

# The Angelus

April 2013



The *Angelus* is published 10 months a year.  
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## WHAT'S INSIDE

Father John reminds us that Easter is more than one Sunday a year: we are impacted by it every Sunday; and he announces the Parish Annual Meeting in **From the Rector**.

**The Pastoral Care Committee** shares a humorous but true modern take on an old prayer.

In **Outreach**, Christ Church's volunteer activities for Rockville HELP are profiled.

The Welcoming Committee announces its annual Newcomer Reception on May 19<sup>th</sup> in **Fellowship**.

The **Environmental Stewardship** Committee invites you to a Panel Presentation with a focus on our planet in Adult Forum on Sunday April 21<sup>st</sup>. Also, this month's "Did You Know?"

In **Worship**, The National Philharmonic Singers will be performing at Christ Church on Saturday, April 20<sup>th</sup>.

Discover the physical, mental, and spiritual benefits of **Yoga**.

Another month, another newcomer! Meet the newest member of the Christ Church parish in the **Newcomer Corner**.

**The Bargain Box** announces its Annual Spring Sale on Sunday, April 21<sup>st</sup>.

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.

## **From the Rector**



*Fr. McDuffie*

Dear Friends in Christ,

Easter comes early this year – on March 31<sup>st</sup> – and I trust that this issue of the Angelus is coming to you around Palm Sunday and the beginning of Holy Week. We are in Year “C” of our Eucharistic lectionary cycle, which means that we’ll be hearing from the Gospel of Luke during much of 2013. At the Easter Vigil on Saturday evening, March 30<sup>th</sup>, we will hear Luke’s account of the first Easter (Luke 24:1-12).

In that narrative, a significant number of women discover that the tomb where Jesus was laid is empty. They are informed by two men in dazzling clothes that Jesus is risen from the dead. They depart from the tomb and tell the eleven disciples of their findings. Luke tells us that “it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles.” Then comes the verse that has been fixed in my spiritual imagination for many years: “But these words seemed to them an idle tale, and they did not believe them.”

That verse evokes many things for me. I’m first brought to realize once again that, as Luke tells it, this is a sizeable group of women who go to the tomb on the first Easter morning – more than what Matthew, Mark, and John report. And, in the society of Jesus’ day, which operates on a male hierarchical model, their testimony is not to be trusted or believed. Beyond Luke’s concern for women and advocacy of them in this gospel, there is also a part of me that uses that verse to project myself into the story. What part might I take, if I were in this narrative? Might I be one of the women, surprised by fear, awe, and joy, who cannot help but tell the story? Or might I be one of the disciples – disillusioned, skeptical, and hidden away? Who might you be if you entered into the story?

Each year we delight in celebrating Easter Sunday...but each year I wonder if we treat it more as a sentimental celebration connected to the spring equinox, and miss its actual startling and transforming urgency. Is Christ’s resurrection – and our resurrection – so compelling that we find our lives being renewed and transformed, and discover a new energy and voice within ourselves that equips us to share its power in word and deed? Or, in our heart of hearts, do we think of the resurrection as an idle tale – a happy fable that cheers us briefly and then to be forgotten – much like the “easy read” that you pick up at the airport newsstand, to pass the time?

I pray that this year, and every year, we realize anew that Easter is the real story of our lives – it is the journey from desolation to consolation, from despair to hope, from sorrow to joy, from abasement to exaltation, from doubt to empowered energy. Easter is not just one Sunday; there are seven – count ‘em! – seven Sundays in Easter. And for that matter, every Sunday is a celebration of Easter.

To my dear friends who read this and who will only come on Easter Sunday, I urge you to come the rest of the season! This is not the idle tale of an empty tomb – this is the living drama of the Risen One who meets us on the road ahead, and who invites us into a new journey.

A blessed and life-transforming Eastertide to all!

Faithfully and Sincerely,

John+

### **Parish Annual Meeting, Sunday, April 28<sup>th</sup>**

Our parish Annual Meeting takes place on Sunday, April 28<sup>th</sup>. There will be one worship service that day, at 9:00 a.m., and the Meeting follows in the Church beginning at 10:30 a.m. We will be expeditious in our meeting, because the Youth Group of Christ Church will host a waffle brunch in the Dining Room afterwards, to which all are invited!

At our Annual Meeting, the business of the church is conducted, as we are directed by our Parish By-laws. We will elect a Junior Warden, new Vestry members, and Diocesan Delegates; and we will bid farewells to our outgoing Vestry members. Beyond business, the Annual Meeting is an occasion to give thanks for many people with varieties of gifts differing, and many different ministries, who contribute to the health and vitality of this parish. So please come join us that morning.

As we prepare to elect new members to the Vestry, it is good to remember who is eligible to be a voting member of Christ Church. You need to be at least 16 years of age, be a contributor of record of at least \$100 annually (the rector may grant permission to those who have contributed less financially, but who nevertheless have served in ministries), and have your baptism recorded in the church. Those who were baptized at Christ Church, or who were confirmed or received with us, are members. If you were baptized elsewhere, then you need to make arrangements to have your membership transferred to us when that is possible, or else produce a record of your baptism and be made a member by declaration.

John+



### **Environmental Stewardship**

**Panel Presentation in Adult Forum  
Sunday April 21<sup>st</sup>, 10:10 a.m.**

As a parish, we are spectacularly blessed with eight professional environmentalists: three who focus on animal welfare and protection and five who focus on planet Earth itself. All five of the latter group have agreed to share with us snapshots of their work on the Sunday preceding International Earth Day in Adult Forum, touching on:

1. Their professional focus.
2. What most concerns them.
3. What makes them hopeful.
4. How their faith informs their work.

Come hear from:

**Mr. Peter Boice** Deputy Director of the Department of Defense's Natural Resources Conservation Program  
**Dr. Charlie Griffiths**, Senior Economist with the EPA's (Environmental Protection Agency)  
National Center for Environmental Economics

**Dr. Skip Hyberg**, working on the largest conservation program in the Department of Agriculture

**Ms. Ann English**, landscape architect addressing water quality and more across Montgomery County

**Dr. Don English**, representing the National Forest Service and its 93 million acres

## Did You Know?

A message from your Environmental Stewardship Committee

Milk and juice cartons, as well as other types of cartons and food containers, are recyclable in both Rockville and all of Montgomery County. Please check the following web-sites for complete lists of recyclable items:

<http://www.rockvillemd.gov/recycling-refuse/once/recycling-once.html>

<http://www6.montgomerycountymd.gov/swstmpl.asp?url=/content/dep/solidwaste/education/index.asp>



## New Serenity Prayer

Here's a down-to-earth prayer from the Jesuit Post to which I think we can all relate.

God, grant me the serenity  
to accept the people I cannot change,  
which is pretty much everyone,  
since I'm clearly not you, God.  
At least not the last time I checked.

And while you're at it, God,  
please give me the courage  
to change what I need to change about myself,  
which is frankly a lot, since, once again,  
I'm not you, which means I'm not perfect.  
It's better for me to focus on changing myself  
than to worry about changing other people,  
who, as you'll no doubt remember me saying,  
I can't change anyway.

Finally, give me the wisdom to just shut up  
whenever I think that I'm clearly smarter  
than everyone else in the room,  
that no one knows what they're talking about except me,  
or that I alone have all the answers.

Basically, God,  
grant me the wisdom  
to remember that I'm  
not you.

Amen

Elizabeth Scanlon for the Pastoral Care Committee  
\*\*\*\*\*

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!

### Alysia Bone

Alysia has attended Christ Church since last fall. After growing up “all over”, Alysia moved to the District for her undergraduate work at Georgetown in 2004, and then moved to Germantown last year. She was drawn to Christ Church by its welcoming congregation, and she looks forward to getting involved in CEC activities and ministries.

Alysia and her fiancé, Jason Paige, both work for the Nuclear Regulatory Commission. They are engaged to be married in September. She loves to travel, both locally and internationally. She lived in Japan in 2007, working in biomedical research, and lived in Norway in 2010. She continues to travel to Norway quite regularly in her work for the NRC.



Welcome to Christ Church, Alysia!

## INSIDE OUTREACH

*An update from the Christ Church Outreach Committee*



### ROCKVILLE HELP

Rockville HELP is an all-volunteer organization supported by area congregations, which serves residents of the City of Rockville in emergency situations through the provision of food and, in some cases, financial support for housing, utilities, and prescriptions. The assistance is temporary, usually continuing for just a few days, until an individual or family’s circumstances stabilize or they are able to apply for longer-term assistance through public agencies.

Christ Church provides volunteers to Rockville HELP, who answer calls and steer requests to the appropriate resource providers. CEC volunteers collect non-perishable food that is delivered to those in need who are without transportation, and also helps to supply the Manna Storeroom in Gaithersburg, where residents with transportation receive assistance.

Together with The Bargain Box, the Outreach Committee provides financial support to Rockville HELP to further its critical mission. CEC parishioners also can participate through the donation of non-perishable food items on Outreach Sunday, which is the third Sunday of each month. A basket near the entrance of the Church is available to accept these donations.

*The Outreach Committee meets the second Monday of each month at 7:30 p.m. in the Parish House. 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 Kelvin Dowd at [KJDowd24@gmail.com](mailto:KJDowd24@gmail.com).*

## Yoga and the Spirit!

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

*By Cindy Cotte Griffiths*

Our monthly yoga gatherings have continued to bring parishioners together for a special session devoted to health and well-being. Plus we've raised \$212 for Episcopal Relief and Development!

Scheduled classes are 4:00 - 5:15 p.m. in the Murdock Room on the following Sunday afternoons:

April 28<sup>th</sup> (4<sup>th</sup> Sunday)  
May 19<sup>th</sup> (3<sup>rd</sup> Sunday)



This series of classes is for those at every level. Classes are taught in a Hatha/Vinyasa style. If you've been curious about yoga or think it would be fun to practice with others in the parish, please join us.

Each week we begin with a Bible verse then learn a different breathing technique to clear the mind and relieve daily stress. All the poses strengthen and stretch the body, and then we relax and end with a prayer. We've joined hands and partnered up to go deeper in some of our poses. Since we are coming together as a community, our yoga can be explored in a slightly different way with each other.

Bring a mat (or let me know if you need one in advance). Enter the building from the back parking lot 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 is a certified yoga teacher (RYT-200). Email her [Cindy@OnlineandInPerson.com](mailto:Cindy@OnlineandInPerson.com) for more information.



## National Philharmonic Singers

Stan Engebretson and Victoria Gau, Directors

### *Gloriana!*

*Music from America and the British Isles*

Christ Church will be the setting for this lovely concert on  
Saturday, April 20<sup>th</sup>, 2013 at 8:00 p.m.

Included will be "Choral Dances" from Gloriana by Benjamin Britten. The Britten work was composed for the coronation of Queen Elizabeth II in June of 1953 and was performed at the Royal Opera House. Although the Choral Dances are frequently excerpted, this presentation will add the tenor solo which introduces the work written by Benjamin Britten for Peter Pears.

The Singers will also perform the Coronation Anthem No. 1, "Zadok the Priest," [George Frideric](#) Handel's great anthem. It was performed during the coronation ceremony of King [George II of Great Britain](#) in 1727 and has been sung at every coronation service since, including that of Queen Elizabeth II in June of 1953.

Three settings of Ubi Caritas by Maurice Duruflé, Ola Gjeilo, and Paul Mealor are also on the program. Ubi Caritas is one of the most beautiful chants in the repertoire, briefly translated as "wherever there is love, there also is God." The ensemble will sing three twentieth and twenty-first century settings of this melody, with the Gjeilo and Mealor versions both using the popular contemporary style of choral composition with cluster chords providing rich color effects.

Music by Vaughan Williams and contemporary arranger/jazz pianist Larry Farrow round out the program with settings of English folksong and spirituals including Deep River and Every Time I Feel the Spirit.

Free-will donations will benefit Community Ministries of Rockville

For further information, please contact Ellen van Valkenburgh, 301-424-8040

## *All Christ Church Worshipers*

*Especially those new in the past twelve months,  
those who have missed earlier newcomer events  
and those who feel new at heart!!!*

*are cordially invited to a newcomer reception  
to be introduced to our parish family*

*Sunday, May 19<sup>th</sup>, 2013  
10:10 – 11:00 a.m.  
in the Murdock Room*

*All in the Parish are invited!*

*Sponsored by the Welcoming Committee*





*The Bargain Box*

*Thrift and Consignment Shop*

*An Outreach Ministry since 1957*

398 Hungerford Drive, Rockville 20850

301-762-2242

Email: [bargainbox@cecrockville.org](mailto:bargainbox@cecrockville.org)

On the web: [www.christchurchrockville.org](http://www.christchurchrockville.org)

Facebook:

[www.facebook.com/BargainBoxRockville](http://www.facebook.com/BargainBoxRockville)

Monday – Saturday, 10 a.m. – 4:30 p.m.

Donna Wolohojian, Manager

*All our profits fund outreach projects in the community and diocese.*



**ANNUAL SPRING SALE**

**SUNDAY, APRIL 21<sup>st</sup> 8:30 am – 2:30 pm**

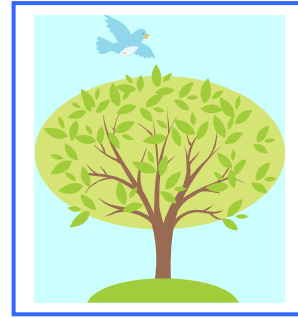
**AT THE BARGAIN BOX**

As you can well imagine, many creative hands, strong backs, large vehicles, and long, long hours go into setting up The Bargain Box "Annex" in the Murdock Room for the two annual holiday sales. We always receive many compliments on how the room is transformed into a "lovely little gift shop" and a "professional boutique!"

Even though we fill the Murdock Room with treasures galore, it is only a very small sampling of the wonderful items available for purchase each and every day the store.

So, for this year's Spring Sale, we offer you something completely different.

Come to shop AT The Bargain Box on April 21<sup>st</sup> and see that it really is a professional boutique and a wonderful little gift shop!



Mark your calendar for Sunday, April 21<sup>st</sup>.

Visit The Bargain Box at [398 Hungerford Drive](#), after each of the three services. The store will be open from [8:30 a.m. to 2:30 p.m.](#) for your shopping pleasure and/or to bring in donations.

There is plenty of [free parking](#). For those shoppers who need a ride, friendly volunteers will provide a [convenient "shuttle service"](#) to and from the church.

[Refreshments](#) will be served all day, and you can buy delicious treats at the [bake sale](#), including [Julianna's fabulous fudge](#).

[Raffle tickets](#) for unique treasures will be \$2 each or 3 for \$5.

[But wait, there's more! Shop for...](#)

- ⊗ Spring Outfits
- ⊗ Mother's & Father's Day gifts
- ⊗ Vintage & Collectible items
- ⊗ Art work
- ⊗ Jewelry & Purses
- ⊗ Clothing & Shoes
- ⊗ Cookbooks
- ⊗ CD's, DVD's
- ⊗ Linens
- ⊗ Kitchen & Household gadgets
- ⊗ Furniture
- ⊗ Games & Toys
- ⊗ Books

Watch for [valuable coupons](#) in the Sunday bulletin and photo updates of raffle items and treasures for sale on our [Facebook](#) page.



April 2013

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	30				

# April



## APRIL 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 (April 7, 14 & 21)*

**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** Faithful Professionals Meeting – Parish House
- 10:15 AM** Sunday School – Classrooms Preschool-8<sup>th</sup> Grade  
*(April 7 & 14)*
- 10:15 AM** Communion Class – Classrooms *(April 7 & 14)*
- 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
- 2:10 PM** Korean Congregation Coffee Hour – Parish House

#### 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)

## OTHER PARISH EVENTS

*(Date/Event/ Time/ Location)*

- 1 Easter Monday *office closed*
- 2 Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 3
- 4
- 5
- 6
- 7
- 8 Outreach Committee Meeting **7:30pm** (PH DR)
- 9 Adult Christian Formation Meeting **7:30pm** (PH LR)
- 10
- 11 CES Sports Banquet **6:00pm** (MR, DR)
- 12
- 13 Adult Supper Club **7:00pm** (home of P.A. Magee & Jay Renner)
- 14 Holy Communion Class Lunch & Project **12:15pm** (CEC DR)  
Youth Group Event **4:00pm** (YR)
- 15 Dine & Deal **6:30pm** (MR)
- 16 *The Angelus* Submission Deadline for the May 2013 issue  
Camp EDOW Meeting **6:00pm** (PH DR)  
Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 17 Nat'l Philharmonic Singers rehearsal **7:00pm** (Church)
- 18
- 19 Nat'l Philharmonic Singers rehearsal **7:00pm** (Church)
- 20 Nat'l Philharmonic Singers concert **8:00pm** (Church)
- 21 "Rockville Help" Sunday (*Third Sunday of each month*)  
Loaves & Fishes carpool **10:15am** (leave from Church)  
Sunday School/Youth Outreach Project **10:15am** (MR)
- 22
- 23 *The Angelus* Printing
- 24 Holy Eucharist at Collingswood Nursing Home **2:00pm** (Rockville)
- 25 *The Angelus* Assembly
- 26 Private Recital **6:30pm** (Church)
- 27
- 28 **Annual Parish Meeting**  
Combined service of Holy Eucharist at **9:00am**  
Annual Meeting **10:00am**  
Chicken & Waffle Buffet following the meeting (MR, DR)  
Yoga & The Spirit **4:00pm** (MR)
- 29
- 30

#### 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