

The Angelus

January 2013



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

Father McDuffie provides insights into the celebration of Epiphany by presenting celebrations from three different cultures and times. The “Book of Common Prayer” has some advice about a New Year’s resolution. Jazz Vespers is back on January 27.

The Outreach Committee is sponsoring “Souper Bowl Sunday” on February 3, 2013.

In Music, Tad Cavuoti gives thanks for the musical blessings at Christ Church. Tad provides a “Carol Account” of hymns sung starting with Advent and culminating with the Feast of the Epiphany. The Mass of the Month on February 3rd will be the music of Mozart. Also on February 3rd, the Choristers and teen Choral Scholars, along with their counterparts from three other Episcopal churches, will sing the Evensong at Christ Church.

The Bargain Box announces Outreach Sundays in the New Year, and thanks some of the many volunteers whose contribution of time and work make the thrift shop such a success.

Booktalk announces its Annual Poetry Reading on January 14, 2013 at 1:00 p.m.

Newcomers Kryslaine and Dennis Radomski are profiled inside.

The Environmental Stewardsip Committee presents its inaugural contribution in its new column – “Did You Know?”

The Adult Forum announces a three-part series, led by Father McDuffie about being an evangelist in the 21st Century.

Yoga is back as a monthly class!

Did you know that Christ Episcopal Church is on Facebook?

From the Rector



Fr. McDuffie

Dear Friends in Christ,

We come to January, a new year, and a marvelous opportunity to celebrate in its fullest sense the Feast of the Epiphany, which falls this year on Sunday, January 6th. On that day, we remember the journey of the wise men from the east, who follow a star to Bethlehem to find the infant Jesus. This is the Western Church's main observance of Epiphany, as it is subtitled "The manifestation of Jesus Christ to the Gentiles."

However, in the ancient Eastern Church's observance of Epiphany, emphasis was placed on the baptism of Christ as the primary moment of his manifestation to the world, and it was coupled in ancient Egypt with the remembrance of his first miracle at a wedding in Cana in Galilee, where he transformed water into wine.

In this year's lectionary cycle, we will have successive Sundays in which we remember the journey of the wise men, then celebrate the baptism of our Lord, and then remember the miracle at the wedding in Cana. Each of these stories is about the theme of transformation and invites us to consider the question—as Christ is made manifest to the world, how are our lives transformed?

I love the way that the poet W.H. Auden humanizes the wise men in his great Christmas poem "For the Time Being". After the Star of the Nativity announces that it draws the wise against their will to it, signaling the doom of all orthodox constancy and moderation, the wise men in turn speak of why they each follow the Star. Then together they say:

*The weather has been awful,
The countryside is dreary,
Marsh, jungle, rock, and echoes mock,
Calling our hope unlawful;
But a silly song can help along
Yours ever and sincerely;
At least we know for certain that we are three old sinners,
That this journey is much too long, that we want our dinners,
And miss our wives, our books, our dogs,*

*But have only the vaguest idea why we are what we are.
To discover how to be human now
Is the reason we follow this star.*

But in discovering the infant Jesus, we are told that they worshipped him with their gifts and then “departed for home by another way” (Mt 2:12). We don’t know what happened to the wise men after this story, but I’m always intrigued in my imagination with the idea of travelling home by a new and different road—a road marked by transformation.

We then come to the story of Christ’s baptism. A guy, who is for all intents and purposes just another face in the crowd of those coming to see John, is baptized; and the Holy Spirit descends upon him and a voice proclaims, “You are my son the beloved; on you my favor rests.” Jesus gives us the gift of his own baptism; as we celebrate the sacrament of baptism and renew our own baptismal vows on January 13th, we can bask in the glow of the knowledge that we are God’s beloved; what might that transforming knowledge do to inform and shape our lives?

Then on January 20th we visit the village of Cana, where Jesus, at a wedding feast, transforms water into enough wine to drown the whole gathering. Christ comes into the world to bring life-affirming joy! How are we affected by such a promise of transformation?

My prayer for this Epiphany, and the short season that follows it this year (Lent comes early!) is that each of us can feel our lives renewed and transformed by Christ’s power, peace, and love. The short blessing for Epiphany is one of my favorites: “May Christ, the Son of God, be manifest in you, that your lives may be a light to the world” (Book of Occasional Services). How might you follow the stars and be a light to this world in your daily life, and work, and witness?

A blessed January, and Epiphany, to us all.

Faithfully in Christ,

John+

New Year’s Resolutions

January is traditionally a time in which people make resolutions for the New Year. It is appropriate for us to publish this rubric, taken from p. 445 of The Book of Common Prayer:

The Minister of the Congregation is directed to instruct the people, from time to time, about the duty of Christian parents to make prudent provision for the well-being of their families, and of all persons to make wills, while they are in health, arranging for the disposal of their temporal goods, not neglecting, if they are able, to leave bequests for religious and charitable uses.

We truly hope that all are attentive to this fundamental responsibility of faithful Christian stewardship. Wills, including living wills, advance directives, and assignment of durable power of attorney for health care decisions, are ways in which we can make known our wishes and best manage our assets for the benefit of those whom we love and care for. The clergy of the Parish are happy to assist in discussing these matters with anyone who needs assistance.

Jazz Vespers Returns on Sunday, January 27th

Join us for another inspirational service of evening prayer accompanied by the sounds of jazz on **Sunday, January 27th, at 5:00 p.m. in the church.** This is our annual pre-Valentine’s Day session, so we’ll feature some of the many songs of love in the Great American Songbook, as well as a tribute to Dave Brubeck. A free-will offering will be gratefully received to benefit the Mpambara-Cox Foundation, which supports the provision of meals for hungry students in Uganda.

--John+

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!

Kryslaine and Dennis Radomski

Krys and Dennis first came to Christ Church this past summer. They live in Rockville and are delighted to announce that they are expecting their first child, a baby girl, in February.

Originally from Brazil, Krys works at the Uniformed Services University in Bethesda. She is a post-doctoral fellow studying traumatic brain injury. Dennis grew up on Long Island and works at the Georgetown University Hotel and Conference Center as a conference planning manager.

Both Krys and Dennis grew up in the Roman Catholic Church but sought a change and ultimately felt called to the Episcopal tradition “as an open-minded, welcoming Christian community”. They were drawn to CEC because of the welcoming parishioners, the clergy, and the church’s history. Krys attended the Adult Covenant class this fall and was received into the Episcopal Church and the worldwide Anglican Communion on November 10th at the Cathedral.

Welcome to Christ Church, Krys and Dennis!



A FEW WORDS OF THANKS

At the end of this Calendar year and the beginning of a new Liturgical year, it is good to pause and give thanks for the many musical blessings we have at Christ Church.

- A Congregation which sings heartily on both well-known hymns and service music, as well as giving a healthy effort to learning music new to us.
- Children’s Church which starts our youngest worshipers singing.
- Choristers who learn the basics of liturgical music and leading worship.
- Choral Scholars who will be the section leaders of the future.
- Adult Choir members who practice their music both at home and at church.
- Section Leaders who help us learn a wider variety of compositions, adding polish to our musical offering, and providing consistency among the voice parts.
- Instrumentalists who join us for special occasions and on a regular basis.
- A beautiful and well-maintained pipe organ in the chancel to help lead us in song.
- A beautiful and historic grand piano in the nave to help lead us in song.
- A portable chest organ, moveable to many places to help lead us in song.
- Clergy who encourage us in our musical offerings and worship.
- The enthusiasm and delight we all share in making musical worship happen.

THE ULTIMATE CAROL ACCOUNT

During the four Sundays of Advent, we are able to sing many of the great hymns which look forward to the coming of Christ: “Hark, a thrilling voice is sounding”, “Lo, he comes, with clouds descending”, “Comfort, comfort ye my people”, “People, look East, the time is near”, “Prepare the way, O Zion”, “Sleepers, wake! A voice astounds us”, and of course all eight verses of the count-down acrostic, “O come, O come, Emmanuel”.

O Come, O Come, Emmanuel had its origins in the 8th Century “O antiphons” sung with the Magnificat at Vespers from December 17th through 23rd. Reading backwards from the eve of Christmas Eve, they form an acrostic spelling out “Ero Cras” or “I will be tomorrow”:

Dec 17th O Sapientia O Wisdom
Dec 18th O Adonai O Lord
Dec 19th O Radix Jesse O Branch of Jesse
Dec 20th O Clavis David O Key of David
Dec 21st O Oriens O Dayspring
Dec 22nd O Rex gentium O King of nations
Dec 23rd O Emmanuel O Emmanuel (God with us)

But, when we get to Christmas Eve on December 24th and celebrate through the Feast of the Epiphany on January 6th (the Twelfth Day of Christmas) the Carol Count continues to climb. Within the space of seven musical services, we sing no fewer than 31 different carols. These range from the Medieval “Of the Father’s love begotten” and “Nova, nova, Ave fit ex Eva”, through Renaissance tunes for “Good Christian friends, rejoice” and “Lo, how a Rose”, to more recent favorites like “O come, all ye faithful”, “Angels we have heard on high”, “Hark, the herald angels sing”, and certainly “Silent night”. Some carol tunes have folk origins with no identifiable composers: “What child is this”, “The first Nowell”, “God rest you merry, gentlemen”, “Go tell it on the mountain”, and “O little town of Bethlehem” (Forest Green tune). Others have very definite well-known composers associated with them: “Joy to the world” (G. F. Handel/Lowell Mason), “We three kings” (John Henry Hopkins), and “What star is this” (Michael Praetorius). We have learned one carol of rather recent origin: “A stable lamp is lighted” with words by Richard Wilbur and music by David Hurd, music professor at General Seminary.

Many of these carols receive more than one sing-through because the texts and tunes are so good that they bear repeating, and each congregation gathered for a service deserves the opportunity to offer prayer and praise through these classics of the congregational repertoire.

This tally does not even begin to take into account the many Christmas anthems, motets, and carol arrangements, which our Choristers and Choir offer during the Christmas season. To name just a few favorites: “Tomorrow shall be my dancing day” with a traditional text, but a bouncy twentieth century tune by John Gardner, “Riu, riu, chiu” by the Spanish renaissance composer Mateo Flecha the elder, the lush modern harmonies of “Hymne à la Vierge” by French composer Pierre Villette, and the double-choir motet from St. Mark’s, Venice “Hodie Christus natus est”.

MASS OF THE MONTH – FEBRUARY 3RD

We are blessed in being able to offer polyphonic Mass settings as part of the monthly musical cycle at Christ Church. On Sunday, February 3rd at the 11:00 a.m. Eucharist, the Choristers and Choir will sing the music of Austrian classic composer Wolfgang Amadeus Mozart, including portions of his *Missa Brevis* in D, the double-choir motet *Venite Populi*, and the lovely and well-known miniature *Ave Verum Corpus*.

Mozart wrote 12 “short Masses” for use in the Salzburg Cathedral, where the Bishop had decreed that the service last no longer than 45 minutes, including sermon and all music! Within this concise format, Mozart crafted musical gems for Choir, Soloists, and Strings. The *Missa Brevis* in D has been sung often

at Christ Church, and was taken “on the road” when our Choir sang Mass at St. George’s Chapel, Windsor Castle and Westminster Abbey in 2008, and when both Choir and Choristers traveled to sing the Eucharist at St. Thomas, Fifth Avenue, NYC.

CHORISTER FESTIVAL EVENSONG – FEBRUARY 3rd

Sunday afternoon, February 3rd at 4:00 p.m., our Choristers and teen Choral Scholars will join with fifty of their counterparts from three other Episcopal churches to sing the traditional office of Evensong at Christ Church. This will be the fifteenth year of the Chorister Festival for Regions III and IV of the Diocese. Carl Schwartz and Tad Cavuoti brought the Festival into being in 1998 in order to allow young boy and girl Choristers the opportunity to sing a service vital to the core of Anglican (Episcopal) worship, but not often sung on a regular basis in parish churches. A different parish hosts the Evensong each year, and this will be our third opportunity to do so at Christ Church. Other participating churches include All Saints’, Chevy Chase, St. Columba’s, DC, St. Francis, Potomac, and Grace Church, Silver Spring.

This year’s repertoire features a metrical paraphrase of Psalm 8 accompanied by bells, an Anglican chant setting of Psalm 84, the Magnificat & Nunc Dimittis in G by Thaddeus Cavuoti, and anthems by Gerald Knight (late Organist and Master of the Choristers at Canterbury Cathedral) and Malcolm Archer (former Director of Music at St. Paul’s Cathedral, London, now Director of Chapel Music at Winchester College) to celebrate the end of the Epiphany season.

Please join in supporting our young Choristers by attending the Festival Evensong, February 3rd.

Revel in the sound of well-trained young voices offering praise within the historic Prayer Book evening liturgy. Join in singing the Psalms, Hymns, and Responses. Enjoy this special service.

Yoga and the Spirit!

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

After such a great turnout and so much enthusiasm, we’ve decided to offer a monthly class!

Yoga for everyone: All-levels Hatha/Vinyasa classes for better health. By “all-levels”, we mean ALL-levels!

- If you practice regularly we’ll take it deeper and add a spiritual element.
- If you’ve never been on the mat, you’ll learn the basics in this welcoming class.
- Adjustments using a chair will be given for those who don’t think they can get down to the floor.

Each week, we’ll begin with a Bible verse and then 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 -5:00 p.m. in the Murdock Room on the following Sunday afternoons:

January 20th (3rd Sunday)

February 17th (3rd Sunday)

March 17th (3rd Sunday)

April 28th (4th Sunday)

May 19th (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!



INSIDE OUTREACH

An update from the Christ Church Outreach Committee



SOUPER BOWL SUNDAY

The Christ Episcopal Outreach Committee is partnering with Christ Episcopal School to support the Mpambara-Cox Foundation's "Souper Bowl Sunday" fundraising event on February 3, 2013. This event offers parishioners an easy opportunity to extend a hand of friendship and caring to children in need.

The Mpambara-Cox Foundation is a 501(c)(3) tax-exempt, locally-founded non-profit corporation at work in schools in various parts of Africa to advance global understanding of the importance of childhood nutrition as a key to educational development. With a focus on "hand-ups and not hand-outs," the Foundation involves itself in partnering initiatives with African schools, micro-financing and educational empowerment for women, and secondary school scholarship and mentoring programs. Members of the Christ Episcopal School community are active on behalf of the Foundation and its goals. The model of nutrition as a key to childhood education will strike a familiar chord with those who have been a part of the CEC Stop Hunger Now ministry over the past few years.

In keeping with the dominant spirit of the NFL Holiday, "Souper Bowl Sunday" requires no packing, lifting, or quick movements of any kind. Just stop by the Foundation display in the Dining Room after the February 3rd services, and take advantage of the opportunity to support the Foundation's work with a tax-deductible donation. A gift of \$20 provides a school uniform for a child at one of the Foundation's African partner schools, and a donation of \$30 will guarantee a daily meal for a schoolchild for an entire year. Along with the satisfaction that comes with giving, you will receive a memento to remind you throughout the year that the life of a special child has been brightened by your generosity.

For further information about the Foundation and its work, go to www.mcoxfoundation.org.

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.

What? Me an Evangelist? Adult Forum January 13, 20, and 27

Episcopalians are notoriously timid about the "e" word, but God is calling us—not to hold Bibles on street corners, or come up with catchy ways to grow the church—but instead to find authentic and spiritually enriching ways in which we can share our faith in the world around us. This three part series is led by Fr. McDuffie, incorporating the ideas of The Rev. David Gortner, author of "Transforming Evangelism". Instead of approaching others with heavy-handed proselytizing, we will explore ways in which we can grow into the roles of inquirer and pilgrim, which are more in keeping with the "seeker" mode of 21st Century faith practice.



Booktalk

On Monday, January 14, 2013, at 1:00 p.m. in the Dining Room of the Parish House, **Booktalk** will hold its very popular Annual Poetry Reading. We would love to have you join us to share two or three of your favorite short poems with the group. We are looking forward to seeing you there.

Environmental Stewardship

The [Environmental Stewardship](#) Committee of Christ Church is a newly formed committee, chaired by The Rev'd Cynthia Simpson. The committee hopes to contribute to *The Angelus* on a monthly basis in a column entitled "*Did You Know?*" The committee's intent is to provide factual information on current environmental issues that affect God's people and their stewardship of all that He has given us. It is hoped that this information will be both edifying and useful. IHS, Janice Musselman

And here is our first contribution-----

Did You Know?

"The Pacific Trash Vortex, also known as the 'Great Pacific Garbage Patch', is an area the size of Texas in the Pacific Ocean in which there's six times the amount of plastic as there is natural plankton."

<http://www.petapixel.com/2012/12/08/everyday-objects-photographed-to-look-like-sea-creatures/> or Google "pacific trash vortex".



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

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

The Bargain Box “annex” in the Murdock Room is set up only once or twice a year. Come shop at the “main branch” of the store. We have clothes just right for the whole family in many upscale brands, unique gifts and treasures, all at budget friendly prices.

...AND THE WINNER IS...??

Lin’s Win Pin!
 The winning raffle ticket for the Tiffany pin was drawn just before Thanksgiving. Congratulations to Eva and Sam Lin! The pin will continue in its journey to raise money, as the Lin’s have donated it to Christ Episcopal School.

As the year draws to a close, we wish to thank the many, many volunteers who help The Bargain Box fulfill its outreach mission every day. Four volunteers work as sales clerks at the front desk. Several volunteers handle consignments every Thursday and Friday morning, and others sort and tally consignment tickets so consignors can be paid each month. Several volunteers work behind the scenes to sort and price clothing, purses, shoes, books, cards, dolls, vintage items, and jewelry. Volunteers polish brass and silver and hand wash delicate glassware and knick-knacks. My favorite volunteer tests all the toys and gadgets! Other volunteers deliver items we are unable to sell to Interfaith, the Rockville Senior Center, Habitat for Humanity, and other charities.

We would love to have you join us, as many hands make lighter work. There are many ways you can make a difference by donating even a small amount of time. There are even jobs you can do at home.

We are always a bit short-handed to cover the front desk. Families with middle school aged children can volunteer together and kids can earn SSL hours! If you have friends, family, or neighbors who might be interested in volunteering, please ask them!

OUTREACH SUNDAYS

The Bargain Box returns to its third Sunday Outreach schedule in the New Year. Stop by our table in the dining room during coffee hour to learn ways to donate your spare time, your unique talents, and your gently used treasures to the store. Books, toys, and other treasures will be for sale. Our monthly raffle themes will be:

January 20th Winter Wonderland
 February 17th & March 17th (No Sales in Lent)
 April 21st Spring Time
 May 19th Gardens & Flowers



January 2013

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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |



OTHER PARISH EVENTS

(Date/Event/ Time/ Location)

- 1 New Year's Day (*office closed*)
- Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 2
- 3
- 4
- 5
- 6 Youth Group Event **4:00pm** (YR)
- 7 Diocesan Youth Leaders Meeting **7:00pm** (PH LR)
- 8 Adult Christian Formation Meeting **7:30pm** (PH LR)
- 9
- 10
- 11
- 12 Adult Supper Club **7:00pm** (home of Nancy Small)
- 13 Holy Eucharist at Rockville Nursing Home **1:30pm**
- 14 Booktalk **1:00pm** (PH LR)
- Outreach Committee Meeting **7:00pm** (PH DR)
- 15 *The Angelus* Submission Deadline for the February 2013 issue
- Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 16
- 17
- 18
- 19
- 20 "Rockville Help" Sunday (*Third Sunday of each month*)
- Loaves & Fishes carpool **10:15am** (leave from Church)
- Sunday School Outreach Project **10:15am** (Dining Room)
- Bargain Box Outreach Table **10:15am** (Murdock Room)
- Yoga and the Spirit **4:00pm** (Murdock Room)
- 21 Martin Luther King Day (*office closed*)
- Dine & Deal **6:30pm** (MR)
- 22 *The Angelus* Printing
- Vestry Meeting **7:30pm** (PH LR)
- 23 Holy Eucharist at Collingswood **2:00pm** (Rockville)
- 24 *The Angelus* Assembly
- 25
- 26
- 27 Jazz Vespers **5:00pm** (Church)
- 28 Welcomers Committee Meeting 7:00pm (PH LR)
- 29
- 30
- 31

JANUARY 2013 WEEKLY SCHEDULE

Regular Schedule

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

- 7:45 AM** Holy Eucharist Rite I
a spoken service with Sermon
- 9:00 AM** Holy Eucharist Rite II
with Sermon, Service Music, Hymns, and Anthems
Choristers of Christ Church
- 9:00 AM** Children's Church – Murdock Room
a service for children, using a story-telling theme with music
for young children. 9:00-9:30am
- 11:00 AM** Holy Eucharist, Rite I
with Sermon, Service Music, Hymns, and Anthems
Christ Church Choir

ACTIVITIES AND MEETINGS

- 8:25 AM** Choristers Warm Up – Choir Room & Church
- 9:00 AM** Studies in Christian Faith (*led by Fran Palmer-Hill*)
- 10:10 AM** Adult Forum – Murdock Room
- 10:15 AM** Sunday School – Classrooms (13th & 27th)
- 10:15 AM** Choir Rehearsal – Choir Stalls
- 10:15 AM** Coffee Hour – Dining Room

REGULAR WEEKLY ACTIVITIES

- Monday**
7:00 PM English Conversation Practice (CEC 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 (CES DR)
- Thursday**
12:00 PM AA (PH)
4:30 PM Chorister Rehearsal (Church)
7:30 PM Choir Rehearsal (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

YOUTH GROUP

Games , Snacks

&

a Movie

Sunday , January 6

4:00 – 6:00 PM

Join us for an afternoon of
Games and a Movie including snacks!

Meet in the Youth Rooms.

Friends are welcome!

