

The Angelus

March 2013



WHAT'S INSIDE

Father John shares his favorite Lenten hymn, asks "Where is God going to show up for me today?", and gives us a new perspective on Lent in **From the Rector**.

Pastoral Care shares two beautiful and inspiring prayers.

In **Outreach**, the Samaritan Ministry of Greater Washington (SMGW) announces its "Step into Spring" Gala on Saturday, March 9th.

In **Fellowship**, the Lenten Film Series begins on February 20th and runs through March 19th.

The **Environmental Stewardship** Committee invites you to participate in the Annual Potomac River Watershed Clean-up on Saturday, April 6th. Also, this month's "Did You Know?"

In **Worship**, The National Philharmonic Singers will be performing at Christ Church on Saturday, April 20th

The **Outreach** Committee is looking for someone to be the Parish Representative to SMGW. Have some time and want to put it towards something worthy? Then this is the opportunity you have been waiting for.

Find out how you can exercise your spirit and your body with **Yoga**.

Our Christ Church family keeps getting bigger and bigger! Meet the newest member in the **Newcomer Corner**.

The Bargain Box puts out the call for volunteers, asks for donations, and announces Outreach Sundays through May!

Do you love Christ Episcopal Church? Then "Like" Christ Episcopal Church on Facebook at <https://www.facebook.com/christchurchrockville>.

Daily announcements and discussion items will get you thinking about your faith and interacting with others in the Christ Church family.

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

From the Rector



Fr. McDuffie

Dear Friends in Christ,

One of my favorite Lenten hymns in the 1982 Hymnal is one that we almost never sing. I think it is because it's just too cheery! It is Hymn 145; the tune is Quittez, Pasteurs, on old French Christmas carol. It's in the key of Eb major. Check out the first two verses:

Now quit your care and anxious fear and worry;
for schemes are vain and fretting brings no gain.
Lent calls to prayer, to trust and dedication;
God brings new beauty nigh;
Reply, reply, reply with love to love most high;
Reply, reply, reply with love to love most high.

To bow the head in sackcloth and in ashes,
Or rend the soul, such grief is not Lent's goal;
But to be led to where God's glory flashes,
His beauty to come near.
Make clear, make clear, make clear where truth and love appear;
Make clear, make clear, make clear where truth and love appear.

How's your Lent going so far? And how might you be led to where God's glory flashes? If giving up chocolate or Martinis helps you to do that, then it is well and good. But if not, consider something else.

Recently I presented an Adult Forum series called "What? Me an Evangelist?", which was an effort to invite us to think of evangelism in a new and helpful key. A lot of you didn't attend the Forum – some of you may have thought, "Thank God I don't have to think about stuff like that!" But the real stuff of the Forum, based on a book by David Gortner called Transforming Evangelism, was an encouragement for us to grow in the spiritual discipline of cultivating gratitude in our lives. Gortner reminds us that people who have been to a great

movie or eaten at a great restaurant are typically excited, and have an overwhelming desire to share their excitement with others. Evangelism is much the same. If we can begin to recognize the wonderful ways in which we encounter God over and over again in our lives, we will find a compelling desire to share our wonder, our awe, and our thanksgiving with others and invite them to share the special holy moments of their lives with us.

Lent is traditionally a time for recognizing and working through some of the barriers that keep us from God – and if we can cultivate a deeper way of recognizing the presence of the Holy One in our lives, then our gratitude may abound. You might find yourself spending some time each morning in Lent simply asking yourself, “Where is God going to show up for me today?”, and in the evening, reflecting on where you saw God at work. We live in an increasingly secular world, in which many people don’t feel a need to come through our church doors on Sunday morning. But God is out in the world – “Christ plays in ten thousand places”, Gerard Manley Hopkins once wrote, and the more we are attuned to this, the deeper our faith and the sharing of our faith.

This is how I’m trying to spend my Lent – joyfully, with wonder and awe, and led to where God’s glory flashes. I invite you to join me! May each of us be blessed as we continue to make the journey to Holy Week and Easter.

Faithfully in Christ,
John+

Christ Church Goes to the Movies

-or-

“The Return of the Lenten Film Series”



Last year’s Lenten film series, sponsored by the Adult Christian Formation Committee, was a great success. We met on Wednesday evenings in the Murdock Room at 6:45 p.m., shared supper and friendship, watched a film at 7:15 p.m., and afterward had a brief and stimulating discussion on spiritual and religious themes evoked by the film.

It’s all happening again this year on the **Wednesdays of February 20th, 27th, March 5th, 12th, and 19th.**

Mark your calendars and stay tuned for instructions on how you can take part in meal preparation and sharing.

The films this year are *Whistle Down the Wind* (February 20th); *The Truman Show* (February 27th); *Through a Glass Darkly* (March 6th); *Amazing Grace* (March 13th); and *The Gospel According to St. Matthew* (March 20th).

John+

National Philharmonic Singers

The National Philharmonic Singers will be performing at Christ Church on Saturday, April 20th, 2013, at 8:00 p.m. Mark your calendars now for a spring treat of choral music with all donations going to the Community Ministries of Rockville.

Did You Know?

A message from your Environmental Stewardship Committee

The average person generates 4.5 pounds of trash everyday – about 1.5 tons of solid waste per year. Although the EPA estimates that 75% of solid waste is recyclable, only about 30% is actually recycled.

Source: www.greenwaste.com/recycling-stats



TWO INSPIRING PRAYERS

A beautiful prayer by Thomas Merton, from *Thoughts in Solitude*.

THE ROAD AHEAD

My Lord God, I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you, and I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

And I know that if I do this, you will lead me by the right road, though I may know nothing about it.

Therefore I will trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

ST. TERESA'S PRAYER

May today there be peace within.

May you trust your highest power that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of you.

Amen.

If you would like yourself or someone else put on the Pastoral Care prayer list (public or private), please call or e-mail the Church office. Stephen Ministers are available on Sunday morning to pray with you in the side chapel. The Pastoral Care committee meets in the Parish House living room on the first and third Tuesdays of the month at 7:30 p.m.; all are welcome.

Newcomer Corner

In this section, the Welcoming Committee provides profiles of individuals and families new to Christ Church. Read about new members of our Church family, learn about their interests and involvement here at CEC, seek them out, and welcome them!

Teri Weaver

Teri began attending Christ Church regularly this fall. She was drawn to CEC by the music, and by the combined talents of our rector and assistant rector, who each bring unique gifts to their ministries. She has since become involved in Wednesday Bible Study.

A retired attorney, Teri moved to the area eight years ago to care for her grandchildren. Teri lives in Clarksburg in a four-generation household that includes her mother, her son, and her grandchildren, now ages eight and five. Teri's three other children live in New York and Connecticut.

Outside of her busy home life, Teri volunteers at Montgomery Hospice and, through Hospice, at Asbury. She loves to attend opera, concerts, and theater performances, practices Tai Chi, and loves to hike, including portions of the Appalachian Trail.

Welcome to Christ Church, Teri!



Samaritan Ministry of Greater Washington (SMGW) is holding a fund-raiser, "Step into Spring", which will honor the work of the late Bishop Jane Holmes Dixon, a long-time supporter.

SMGW aims to provide people who are homeless or in need with the tools to make positive changes in their lives. Christ Church has funded SMGW for many years; this year we contributed over \$2500.

The "Step into Spring" Gala will take place on Saturday, March 9th from 6:30 p.m. to 9:30 p.m. at St. Patrick's Episcopal Church, and features live music, as well as both a silent and a live auction. Maureen Bunyan, lead co-anchor at MJLA-TV, is the auctioneer. The Rev. Ann Gillespie, a close friend of Bishop Dixon, is Master of Ceremonies.

Please visit www.samaritanministry.org/gala for more information about ticket prices and parking.

Help Wanted

The Outreach Committee is looking for someone to be the Parish Representative to Samaritan Ministry of Greater Washington (SMGW), an organization that helps homeless people find jobs, housing and other services. Christ Church donates over \$2000 yearly to SMGW. For more information, contact Sandra Clark at sandra_e_clark@yahoo.com.

Yoga and the Spirit!

Yoga to enliven your body, the Word to fortify your spirit!



Yoga for everyone: All-levels Hatha/Vinyasa classes for better health. Each week we'll begin with a Bible verse and learn different breathing techniques to clear the mind and relieve daily stress. Poses will strengthen and stretch then we'll release with prayer and relaxation.

All classes are 4:00 p.m. – 5:00 p.m. in the Murdock Room on the following Sunday afternoons:

March 17 (3rd Sunday)

April 28 (4th Sunday)

May 19 (3rd Sunday)

Bring a mat. Enter the building directly through the outside Murdock Room doors facing the Parish House.

The classes are free. If you want to contribute, donations will be given to Episcopal Relief and Development to help those rebuilding from Hurricane Sandy.

Parishioner Cindy Cotte Griffiths (RYT-200) will teach the classes in order to share her love of yoga with the church community. Email Cindy@OnlineandInPerson.com for more information or any questions you may have!

Environmental Stewardship

Calling All Nature Lovers!

Members of the CEC Environmental Stewardship Committee invite you to join them in taking part in the **Annual Potomac River Watershed Clean-up** event, hosted by the **Alice Ferguson Foundation**. We, along with many other individuals and community groups, will be putting on jeans and work gloves, with trash & recycling bags in hand, to help care for God's magnificent creation on Saturday, April 6th from 9:00 a.m. until Noon.

CEC has made a reservation for 15 individuals to focus on the Great Falls site in Potomac, MD. Space is limited at this site, so make your reservation with Debbie Thompson now at debbie@overthereef.net. For more information, visit: <http://fergusonfoundation.org/trash-free-potomac-watershed-initiative/potomac-river-watershed-cleanup/> or call Debbie at (301) 919-1946.

Mission Statement:

Exhibiting a reverence for and a desire to live in harmony with the earth and all that exists within it, we strive to educate ourselves and others so that we may use our resources rightly, always as the good stewards that God intends for us to be.

With gratitude for our parish and for this sprig of new life,

Cindy Simpson

Love Christ Church? Then "Like" it, too.

Visit our Facebook page

www.facebook.com/christchurchrockville

The image shows a screenshot of the Facebook page for Christ Episcopal Church, Rockville. At the top, the Facebook logo is visible on the left, and login fields for email/phone and password are on the right. Below the login fields is a banner for the church with the text "Christ Episcopal Church, Rockville is on Facebook." and "To connect with Christ Episcopal Church, Rockville, sign up for Facebook today." with "Sign Up" and "Log In" buttons. The church's profile picture is a shield with a cross and the letters "CEC". The name "Christ Episcopal Church, Rockville" is displayed with a "Like" button and a notification bell icon. Below the name is a description: "Episcopal Church - Christian Church & related Episcopal community, celebrating with Christ through ministry, mission, and formation." There are tabs for "About", "Photos", "Events", "Videos", and "Links". The "About" tab is selected, showing a post from "Christ Episcopal Church, Rockville" shared 3 hours ago. The post text asks if the user considers themselves an "Evangelist" and mentions a forum on Sunday's 10 a.m. Adult Forum. Below the text is a link to "Transforming Evangelists" with a small thumbnail image. To the right of the post is a list of "Likes" from various organizations, including "Seabury Resources for Aging", "Episcopalians for Global Reconciliation Organization", "Forward Day by Day Religious Organization", "Worldwide National Cathedral Religious Organization - Travel Attractions - Landmarks", and "ITM Education for Ministry Education".



*The Bargain Box
Thrift and Consignment Shop*

An Outreach Ministry since 1957
398 Hungerford Drive, Rockville 20850
301-762-2242

Email: bargainbox@cecrockville.org
On the web: www.christchurchrockville.org

Facebook:
www.facebook.com/BargainBoxRockville

Monday – Saturday, 10 am – 4:30 pm
Donna Wolohojian, Manager

[All our profits fund outreach projects in the community and diocese.](#)

SPECIALS & BARGAINS & SALES, OH MY!

Don't miss out on bargains and special events at The Bargain Box! Check out pictures of unique treasures for sale on our Facebook page at:

www.facebook.com/BargainBoxRockville

And send us your email address at bargainbox@cecrockville.org with "Email list" in the subject line to receive sales flyers and other notices.



LIFE'S PLAIN, COMMON WORK

Robert Louis Stevenson wrote: "The best things in life are nearest: Breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of right just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things in life."



During this season of Lent, consider joining the Bargain Box volunteers as they perform their daily duties and do life's plain, common work. Service to others is truly one of the sweetest things in life.

DONATIONS WELCOME!

We welcome your donations of seasonal clothing and shoes, jewelry, books, household items and toys. We accept most non-upholstered furniture (Side chairs with seat cushions are fine.). We just ask that you call or email first to make sure we have space. **Paper and plastic shopping bags are also a hot commodity!**



Furniture Best Sellers

Book cases, Buffets, Bureaus, Chairs, Coffee tables, Desks, Dinette sets, Drop-leaf tables, Dining room tables, End tables, File cabinets, Hutches, Lamps, Magazine racks, Night stands, Patio furniture (in season), Plant stands, Rugs, and Stools.

No, thank you

Beds, bed frames, head boards, Cribs, play pens & high chairs,
Mattresses & bed pillows, Sofas, Loveseats, Futons, Upholstered or stuffed items.

Spring Calendar

March 29 Good Friday, store closed
April 21 3rd Sunday Sale, a special & different event
May 19 3rd Sunday Sale, Gardens & Flowers

March

March 2013

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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |



OTHER PARISH EVENTS

(Date/Event/ Time/ Location)

MARCH 2013 WEEKLY SCHEDULE

Regular Sunday 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-8th Grade
(3rd & 10th)

10:15 AM Holy Communion Class – Classroom (3rd & 10th)

10:15 AM Choir Rehearsal – Choir Stalls

10:15 AM Coffee Hour – Dining Room

12:30 PM Confirmation Class – Parish House

12:45 PM Korean Worship 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)

- 1
- 2
- 3
- 4
- 5 Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 6 Adult Lenten Film Series **6:45pm** (Church lower level)
- 7
- 8
- 9
- 10 Daylight Saving Time Begins
Youth Group EGGstravaganza **4-7pm** (YR)
- 11 Booktalk **1:00pm** (PH LR)
Outreach Committee Meeting **7:30pm** (PH DR)
- 12 *The Angelus* Submission Deadline for the April issue
Adult Christian Formation Meeting **7:30pm** (PH LR)
- 13 Adult Lenten Film Series **6:45pm** (Church lower level)
- 14
- 15
- 16
- 17 RMHS & Landon School Choral Concert **3:30pm** (Church)
"Rockville Help" Sunday (*Third Sunday of each month*)
Loaves & Fishes carpool **10:15am** (leave from Church)
Sunday School Outreach – Serving Others **10:15am** (CEC DR)
Yoga & The Spirit **4:00pm** (MR)
- 18 Dine & Deal **6:30pm** (MR)
- 19 *The Angelus* Printing
Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 20 Adult Lenten Film Series **6:45pm** (Church lower level)
- 21 *The Angelus* Assembly
- 22
- 23
- 24 **PALM SUNDAY Services at 7:30, 9:00 & 11:00am**
- 25 Holy Eucharist **7:30pm** (Church)
- 26 Holy Eucharist **7:30pm** (Church)
- 27 Holy Eucharist **7:30pm** (Church)
- 28 **MAUNDY THURSDAY**
*Seder Meal 5:30pm *RSVP by March 25th 301-762-2191 (MR)*
Ceremony of Foot Washing & Stripping of the Altar 7:30pm (Church)
Choir Rehearsal after the service **8:30pm** (Choir Room & Church)
- 29 **GOOD FRIDAY**
Liturgy for Good Friday **12 noon** (Church)
Veneration of the Cross
Holy Communion from the reserved Sacrament
Liturgy for Good Friday **7:30pm** (Church)
Veneration of the Cross
Holy Communion from the reserved Sacrament
Children's Stations of the Cross & Hot Cross Buns **7:30pm** (CEC DR)
- 30 **HOLY SATURDAY, The Great Vigil of Easter**
Easter Vigil **1:00pm** (Church)
Lighting of the Paschal Candle **7:30pm** (Church)
Baptisms and Renewal of Baptismal Vows
The First Eucharist of Easter
- 31 **EASTER DAY**
Holy Eucharist I **7:30am** (Church)
Children prepare for Flowering of the Cross **8:45am** (Lending Library)
Holy Eucharist II, **9:00am** (Church)
Celebration Coffee Hour **10:15am** (MR)
Easter Egg Hunt **10:30am** (Outside Foley Park) *Bring a basket!*
Holy Eucharist I **11:00am** (Church)

KEY

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

Join us for

Maundy Thursday – March 28

Seder & Service

Seder at 5:30 & Service at 7:30



EVERYONE – of all ages will enjoy participating in the Seder. After the celebration and feast, we encourage you to attend the Ceremony of the Foot Washing & Stripping of the Altar.

RSVP by Monday, March 25 to 301/762-2191. Donations will be accepted for Youth Outreach!

Good Friday

Stations of the Cross & Hot Cross Buns



All ages are encouraged to attend.
7:30 pm in the Dining Room



Easter Sunday

Flowering of the Cross

Begins at 8:45 am
All children are encouraged
to bring a **sprig of flowers**
to place on the Cross
as we Celebrate the Resurrection!



Annual Children's Easter Egg Hunt

Begins at 10:30am
in the Dining Room



Holy Week & Easter

for Families with Children & Youth

- Palm Sunday Family Service:** Sunday, March 24 at 9:00 and 11:00 am.
- Family Seder Meal for All:** Thursday, March 28 at 6:00 pm (RSVP by 3/25)
- Maundy Thursday Service & Foot Washing:** Thurs, March 28 at 7:30 pm.
- Good Friday Stations of the Cross for Families & Hot Cross Buns** for Children, Youth & Families: Friday, March 29 at 7:30 pm.
- Easter Vigil & Baptisms:** Saturday, March 30 at 7:30 pm – bring a bell!
- Flowering of the Cross:** Sunday, March 31 at 8:45 am. Please bring a sprig of flowers to donate and help us decorate the Cross.
- Easter Morning Family Service:** Sunday, March 31 at 9:00 and 11:00 am.
- Easter Egg Hunt:** Sunday, March 31 at 10:30 am. Bring a basket!

We need NEW Plastic Eggs & Treats

Treats can be individually wrapped candy, erasers, stickers, or small items that can be stuffed in plastic eggs.

**Donations can be left at the Parish House
or in the Dining Room by Sunday, March 10th
THANKS IN ADVANCE FOR YOUR DONATIONS!**





"FAITHFUL PROFESSIONALS, CEO GOD" - Interested in finding God's plan for you in your work life? Please consider joining "Faithful Professionals, CEO God," a new study, support and strategic ministry group of Christ Church. Members will discuss the challenges faced by professionals of faith and study inspiring scripture and religious scholars, such as Martin

Luther, to find and keep joyful meaning in what we do with our God given talents. Parishioner Lynn Perry Parker, Esq. and Seminarian Patrick Bush will facilitate the discussions, which will be held at 10:15 **Sunday mornings in the Parish House beginning February 24, 2013.** Questions? Ideas? Please call Lynn at 301-444-4513 or email Lparker@LPP-Law.com.

Easter Lilies 2013



We invite you to give a Memorial or Easter Offering of Lilies to decorate the Church, for the celebration of the Resurrection of our Savior.

A donation of \$25.00 per plant is requested. The deadline for lily orders is Monday, March 18, 2013.

Given By _____ # of plants _____

Phone # _____ Amount enclosed _____

In honor of _____

In memory of _____

In thanksgiving for _____

Other _____

Please place your order in the offering plate or mail it to the office using a check, separate from other offerings, and noting "Lily" on the memo line. Thank you.