan; Lazarus and the Rich Man. We've also chosen Luke because as you'll hear along the way, it was written for people who deal with the exact same questions we do: questions around hospitality; how to deal with wealth; how to forgive and accept second chances (unlimited second chances); how to be a faithful people in a world that lives according to a different way than the Way to which we are called; the relationship between those not part of the Christian community and those who are. Jesus came that our lives might be transformed. Luke tells that story, for people like us. That's why we're reading Luke.

**Here's how it will work:** Beginning October 9/10, the teaching in worship will be based on various passages in the Gospel According to Luke. This year, through November 20/21, we will follow Luke's gospel from Luke 1:1 through Luke 6. We will observe Advent and Christmas seasons as usual, and then pick up with the stories in Luke at the beginning of 2011.

**Here are some ways to be involved:**  
**First,** make a decision to read Luke for yourselves. Find a readable translation (suggestions are on our website); find one that you like; and read it. Try reading a chapter a day; or a chapter every other day; but mostly, decide to read it. When you've finished, go back and read it again. And then, when you've finished the second reading. Go back and read it again. The Bible is not a book we read once and put down. It's a gathering of writings that we read for our entire lives. For those of us who are not readers, order a CD copy of Luke and listen to it in your car.

**Second,** be present on weekends to worship God and hear the teaching. And bring your Bible! We'll have Bibles available, but bring yours!

Third, there are a variety of ways for adults to enter more deeply into conversation about Luke throughout the week. More information about these opportunities will be on the website.

And **fourth**, our goal is that each week there will be material on our website that will preview the upcoming weekend teaching. So explore the Christ Church website.

As well, the teachings in Kids Quest on Sunday mornings and the teaching for youth at their gatherings will also be focused on the Gospel According to Luke. Their teaching will not always exactly coincide with our Sunday morning teaching; but nevertheless, all generations will be reading something in common. And that is a very good thing...to read the Bible together. It is a very good thing for individual households, and a very good thing for a Christian community.

**Here are some hopes for this time together.** A hope that we experience the grace that comes from doing something together; of reading and responding together; a hope that we fall in love with scripture, and fall in love with Jesus; a hope that good questions are created for us; a hope that we are challenged and made uncomfortable

and that Jesus turns our world upside down; a hope that our life is made new and transformed, however it is the Spirit wants to transform us; a hope that we grow in our practice of looking to Jesus...placing him at our center...looking for how he is speaking to us in our lives at work and at play, at home and at school, when we're on top of things and when we aren't, learning more to trust him, seek his will, and then receive the grace to act on it...again, as a people and as individuals. There is a basic prayer to the faithful life: **"Okay, Jesus...here I am. Do with me as you will."** Our study of Luke is a way to utter that prayer as a people; to listen for what Jesus has to say; and then, to be obedient. These are some hopes for this time together.

Blessings as we begin this adventure together. Thanks for being part of it, and we're all invited to come along...

Paul

## The Big Read: *The Gospel According to Luke*

### Learning and Study Opportunities

There are a variety of ways for adults to delve more deeply into a study of Luke together:

**On Sunday Mornings: *Sunday Morning Bible for Everybody.***

Meeting in the parlor during the first portion of the second worship service; approximately 10:35 AM to 11:25 AM.

**On Sunday Evenings**

Sunday, October 10 through Sunday, November 21

***The Rest of the Story***

Ed Building from 6:45 PM to 7:45 PM; child-care provided.

**On Wednesday mornings**

Women's Bible Study; 9:30 AM to 11:30 AM (parlor) studying "Jesus, the One and Only," a Beth Moore Bible Study. Child-care is available.

For more information, contact [Becky Hansell](#)

**Be part of an Emmaus Group**

These are small groups in which people gather for prayer, study, fellowship, and service. The groups study the weekly scripture as used in worship. They meet at various times throughout the week. For more information about Emmaus Groups, check the Christ Church website.

The children and youth of Christ Church will also be focusing their learning on the Gospel According to Luke this year. In an age appropriate manner, Luke will be the focus of the teaching and learning in Saturday and Sunday Kids Quest. As well, the teaching for Middle and Senior High Youth Gatherings will also be based on the Gospel According to Luke.

## The Rest of the Story

### A Bible Teaching for Adults!

Consider joining a new adult bible study. Beginning Sunday, October 10 and continuing through November 21, the group will meet in the parlor from 6:45 – 7:45pm each Sunday to explore passages from the Gospel of Luke which are not covered during worship.

*Led by Louanna Heuhsen, one of our most experienced bible teachers, the study promises to be interactive and challenging.*

No prior experience with the bible is necessary and no homework is required.

Participants can drop in as schedules permit; however, if childcare is needed, please contact Becky Hansell at least one week prior to the session to arrange (270-1395 or email: [bhansell@verizon.net](mailto:bhansell@verizon.net) ).

We hope to see you there!

## Stewardship Ministry

### Pledge Update

#### Good News...Great Progress !

215 pledges have been received for a total of \$816,865 (69% of our goal)

Our goal is to increase total pledges by \$200,000. The first \$100,000 of additional pledges ( for a total of \$1,080,000) is needed to fund programs, staff and facilities at their 2010 level.

*The remaining \$100,000 increase would be used to fund a new staff position to help with Newcomer and Hospitality Ministry & Adult Education and Formation, more support for the Diocese of Virginia and the Missions and Outreach Ministries of Christ Church, and fulfill some of the wishes and dreams the Ministry Teams have for next year.*

**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 or pick up a pledge card in the Milling Area**

*( you may place the pledge card in the offering basket or mail to the Church Office:  
5000 Pouncey Tract Road, Glen Allen, VA 23059 )*

## Financial Sanity

*Financial Sanity is a 4 week seminar to teach healthy money habits to youth and adults. The course provides a **PROCESS** and **TOOLS** to think about, talk about and manage money in ways that are both effective and in line with Christian Values.*

*Financial Sanity was designed by Nathan Dungan, founder of [Share Save Spend](#). The Bible contains many lessons about money. *Financial Sanity* helps us to look at our financial choices through a Christian lens.*

*We live in a hyper-consumer culture and are increasingly stressed about financial matters. This course helps us create stronger lines of communication with family members in order to make our financial decisions more intentional and sustainable.*

*The course lasts four weeks. (Each session takes about an hour) There are individual exercises which examine our spending habits, as well as group discussions and DVD lessons.*

*The course is led by facilitators who are familiar with the course and its subject matter.*

*Two sessions are offered this Fall.  
Register online today !*

**Sunday** 10:30 am  
(facilitated by Shelley Nicol)  
*October 17,24,31,November 7*

**Wednesday** 7:30 am  
(facilitated by Tom Weed)  
*October 13,20,27 November 3*

## Parish Retreat...for the entire family

**Save the date:  
November 12,13,14**

*This year our parish retreat will be held right here at Christ Church.*

*Guest Teacher and Preacher:  
Brother Geoffrey Tristram of the Society of St. John the Evangelist.*

*All the details and registration info soon.*

**Brother Geoffrey Tristram** is the superior of the Society of St. John the Evangelist (SSJE), an Episcopal religious community in Cambridge Massachusetts. Brother Geoffrey was born in Wales and studied theology at Cambridge University before training to be a priest at Westcott House theological college. He came to the United States eleven years ago to join SSJE and has pursued a ministry of teaching, spiritual direction and retreat leading, and for three year years he has served as chaplain to the House of Bishops. Before coming to SSJE he served as parish priest in the diocese of St. Albans, as well as the head of department of theology at Oundle School, a large Anglican high school in the English Midlands.

## Journey CrossOver Weekend

This is a retreat for current and new Journey students and their sponsor. Oct. 15th-17<sup>th</sup>. Get all the details on the Garage/Youth website:<http://www.ccgaraage.org>

## NewJourney(Confirmation)Participants

Please *return your Registration Form* to Jenna as soon as possible. There is a registration form available on the Journey page on the Youth web site. Also, be sure to find a sponsor by October 15th. Questions? Contact Jenna at [j.vinci@christchurchrichmond.com](mailto:j.vinci@christchurchrichmond.com).

## Journey Passports

New to Journey! We have a new practice ...we have passports that help mkr where our participants have been on their Journey. It's a simple for that helps follow participants through the Journey. You can print out a "passport" on the Youth website ( for BOTH participant and sponsors) . These complete passports are dur prior to January 15, 2011 and March 15, 2011.

Get your passport here:

<http://www.ccgaraage.org/index.cfm/PageID/616/index.html>

## Journey Calendar

Available here:

<http://www.ccgaraage.org/index.cfm/PageID/616/index.html>

## Confirmation 2011 Date

For those of you who will complete the Journey and wish to be confirmed, the date for confirmation is Saturday May 7.

## Youth Summer Trip Meeting

For all Parents and Youth interested in one of the 3 summer trips in 2011. Wed. Oct. 13, 7:00 pm (Garage)

## Service Saturday

Our next Service Saturday will be **November 6th 8:30-12:30pm**. Come and join us as make a difference in our community. Wear work clothing and closed toed shoes. **SIGN UP ONLINE** on the Service Saturday Page.

## Paintball

Tuesday November 2 (Election Day) Price is \$40 / player plus additional money for additional paintballs. The time and place to be announced. Sign up online

## Fall Retreat for Middle and High School Students- Nov 19-21

We will be going to the Watermark Camp in Scottsville, VA for a weekend away from the craziness of everyday life. We will have times of incredible worship, great teaching and lots of fun things to do including a high ropes course, horse back riding, paintball and skate park. It will be a great time. The cost is TBA but will be under \$100 and includes meals and lodging, there is a \$10 additional charge for paintball.

## Updating Database

If you are involved in the youth ministry or have students involved in the youth ministry please take a few seconds and fill out the below survey. We are working very hard to create a working database to help increase communications in the youth ministry. If you know of anyone who is involved but may not get the weekly email from Christ Church, feel free to pass this along to him or her. Thanks for your help in this.

<http://www.quia.com/sv/428932.html>

## Youth Small Groups... Started this month... Please Join Us

Small groups provide a welcoming place where you can do life together with others. It's about having a place to go where you can be who you are. Small groups provide a great environment that encourages spiritual and personal growth.

Small groups are a great place for those who don't feel comfortable in large groups, want to form meaningful friendships or have never been to youth group. A new season is upon us and it is a great time to get started. You can find the when and where for your student on our website on the Small Groups page. **Talk to Jenna if you have any questions.**



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

Sending children off to school for the first time created a few tears for some moms and their children. By now they are pros, and everyone has adjusted to their new routines. This year Christ Church Episcopal Preschool welcomed 68 children; 28 returning students and 40 new students to our program. We are beginning our fifth year of operation with two PreK classes, a 4 day four year old class, and two 3 day three year old classes.

It is our goal to continue growing our preschool by adding new programs and educating our staff on an annual basis. This year we are pleased to announce we've added PALS PreK and W.H.E.E.L.S vision and screening programs to our preschool. PALS PreK is a scientific-based phonological awareness and screening tool that offers guidance to teachers for tailoring instruction to children's specific needs. It was developed by UVA with the Department of Education as part of VA Preschool Initiative. W.H.E.E.L.S. (Where Healthy Eyes and Ears Lead to Success) is a mobile and non-invasive vision and hearing screening program for preschool children. Because vision and hearing play a critical role in a child's success at school, we are delighted for the opportunity to participate in this program provided by the generous support of Richmond Eye and Ear Foundation. Books are also a vital part of the preschool morning. The Scottish Rite Childhood Language Center trained staff on the types of books that can be used to help children build the language and early literacy skills that are important to their success in school and everyday life. Helen Watkins of VCU instructed teachers about brain development, different approaches to learning, nature vs. nurture, right and left side hemisphere characteristics, and the positive and negative impact stress has on the brain. Geri Allen, OTR/L from Integrated Therapy instructed staff about Sensory Processing Disorder, ways to recognize it, and tools and strategies to assist teachers so they can meet a child's specific needs. Staff must receive at least ten hours training annually in order to carry out our mission, which is *"...to provide a nurturing, developmentally appropriate Christian environment for children, as they begin their journey to become independent lifelong learners."* Thank you CCE for allowing us to serve and grow this ministry!

In addition to our classroom teachers, Hillary welcomes the children to chapel each week where they spend time in prayer, song, and learning about God's endless and unconditional love. Each month the children will explore and learn a new memory verse. This month's verse is "Love One Another," which ties in with our Friendship and All About Me themes. Laura Monica, our music and movement teacher meets with each class on a weekly basis. Children are singing, moving, and discovering rhythmic patterns by using hand drums, scarves, jingles, the parachute, and much more. We are blessed to have so many dedicated ladies on our staff!

If you are interested in more information about the preschool, please call the school at 364-5905, or visit our web site at [www.christchurchpreschool.com](http://www.christchurchpreschool.com)

"Let your light shine",

Cheri Erk  
Director

## 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).*

## Mens Breakfast

The men will gather on Saturday, October 16 for food fellowship and our exploration of the times when we are separated from God. Last month we looked at what it meant to be in the wilderness. This month we will look at how we know we have gotten into the wilderness. Over the next few months we will explore some ways to be prepared for the exit and some things we do that may be keeping us from finding our way out. Don't miss this opportunity to grow your community of Christian Men and to learn that you are not alone.

Please email Will Watkins at [wwatkins@mindspring.com](mailto:wwatkins@mindspring.com) to let us know you are coming. It is great if we have a head count so we know how much food we need to buy. BUT, do not let your failure to RSVP stand in the way of you joining us.

## 1st Wednesdays

**1st Wednesdays Contemplative Worship...a healing service**

**Wednesday, November 3 7:00 pm**

*1<sup>st</sup> Wednesdays* is a gentle time for us to gather in peaceful silence with space for the Spirit to move. We'll share in spoken prayers and songs of prayer, and time for meditation over a brief reflection on the Word and Holy Eucharist. Just as with the healing service, those wishing, may step to the back of the worship space to receive the laying on of hands and pray with trained prayer ministers. Come, worship on *1<sup>st</sup> Wednesdays*. Bring a friend.

## **The Micah Minute**

### **Updates and Events relating to our Partnership with George Mason Elementary School**

Happy New School Year! As many of us are settling in to our new Fall routines, we are gearing up for another wonderful year of volunteering at George Mason Elementary School. We begin our tutoring this month and will start off with a very strong showing from Christ Church. We anticipate having almost 20 people regularly volunteering at G.M. When combined with our other Church partners, there will be over 60 volunteers sharing their good fortune every week.

While this number is very impressive, there are over 455 students at George Mason. So while we are impacting many lives, many more will not have the opportunity to receive the special attention that you can provide. Please consider sharing a couple hours a week with a child at George Mason. Two hours out of your life, could make the day or even week, for our children in Church Hill. Come and find out what the excitement is all about. Make an impact on a child's life, spend time with them, and your heart will fill with the joy and satisfaction you provide. Make a difference, volunteer at George Mason Elementary School.



We are collecting Box Tops and Soup Labels for Education. These will be donated to George Mason. There is a collection box in the Milling Area. Please see the attached websites for a list of participating products.

[www.boxtops4education.com](http://www.boxtops4education.com)  
[www.labelsforeducation.com](http://www.labelsforeducation.com)



The difference  
I can make.



To volunteer or receive more information on Micah and our partnership at George Mason, please contact Rick Steenrod, (804.747.9636 or [rodnsue@comcast.net](mailto:rodnsue@comcast.net)) or Betsy Eckart ([betsyeckart@freeagentsmarketing.com](mailto:betsyeckart@freeagentsmarketing.com)).

### Habitat for Humanity

Habitat provides quality housing at an affordable price. The homeowner takes a low interest loan with Habitat to cover part of the cost of the house. The homeowner is also required to work on the house to put in what Habitat refers to as "sweat equity".

On **Oct 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>** Christ Church will be working with Hanover Habitat for Humanity. We will be helping to construct a brand new affordable house for a family. The family consists of a single mother with three children. The Mother works two jobs with Hanover County.

You do not need any special skills to volunteer. Habitat is used to working with unskilled volunteers. There will be sign up sheets in the milling area after each service starting the weekend of Oct 9<sup>th</sup> and 10<sup>th</sup>. The workday starts at 8:30 and ends at 3:30. **Contact** David Latham at [David.Latham@comcast.net](mailto:David.Latham@comcast.net) with questions or to volunteer. Please join us in being God's people gathered and sent.

### Haiti Mission Trip

... has been postponed until early 2011 due to scheduling conflicts. We will share new dates and information as soon as available.  
Questions: Heidi LaSalata (640-2535)

### CARITAS

Christ Church will be hosting the CARITAS  
TAS  
**Family Focus**  
**October 16<sup>th</sup> to October 23rd**

*Discipleship is about focusing on Jesus, following in His footsteps, and becoming His hands and feet in this 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 can help from donating a much needed item (like a healthy snack) to serving as an overnight chaperone.*

**Sign up in the Milling Area  
after worship services.**

If you have questions concerning our CARITAS or would like to offer a service or provide an activity, please contact:

**Sandra Garrett**  
360-0738  
swgarrett62@aol.com

**Jenni Pandak**  
360-0672  
pandakjs@aol.com

## All Saints Weekend

**November 6,7**

If you have a saint who has entered into the Lord's nearer presence this past year, please contact Josie in the Church office.  
([j.sicheri@christchurchrichmond.com](mailto:j.sicheri@christchurchrichmond.com))  
to ensure she or he is included in our litany of saints.

## Practices for Daily Living



Listening

Faith



Prayer

Confession and Forgiveness



Generosity



Service

Hospitality



Stability

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; “an attitude of place in the universe that guides every conversation and every common act.

Practices for Daily Living teaches us a rule of life for living God’s way, a practical guide to actually “doing” faith in our every day lives. Practices is a nine week offering, with a 30-35 minute presentation and a 50-55 minute facilitated small group.

**The class meets on Sundays from 5:00 pm - 6:30 pm  
November 7,14,21 December 5,12,19 January 9,16,23**

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

These practices for daily living are the focus: community/relationship/story, listening, faith, prayer, confession and forgiveness, generosity/giving/wealth, service, hospitality, stability.

You may register online:  
[christchurchrichmond.com](http://christchurchrichmond.com)

## Childrens Ministry

### Kids' Quest

...is our children's education program for ages 2 through 5th grade (4 through 5th grade on Saturdays) which meets during all three weekend worship services. Two year olds meet in the nursery, and everyone else meets in the Education Building. There is a greeter in the foyer of the Education Building who can direct visitors to drop-off locations for various ages. Unless otherwise indicated, children are escorted into the worship space by their shepherds during the passing of the peace to participate in Eucharist with their families.

### Nursery Update

The nursery will be moved to Rm 101 on Oct. 16 and 17 to provide the most hospitable environment for our Caritas guests.

### Club 45

This is our new program that runs during Kids' Quest on Sunday morning for 4th and 5th graders (Room 206). Club 45 studies the same story as the rest of Kids' Quest for one week, does a themed study another week, and works on a mission project the third week.

### 3rd Grade Bible Presentation

Third graders will be presented with Bibles on Oct 30 & 31 during worship. Please email Rebecca (r.guzman@christchurchrichmond.com) to let us know which service you plan to attend. If you will not be in worship that weekend, a Bible may still be reserved for your child.

## Music Ministry

### Youth Choir

Sunday afternoons 5:00—6:15. Music Room.  
All Youth invited to join: 6th—12th grade. Info:  
Missy.j.jennings@christchurchrichmond.com

### AV Help Needed !

Do you like to turn knobs and play on computers?  
We need volunteers in our beautiful new Tehnology Booth. Sound-projection-lighting. Stop by the booth before or after worship to check it out !  
Contact Keith or Missy. We'll provide training



### Are you a drummer?

Contact Keith at:  
k.tan@christchurchrichmond.com

## Building Update

The construction continues to move forward. This week erection of the steel structure will be completed and the metal roof on the multipurpose room will be installed. Next week we will see work on: the metal studs & sheathing around the perimeter of the building and plywood/tar paper of the office area roof. Once this is complete the exterior siding panels will arrive and will be installed on the building. We will then begin work on the interior walls. We are still on schedule to complete around the Christmas time frame. Thanks to all in the congregation as we watch the fruits of our labors take shape and provide for furthering the Kingdom of God.

*Joe Gallagher  
Senior Warden*

*...in the October issue*

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



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