

The Angelus

February 2016



What's Inside?

From the Rector – Father John talks about worship opportunities during Lent. Also, please join us for a romantic *Jazz Vespers*, and the *Lenten Film Series* is back

Inside Outreach – Read about opportunities to serve for *Loaves and Fishes*

Interfaith – Thanks and Celebration for GreenFaith

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Christ Episcopal School – Our school is receiving some well-deserved recognition

Altar Guild – Please join us for the installation of three new acolytes

St Francis Flock – We're back from break with Thanks and Upcoming and Ongoing Activities

Yoga and the Spirit – Five free Lenten opportunities to calm your mind and strengthen your body

The **Bargain Box** – A recipe for *Peanut Butter Kiss Cookies* and a list of 2015 Bargain Box Donations totaling more than \$25,000 (almost twice what we gave in 2014)



The *Angelus* is published 10 months a year.
Editors: Kathy Moch & Tim Smeltzer
Direct queries to the Church office or email to angelusnewsletter@yahoo.com and editor@cecrockville.org

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From the Rector



Fr. McDuffie

Dear Friends in Christ,

The season of Lent begins early this year, with Ash Wednesday falling on February 10th. There are three opportunities to worship at Christ Church that day, with services at 7:00 a.m., 12:00 noon, and 7:30 p.m. I hope that you will make an effort to be with us and mark the beginning of this holy season. Ash Wednesday is a day of confronting the reality of our lives – despite all of our best efforts, we are indeed mortal beings and have fallen far short of the glory of God. Hence, there is a continuing need for contrition, and we are invited to consider anew the disciplines of prayer, self-examination, and fasting as we journey forward.

There are many and various ways to observe the season of Lent. In the early Christian church, it was the final stage for converts to the faith to prepare for the sacrament of holy baptism, celebrated at the time of the setting of the sun on the eve of Easter Sunday morning. This Lent, I will offer a version of that preparation, designed for adults at Christ Church who wish to know more about our faith as it is practiced in the Episcopal Church, or who desire to be confirmed or received into the fellowship of the Anglican Communion. It is called the Adult Covenant Class.

This class will be offered on three successive Saturday mornings (February 27th, March 5th, and March 12th) from 10:00 a.m. to 12:00 noon in the Parish House Living Room. We will be looking at the rich scriptural tradition that undergirds the Anglican expression of faith; the many resources of the Book of Common Prayer, including sacramental worship; the history of the Church, and particularly Christ Church; and the gifts for ministry that each of us possess, and how we might think about sharing those gifts with others. This class is helpful to those who are new to Christ Church and/or the Episcopal Church, and will include the option to be presented at the Washington Cathedral on Saturday, May 14th, for confirmation, reception, or the public reaffirmation of baptismal vows. Teens who are at least 16 years of age can contact me about this class if they would like to attend. People who would simply like a short refresher course on Christian faith are also welcome to join us. If you would like to attend this class, please contact Judith Schneider at 301-762-2191, or jschneider@cecrockville.org to sign up. There will also be sign-up sheet available at the entrance to the church.

May we each have a holy and spiritually renewing season of Lent.

Faithfully in Christ,

John+

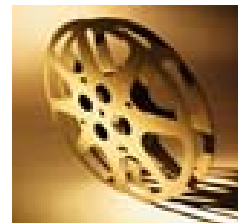
Jazz Vespers Returns!



Come join us for a spirited evening of jazz accompanying the liturgy of evening prayer at Jazz Vespers on **Sunday, February 14th, at 5:00 p.m. in the Church.** Yes, we know – it's the first Sunday in Lent, and you may wish to undergo much self-mortification – but on the other hand, you can make a Lenten discipline to renew the romance in your life with someone special to you and come to a service featuring some of the great love songs in the American Popular Songbook, before having a nice dinner somewhere! Fr. McDuffie leads the regular Jazz Vespers Quartet, and the free-will offering received that evening goes to benefit our friends at Community Ministries of Rockville. Come on out and hang out with us!

Wednesday Lenten Film Series

Is divine providence operating in our lives? Are angels for real? Do we often fail to see the richness of the beautiful world around us? If, when you depart this life, you could only carry one memory with you, what would it be? What is true sainthood? These questions, and other spiritual themes, will be explored as Christ Church embarks on another journey through Lent with the aid of the camera lenses of celebrated filmmakers.



Beginning on Wednesday, February 17th and continuing on successive Wednesday evenings through March 16th, we will have another Lenten film series at Christ Church. We will meet in the Murdock Room at 6:45 p.m., enjoy the fellowship of a simple meal (bring a dish to share!), and then watch a movie that will awaken our spiritual and religious selves. A brief discussion will follow each showing.

At the time of this writing, the entire film series list was incomplete, so stay tuned...it will follow shortly. Mark your calendars and come join us on February 17th, when we will show Grand Canyon, directed by Lawrence Kasdan and starring Kevin Kline, Steve Martin, Danny Glover, Mary McDonnell, and Mary-Louise Parker.

St. Francis Flock



I will remember my covenant, which is between me and you and every living creature of all flesh. Genesis 9:15

St. Francis Flock enters 2016 with gratitude and looks forward to a compassionate new year! Thank you to Christ Church parishioners for your generous donations of pet food in 2015! Thanks to you, Christ Church donated over 445 pounds of pet food to needy local families and their pets. The Flock will be continuing this most important outreach for 2016 and we thank you for your ongoing support!

Upcoming and Ongoing Activities

• **Pet-food drive to help keep pets with their families.** Please provide unopened donations in the shopping cart in the main dining area of the basement (same cart as Manna donations) and the Flock will deliver to the Animal Welfare League of Montgomery County's **Chompers Pet Food Bank.** Chompers no longer accepts bags of opened food. Pet food donations benefit local families struggling to provide for their pets. In many cases, providing pet food to families makes the difference between them being able to keep their pet or having to surrender them due to a lack of food. With our donations, Christ Church is making a difference!

• **Assistance to the elderly.** St. Francis Flock provides assistance to Christ Church elderly and/or disabled parishioners in driving them and/or their pet to the veterinarian. Please contact stfrancisflock@cecrockville.org if you need assistance.

All who feel called to expand their circle of compassion, please join us! Our monthly meeting is the second Sunday at 4:00 p.m. in the Parish House. For more information, contact Debbie Thompson, Eva Lin, or Lori Nicely via stfrancisflock@cecrockville.org.

Worship

New Acolytes to be Installed



Please join us at the 9:00 a.m. service on Sunday, February 7th, when Fr. McDuffie will install this year's class of new acolytes. This is the one service in the year when we try to get all of the acolytes to attend. The new acolytes participated in a 7-week training program in the autumn on liturgy and church history, as well as covering the mechanics of serving as we practice it at Christ Church. During the service, the new acolytes will be vested with white cottas and receive a simple wooden cross on a black ribbon which will be worn during their first year of service. Acolytes who have served for six years receive a special cross.

This year, three acolytes will be awarded six-year crosses: Annabelle Heister, Lily Nguyen, and Sophia Pirozzi. We have three new people to install – Madison Jackson, Chidera Osuigwe, and Ugongia Osuigwe, who will take their place with the veteran acolytes.

We invite you all to attend this service to give your welcome and support to this great group of people.

Bob James, Acolyte Master

Adult Forum

February 7th, Michael Slater

Modern Science and Christian Faith: Is There a Conflict?

Is there a conflict between science and religion? More specifically, is there a conflict between modern science and Christian faith? In this adult forum, we'll examine these questions in some detail and consider a range of possible responses, as well as some alternative ways of framing the relationship between these important domains.

Booktalk



The Secret Chord, by Geraldine Brooks, will be discussed at the Monday, March 14th meeting of **BOOKTALK**. This novel is a rich and absorbing recreation of the life of David, the Hebrew warrior king. Please join us at 1:00 P.M. in the living room of the Parish House as we discuss a novel which reads like a prose poem.

Christ Episcopal School



We are pleased to share the following good news with our Christ Episcopal Church friends! Christ Episcopal School has been recognized in many ways recently in the broader community.

The school has been awarded a *Bethesda Magazine* Best of Bethesda designation as "Readers' Pick, Top Vote Getter, Best Private School/Religious Affiliation". Rockville's educational gem since 1966 is widely recognized for its academic excellence and warm, welcoming community!

The school also was featured in a full spread of student artwork and writing in the *Potomac Almanac 2015 Children's Almanac*. Art created in art class, as well as the classroom was selected, as well as 2nd grade writings. This is one of the many times the CES art program has been recognized for the art classes as well as the integration of art into the academic program.



Cable TV Montgomery filmed the dress rehearsal for our 7th and 8th grade ballroom dance recital, the culmination of the traditional 10-week ballroom dance unit in PE classes. The school has included ballroom dance in the program for decades. Now, instead of doing the waltz, foxtrot, and cha cha to classical and older music, the students are doing the steps to country music and contemporary classics. It's charming!!!

Please come see us, and if you, your family and/or friends are interested in a tour, please contact Janet Gerber, Director of Admission at jgerber@cesrockville.org or 301-424-8702.

Inside Outreach



An Update on the Christ Church Outreach Program

Isaiah 58:10 If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.

Loaves and Fishes

To serve others blesses us and blesses them. On the third Sunday of each month, you will see a group of people, not dressed in their "Sunday best," gathered in the dining room. These are the Loaves and Fishes group who are about to go to Saint Stephen and the Incarnation Episcopal Church in D.C. The group carpools to Saint Stephen's to help serve people in need of a hot meal. Many volunteers work in the kitchen, while others serve meals in the dining room. We partner with Saint Luke's Episcopal Church in Bethesda and with other churches to help serve chicken, vegetables, mashed potatoes, and similar foods to between 120-250 people each time we visit. We help fill a need in the community and enjoy great camaraderie in the process. Saint Stephen's brings us the Eucharist as we are serving. The carpools return to Rockville by about 1:00 p.m. Christ Episcopal Church also provides monetary support to Loaves and Fishes from the Outreach budget to support this important mission. For more information about the Loaves and Fishes Ministry see their website at loavesandfishesdc.org or contact Emily Correll (egcorrell@verizon.net) or Bill Thompson (Thompson.william.w@dol.gov).

The Outreach Committee meets the second Monday of every other month at 7:30 p.m. in the Parish House. The next meeting will be February 9th, 2016 (the same day as Shrove Tuesday). All are welcome to attend and learn more about the opportunities to live our faith through service to those who need us most. For further information, contact Rebecca Browning at reebrowning@verizon.net.

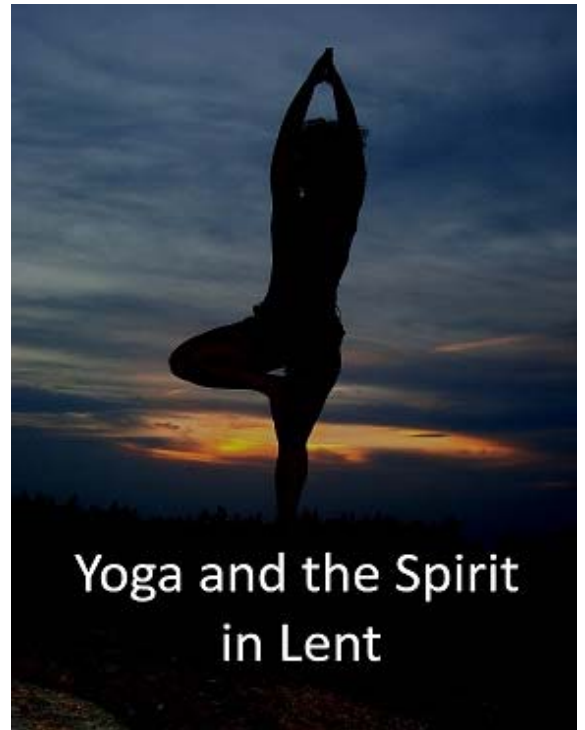
Yoga and the Spirit In Lent

If you like to add a spiritual practice to your Lenten journey and want to move & meditate, then join Yoga and the Spirit on five Thursdays in Lent, February 11th, 18th, & 25th, and March 3rd & 10th from 7:15 p.m. to 8:30 p.m. in the Murdock Room. Everyone is welcome!

Often we find ourselves wanting to look inward during Lent and inspect our lives, yoga is the perfect activity to encourage this type of introspection because it takes your mind away from everyday thoughts. Even if you have never tried yoga, a breathing exercise, or a meditation method, you are welcome to give it a try in a non-judgemental, friendly environment.

When we practice on the mat, we find moments of stillness and peace. *Yoga and the Spirit* provides a well-rounded physical practice as we strive for better strength. We'll also use meditations from "A Season for the Spirit" by Martin L. Smith. We were lucky to have him worship with us last year and he was delighted to hear that we use his book for church yoga classes. Themes will include Domineering Virtues, Living With the Unknown, All the Sick, Rejoicing with Those Who Rejoice, and Taking Our Stand at Sorrow's Very Heart.

The last session on March 10th will include an extended meditation called a Yoga Nidra for 30-45 minutes. Even if you don't attend the other sessions, you are welcome to this special offering. Yoga Nidra involves lying comfortably on the floor – without falling asleep! You endeavor to stay in the contemplative state between wake and sleep. We'll begin with restorative yoga poses then conclude with the meditation. If you can get up and down to the floor, you can do this yoga class! Please bring two blankets to make it even more comfortable.



You will need a yoga mat (if you don't have one, let me know in advance and one will be provided). Enter the building from the back parking lot directly through the outside Murdock Room doors (which are up on the side of the building which faces the Parish House).

The classes are free! If you want to contribute, all donations will be given to the Ntumba family to help them with expenses.

Contact parishioner Cindy Cotte Griffiths, 500-RYT at Cindy@OnlineandInPerson.com with any questions. If the winter weather is not cooperating, check www.OnlineAndInPerson.com/classes to find out if class is canceled.

**A message from Environmental Stewardship:
*Did You Know?***

Interfaith Partners celebrate
accomplishments of 2014 and 2015

There are certain times when it's important to step back, to give thanks, and to celebrate. This is one of those times.

Together, through the OurVoices campaign, over the past sixteen months, we achieved more than I could have ever imagined.

Starting with the People's Climate March in NYC in Sept. 2015, we led the organizing of over 10,000 people of diverse faiths and spiritualities who came together in the largest faith mobilization on climate change ever! Here's a photo of the crowd at the rousing multi-faith service we held just before the March!



Last December, as world leaders met in Peru for the conference leading up to the Paris climate talks, we organized hundreds of #LightForLIMA vigils in over 20 countries worldwide. From India to Japan to Jerusalem, New York to Nigeria, Lima to London, we lit solar torches to show our support for climate action.

When Pope Francis released his encyclical, we helped make the celebration a multi-faith, global affair. We organized a beautiful march - called One Earth, One Human Family, into St. Peter's Square, with thousands of people of diverse faiths taking part.



Then, we brought together 110 young faith leaders from over 30 countries for our Rome Convergence, equipping them to go back home and to work for climate justice.

We followed the encyclical by assisting in the development and release of major statements on climate change from a range of faiths. The [Islamic Declaration on Climate Change](#), the [Hindu Climate Declaration](#), and the [Buddhist Climate Change Statement](#) all received substantial media coverage, highlighting the reality that people of many, many religions were united in calling on world leaders to act.

Last May, Yeb Sano joined us to lead the People's Pilgrimage, a walking pilgrimage through the Philippines, Vanuatu, the Great Barrier Reef, and India. Then, on September 30, after a blessing in St. Peter's Square, Yeb and 20 brave pilgrims began their long trek to Paris, where they arrived at the start of the climate talks. It was an epic, courageous journey.



The Paris agreement was an important first step forward by world leaders to address the climate crisis. We know it's just a beginning - and that it leaves billions of people at risk from climate change and much work to be done. We're hard at work on exciting plans for 2016 - and we'll be in touch soon with more details.

But today, we step back, give thanks, and celebrate.

Thank you for all your hard work and for your belief that people of many faiths and spiritualities can put their beliefs into action for the earth.

In faith,



Rev. Fletcher Harper
Executive Director

Here's a special treat for
Valentine's Day...
PEANUT BUTTER KISS COOKIES



- 1 cup all natural salted peanut butter
 - 1/3 cup confectioner's sugar
 - 1/3 cup white sugar
 - 1/3 cup brown sugar
 - 1 egg
 - 2-3 dozen Hershey's Kisses (one per cookie)
- Stir peanut butter well so the oil is mixed prior to measuring. Combine sugars and then add in with peanut butter and egg, beating until smooth. Use a heaping teaspoon to make little mounds (round top and flat bottom) on ungreased cookie sheet. Bake at 350° for about 10 minutes, until lightly browned. Catch them just before the edges start to get dark and overcooked. Remove from oven and gently press in Hershey kisses. Remove from pan to a cool plate or cooling rack. Makes 24-32 small cookies.

There are lots more delicious recipes like this one in **THE BARGAIN BOX COOKS**. Cost is \$10 or buy 2 or more for \$9 each, cash or check.

"I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy."
Kahlil Gibran

The Bargain Box
Thrift and Consignment Shop
An Outreach Ministry since 1957
398 Hungerford Drive, Rockville 20850
301-762-2242
Monday - Saturday, 10 am - 4:30 pm
Donna Wolohojian, Manager
Email: bargainbox@cecrockville.org
On the web: www.bargain-box.org
 Follow us on Facebook:
www.facebook.com/BargainBoxRockville
All our profits fund outreach projects in the community and diocese.

2015 BARGAIN BOX DONATIONS

\$25,685.40

(This is nearly double 2014's total giving of 13,127.80).

- Animal Welfare League of Montgomery County
- Chompers Pet Food Bank
- Christ Church Sunday School & Youth Group
- YG three Mission Trips
- YG Shelter Pizza Plus+ Meal
- Serving Others Sunday (SOS) Activities
- Christ Church Outreach Committee
- English Conversation Classes
- Stop Hunger NOW
- Community Ministries of Rockville
- Elderly Ministries Program
- Kaseman Health Clinic
- Rockville Emergency Assistance Program (REAP)
- Cure Alzheimer's Fund
- In Memory of Iness Davis
- Episcopal Diocese of Washington
- EDOW Hunger Fund
- Episcopal Relief & Development
- U.S. Disaster Fund
- Family Services, Inc.
- Betty Ann Krahnke Center
- Frederick Rescue Mission
- Summer Supplies & Holiday Wish List
- Interfaith Works
- Friends in Action Program
- Holiday Giving Program
- Manna Food Center
- Summer needs & Holiday Wish List
- MCPAW
- Mont. Co. Partners for Animal Well-being
- MCPS Educational Foundation
- GIVE BACKpacks
- Montgomery Hospice
- In Memory of Iness Davis
- Prison Fellowship
- Angel Tree Project
- Rainbow Place Shelter for Women
- City of Rockville
- Holiday Fund Drive
- Rockville HELP
- Second Chance Wildlife
- In Memory of Frank Braisted
- Stepping Stones Shelter
- A Wider Circle
- Holiday Giving Programs

CEC SHROVE TUESDAY PANCAKE DINNER & MARDI GRAS CELEBRATION WITH LIVE JAZZ MUSIC!!!



**TUESDAY,
FEBRUARY 9TH
5:30 – 7:30 PM**



**BRING FRIENDS, FAMILY & NEIGHBORS –
IT'S A GREAT TIME TO INTRODUCE SOMEONE
TO ONE OF OUR BEST TRADITIONS!**

**\$4 FOR CHILDREN UNDER 15
UNDER 4 FREE
\$8 FOR ADULTS OR \$25 FOR A FAMILY
WHAT A DEAL!
NO ADVANCE PURCHASE NEEDED.**



**ALL PROCEEDS
BENEFIT
YOUTH OUTREACH
MINISTRIES!**





Dr. Martin Luther King Jr. once said,
"Life's most persistent & urgent question is:
'What are you doing for others?'"
Sometimes we can help others & have fun at the same time!

Youth Work Day Monday, Feb 15th 7:30am – 1:30pm

Drop-off & pick-up is the Rockville METRO.
Email Mrs. Craig, if you need a ride to Metro.
Metro is paid for and you bring \$5.00 for lunch!
SSL Hours will be given for the day of service.

RSVP mcraig@cecrockville.org by Sun, Feb. 7
MAKE A DIFFERENCE in someone's life!

Youth Mission Trips Summer 2016

Information & Sign-Up Meeting
for Youth and Parents

Tuesday, February 23rd

Youth Room

7:00 – 8:00 pm

Contact: Mrs. Craig (301)762-2191 or mcraig@cecrockville.org



Kids & Adult Night Out

AKA-"Night Out without Kid's", Date or Movie Night,
How about a Valentine's Dinner for Two?



Saturday, Feb 13th

6 - 10:00 pm

Dinner for Kid's, Stories, Movies & Fun
Bring your favorite PJ's & Blanket



RSVP - Space is limited!

301/762-2191 #15 or mcraig@cecrockville.org

*Dinner provided will be Cheese Pizza, Mac & Cheese, Fruit,
Carrots, Vanilla Ice Cream with Sprinkles, Milk & Apple
Juice.

Youth Group & Mrs. Craig are the Childcare providers
while parents(church members)are out for the evening!
For all children ages 6 months to 8 years old.



HELP WANTED...
Easter Treats
for a
Bunny in Need!



*Donation Baskets are in located the Church,
Parish House & Dining Room*

*NEW Plastic Eggs & Small Treats -
individually wrapped candy, erasers, stickers,
tattoos or other items that can fit in eggs for the
EGG HUNT on Easter Sunday!*

THANKS FOR YOUR DONATIONS!

February 2016

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					



OTHER PARISH EVENTS

(Date/Event/ Time/ Location)

- 1
- 2 Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 3
- 4
- 5
- 6
- 7
- 8
- 9 *The Angelus* Submission Deadline
Shrove Tuesday
Shrove Pancake Dinner & Mardi Gras Celebration **5:30pm** (MR, DR)
Adult Christian Formation Meeting **7:00pm** (PH LR)
Outreach Committee Meeting **7:30pm** (PH DR)
- 10 **Ash Wednesday**
Holy Eucharist & Imposition of Ashes **7:00am** (Church)
Holy Eucharist & Imposition of Ashes **12:10pm** (Church)
Holy Eucharist & Imposition of Ashes **7:30pm** (Church)
- 11
- 12
- 13 Kids Night Out **6:00pm** (Nursery) **RSVP by 2/7/15**
- 14 Faithful Professionals Meeting **10:15am** (PH LR)
Holy Eucharist at Rockville Nursing Home **1:30pm**
St. Francis Flock Meets **4:00pm** (PH LR)
Jazz Vespers **5:00pm** (Church)
- 15 Presidents' Day (office closed)
Youth to DC Central Kitchen **7:30am-1pm**
Dine & Deal **6:30pm** (MR)
- 16 *The Angelus* Printing
Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 17 Lenten Film Series **6:45pm** (MR)
- 18 *The Angelus* Assembly
- 19
- 20
- 21 "MANNA" Sunday (*Third Sunday of each month*)
Loaves & Fishes carpool **10:15am** (leave from Church)
Bargain Box Outreach Table (DR)
SOS - Serving Others Sunday Outreach Project **10:15am** (MR)
- 22
- 23 Youth Mission Trip Info & Sign Up Meeting **7:00pm** (YR)
Vestry Meeting **7:30pm** (PH LR)
- 24 Holy Eucharist at Collingswood **2:30pm** (Rockville)
Lenten Film Series **6:45pm** (MR)
- 25
- 26
- 27 Adult Covenant Class **10:00am** (PH LR)
- 28
- 29

FEBRUARY 2016 WEEKLY SCHEDULE

Regular Schedule
Services at 7:45, 9:00 & 11:00am

7:45 AM Holy Eucharist Rite I
a spoken service with Sermon

9:00 AM Holy Eucharist Rite II
with Sermon, Service Music, Hymns, and Anthems
Choristers of Christ Church

9:00 AM Children's Church – Murdock Room
a service for children, using a story-telling theme with music
for young children. 9:00-9:30am

11:00 AM Holy Eucharist, Rite I
with Sermon, Service Music, Hymns, and Anthems
Christ Church Choir

ACTIVITIES AND MEETINGS

- 8:25 AM** Choristers Warm Up – Choir Room & Church
- 9:00 AM** Studies in Christian Faith (*led by Fran Palmer-Hill*)
- 10:10 AM** Adult Forum – Murdock Room
- 10:15 AM** Sunday School – Classrooms Preschool-7th Grade
- 10:15 AM** Choir Rehearsal – Choir Stalls
- 10:15 AM** Coffee Hour – Dining Room
- 1:00 PM** Korean Service – Chapel

REGULAR WEEKLY ACTIVITIES

- Monday**
7:00 PM English Conversation Practice (DR)
- Tuesday**
9:00 AM Staff Meeting (PH)
- Wednesday**
11:00 AM Bible Study (PH LR)
12:10 PM Holy Eucharist Rite II (Church)
8:00 PM Korean Congregation Prayer Group (PH LR)
- Thursday**
12:00 PM AA (PH)
4:30 PM Chorister Rehearsal (Church)
7:30 PM Choir Rehearsal (Church)

KEY	<i>CEC = Christ Episcopal Church</i>
<i>PH = Parish House</i>	<i>CES = Christ Episcopal School</i>
<i>LR = Living Room</i>	<i>K = Kitchen</i>
<i>DR = Dining Room</i>	<i>N = Nursery</i>
<i>MR = Murdock Room</i>	<i>YR = Youth Room</i>