

The Angelus

October 2014



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From the Rector

Fr. McDuffie

Dear Friends in Christ,

On Saturday, September 13th, we gave thanks for the life of Chris Wellman, truly one of the saints of God, who departed this earthly life on July 27th at the age of 63. Several people told me that they appreciated the sermon I delivered that day, and I have decided to reproduce it here in the Angelus.



A Sermon Preached at the Celebration and Thanksgiving for the Life of Christopher Mark Wellman September 13, 2014

Lamentations 3:22-26,31-33

Psalms 42:1-7

Revelation 7:9-17

Matthew 25: 31-40

Someday, when I am looking back over the years of my life in ordained ministry, I will truly say that one of my greatest gifts and fulfilling joys was that of being counted as a friend by Chris Wellman. When we were discussing today's service for Chris, I told his brother Jim that one of the old traditions of the Episcopal Church is that priests do not offer eulogies at funerals – instead, they are to preach on the gift of new life in the resurrection. However, I am going to break with tradition. I will speak of resurrection life, but this is a eulogy, because I want us all to give thanks for how much of this wonderful man's life and witness of faith has touched all us who have known and loved him.

One of the things that many of us know about Chris is that he liked to write letters. He wrote letters to Michelle and Tim Clarke, who are serving with us today. He wrote letters to Cindy Simpson, Tad Cavuoti, Michele Craig, and Buzz and Anna Von Arx. He wrote letters to his therapists and to many other friends and acquaintances. Hand-written letters are disappearing in today's world – but they were one of Chris's primary means of communication. I don't know when Chris first wrote a letter to me, but I do know that in 2009, I felt something telling me to save them, because I was receiving two or three letters a month, sometimes weekly, and sometimes more than weekly. I have close to five years of Chris's correspondence to me, ending with the last letter he wrote on July 18th, two days before he was felled by the massive stroke that would take him from us.

I am so glad I saved these letters, because they are a veritable treasure trove – an epic narrative of the heroic spiritual journey of a soul longing for the presence of God, and so often having to battle the demons of darkness and doubt along the way. I would like to share with you some of Chris's letters, because in this way, we will have him here with us on this occasion.

There are recurring themes in Chris's writings, and one is the theme of being called to follow Christ. Here is one of my favorite letters, written in December last year, about a month after I presented Chris for the reaffirmation of his baptismal vows at the Washington Cathedral:

December 18, 2013

Dear Father McDuffie,

I was gazing out of my window early this morning at a particularly bright and beautiful star, and I began to wonder what I would actually wish for if I were given the opportunity to make a wish, and for that wish to come true. I thought about true love with a beautiful woman, but that didn't really seem to work for me. I also thought about friendship, and the possibilities of finding a friend like David found in Jonathan. That didn't seem to be it either. I put aside the idea of wishing on a star, and went back to sleep.

When I got home from my workout at Gold's Gym, the day had dawned, bright and beautiful, and I began to think again about the beautiful star in the early morning sky, and suddenly, it came to me – I wish I could be a disciple of Jesus. I think that I really needed something in my life that I could call my own – not someone else's plan or desire about how to live my life. Discipleship just seemed to satisfy a deep inner need to find something meaningful to do with my life.

Will it work out for me? I don't really know. But at least I know now what I would wish for. My wish for both of us is that we could both experience the true meaning of Christmas this year.

*Yours Faithfully,
Chris Wellman*

In my humble opinion, Chris got his wish. He was a disciple of Jesus, and felt that hopeful call again and again throughout his adult life. Chris was a brilliant man, with a great intellect, and a photographic memory. He was also a gifted athlete in his youth. He finished fortieth in a class of 4,000 as an undergraduate in college, and was a member of Phi Beta Kappa. He seemed destined for a life of great achievement and success. But in his early twenties, Chris suffered through the tortures of a severe mental illness that drove him to a paralyzing psychotic breakdown – a breakdown that robbed him of all of his prior scholarly and career ambitions. Through years of psychiatric hospitalization and ongoing therapy, Chris recovered enough to be able to lead a functional life, but it was a life never free from the demons of emotional illness that would assail him again and again. But in this entire painful journey, there was hopeful companionship with the suffering Christ who had called him. Listen to part of a letter that Chris wrote to me, almost a year to the day before the one I just read. Chris had been going through a trying time, and I had written him a note acknowledging that the journey in life is often difficult:

December 19, 2012

Dear Father McDuffie,

I just wanted to tell you how much I enjoyed reading the personal note you wrote me... Too often I hear well-meaning platitudes about how difficult times don't last, etc., etc., and that there will always be a happy ending to every difficult situation in life. So it's nice to hear someone acknowledge that the journey of faith is difficult, and that sometimes it is hard to see light at the end of the tunnel, when everything around you seems dark and foreboding.

My reality, I believe, is that I have chosen to follow and serve Jesus Christ, and that can lead you into some difficult and lonely places in your life. God never promises anyone an easy life, but He does promise a fulfilling life to those who take up their cross daily and follow Jesus...

We know how Chris Wellman followed Jesus and exercised his discipleship. In the community, he spent countless hours volunteering at the Rockville Nursing Home, often being a companion and friend of the friendless and lonely. He volunteered at the public library. He convened former psychiatric patients of Chestnut Lodge and facilitated dinners and social get-togethers. And here, at Christ Church, Chris made a spiritual home. He came here on a Sunday in 1986, as a shy and uncertain man, while still a patient at Chestnut Lodge. Chris told me that he sat behind

Ralph and Rita Veale, and they smiled at him, welcomed him warmly, and invited him over to dinner. Thank God for Rita and Ralph and their ministry – entertaining an angel unawares!

Through 28 years at Christ Church, Chris served as an usher, counter after Sunday services, lector at my jazz vespers services, member of the altar guild, master of ceremonies and liturgical leader at the Wednesday service at 12:10 p.m., volunteer at Lenten Luncheons, member of the Pastoral Care Committee, flower delivery volunteer, and member of our Wednesday morning Bible Study.



He was a special friend to some of our older men in the parish, including Dick Van Dyke, Ted Conway, Bob Berrien, and Mac McFadden. Chris was an ambassador for Christ.

He brought people into this community including his good friend Duncan Staley, who is ushering today. And in all that he did, Chris always outwardly manifested the light of Christ with a gentle, unassuming, humble spirit. I recall that Chris was surprised by our Fellowship Committee at our December parish dinner in 2010, on the occasion of his 60th birthday. Chris was overwhelmed by the cake presented to him, and the resounding chorus of a community that loved him, singing “Happy Birthday”. He was so overwhelmed that he had to leave the dinner early! Speaking of his faith community, Chris had this to say, while again struggling through the difficult labyrinth of emotional illness, and accompanying loneliness:

September 15, 2010

Dear Father McDuffie.

...I don't know why loneliness has to happen to me, or when it will end, or why the whole process has to take so long. It just does.

I do believe that of all the places I could be in this world, the place I truly belong, for better or for worse, is at Christ Episcopal Church, Rockville, Maryland. I know that through this whole process I have moaned and bitched and complained. I am definitely not the Jesus of John's Gospel. I can be small, petty, and pretty ugly. But like the Eagles say, “just find a place to make your stand and take it easy.” Thank you for your prayers. We will get through this together.

*Yours Faithfully,
Chris Wellman*

Chris's life and ministry reminds me very much of a book that the late Henri Nouwen published back in the 1990's, entitled The Life of the Beloved. In that book, Nouwen reminds us of the fourfold shape of Jesus' last supper with his disciples, the basis for our celebration of the sacrament of Holy Communion, which was very important to Chris. At supper with his friends, Jesus took bread; blessed it; broke it; and gave it to them. Nouwen says that each of us who follow Jesus, who form the body of Christ, are taken, blessed, broken, and given in our lives.

We are taken, Nouwen says, because Christ has called us to follow him. I know that in his ardent longing for God, Chris was certainly called – that theme of vocation emerges again and again in his writings.

We are blessed. This is the hardest part of the Christian life, says Nouwen, because we are taught by the world that our identity consists of our accomplishments and our possessions. We need our degrees, our trophies, our awards, and our accolades – and we need our cars, our salaries, our houses, and our creature comforts. But Nouwen reminds us that our real identity rests in the fact that we are the beloved of God. The voice of God that spoke to Jesus at his baptism – “You are my beloved, in whom I am well-pleased” – gave the blessing that Jesus took with him into the desert to face down and triumph over the worldly temptations of success,

wealth, power, and privilege. Chris was the beloved of God, although it was a struggle for him to know this in all of his pain; and I shall say more about that in a moment.

We are broken. Jesus did not go through this human life without suffering intense pain, even unto death on the cross. Chris knew what it was to be broken. He said in his final letter to me that the two people in the Bible he most identified with were the prophet Jeremiah, who suffered mightily in his own ministry, and Jesus himself.

But finally, we are given. Our life is to be shared with others. Nouwen says that a life kept to oneself is a small life. We all know that in the midst of his challenges, Chris shared his life with us, and shared it abundantly.

Feeling the blessing and love of God was a struggle for Chris. There was certainly a great deal of anger at being struck with an illness that robbed him of potentially easier pathways to joy and happiness, and left him often feeling empty, alone, and afraid. The struggle with emptiness reminds me of another Christian saint – Mother Theresa of Calcutta – and after Chris died, I finally picked up and read a book that I had purchased seven years ago and had been reluctant to read. It is titled Come Be My Light, and it is a spiritual biography of Mother Theresa, containing private letters from the days of her ministry. She was a young Serbian nun who in 1946 had a powerful unitive experience with Christ, calling her to found a new order dedicated to working with the poorest of the poor in Calcutta, India. Mother Theresa never again had such closeness with God after her first vocation, and while celebrated in the eyes of the Church and the world, she suffered an almost unceasing inner experience of emptiness and abandonment. Her spiritual director tried to help her understand that she was so identified with the suffering Christ of the cross that she was living into his agony, his thirst.

I think Chris was living in a similar spiritual realm at certain times. But there were also moments in which Chris was truly centered in knowing that he was blessed to be part of a providential plan of God. Here is another letter:

March 17, 2011

Dear Father McDuffie,

Maybe it's because I'm 60 years old now, but I was trying to think of an answer to the question, "Why are we here?" I think it's because as Christians, we all have a part to play in the larger story of God's plan of salvation for a fallen humanity. Some of us are St. Paul, while others of us are Chris Wellman and Duncan Staley. There is a great tapestry that God has woven called the human race. And there is one man, Jesus Christ, who is the answer to all the questions posed by all the great thinkers who have ever considered the meaning of life. So maybe we are here to grow into the full stature of Jesus Christ and to partake of the heavenly banquet that God has prepared for all of us who are attempting to enter the Kingdom of God. Perhaps the purpose of all our striving is to become more Christ-like in the way we relate to God and to each other. So we all have our part to play in the great drama of salvation, from the great among us to the least among us. That's all I can think as I write this letter.

*Yours Faithfully,
Chris Wellman*

Like all the great saints, Chris never knew that he was one of the greats among us. And I now deeply regret that I didn't say to Chris more often those words that Paul uttered in 1 Corinthians: "God has chosen what is foolish in the world to shame the wise; God has chosen what is weak in the world to shame the strong."

A deep longing to know and love God more fully was a part of Chris's daily life. He struggled with the doctrine of the Holy Trinity. He thought of God the Father as an angry, nasty old man who enjoyed doling out punishments to whomever he arbitrarily chose to suffer – "not like the

human father I would want to know and care about". He found a strong connection with Jesus the Son, the pioneer and perfecter of our faith. In another letter from 2011, Chris wrote:

Dear Father McDuffie,

I liked what you said on Wednesday about being a friend and servant of Jesus Christ. That's about everything I aspire to be. It is sometimes hard to keep that in mind when you are going through a rough patch in your life. I will admit to being angry with God because of the painful loneliness in my life. I know that St. Paul says that "we boast in our sufferings". Paul must have been a stronger man than I am because I complain bitterly about my own suffering... Sometimes when I am in pain, it feels like an eternity, but God has brought me through a lot of pain in the past. I think He probably has a vision of what He wants for me in my life. Maybe it's just for me to be a better friend...

Chris was baffled by the Holy Spirit. He never thought that it was in his being. I was touched by a letter that he wrote to me last year:

June 30, 2013

Dear Father McDuffie,

I was sitting in my pew at Christ Church prior to the 7:45 service and looking up at the Ascension Window. I often find that contemplating the Ascension Window helps to clear my mind for the service. This morning, it seemed that Jesus looked so serene as He was being carried up into heaven. It also seemed to me at this morning's service that He was looking at His apostles that He had chosen with compassion, knowing the tribulation they would face in establishing the Church, and knowing that these were, after all, ordinary men that He had chosen to follow Him... I often feel a sense of awe and wonder when I contemplate the Ascension Window at Christ Church, when I am sitting in my pew and there are very few people around. I feel like there is a vast emptiness inside me that God will someday fill with the Holy Spirit, and I will really feel that there is a God beside me, a God above me, and finally, a God within me.

*Your Friend,
Chris Wellman*

I couldn't help but tell Chris the next time I saw him that the Holy Spirit was emanating from him all the time!

I want to close by saying that Chris not only wrote letters; he was also a poet. Some of his poems capture the perilous and uncertain journey that he was on, but in concert with a powerful faith shining in the midst of darkness. I will read two poems, both untitled:

*My mind is empty as a shell
No comfort in this living hell
If I had but a voice to tell
How lonely life is for me still*

*When I lay down at night to rest
I know somehow I've done my best
If God has put me to the test
I know somehow that I'll be blessed*

*There's anger in my heart, where love
Has left the scars I can't remove
But grace descends from heaven above
And hope cries gently like a dove*

*A wish is like a grain of sand
It sparkles gaily in the hand
Of our Creator's joyful plan
To lead us home to love again.*

The second poem relates powerful images of a journey:

*Sailors search the night sky for sparkling jewels of light
The stars guiding their lonely voyages
To a home in every port where music and dancing
Make the heart merry and the soul sing with joy
The voyage of the soul seems as endless as the indigo heavens
Longing for light and redeeming love
A hope that seems as forlorn as a ship's empty cargo hold
We hang on dearly to the illusion of the sacred
While our fear overwhelms our desire
To know with infinite certitude
That God guides us through the storm
And clasps us in His bosom forever

And so we sail on, our courses yet uncharted
Through the raging ocean of despair
Yet our hope is not extinguished as we dare
To stand alone against the roiling mob of unbelief
That Siren Song of worldly pleasures
Which calls us to a destiny of destruction
Our hope is in Christ the Victim
And Conqueror of every human fear*

Dear Chris, my faithful friend and brother in Christ, with your gentle and restless spirit, we give thanks for all the goodness and loving kindness that has passed from your life into the lives of others – for your tireless, unbounded compassion, and your perseverance in faith in the midst of adversity. Your journey is over; the night has ended, the new day is here. What you once saw through a glass darkly you now see face to face. The loneliness is vanquished, and you now know fully that you are God's beloved child. What felt like an eternity of emptiness now is supplanted by a divine love that is full and complete. May we who have known and loved you be inspired by your goodness to carry on in our own journey through this mortal life, and to one day join you in that Kingdom prepared for us from before the foundation of the world.

I know those words from Shakespeare's Hamlet sometimes appear at moments like this – those words that Horatio said at the time of Hamlet's death – but I cannot think of anyone more appropriate for them than Chris Wellman:

Good night, sweet prince, and flights of angels sing thee to thy rest.

Amen.

Faithfully and Sincerely,
John+

Adult Covenant Class Begins

Fr. McDuffie will once again lead a fall Adult Covenant Class, beginning on **Wednesday, October 1st at 7:30 p.m.**, and continuing for six more classes on successive Wednesdays through November 12th. This is a short course on Christian faith as it is lived in the Episcopal Church, and it is designed for adults who are new to Christ Church or the Episcopal Church. It can also serve as a "refresher course" for those who have been in the church for some time. Participants have the option be presented for adult baptism at Christ Church, or confirmation, reception, or public reaffirmation of their baptismal vows at a special service in November at the Washington National Cathedral.

If you are interested in the class or would like more information, contact our parish office at 301-762-2191, ext. 12. We will also have a schedule and class description in the church, and a sign-up sheet as well.





Jazz Vespers Returns on October 5

Join the Rev. John McDuffie, saxophone; Jim Levy, piano; Dave Marsh, bass; and Ronnie Shaw on drums for another evening of inspired, straight-ahead jazz within the liturgy of evening prayer on **Sunday, October 5th, at 5:00 p.m.** in the church. A free-will offering will be gratefully received to benefit the Diocesan Hunger fund, which supports many different hunger programs within the Diocese of Washington.

“A New Heart and a New Spirit”—Fall Stewardship Campaign Begins

Sunday, September 28, marks the beginning of our fall stewardship campaign, entitled “A New Heart and a New Spirit” at all three services, replete with our new campaign theme songs! The next Sunday, October 5, Christie Carrico, our Senior Warden, will make a brief presentation on the proposed Christ Church budget for 2015, and stewardship packets will be available for all. The Vestry and Stewardship Committee again thank everyone who made a financial pledge to support Christ Church this year, and to all who responded to our special supplemental appeal in February! We pray that all of us can be inspired to continued generosity for the mission of the Church.

Music at Christ Church

Blessings In Worship At Christ Church

It is no small secret that our community, gathered as the congregation of Christ Episcopal Church, Rockville, has been blessed in many ways by our Creator. Certainly, the most distinctive evidence of our thank-offering for these gifts is the powerful and constant way in which we worship together on Sundays and other special occasions throughout the year. Our congregation delights in singing an enormous repertoire of hymns, psalms, and service music for the Eucharist. Very few parishes make as extensive use of the hymnal and its supplements, or have as many settings of the Communion Service (Kyrie, Gloria, Sanctus, Agnus-Dei, and their English translations) in active use.

We are also blessed with an intergenerational series of Choirs to help lead the congregation in worship, providing special anthems, harmonies, and descants, which require extra preparation and rehearsal. Our youngest boys and girls learn the basics of the Gospel story and sung worship through the guidance of Michele Craig and Craig Peters in Children’s Church. In third through eighth grade, many of these boys and girls are ready to join the Choristers of Christ Church. They rehearse on Thursday afternoons, and lead the singing each Sunday at the 9:00 a.m. Eucharist. In addition, they join with the teens and adults of the Christ Church Choir on the first Sunday of the month in the musical offering of the 11:00 a.m. Eucharist. In few other areas of life can children contribute on an equal basis with adults.

The teen Choral Scholars sing on a regular schedule together with the adults of the Choir. We are blessed both with those who can read music, and those who practice their music at home with the piano or recordings. We benefit from a high level of commitment and the attention given to blend, uniformity of pronunciation, and the nuance of phrasing. We are also blessed to support a number of professional Staff Singers within the Choir. They help us to learn music in a timely fashion, providing stability and continuity from week to week. They also allow the choirs and congregation to choose from a far wider variety of music than might otherwise be possible.

Generations of generous Christ Church members have given us the blessing of exceptional instruments to support our singing and to offer beautiful music in thanksgiving during services. In 1919, we commissioned our first pipe organ from the newly established local firm of Lewis & Hitchcock. When the Christ Church building was expanded in 1965, we engaged Wayne Dirksen of the National Cathedral as consultant, and commissioned an entirely new organ from Reuter of Lawrence, Kansas to fit the new space and acoustic. As an extension of our continued maintenance of that instrument, we were able in 2002 to provide an updated console and add twelve new ranks

of pipes, increasing the organ's flexibility and variety of colorful sounds. Along the way, we have been blessed with two vintage Steinway grand pianos and a German chamber organ, for which we provide regular tuning and maintenance.

In these and many other ways, we have been blessed at Christ Church and are able to offer musical thanks to God in a most extraordinary manner.

New Spain Comes To Old Rockville

We are also blessed in being able to offer choral Mass settings as part of the monthly musical cycle at Christ Church. On Sunday, October 5th at the 11:00 a.m. Eucharist, the Choristers and Choir will sing the Missa Ego Flos Campi by the Mexican colonial composer Juan Gutiérrez de Padilla.

PADILLA (1590-1664) was born in Malaga, Spain, and was one of several composers who moved to Spanish America, where he became music director at the Cathedral in Puebla. There, the musical establishment was the richest in the Spanish Empire outside of Spain itself, with a choir of 28 men and 14 boys, and instruments such as the harp, organ, and bassoon to accompany. Padilla's compositions are in a conservative style, but have certain distinctive and lively rhythms common to folk dance on both sides of the Atlantic. To describe this in another way, his music starts out sounding like the serene polyphony of Palestrina or Victoria, but soon evolves into the energetic syncopations associated with Spanish folk songs. The Kyrie, Sanctus, & Agnus Dei to be sung on October 5th are for "double choir", with two complete Soprano, Alto, Tenor, and Bass ensembles singing to each other across the center aisle.

To complement this delightful Hispanic music, our Choirs and Congregation will join in singing Psalm 80 to a Gregorian chant with the accompaniment of hand bells. The anthem will be a setting of the hymn "Christ is made the sure foundation" with text by John Mason Neale and music commissioned by Church of the Ascension, Sligo Parish from our own music director Tad Cavuoti. The communion motet will be "Bread of Heaven" with music by former Kings Singers tenor Bill Ives.

Church Musicians' Retreat At Claggett

For two days last week, I was fortunate to be able to join fifty of my colleagues, organists, and choir directors at the Bishop Claggett Center in Buckeystown, Maryland for worship, exchanging ideas, and celebrating the ministry that is ours in the Church. The keynote address was given by John Walker, President of the American Guild of Organists, and former Director of Music at the Riverside Church in New York City. This was followed by Evensong in St. Andrew's Chapel where the singing was nothing short of tremendous. I had the honor of directing the Anglican chant Psalm, especially to help those who are less experienced in this Episcopal/Anglican form of Psalm singing. We then retired to the deck of one of the cottages for refreshments and informal talk.

The following morning we had an invigorating warm-up session with Stephen Holmes, Director of the Maryland State Boychoir and Organist at Church of the Resurrection. He led us through an amazing variety of vocal exercises, offering tips for improving breath support, enunciation, and beauty of tone. Richard Van Auken then demonstrated creative ways of introducing and accompanying hymns. A few of his examples were perilously close to "over the top", but were delightful and inspiring nonetheless. The retreat ended with a reading session led by my friend and colleague Peter Crisafulli, Minister of Music at All Saints', Chevy Chase. He had arranged a series of anthems following the church calendar from Advent through Epiphany, Lent, Easter, Pentecost, and Trinity, with small choirs especially in mind.

This retreat takes place in an idyllic setting, perfect for inspiration as we embark on a new season of sacred music making.

Tad Cavuoti

Christ Episcopal School



September Greetings From CES

For the 48th time, CES faculty and staff welcomed students to a new school year! This year, on September 2nd, 149 students from our Preschool 2's through our 8th grade Class of 2015 entered our care. We welcomed them with enormous love and sense of responsibility.

We are extremely proud of our program and what our students will experience this year, and we look forward to sharing what's going on with you, our church partners, throughout the year. And, as we also share the news of both our traditions and our new initiatives to the greater community through our marketing program, we'd like you to know the message we'll be spreading during the 2014-2015 school year. Because the message emphasizes the strong CEC-CES history and relationship that is so important to our mission and who we are, we want you to know!

Christ Episcopal School (CES) is an educational gem in historic Rockville, seconds from I-270 and two blocks from Rockville Town Center. CES has been known for providing a rigorous private school education at an affordable price for the last half-century. CES is a diverse school committed to providing traditional curricula using 21st century technologies. Through relationships with Johns Hopkins Center for Technology in Education, NASA's Space Telescope Science Institute, and Carnegie Institution for Science, CES students are well prepared for the rapidly changing world in which they live and welcomed into top-area high schools. A ministry of Christ Episcopal Church parish, founded in 1726, CES honors its history while also embracing families of all faiths. A commitment to cultivating moral and ethical behavior is reflected in the CES mission: Academic excellence, respect, and a passion to serve are the inspiration for our community where every interaction is rooted in our CES promise: to nurture students to become kind, confident, well-rounded individuals prepared to contribute to their community and thrive personally, spiritually and academically.

The faculty and staff continue to cherish our partnership with you, and we send you a warm greeting, just as we greeted our students back to school!



Adult Forum

Adult Forum in October The Rev. Dr. Hemchand Gossai Returns

Sundays Oct. 5, 12, 19 & 26
10:10 a.m. – 10:55 a.m.

A Season for Everything Under the Sun: In this series, Dr. Gossai will explore themes including: "A Time for Rest" and what it means for keeping the Sabbath; "A Time to Take Heart" and what this means to have hope in the midst of despair and pain; "A Time for Peace" and what this means for us when there is war and talk of war. We will explore texts from both the Old and new Testaments that speak to these "seasons". What are the implications for us?

Come engage with this award-winning professor and author. Dr. Gossai serves as Associate Dean of Liberal Arts at the Annandale campus of Northern Virginia Community College, and along with his wife Viera John is a Christ Church parishioner. His latest book is *The Hebrew Prophets after the Shoah: A Mandate for Change*.

Adult Forum Schedule for October 2014

Christ Episcopal Church
Murdock Room Sunday
10:15 a.m. to 11:00 a.m.

October 5 <i>Pentecost</i>	Hemchand Gossai	A Season for Everything Under the Sun
October 12 <i>Pentecost</i>	Hemchand Gossai	A Season for Everything Under the Sun
October 19 <i>Pentecost</i>	Hemchand Gossai	A Season for Everything Under the Sun
October 26 <i>Pentecost</i>	Hemchand Gossai	A Season for Everything Under the Sun

Inside Outreach



An update from the Christ Church Outreach Committee

Stop Hunger Now

When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat."

Matthew 14:15-16

After Jesus directed his disciples to feed the multitude in that remote place, they collected what little bread and fish they had, leading to one of the miracles documented in all four Gospels: the feeding of the 5,000.

Please mark your calendars for Saturday, November 1, 2014, when the Outreach Committee invites you to "give them something to eat" as we gather for our seventh annual Stop Hunger Now packing event.

In the past, Christ Church, in partnership with Stop Hunger Now, has prepared meal packets for over 145,000 children worldwide living in remote locations with few resources. Stop Hunger Now (rated 3/4 stars, "good" by Charity Navigator) is a U.S.-based nonprofit hunger relief organization that supports both disaster response and transformational development programs (e.g. vocational training and early childhood development). The meals provided are easily stored and transported, shelf-stable, and nutritious. In a few hours, Christ Church volunteers assemble thousands of meal packets that are delivered to places of need worldwide. Christ Church has been a leader among Maryland churches in support of this effort, with participants of all ages and generations making the event a highlight of our Outreach Ministry.

A key to the success of Stop Hunger Now Saturday is that it is organized as an efficient and family-friendly enterprise, with roles for every age and ability. Children and teens work alongside their parents, grandparents, and peers in a cooperative setting, where the work of our hands connects us all with our sisters and brothers all over our planet. It's also great fun!

Please look for further details and registration forms that will follow in the weekly bulletin as the event draws closer. The Outreach Committee will accept any donation but suggests \$50/family, \$25/individual and \$15/youths 16 and older who participate on their own. This year, the funds will be used to support Outreach ministries. If you have questions or would like to sign up early, please e-mail Mike Hinds at hindsandellis@hotmail.com.

Diocesan Hunger Fund Hunger Walk

October 19th, 1:30 p.m.

Save The Date



It's time to step up for the annual Diocesan Hunger Fund Hunger Walk. CEC is hosting the walk again this year, so let's make a good showing. It's easy to participate. Look for information tables during coffee hour this month, where you can get a sponsor sheet, buy a T-shirt, and pick up a map. Gather up some sponsors, and get ready to go for a very pleasant stroll around Lake Needwood. Bring the whole family out for a fun afternoon. Can't make the walk? You can still support the Hunger Fund by sponsoring a walker or making a donation. Donations can be dropped in the offering plate or mailed to the church office. Please write "Hunger Walk" in the memo line of your check. If you have questions about the walk or about the work of the Diocesan Hunger Fund, feel free to call Rebecca Browning at 301-762-0426.

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 Rebecca Browning at rebecca.browning@verizon.net.

Environmental Stewardship



Please join the Environmental Stewardship Committee for a morning of community service and environmental outreach. We will be joining volunteers at the Twinbrook Park for a stream cleanup event. The date is Saturday, October 25th from 9:00 a.m. – 11:00 a.m. We will meet at the Twinbrook Community Center. Bring water and wear sturdy shoes. Gloves and bags will be provided. Children under 14 must be accompanied by an adult. If you are interested in joining us or have any questions, please contact Denise Jay at djay3579@gmail.com.

Newcomers Corner

The Frater Family

Meet Andrea and Peter Frater and their daughter, Antonia. The Fraters moved to the DC area four years ago. Antonia enrolled at Christ Episcopal School as a fifth grader last year, and shortly thereafter, the Fraters began attending church at CEC as well, drawn especially by Cindy and John's warm welcomes.

Peter is originally from England, and Andrea from Switzerland. Relocating with Peter's position at Marsh & McLennan, the Fraters lived in Zurich, New York, and Atlanta before landing at their current home in Germantown. Andrea teaches at the German School in Potomac.

Welcome to Christ Church, Andrea, Peter, and Antonia!



Christian Faith

Studies in Christian Faith

Fall 2014

9:00 a.m. Sundays

Parish House

The Studies in Christian Faith class meets each Sunday at 9:00 a.m. in the Parish House. Please join us for lively discussion, prayerful interaction, good food, and laughter!! The current class is reading and discussing Hemchand Gossai's new book: *The Hebrew Prophets After Shoah: A Mandate for Change*. All are welcome!

If you have any questions about this Adult Formation class please contact the parish office or Fran Palmer at home 301 874-1086, cell 301 514-5444 or francesjpalmer@gmail.com.

Yoga and the Spirit!

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



Before the busy holiday season begins, commit to strengthening your body and calming your mind with weekly Tuesday night yoga classes. Each week, we'll learn a different breathing technique to clear the mind and relieve stress. Poses will strengthen and stretch then we'll relax and end with a prayer. Yoga has been shown to lower blood pressure, improve the immune system, increase flexibility, build muscle, and reduce insomnia, plus much more!


The six sessions will be on October 7, 14, 21, 28 and November 4, 18 (No class on Veteran's Day November 11th) from 7:15 p.m. to 8:30 p.m. in the Murdock Room.

If you have never tried yoga before, you'll learn all the basics during the six weeks. If you are experienced, explore the added spiritual element. We'll all get to have a time of fellowship together. Friends are welcome.

Bring a mat, or let me know that you need one. 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.

If you have any questions, email me Cindy@OnlineandInPerson.com

--Cindy Cotte Griffiths (RYT-500)



DIOCESAN HUNGER FUND WALK

Sunday, October, 19, 2014
1:30 p.m.
Lake Needwood, Rockville, Md.
sponsored by friends at Christ Church, Rockville & the Diocesan Hunger Fund

COME AND WALK WITH US
and put a meal in front of someone who needs it.

Booktalk



Booktalk will meet on Monday, **November 10th** at 1:00 p.m. in the Dining Room of the Parish House where we will discuss *The Storyteller*, by Jodi Picoult. This is the story of a young, reclusive baker who befriends an elderly customer, who shares a shocking secret and makes an equally shocking request. The novel examines links between family identity, religion, humanity, and how they all figure in difficult decisions.

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.

THE BARGAIN BOX COOKS in the fall!



Before you head to the pumpkin patch, check out these delicious recipes in The Bargain Box Cooks cookbook. Whip up loaves of Pumpkin Cranberry

bread and a batch or two of Pumpkin Raisin Scones (p. 85). Plus treat your favorite Fido to Pumpkin Dog treats (p. 132).

Hosting a tailgate party? No problem! Enjoy Baked Reuben Dip (p. 1), Rum Chili (p. 20), Cowboy Caviar (p. 25), Corn Pudding (p.40), and a sweet Cider Cake (p. 92) for dessert!

Cookbooks are available at each third Sunday Outreach sale, or you can pick one up at the store during the week. Cost is \$12, cash or check.

CUSTOMER CORNER

Recently, a woman in her 50's came into the store and shopped for a little while. When we were ringing up her purchases, she told us that as a young girl she enjoyed coming to the Bargain Box with her mother. It was the anniversary of her mother's passing, so she had chosen to return to Rockville for the day and visit favorite places in her honor.

VOLUNTEERS WELCOME...

Be an angel and join this worthy ministry.

Front Desk Clerks/Cashiers

- help customers & ring up sales
- morning shift (9:45 – 1:30)
- afternoon shift (1:30 – 4:45)
- once a month, once a week, or more!
- **MOST NEEDED:** Tuesdays, Thursdays & Saturdays

Consignment Volunteers

- Write consignment tickets
- Tag clothing and other items
- Thursday or Friday, 10 to noonish
- Once a month, once a week, or more!
- **MOST NEEDED:** 1st, 3rd, 5th Fridays

CLUTTER CLINIC 101

Don't get boxed in! Always keep a box or bag in your closet for items to get rid of. Once it's full, take it to The Bargain Box and start another one!

Pitch the Guilt! Do you have paint brushes, scrapbook supplies and bags of yarn stashed away, waiting for the day when you'll get around to those projects? Be serious! Admit you'll never get to it, donate the supplies, and move on!

OUTREACH SUNDAYS

3rd Sunday of each month



Look for the Bargain Box in the dining room after the 7:45 service and during Coffee Hour the third Sunday of each month. Volunteers can tell you about the mission & history of the store, and how you might donate your time, talents, and treasures. Books, toys, and other fun stuff will be for sale. Cash & checks accepted. Raffle tickets are \$2 each or 3/\$5 and the themes are:

October 19 Halloween!
November 16 Thanksgiving Blessings
December 21 (No sale during Advent)

October 2014

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	31	



OCTOBER 2014 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*

Nursery 8:45 AM – 12:15 PM *for infants and toddlers
6 months to 4 years old*

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

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 (CEC DR)

7:30 PM Acolyte Training - *through 11/17* (Church)

Tuesday

9:00 AM Staff Meeting (PH)

7:15 PM Yoga and the Spirit! (MR)

Wednesday

11:00 AM Bible Study (PH LR)

12:10 PM Holy Eucharist Rite II (Church)

7:30 PM Adult Covenant Class - *through 11/12* (PH LR)

8:00 PM Korean Congregation Prayer Group (CEC DR)

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 Adult Covenant Class **7:30pm** (PH LR)
- 2
- 3 CES Middle School Dance **7:00pm** (CEC DR)
- 4 Bargain Box Info Session & Tour **9:30am** (BBox)
- 5 Stewardship Campaign Kick-Off
Adult Forum with Hemchand Gossai **10:10am** (MR)
Youth Group **3:00pm** (CEC DR, K)
Jazz Vespers: Hunger Fund Benefit **5:00pm** (Church)
- 6 Acolyte Training **7:30pm** (Church)
- 7 Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 8 Adult Covenant Class **7:30pm** (PH LR)
- 9
- 10
- 11 Adult Supper Club **7:00 pm** (Tom & Linda Rhoads)
- 12 Adult Forum with Hemchand Gossai **10:10am** (MR)
Faithful Professionals – CEO God meeting **10:15am** (PH LR)
Holy Eucharist at Rockville Nursing Home **1:30pm**
- 13 Columbus Day (Office Closed)
Acolyte Training **7:30pm** (Church)
- 14 *The Angelus* Submission Deadline for the November issue
Adult Christian Formation Meeting **7:30pm** (PH LR)
- 15 Adult Covenant Class **7:30pm** (PH LR)
- 16 Youth to DC Central Kitchen **6:30pm** (meet at PH)
- 17
- 18
- 19 “Rockville Help” Sunday (*Third Sunday of each month*)
Adult Forum with Hemchand Gossai **10:10am** (MR)
Loaves & Fishes carpool **10:15am** (leave from Church)
SOS, “Serving Others Sunday” **10:15am** (CEC DR)
Diocesan Hunger Fund Walk **1:30pm** (Lake Needwood)
- 20 Dine & Deal **6:30pm** (MR)
Outreach Committee Meeting **7:30pm** (PH DR)
Acolyte Training **7:30pm** (Church)
- 21 *The Angelus* Printing
Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 22 Holy Eucharist at Collingswood Nursing Home **2:00pm** (Rockville)
Adult Covenant Class **7:30pm** (PH LR)
- 23 *The Angelus* Assembly
- 24 Youth Group Markoff's Haunted Forest **5:30pm** (PH)
Youth Group Lock-In **10:00pm** (YR, MR)
- 25 CES Truck Touch **11am-2pm** (Parking Lot)
- 26 Adult Forum with Hemchand Gossai **10:10am** (MR)
Faithful Professionals – CEO God meeting **10:15am** (PH LR)
Happy Halloween Walk **10:15am** (CEC DR)
- 27 Acolyte Training **7:30pm** (Church)
- 28 Vestry Meeting **7:30pm** (PH LR)
- 29 Adult Covenant Class **7:30pm** (PH LR)
- 30 Youth to DC Central Kitchen **6:30pm** (meet at PH)
Chorister Rehearsal & Halloween Party **4:30pm** (K, DR, MR)
- 31 Halloween

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

Children's & Youth Ministries

Sunday, October 5th



Worship Services are at 7:45, 9am & 11am

Nursery is available 9am – 12:15pm for infants & toddlers

Children's Church begins at 9am in the Murdock Room

for all Preschoolers - Third Grade. All are welcome including parents

Youth Group from 3 – 6:30pm in the Dining Room

Jazz Vespers & Reception begins at 5pm in the Church

All ages are welcome and donations benefit the Diocesan Hunger Walk

NEEDED

Canned Foods

Vegetables, Fruits,
Tuna, Beans and
Soup

*Food collected will be
given to Manna Smart
Snacks Program*

Pet Food

Cans or unopened
Bags for Cats &
Dogs

*Food will be given to the
Humane Society for the
Fill the Bowl Project*

*Bring donations to the
Narthex or Dining
Room – THANKS!*

Sunday, October 12th



Worship Services are at 7:45, 9am & 11am

Nursery is available 9am – 12:15pm for infants & toddlers

Children's Church begins at 9am in the Murdock Room

for all Preschoolers - Third Grade. All are welcome including parents

Thursday, October 16th



Youth Group will serve at DC Central Kitchen in DC from 3:30 – 9pm

Youth (6 – 12th) are invited to Metro to work at the DC Central Kitchen. This outing is limited to 12 youth only. RSVP to mcraig@cecrockville.org to save your space and 5 hours of SSL hours will be earned. We'll get dinner - bring \$5 & meet at Parish House.

Sunday, October 19th



Worship Services are at 7:45, 9am & 11am

Nursery is available 9am – 12:15pm for infants & toddlers

Children's Church begins at 9am in the Murdock Room

for all Preschoolers - Third Grade. All are welcome including parents

SOS – Serving Others Sunday in the Dining Room at 10:15am

Sandwich Making & Smart Snacks - We make 400 sandwiches for Martha's Table McKenna's which delivers nightly to those living on the streets in DC, and we fill 260 bags of food for 65 children at Meadow Hall Elementary School in Rockville who need food on the weekends.

Diocesan Hunger Walk begins at 1:30pm at Lake Needwood

ALL are welcome including families with young children & the young at heart! Join our yoga warm-up then walk, run stroll, or hike around the Lake with others from the Diocese who are helping to FEED the HUNGRY. Snacks and drinks will be provided. Donations to the Hunger Fund are 100% tax-deductible, but not necessary to walk – join the fun!



Children's & Youth Ministries

Friday, October 24th



Youth Group at Haunted Forest from 6 – 10pm with a Church Lock-In
Youth (6 – 12th) are invited to have pizza followed by a trip to the Markoff's Haunted Forest (\$10) and we'll return to the Church for a Parish Halloween Lock-In. A night of watching Halloween Movies, food, friends & fun and 5 other local churches joining us!

Sunday, October 26th



Worship Services are at 7:45, 9am & 11am

Nursery is available 9am – 12:15pm for infants & toddlers

Children's Church begins at 9am in the Murdock Room

for all Preschoolers - Third Grade. All are welcome including parents.

Happy Halloween Walk begins at 10:15am in the Dining Room

for all children & youth. This is a story and Walk around the church buildings and grounds. Children are welcome to wear costumes and infants in strollers are welcome!



Family FUN Night Halloween begins at 5:00pm in the Dining Room

for all children, youth & families! Costumes are welcome, but not required. Dinner, Crafts, Costume Parade & The Great Pumpkin Movie.....and over by 6:30pm.

RSVP by Oct 22nd - dinner is included, but please bring a dessert to share!



Thursday, October 30th

Youth Group will serve at DC Central Kitchen in DC from 3:30 – 9pm

Youth (6 – 12th) are invited to Metro to work at the DC Central Kitchen. This outing is limited to 12 youth only. RSVP to mcraig@cecrockville.org to save your space and 5 hours of SSL hours will be earned. We'll get dinner - bring \$5 & meet at Parish House.

Have a safe and fun
Halloween!

Michele Craig, Director of Children's & Youth Ministries
301/762-2191 Ext. 15 or mcraig@cecrockville.org